



Remember these bicycle safety tips

- A bicycle is a vehicle, and a cyclist must obey the rules of the road. That includes riding on the right side and stopping at stop signs and red lights. Teach children it isn't okay to ignore a street sign when cycling, even if friends do it first, says the Ontario Cycling Association.
- Buy a helmet which fits. Look for one with foam pads which feel snug but not too tight. It should sit level atop the head, not rock forward or from side to side. If it is too loose, it doesn't offer enough protection, says the Insurance Bureau of Canada.
- Make your bicycle visible at night. A driver will notice a blinking rear light on a bike much earlier than a plain reflector, says Cyclepath store manager George Varela.
- It's not a good idea to let a child "grow into" a bicycle. A child should be able to straddle the bike with hands on the handlebars and keep the balls of both feet flat on the ground, according to the Canadian Cycling Association.
- Driveways and sidewalks can be dangerous places to cycle. Pedestrians have the right of way on sidewalks, and may not expect cyclists there. Drivers can pull into driveways or alleys without warning. The OCA says children should be taught when to stop and check for possible dangers while riding on a sidewalk. They should also stop and look left, centre and right before entering a road from a driveway.

PLAY IT SAFE: Wearing proper equipment and finding a safe route makes cycling a pleasant and safe experience.

Photo by SJOERD WITTEVEEN

Local golf tourney to benefit spinal research

The Canadian Spinal Research Organization (CSRO) will tee off its first annual Charity Golf Tournament on July 31 at the Sleepy Hollow Golf Club in Stouffville.

Kicking off the tournament for the early birds is the mini-tournament. Later in the day, there will be a putting competition, a hole in one contest, a sports auction, a raffle, and a guest speaker. The tournament will host 144 golfers.

The entry price is \$175 per person. Guests are welcome to join the dinner reception for \$50 per person.

For more information, contact Ryan Durham at CSRO's Special Events line at (905) 508-4000.

Mental health association offers depression screening

The Canadian Mental Health Association, York Region is offering a free Depression Screening on Thursday, July 24 from 1 to 8 p.m., at 200 Davis Dr., Newmarket.

If you are feeling sad or hopeless and wonder if these are symptoms of depression, take a confidential test and review the results with a mental health professional.

For an appointment call CMHA at 898-7466.

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