



Do you know someone who needs health care or personal support at home?
 We provide community care, placement, information and referral services for people of all ages through a visible, single point of access. Services are funded by the Ministry of Health for eligible clients.
CCAC. Helping you access your health care system
 Call 1-888-470-CCAC (2222)

This message brought to you as a community service of The Economist & Sun/Tribune

Sport attracts range of ages

From page 25.

A cross between soccer and football, ultimate is a non-contact sport in which a flying disc is passed from player to player until one of them catches the disc in the opposing team's end zone.

Once the disc is caught, the player can't run with it; he or she has to establish a pivot point with one foot and pass the disc along to another player.

There are also no referees, which means any fouls committed by the players have to be discussed and agreed upon by all players.

You might think the lack of officials or body contact might cause problems, but then, you probably haven't seen ultimate.

"It's a sport that combines athleticism and comradie," Mr. Goldlist said. "Ultimate players are really the best people I've known."

On this hot and hazy August evening, about 30 players gather on a school field just south of Dufferin and Lawrence to play a friendly game.

It's a co-ed sport and, while most of the players look to be young professionals in their mid to late 20s, Mr. Goldlist said it's a sport that attracts all types and age groups.

"There's a father who brings his 10-year-old son out to the games," he said, "and he plays just as good as, if not better than, a lot of the players."

Well, if a 10-year-old can do it, then I can, too.

The first step to playing, I figure, is mastering the art of the Frisbee throw.

"There's the backhand, a good standby that everyone

is familiar with," said Mr. Goldlist, while demonstrating his technique.

"There's the flick, which is kind of a forward pass. There's a variation of the forward pass that's called the Scoobie, which is basically just a flick that's inverted.

"There's the hammer throw, which is also more or less a flick but thrown over your head.

"There's the thumber, which is just the reverse of the hammer, so where a hammer will curve from the outside in, a thumber will curve from the inside out."

OK, everything he just said after "flick" completely, if you'll pardon the phrase, flew over my head.

Best to stick to basics here and concentrate on my back-hand pass.

Hmmm ... a little wobbly that time. Heck, who am I kidding? That toss would make one of those 1950s B-movie flying saucers look smooth by comparison.

Another toss ... that one flies a little better.

"Wrist strength is good when you play ultimate," said Mr. Goldlist, reminding me to add yet another item to the list of body parts I will someday get around to exercising.

After a couple of warm-up tosses, it's time for Mr. Goldlist to start the game. I would have joined in, but I left my cleats at home. Talent, too, come to think of it.

Just as well, I suppose. Maybe there's a penultimate sport I can look into until I'm up to speed.

To learn more about ultimate, visit the Toronto Ultimate Club at <http://www.tuc.org>

BEAUTY

at the bay



WHAT'S HOT?

Reveal the skin you want

Idealist Skin Refinisher
 Helps give you ideal skin - soft, smooth, even-toned. 30 mL \$60, 50 mL \$90

ESTÉE LAUDER

7-PIECE GIFT

ONLY @ THE BAY



Yours with any Estée Lauder purchase of \$27 or more.
 This exclusive gift includes your choice of warm or cool shades for lips, cheeks & nails.

- Blush All Day Natural CheekColor Duo
- Full-Size Pure Color Long Lasting Lipstick
- Pure Color Nail Lacquer

- Day Wear Crème, SPF 15
- Idealist Skin Refinisher
- Intuition Fragrant Body Lotion
- Midnight Blue Tote

One gift per customer please. While quantities last. Offer ends Sunday, September 1st (where permitted by law).

the **Bay** more than you came for

HBC Rewards
 TURN EVERYDAY SHOPPING INTO REWARDS.

Earn points at all Hudson's Bay Company (Hbc) family of stores - The Bay, Zellers, Home Outfitters, Déco Découverte or hbc.com
 COLLECT POINTS FASTER WITH YOUR HBC, BAY OR ZELLERS CREDIT CARD.
 EARN 25 BONUS POINT WITH ALMOST EVERY DOLLAR YOU SPEND

DiMarco Golf CLEARANCE CENTRE

AUTHORIZED CLEARANCE CENTRE FOR ALL THE TOP NAMES
 SAVE 30% TO 90% OFF ALL CLEARANCE ITEMS
 GUARANTEED LOWEST PRICES

<p>TaylorMade 300 Ti Drivers* NOW \$249.99 <small>Reg. 249.99</small></p>	<p>FootJoy Dry Ice Glove NOW \$19.99 or 2 for \$30.00</p>	<p>Dual Lightweight Stand Bag NOW \$119.99 <small>Reg. 219.99</small></p>
<p>nike Titanium Drivers Reg. 649.99 from \$399.99</p>	<p>Nike, Titleist, Strata Experienced Grade A \$9.99 Dozen or 3 for \$24.99</p>	<p>Greg Norman Golf Shirts \$49.99 <small>Reg. 89.99</small></p>
<p>PING iSi Ti Drivers Reg. 550.99 \$349.99</p>	<p>CALLAWAY STEELHEAD WOODS SAVE \$100* OF DOLLARS PRICES TOO LOW TO MENTION</p>	<p>Arnold Palmer Arnold's Club 7.5 pc. \$249.99 <small>MRP, MLH</small></p>
<p>Individual Woods RH, LH Men's & Ladies from \$24.99</p>	<p>STRATA Pro Balance Golf Balls \$24.99 Dozen</p>	<p>Find it @ DiMarco Golf CLEARANCE CENTRE 5221 HWY. #7 EAST 905-479-5077 www.dimarcogolf.com</p>