

COMMUNITY CALENDAR

EVENTS

TUESDAY, JUNE 1
Walk and rollathon for York-Durham Aphasia Centre, Stouffville, to June 3: 642-2053.

WEDNESDAY, JUNE 2
The Suburbanaires in concert at Parkview Village, Ninth Line, Stouffville, 2 p.m. Call Joanne at 640-1940, ext. 24.

WEDNESDAY, JUNE 2
Building self-esteem in your children by the Markham-Stouffville Family Life Centre, 7 to 9:30 p.m., cost: \$20: 475-0433.

THURSDAY, JUNE 3
Child car seat safety education workshop at Markham Community Library, 9:30 to 11 a.m. 294-2782.

SATURDAY, JUNE 5
Clean up Lehman's Pond with the Stouffville Rotary Club at 10 a.m. Call Pam 640-4668 or Harry 640-3319.

SATURDAY, JUNE 5
Unionville Festival on Main Street, Unionville.

CLINICS

WEDNESDAY, JUNE 2
Ministry of Health's photo health card clinic

at Markham-Stouffville Hospital to replace missing, damaged, expired, incorrect health cards. By appointment, call collect 1-905-434-3724.

THURSDAY, JUNE 3
Footcare clinic at the Shoppers Drug Mart, Main St., Stouffville. 477-2755.

FOR CHILDREN

SATURDAY, JUNE 5
Babysitting course at Stouffville library for 12 years and over beginning at 9:30 a.m. Cost: \$42.10, pre-registration required.

ANNUAL GENERAL MEETING
of
Blue Hills Child & Family Services
and
Blue Hills Academy Residences
on Tuesday, June 15, 1999
6:00 pm
402 Bloomington Road West, Aurora
RSVP 905-773-4323 ext. 329

VOLUNTEERS WANTED for a PUBLIC ADVISORY COMMITTEE

The Lake Simcoe Region Conservation Authority is conducting a Subwatershed Study on the East Holland River to identify areas for future urban growth while maintaining and enhancing the ecological health of the watershed.

Your input is important! If you would like to participate, please respond in writing by Monday, June 11th to:

Lake Simcoe Region Conservation Authority
Box 282, 120 Bayview Parkway
Newmarket, Ontario L3Y 4X1

Please include a brief description of yourself and why you would like to be on the committee.

For more information contact: Michael Walters or Andrea Ferguson Jones at (905) 895-1281 or lsra@direct.com

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1999 GOLF GUIDE

Take a practice shot like you mean it

A practice shot can be the best — or the worst — thing to do

Is there really any value in taking a practice swing or is it just one more thing that slows down play?

A practice swing can be invaluable to your performance level if done correctly.

The practice swing has three main advantages.

First, it helps to loosen your muscles and prepare them for the task at hand; second, it gives you an opportunity to mimic the shot you are about to hit; and third it can be a productive way of encouraging the proper swing mechanics you are trying to produce during your game.

A practice swing can also be detrimental to your game. If you believe it has no real purpose, and you take a practice swing because you see other people do it, it can actually cause bad habits. Everything in life is productive, counter-productive or non-productive, meaning you will get exactly what you practice.

In the effort of trying to keep pace with the

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flow of the game, only take one practice swing before you hit. So if you decide to take one, take it like you mean it.

WHAT SHOULD I USE OFF THE TEE?

The first shot, in one respect, can be one of the most difficult shots we face. A one wood, or driver, has the least amount of loft on the clubface compared to the rest of your clubs. Because of this, we must be much more pre-

cise when we make contact with the ball.

If you find you have a little extra time on the course, conduct this experiment. Hit two shots off of each tee, the first shot with your driver and the second with your three wood. Be sure to remember which ball you hit with each club.

Keep track of what happens to each shot. You will probably notice your three wood is actually more consistent, and hits the ball just as far, if not further, than your driver. If this holds true use your three wood off the tee.

For those of you who find both the three wood and the one wood difficult, try the same approach with your five wood.

Remember, golf is to be fun and having success off the tee is rewarding, not only for your score, but also for your enjoyment.

These tips were provided by Perry Curiston, CPGA, director instruction, Impact Golf Schools.

Junior Golf Camps at the Royal Golf Academy

Stouffville
Maples of Ballantrae G.C.

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Bolton
Glen Eagle Golf Club

for details call
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Mon-Thur. 10am-9pm
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Sat. 10am-6pm