

# Swimmers 'barge' in on fitness

Every Monday and Thursday morning just before six a.m., a car containing four bleary-eyed males of varying ages and physical descriptions heads out of Stouffville on its way to Markham Centennial Centre.

After some light banter and a coffee or two, the quartet walks, limps, and hippity hops into the recreation complex. They slip into their bathing suits, then hit the pool for an hour of one of the best forms of exercise available.



From Where I Live

Bruce Stapley

The foursome includes Wayne Reed, the minister of the Stouffville United Church; Wayne's teenaged son Mike; Don Jackson, a local travel agent, and my son Shane.

With the exception of Mike, this collection of diversified humanity gives the impression of an army remnant after a long and arduous war - an army that in some cases was allowed to eat rather high on the hog.

Wayne is hampered by a bad knee which makes him an unlikely candidate for a morning jog or a vigorous bike outing, let alone a brisk game of tennis.

Don was forced to part company with the bottom part of his right leg after breaking both legs and a collarbone in a fall from a hotel balcony while on a Caribbean familiarization trip in 1988. For him, jogging is strictly a spectator sport, which he professes to enjoy as he watches the athletically inclined females of Stouffville happening past his Main St. Stouffville office with their bandannas and colorful running gear.

As for Shane, his two lower legs and left wrist and hand still bear the permanent scars of a burn accident suffered while on duty at a gas station in 1989. But apart from the visual reminder of his ordeal, Shane is totally whole physically, and along with Mike is able to take to the faster lanes of the Markham pool.

Both Wayne and Don are the first to admit that an excess of poundage has added somewhat to their respective plights. Don, ever the self deprecating humorist, maintains he and his friend the rev have requested a new category be added to the classification of the pools' lanes as being for slow, medium, and fast swimmers. "Wayne and I want a barge lane," he told me the other day. "And we're going to start charging admission to see Nadu and Dadu, the baby killer whales."

But while Don jokes about his girth and his artificial leg, he insists he has stumbled across a winner with the swimming idea. It was only after he began his gentle water workouts that his right shoulder has started to function like it did before his accident. His legs are operating more efficiently, and he reports an improvement in his breathing and his entire cardiovascular system.

As for his excess weight, well, he shrugs, four out of five's not so bad. What to do about the extra bulk? He offers a practical answer which involves minimal exertion. "The logical solution would be to back away from the table sooner!"

Don has nothing but praise for the good people who operate the Markham pool. They are more than willing to assist him with his special needs, which include bringing a chair to poolside so he

can attach his artificial limb when he climbs out of the water.

He expressed surprise there are not more disabled people like himself taking advantage of the pool and it's gentle form of muscle ton-

ing and overall body tuning.

He said he would be happy to share his lane, but on one condition - the law of the seas would have to apply. Barges pass on the right!

## Harmony Ranch

**NEW** - City Slick with Western Style - Professional, qualified riding instruction  
**ENROLL NOW IN THE AUTUMN CITY SLICKERS RIDING CLUB**  
 A complete western riding and horsemanship course.  
**888-9827 Stouffville**  
 Horses Boarded - Best Care Anywhere!

### PICKERING SURPLUS LANDS DISPOSAL INITIAL ASSESSMENT FEDERAL ENVIRONMENTAL ASSESSMENT AND REVIEW PROCESS

A public open house was held on July 14, 1993 where staff from Transport Canada, Public Works Canada and Proctor & Redfern Limited were available to provide information and answer questions on the Draft Initial Assessment Phase 1A Report. Members of the public and representatives from various provincial and municipal agencies attended the open house.

Transport Canada had requested comments on the Draft Initial Assessment Report by August 4, 1993.

Please be notified that the date for receiving input on the Draft Initial Assessment Report has been extended to August 30, 1993.

For more information, please call Gail Bornstein, Tel: 416-445-3600.

### HOST AN AFS STUDENT!



Would you like to discover the world without leaving home? AFS Interculture Canada offers families the possibility of hosting, for a school year, a foreign student between the ages of 15 and 18. An intense and rewarding experience awaits you.

#### FIND OUT MORE!

AFS Interculture Canada is an educational movement whose purpose is to promote global education and international development through intercultural exchange programs.

#### CALL TODAY:



A registered charitable organization #0785154-21

David Bassie  
 (416) 895-5494  
 or call toll free  
**1-800-361-7248**

## ATTN. YORK REGION

Regional Nursing / Homemaking Services

is pleased to announce our **TOLL FREE SERVICE**

call

**1-800-567-8195**

## ATTN. YORK REGION

Regional Nursing Services

is pleased to announce our **TOLL FREE SERVICE**

call

**1-800-567-8195**

**National**   
 National Party of Canada / Parti National du Canada

Let's get Canada back!

**PUBLIC MEETING**

Monday, August 9, 1993

7:30 p.m.

**CHIMO HOTEL**

**ELLESMERE ROOM EAST**

7095 Woodbine Avenue

(NE Corner Woodbine and Steeles Avenue)

**MARKHAM**

Speaker: Greg Gogan



**THE FAUCETWORKS**

**475-6297**

**"THE FAUCETWORKS" WAREHOUSE BLOW-OUT B.B.Q. SALE**

We have re-located and have too much stock from our previous location.

For 2 days only, you'll have the opportunity to get the bargain of a lifetime. **DON'T MISS IT!**

Numerous items on sale at huge \$\$\$ savings - prices slashed - don't miss this one ... Prizes, Give-aways, Great Food.

Fixtures (toilets, bidets, lavs, tubs, whirlpools, pedestals) faucets, shower doors, bases, tub surrounds, showerstalls, vanities, bathroom accessories & various fittings.

American Standard, Delta/Waltec, Symmons, Bootz, Gerber, Fiat, Manhattan, Showerlux, Spartan, to name a few ...

**LAST DAY**

HOPE TO SEE OUR MANY VALUED

CUSTOMERS AND FRIENDS

FRIDAY AUG. 6TH &

SATURDAY AUG. 7TH



**750 COCHRANE DR.**

**MARKHAM**

(just behind Furniture Mall)

**475-6297**

**CASH & CARRY**