

# Recreation

## Russell Fall Festival set for September

By Greg Rokosh

The Russell Fall Festival is now definite — it even has a date: Saturday, September 11.

The Festival, being sponsored by the Russell Recreation Association, includes: five and ten-kilometer road races "Fun Run". The run through Russell Village will begin at 9 a.m. at the Dr. Kinaird Community Centre.

A pancake brunch will be served at the arena.

There are a number of tournaments planned for this family weekend: 'families and neighbours' lob ball, horseshoes,

electronic games, darts, cards and bingo; a bar-b-que; a beergarten; a dance; and a draw for a mini motocross motorcycle.

The idea is to raise funds for the encouragement of recreation in Russell — and to have a good time doing it.

The road run and the lob ball tournament will have special rules and various awards to encourage participation by both males and females and people of all ages and abilities.

Prices, entry fees and prizes for the various competitions and

events have yet to be finalized. But they will be in the range of three to five dollars for the road run, including a runner's kit; Entry fee, per team, for the lob ball tournament will be \$25 with the competition limited to eight teams.

Mark Gravel is organizing the lob ball tournament and will be glad to register your team. Mark can be reached at 445-5263 between five and seven on weeknights.

Watch for more bulletins in the mail, posters around the village and on the air waves...and get in shape — there are only ten weeks left until we run, play, eat, drink and dance the summer away in Russell. And, who knows, you may just ride into fall on that mini motorcycle.

for a group of children learning highland dancing.

Jennifer Paterson of Ottawa, several times Canadian champion and Canada's hope at this year's World Highland Dancing Championships in Scotland is the instructor in the program. She makes it look easy, but it has taken her 16 years to perfect her art.

Children, boys or girls, can start as early as five years of age. The oldest child in this year's group is nine and, according to Jennifer, one could enter competition even after only one year of dancing.

Competitions are held throughout the summer with the Maxville Highland Games and the annual medal tests in Ottawa as the high points.

### Horse Bits

#### Dressage takes patience

By Lola Wood

The following is an article by Anne Gribbons, a well known dressage rider and trainer of horses in the United States. I think it sums it up beautifully.

"Even if you are loaded with talent, it takes time and many different horses to make you a polished rider. Make haste slowly; don't shun the basics in your eagerness to try the fancy tricks. If you start at the top, you won't know how to deal with the problems at the bottom.

"What ever your personality of possibilities, one thing is for sure — every lesson will not be a giant step forward. Stagnation, repetition, and even setbacks are part of getting there. To avoid the responsibility for failure, we are all to quick to rationalize. The horse is impossible, the teacher is a fool, the footing is too deep, I cannot ride in this saddle, and so on ad infinitum. Before you have convinced yourself that the whole world has conspired against you, take another dozen lessons on the impossible horse in the bumpy saddle.

"Then decide. I'm fairly sure that at that point things are going to be a lot better and you'll feel quite good about your progress.

"No instructor is a miracle worker. The best you can hope for in a lesson is sound advice. What you do with it is your business. Talent alone will get you nowhere. Sweating on the horse will, even when talent is not abundant. For every hour you spend working to improve your riding, you'll be closer to the goal — the day when you become the teacher and the horse is your pupil."

#### CLINIC

On May 23 an Equitation Clinic was given at Pine Tree Stables by Leslie Cruikshank. Twelve riders were participating. Quite a few spectators also showed up.

Equitation is the training of the rider as to position, application of the aids, etc. The riders learned a great deal from Leslie and all rode very well in spite of the fact that the horses were feeling very frisky. Must have been the spring air!

The next clinic will be held the first week of August. It will be a Dressage Clinic. You haven't lived till you have seen Goldie or Redwing doing a dressage test! Drop around and watch. The date will be posted on the Pine Tree Stables sign.

Incidentally, some people are still not using my answering system. It doesn't bite!



Jennifer Paterson of Ottawa demonstrates the skill and grace of Scottish highland dancing during a course at St. Joseph's school in Russell. The provincial government has since decided to chop off grants for programs like these.

Greg Rokosh photo

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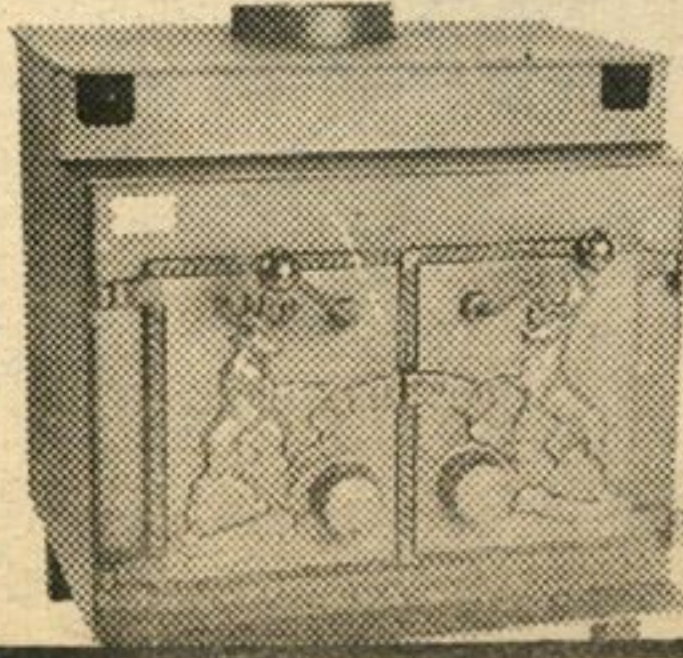
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### Dancing in the Russell Highlands

One evening each week, from fall till spring of the last two years, the skirl of bagpipes has filled the air at St. Joseph's school in Russell and a little bit of Scottish tradition has been brought to life

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