

Recreation

Summer swim program was a splash

By PAMELA SMIT

Pamela co-ordinated the Russell Swimming pool's summer program.

The sight of the Russell swimming pool standing unused brings fond memories of Summer '81 to many people. Remember when your child put his face in the water for the first time or when she did her first jump off the diving board?

What about the day your son brought home his first ribbon. Or that time your daughter presented the badge that she worked so hard to earn.

These, and many more, are the memories which will stay with us until the summer of '82.

Many children from Russell — and its surrounding communities Embrun and Metcalfe — took lessons at our pool this summer.

Our bilingual staff was able to instruct in both French and English. As a result of this terrific asset, the number of this year's lesson registrants was twice that of last summer's. As one can well imagine, our instructors were kept very busy to accommodate everyone.

The new eight-level Red Cross Water Safety Program came into effect this summer and has proven to be successful. It allows children to move progressively through many levels of abilities — while being evaluated at each level. A few adults also enjoyed this program.

The Russell swimming program introduced, this summer, a set of synchronized swimming lessons which were enthusiastically received. Next year, we hope to extend this water-ballet program to accommodate children of all ages.

Our annual Family day, held on August 23, was a lot of fun this summer. Games, such as tug of war, potato sac races, and clothing relays kept us busy all afternoon. The lifeguards presented a first aid demonstration to show what we are prepared to perform in case of an emergency.

Our synchro group then did a routine which was well received by the audience. The male lifeguards did their best to copy the synchro performance but were given low scores for their gracefulness. The aquatic gala was followed by a barbeque.

We had a good time. We hope more parents will come out to watch and join in at next year's event.



It was splash and swim in the Russell pool during the Family Fun Day relay races.

It's time to get moving again

By Greg Rokosh

Physical Activity in a healthy lifestyle. Sound a bit preachy? Hold on! Before you jump over to check the latest hockey scores let me explain what this is about and then decide if its for you or not.

Physical activity is something which all of us, fortunate enough to have use of our bodies, are familiar with. We move around at work or at play and never really give it a second thought.

But think about this: through increased physical activity you can control body weight, improve body efficiency and appearance, reduce stress and tension and, most important, develop an overall sense of well-being or "joie de vivre".

Then you may notice that other changes become easier to make, such as: quitting smoking, dieting, and reducing alcohol intake. By the time we're finished here your insurance company is going to love you.

Now there are lots more scientific and medical reasons why physical activity is important but the most important one is that there is a definite improvement in the quality of life. Whatever you do, you'll enjoy it more if you make physical activity a regular part of your day, week, and life.

There are several stated reasons why people don't get involved with physical activity. A favourite is: "it's too late for me to start now".

It is never too late to begin some form of physical activity, be it recreation, sport, or an exercise program. There are certain ways to begin, however, that improve the likelihood that you will continue:

- Choose an activity that is fun for you — you don't have to run to exhaustion at 5:00 a.m. every morning or do 500 push ups in the gym; but get out with your family or friends on a weekend and cross-country ski or bicycle. Enjoy not only the exercise but the surroundings and the companionship.

- Try to take part in a group activity such as curling, hockey or an exercise class. There are plenty of opportunities all around you and we will mention as many of them in the Review as we are aware of. A sociability develops in group activities like these that can't be had any other way. Not only that, but you'll be surprised how many people there are who can't skate, ride or jog any better than you can and you will delight in learning together.

- Take a look around and see how many people you already know or have read about who

make physical activity a big part of their lives. Just recently you may have read about an 80 year old lady who finished her first marathon in Ottawa. It took her five hours to complete the 26 miles but she did it! Closer to home, there are many people from our own communities who we see regularly cycling, walking or running. Chances are they would welcome your company.

- Use the facilities, locations and equipment that are closest at hand. Opportunity for activity of some type is readily available to almost everyone. A minimum of equipment and organization is needed to walk, cycle, swim, jog, cross-country ski, snowshoe, etc.

- Think of your new form of physical activity as something positive in your life — a gain — a plus. After all, what was your alternative... an extra half-hour of television; or an extra couple of drinks which you don't really want or need anyway? A little at a time regular physical activity will become something you look forward to doing.

It becomes a real joy, quite apart from the tangible benefits such as weight control, heart-lung efficiency, strength, balance, flexibility, and an increased ability to tolerate stress and tension.

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