

In the swim at Russell Pool

By Michel Ruest

Staff members at the Russell Pool this summer are all local. The six are: Michel Ruest, Greg Sherwood, Pamela Swit, Lindley Stachon, Patrick Ruest and Jane-Marie Romme. All are qualified lifeguards and swimming instructors.

The first session of lessons started July 3, continuing until July 18; the second session runs from July 21 to Aug. 5; the third session starts Aug. 7 and ends Aug. 18. Interested people can register at the pool anytime.

Levels and times:
Senior 9-10 a.m.
Intermediate 10-11 a.m.
Junior 10-11 a.m.
Beginner 11-11:30 a.m. and 11:30-12 p.m.
Pre-Beginner 11-11:30 a.m. and 11:30-12 p.m.

Wednesday and Friday have been dedicated "Parents and Water Safety" Information will be available to parents about the things children are taught during the water safety portion of the lessons. This has been planned for all three sessions.

Although there were not enough people for the "Leader Patrol Course" (Pre-Instructor Certification),

the pool staff hopes enough interest will be shown to hold a Bronze Class. This 40-hour course has been re-scheduled to July 27. All those registered must be 14 years or over.

Swim and trim lessons are held every Monday and Wednesday between 6 and 7 p.m. This year a "Swim Across Canada Program" is being offered. For more details, see the pool staff.

Our swim team now consists of 37 children. Half the group

(Senior) swims from 5 to 6 p.m. while the other half swims from 4:30 to 5 p.m. This season, there will be two time trials, two home meets and several out-of-town meets. The team holds its first home meet July 19.

Public swimming hours are 1:30 to 4:30 and 7 to 9 p.m. daily. Also, there will be a "Parent and Me" period between 1 and 1:30 p.m., Monday through Friday.

Brigitte Reid on tour

Brigitte Reid, high jumper from Russell, who was recently named to Canada's Olympic Team, has competed in a series of top-flight meets in Europe and the U.S.

This month, she took part in meets in Holland, West Germany and England. She competes in Philadelphia July 19.

By July, Brigitte had won 10 of 11 competitions, placing second to Debbie Brill in the first Olympic trial. In the second Olympic trial,

she defeated 74 competitors to finish first.

The trials were used to select athletes for the tour. Brigitte was the 1979 national outdoor champion, 1980 national indoor champion and hopes to jump 1.89 m. (6'3") before the summer ends.

Her husband, Pat Reid, was selected as the national team high jump coach for the tour. Pat has coached 14 national high jump senior and junior champions in the past eight years.

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With the 1980 Canadian Football League season here it's time for my predictions on the outlook for the nine teams. In order of descending standings it will be:

CFL East:

Montreal Alouettes, minus the services of John O'Leary via a neck injury, have an explosive offence and defence and are the class of the East.

Hamilton Tiger-Cats, will have ex-Edmonton Eskimo quarterback Bruce Lemmerman to replace Tom Clements, NFL-bound, and his leadership should end six seasons of mediocrity.

Ottawa Rough Rider's defence is hurting with Larry Brune and Mike Nelms playing down south and lineman Mike Fanucci retiring. Con-dredge Holloway is the key to Rough Rider success.

Toronto Argonauts, after going 28 years without sipping from the Grey Cup, will miss pivot Tony Adams — separated shoulder — and appear headed for another cellar-dwelling season.

CFL West:

Edmonton Eskimos have dominated the last five years and with Warren Moon, Tom Wilkinson and running back Neil Lumsden, from the Ti-Cats, the Eskies should capture their third consecutive Grey Cup.

Calgary Stampeders finished the pre-season 3-1 and appear to be the only team that can challenge the Eskimos. Middle linebacker Ray Nettles is a welcome addition and should improve the Stamp's chances.

British Columbia Lions have a habit of starting well but finishing weak, as their early 9-2-1 start and 0-4 finish in the 1979 season will attest. There should be no change this season.

Winnipeg Blue Bombers should gain some respectability lost over the last two seasons. Bernie Ruoff has gone to Hamilton but placekicker Trevor Kennerd will provide needed offensive punch.

Saskatchewan Roughriders, once the pride of the Western Conference, have acquired quarterback John Hufnagel from Calgary but it will still be a couple of years before the Riders can improve on their 2-14 record of 1979 and become a powerhouse once again.

17 Annual Russell Lions Club Fastball Tournament

Senior and Intermediate Divisions — July 18, 19 & 20, 1980

Senior teams are Turpin Pontiacs, Williamsburg, Kemptville and Cardinal playing a round-robin tournament.

16 Intermediate teams including Pembroke, Em-brun, Marvelville, Johnstown in an elimination draw.

Refreshment Booths and Chicken Barbeque on grounds.

Russell Lions celebrate charter

Thirty three years ago a group of Russell businessmen established a branch of the international Lion's club. Saturday, June 22, the local club celebrated the occasion at its' annual charter night dinner. The evening got off to a good start with a beautiful rendition of "Old Man River" sung by Arnold Sharpe atop the Castor Queen. Guest speaker, Norman Kincaid, Past Deputy District Governor, spoke on "living

together". Entertainment was provided by comedian/impressionist Fred Little who kept the crowd in stitches. Harold Chapman, Deputy District Governor, presented numerous awards and installed the new slate of officers.

Don Graham received the Chevron award for his 25 year membership in the local club. Awards were also presented to Don Hay for 19 years of perfect attendance and Barry McVey for 14 years of perfect attendance.

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