



BELLUZ
Realty Ltd.
Simcoe Plaza
Box 715
Terrace Bay
Ontario
POT-2WO

Office: 825-9393
Home: 824-3429

Lynn Hodder
Sales Representative

News

SUPERIOR SHORELINE INSURANCE LTD.



825-9492
825-9646

Gord Moorey
The North Shore Insurance Specialists!

'Local' wins powerlifting competition

By Greg Huneault
the News

If you meet Joe Kostecki in town the next few days, don't give him a congratulatory slap on the shoulder; he's still a bit sore.

Kostecki won his weight division at the North of Superior Powerlifting Championships held May 29 in Geraldton.

The 28-year-old resident of Terrace Bay won the Heavyweight Division after he lifted a total of 1330 pounds of iron during the competition, which saw entrants from as far away as Sudbury and Thunder Bay.

Powerlifting is a sport that is gaining popularity. The goal is to lift the greatest amount of weight in three separate lifts.

The first type of lift is the squat, whereby the competitor places the barbell across the back of his shoulders and bends at the knees until he is squatting. Then he has to lift the weight until he returns to a standing position. Kostecki squatted 530 pounds, which he says is his normal maximum.

The second lift saw Kostecki hoist 300 pounds while lying on his back. In the bench press event, the competitor lies on his back and tries to lift a weight from his chest until his arms are fully extended.

The third event is the deadlift, and one where traditionally the greatest amount of weight is raised.

Kostecki lifted roughly two and one half times his body weight, but did not manage to beat his squat lift. In the deadlift, Joe (who weighed in at 217 pounds for the competition) lifted 500 pounds off the floor until he was standing with his back straight and the barbell bouncing lightly by his waist.

Joe said he was a little concerned with the strength of the plywood flooring which made up the platform, but there were no major problems.

Kostecki told the News his personal combined best is roughly 1422 pounds. At the competition, he still outlifted the Super Heavyweight winner, a division where the competitors weigh no less than 240 pounds.

"Psychology plays a big part," he said. At the event, the competitors went through different routines to get 'psyched up.' According to Kostecki, some had friends who would slap and hit them to make them feeling a little aggressive.

With this win, Kostecki now ranks in the top ten in his weight division in Canada.

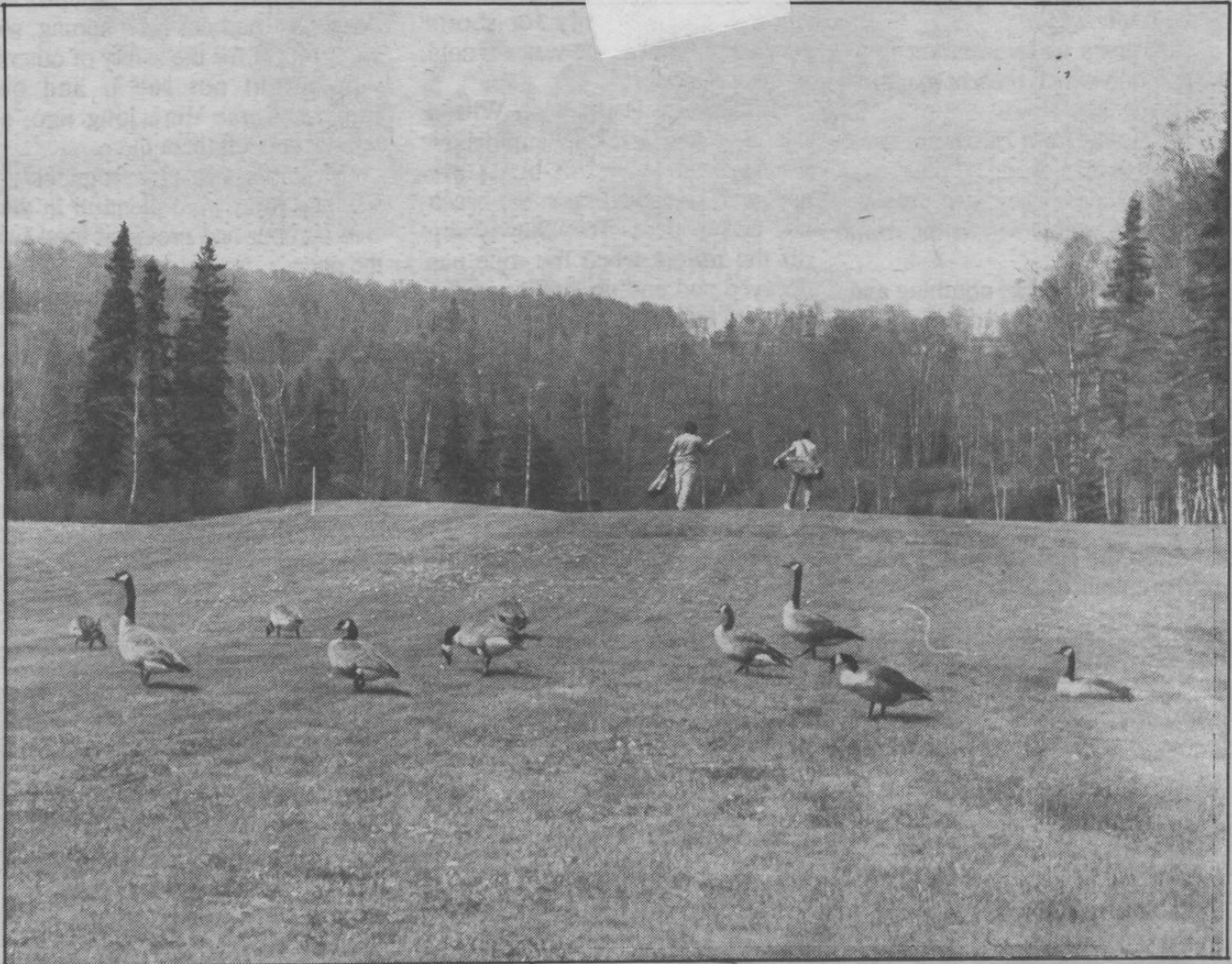
He has been training out of the Terrace Bay Recreation Centre weight room for the last three years. He switched to powerlifting from bodybuilding a year ago because of the challenge, and his workouts last between two and three hours a day.

"It's addictive to see your max (maximum weight lifted)," he explained.

Kostecki intends to continue with his powerlifting goals, and looks to next year when he plans to "try out for the Canadian's (championship) if I rank."

A weightlifting club has just been formed at the recreation centre, and the members have various events slated to raise money to buy equipment.

Joe invites interested people to join. He has come a long way, and has done it by himself, for himself. He encourages others to do the same.



Fore...I mean duck...I mean Geese! Golfers at the local golf course have had to stay on their toes with the return of the Canadian Geese. The water fowl tend to remain a quiet gallery for the most

part as they lazily peck for food. This picture was taken on the fourth fairway, about 150 yards from the tee off. Golfers are reminded that shooting birdies is great, but hitting the birds is a no-no.

Ducks Unlimited chapter trying to earn its wings

By Greg Huneault
the News

The local chapter of Ducks Unlimited of Canada (DUC) is hoping to take off.

The members of the organization's local in Terrace Bay are working hard to try to deliver the message which DUC is spreading throughout the country.

Local member Will Robinson says many people aren't aware of the goals and aims of the non-profit, internationally supported conservation organization.

He explained that many questions centre on the purpose of the association and where the money is going.

Ducks Unlimited is a private organization whose goals are to preserve, restore, develop, and maintain waterfowl breeding habitat in Canada.

The movement began in the 1930's when concerned American sportsmen banded together to combat a serious reduction in North America's duck population. The population was the result of the drought in the same decade. Their aim was to raise and direct funds for wetland conservation work.

The Americans formed Ducks Unlimited Inc. in 1937. Ducks Unlimited Canada received its official charter the same year, but became operational the following

Robinson says that all the money raised in Canada stays in this country to promote Canadian projects and awareness. The aims of Ducks Unlimited of Canada have expanded since its inception in the 1930's.

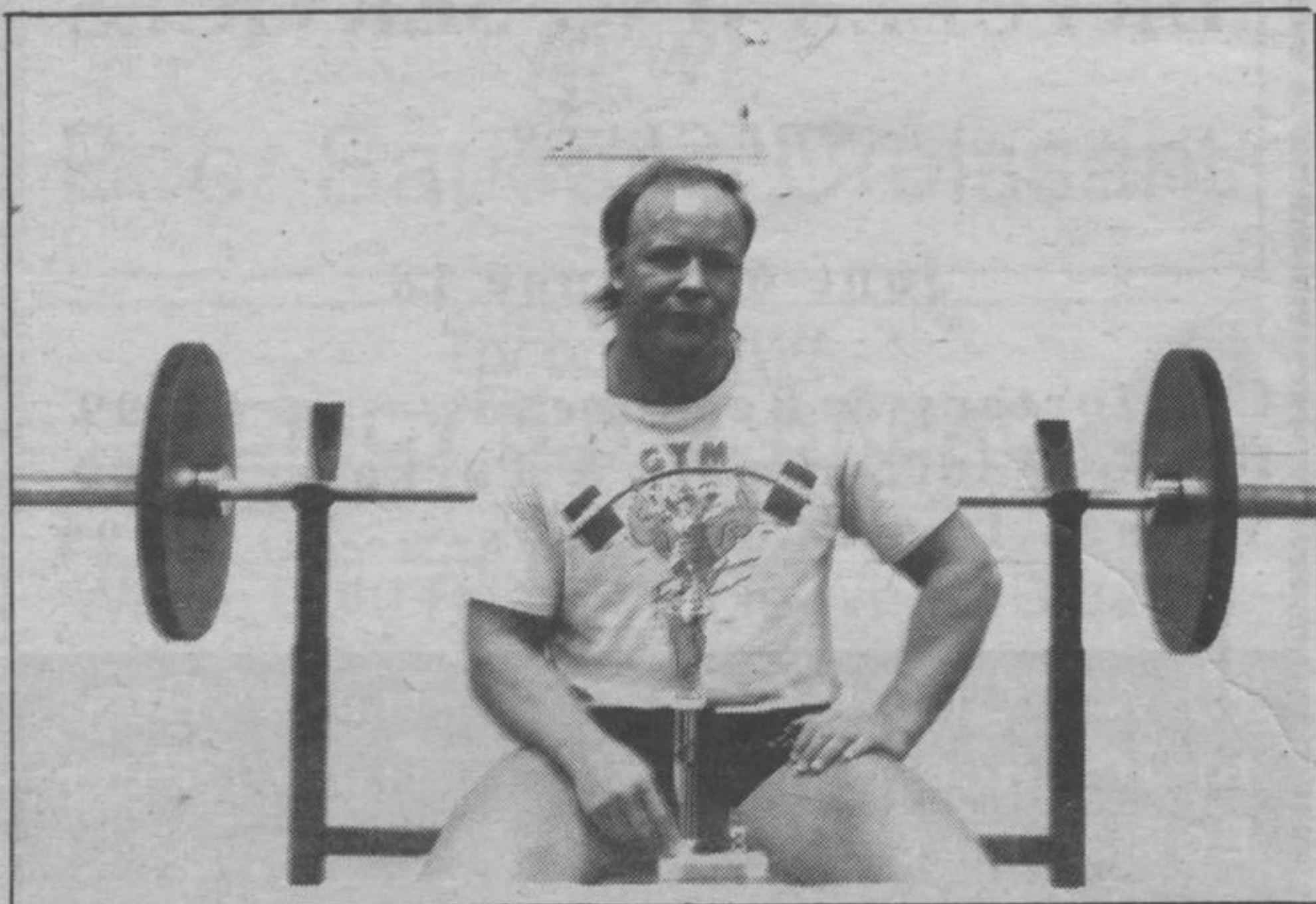
A main aim is to preserve all wildlife associated with wetlands habitat. This includes arranging leasing agreements with landowners who would otherwise drain or alter the affected areas.

Another major objective is to

establish new marshland habitats and encourage further development.

Robinson said that DUC has completed studies in the Cochrane area, and plans to study this general area are in the works.

Planning is underway to host an auction in September to raise funds. Robinson said a professional auctioneer will start the bidding at the local event, and if the last auction was any indication, this year's should be very successful.



Say cheese...please? Powerlifter Joe Kostecki poses with his trophy after winning in the North of Superior Powerlifting Championships.



DUC member Will Robinson recently presented well-known wildlife artist Christine Marshall with a commemorative DUC hat in appreciation for the artist's help. photo by Greg Huneault