

# Russell Review

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"You make the News"

May 6, 1977



Castor River

— Staff Photo

V.I.P.'s in Russell . . .

## Brigitte Bittner holds Canadian Indoor High Jump Record

By Suzanne Schroeter

Many Russell residents have probably noticed Brigitte Bittner and her coach Pat Reid jogging in the village without realizing who they were. At 5' 11" Brigitte has jumped her height to become the co-record holder (with Debbie Brill) of the national indoor high jump event. Although Brigitte has jumped the Canadian Track and Field Association's standard of 6 feet indoors only outdoor jumps are recognized for funding so during this outdoor season, Brigitte's eye is set on clearing that magic 6 foot mark.

A day in the life of a track athlete is staggering to say the least. It begins at 6:30 with a big breakfast before leaving an hour later for classes at the University of Ottawa in Kinanthropology. Four o'clock finds Brigitte training at either the Ottawa Athletic Club or the Coliseum. This daily workout includes various weight-lifting exercises, sprints, bounding and jumping. After showering and driving home, dinner is seldom before 9:30! Five of those days make a hectic week. But even the weekends are busy. Usually one day is spent training at the

plentiful facilities in Montreal. Then there are the meets — from Toronto to Houston to Tennessee. But that's what it takes to make "The Flop" work.

Brigitte will never forget the help and support she received from her family and from the residents of Elliot Lake. It enabled her to begin a training program which led to Junior and Senior National Championships. Despite some injuries, Brigitte has always bounced back with determination.

Russell's behind you Brigitte. We hope you have a successful season!



— Citizen Photo

## Sidewalk Talk

by Mark Van Dusen

### "Castor River — More than meets the eye"

There's more to the Castor River than meets the eye — if you're seeing it from a canoe.

A spring paddle down the southern branch from Highway 31 to Russell is a real adventure.

But don't be deceived. While the trip is seven miles by road, it's at least twice that distance via the snaking watercourse.

And it's not always smooth sailing!

There are barbed cattle fences to squeeze under, rocky cascades to shoot, shallows to portage. Even at a steady stroke the voyage can take several hours!

Well prepared, the journey will be rewarding, surprising in its ever-changing scenery.

Don't delay. The tributary is fast-approaching its summer depth. As the water level drops, the river becomes increasingly impassable.

Waiting too long could turn a pleasant excursion into a nightmarish chore.

Timed correctly, a little preparation is all that remains.

Pack a lunch. Paddling even briefly, much less for four or five hours, works up an appetite.

An extra shirt, pair of pants

and socks are a good idea. Remember, the water is still numbingly cold this time of year. Dry clothes will be appreciated in case of a dunking.

Seal food and clothing in a plastic bag which will float if the canoe flips.

The river is not extremely fast moving and the average depth is only a few feet, so life jackets are optional for adults. The are still a must for young children.

Some tricky rough spots lie ahead. A fiberglass canoe should withstand the thumping. Wood will require extra care in navigating even the smallest rapids — more numerous portages may be required. Aluminum, no problem.

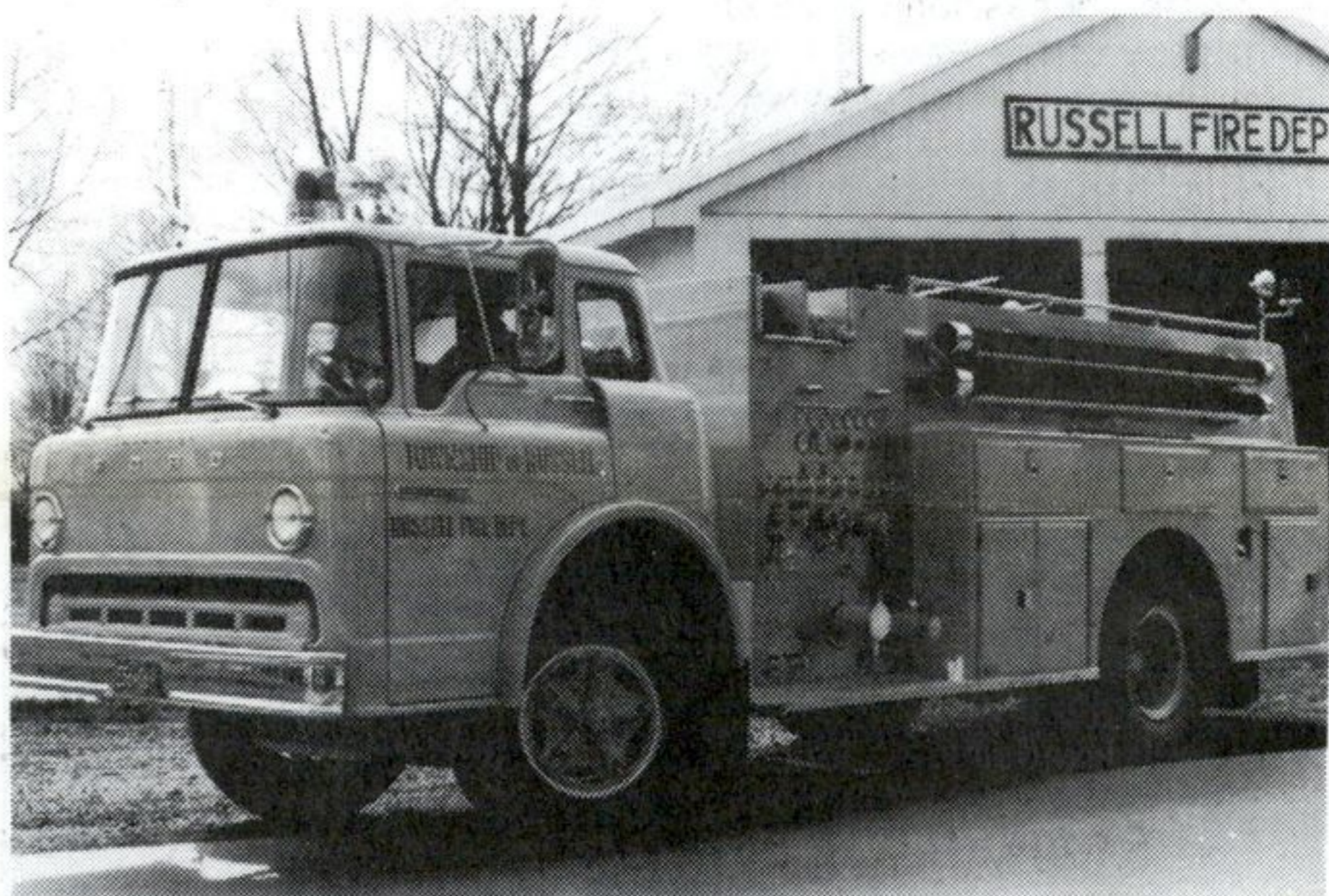
A short staff for both stern and bowman will save wear and tear on the paddles when shoving across gravel bars or through boulder-strewn narrows.

Don't forget a camera. It'll be worth it.

All that's needed now is a friend to drop the would-be voyageurs at the bridge one-quarter mile south of Regional Road 6 on Highway 31 and . . . shove off.

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## Russell Fire Truck



See inside for other Photos

— Staff Photo

# LET'S CLEAN UP RUSSELL



The Horticultural Society has designated the week of May 15th to May 22nd as "Beautify Russell Week".

The purpose is to clean up our streets, houses and shops, give them a face-lift. Get out and sweep your sidewalk, put out a flower box, hang a planter, repair that peeling paint, wash your windows, pick up the litter.

These are a few suggestions, I'm sure you can all think of others; if we each make at least one improvement, our whole town will certainly benefit.

We hope to make "Beauty Russell Week" an annual event every Spring, but let's not stop our efforts there, let's keep Russell clean and beautiful all year round.