

Terrace Bay recreation news

Canada Day Swim Pool Events

Tuesday June 28 was Tropical Day at the swimming pool as the Canada Week events were held for the swimming enthusiast. Approximately 80 to 100 children took part in such events such as a "Zany Costume Congo Line" which was the highlight of the afternoon. Other events were the apple bob, musical flutterboards, water dodgeball, dive for pennies, sponge tag, water balloon toss, blowing bubbles contest and many more events which kept the children amused for the greater part of the afternoon.

The schedule for July is now in full process and a schedule of all activities for the week may be picked up by dropping in to the pool or the Recreation Office.

Reminder — those wishing to register for the August session of lessons are reminded that the closing date is July 22, 1988.

Canada Day Pageant

The Canada Day Pageant was held at the Legion Hall on Wednesday June 29 with approximately 30 participants registered for the two age groups of 0 to 9 months and 10 to 18 months. Each age group was judged on the following categories - tallest, shortest,

heaviest, lightest, most hair and least hair. There was also a Prince and Princess chosen from all the contestants. Results of this contest is posted elsewhere in this issue. The Tot Lot staff and the Recreation Department would like to thank the following judges for their participation — Helen Ballard, Blanche Speck, Bill Houston, Jim Ziegler, George Ramsay for their assistance which was greatly appreciated.

Hard Ball a Possibility?

The Terrace Bay Recreation Department is looking for boys and girls aged 11 to 13 years who are interested in playing HARD BALL during the month of July. If you are interested in reviving HARD BALL and are aged 11 to 13 years give the Recreation Office a call at 825-3542.

Soccer — Attention Soccer Players

The terrace Bay Recreation Department is planning to start a Soccer Program for boys and girls ages 7 to 9 years old.

This program will take place in late August and September.

If your child is interested in this program would you please give the Recreation Office a call and tell us their name and age.

Further details will be forthcoming in future issues of the Terrace Bay/Schreiber News.

Tourist Information Bureau

The Terrace Bay Tourist Information Bureau is now operating in full swing with Winnie Plummer as supervisor and Krista Ditchfield and Kimberly Borsa as counselors. If you are planning a vacation or just wish to find out the best fishing holes in the area drop into the Curling Club Lounge and

ask the staff, they will give you plenty of assistance.

Fall Programs

Have you a special interest you would like to share with the community? The Recreation Department is looking for persons with talent who would like to share these talents by instructing a program through the department. Give us a call at 825-3542.

Upcoming Events

July 5 — I.B.E.W. - Boardroom - 7:00 p.m.

July 7 — Summer Aerobics Start - Arena - 6:30 p.m. to 7:45 p.m.

July 15 — Men's Baseball Tournament - Hospitality Garden - Arena - 6:00 p.m.

July 16 — Men's Baseball Tournament - Hospitality Garden - Arena - 12:00 noon

July 16 — Men's Baseball Tournament - Dance - Arena - 8:00 to 1:00 p.m.

July 17 — Men's Baseball Tournament - Hospitality Garden - Arena - 12:00 noon

Schreiber Rec notes

Swim Program

The first session of swimming lessons at White Sand Lake got underway on Monday July 4, 1988 and will continue until Friday July 24, 1988.

The week of July 25 -29 will be make up classes, a bubbles and wave day, free swim and registration for the second session.

The second session will be held from August 1-19. Registration for the second session will be accepted from July 18-29.

Soccer Program

The Recreation Department will attempt to offer a drop in soccer program at the Holy Angels field beginning Monday July 11, 1988.

There will be no registration fee for this program and children need only show up at the field if they wish to play.

Upcoming Events

Next week the results of the Canada Day Rubber Boot Tournament.

The decorate your wheels contest.

The 5km run/walk.

How Can You Tell If you Have Stamina ?

Try these simple tests:

First, walk briskly up and down a flight of stairs — three times. If you can talk while doing this, without sounding out of breath, your stamina level is OK.

Second, run on the spot. Make sure you lift your feet six inches off the floor. If you can keep running for two minutes without reaching the out-of-breath stage, once again — your stamina is likely pretty good. But if you find you're out of breath before two minutes are up, stop immediately.

If you have good stamina — congratulations. You'll know it gives you energy to do the things you want to do. And your stamina is probably developed and



enhanced through a fitness routine. But if you feel you should have more stamina, why not get active?

Start gently. Build up gradually. You'll feel better and find you can handle tension better too.

Summer Playground Program

The summer staff have an exciting summer planned for the children. The playground program is once again being held at the public school gym. Our supervisors this year are Tammy McParland, Cindy Luke, and Cathy Birch.

The playground program is held from 9:30 a.m. to noon and 12:30 to 4:00 p.m.

Schreiber Mixed Slowpitch Standings					
Team	GP	W	L	I	P
Dead Heads	8	7	0	1	15
Catch 22	9	7	2	0	14
Heinz 57	8	6	1	1	13
Texaco	9	6	3	0	12
Birch's	8	5	2	1	11
Stray Cats	8	5	2	1	11
Silver Bullets	7	5	1	1	11
Pistols	8	4	3	1	9
B 52's	8	3	4	1	7
Top Guns	6	3	3	0	6
Hooters	8	3	5	0	6
Misfits	8	2	5	1	5
Cruisers	7	1	6	0	2
Winston Lakers	9	1	8	0	2
Buccaneers	8	1	7	0	2
Bermuda Triangle	7	0	7	0	0

standings as of June 29

In The Rough

1988 GOLF SEASON STANDINGS

The 1988 Gold Season is now well underway. The Aguasabon Men's Golf Club are holding their Men's Night every Wednesday evening and with the better weather and the course being in excellent condition the turnouts and scores have also been excellent.

There have been four twilights to date and one tournament. The following is a summary:

May 25
0-14 hdcp. — Low Gross- B. Stachiw-34; Low Net-T.Costa-34.

15 plus hdcp. — Low Gross-T. Wilson-42; Low Net-G. Gusul-341/2

June 1
0-14 hdcp. — Low Gross-T. Hay-37; Low Net-K. Gellert-351/2.

15 plus hdcp — Low Gross- M. Hara-42; Low Net-M. Reid-33

June 8
0-14 hdcp. — Low Gross-T. Hay-35; 2nd Low Gross-P. Malashewski-37; Low Net-K. Cowan-36.

15 plus hdcp. — Low Gross- M.

Hara-40; 2nd Low Gross-G. Gusul-46; Low Net-K. Powell-331/2

June 15
0-14 hdcp. — Low Gross-K. Gellert-37; 2nd Low Gross-B. Stachiw-39; Low Net-T. Hay-34.

15 plus hdcp. — Low Gross-R. Brend-36; 2nd Low Gross-B. Gugelyk-44; Low Net-C. Matson-30.

On Saturday June 11, 1988 32 golfers teed off in the third annual Howard Sully Memorial Two Man Best Shot Tournament.

Ken Hanley and Garry Richards emerged as the over-all winners with a score of 1 under par 71.

The next tournament date if July 9, 1988 with the Senior Men's (50 and over) followed by the Dave Desrosiers Senior — Junior on July 23, 1988.

Golfers may sign up for these tournaments at the clubhouse.

Congratulations to Kim Cowan was shot a 32 on June 22 tying the 9 hole course record.

DUKE SNIDER'S PLAY BALL TIPS #3

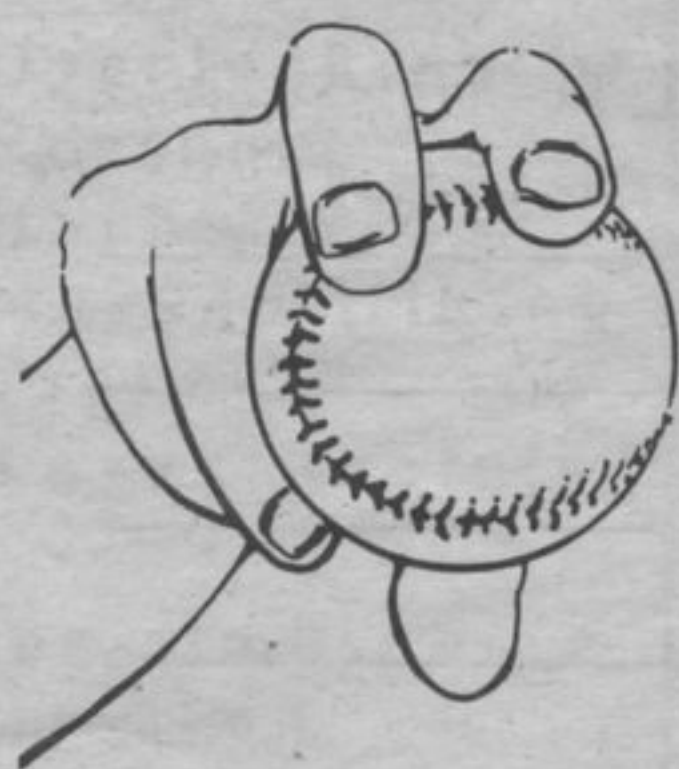
1 Place the pads of your first and second fingers across any seam with your thumb directly underneath. Leave a slight gap between the ball and the web of your thumb.



2 After catching the ball, find the proper grip. Take a small starter step with your pivot foot which should be turned at a 90 degree angle to your target.



3 As you bring your throwing arm forward, plant your glove side foot. Your elbow points out, the ball close to your head. Follow through with your hip and shoulder so that your throwing shoulder points toward the target.



THROWING THE BALL

Making hard, accurate throws is essential to playing good baseball. It all starts with the proper grip and a few basic steps.