

Rules straight forward

From page 21.

those who have difficulty keeping up with the extreme fast-paced action.

"It's my specialty," said Mr. Reid, one-half of the national championship doubles team. "It's really great and not quite as hard on the body as singles play is. It's a great thing to do once you reach a certain age and is very popular at the moment."

Rules aren't a big deal, Mr. Fawcett said.

"The rules are very simple and straight forward. Five minutes is all you need to get an understanding," he said. Scoring is also simple.

"You can get a point only on your serve and first person to score nine points wins the game," said Mr. Reid.

Like tennis, you cannot let the ball bounce twice. Squash is played in a best-of-five series.

A drawback to squash is the fact that it does have limits as to who can play.

"It's a hand-eye co-ordination sport so if a person has never swung a baseball bat or a golf club or rarely thrown or caught a ball, he may have some difficulties getting into squash," said Mr. Fawcett.

For more information on the sport, visit Squash Ontario's website at www.squashontario.com or call them at 416-426-7201.



For Memory-Impaired Seniors A Better Place and a Better Way

At Sunrise Assisted Living, we care for residents with memory impairment in a different way. Our innovative *Reminiscence Program* is creatively designed to encourage residents to live at their highest potential in an environment of safety, freedom and security. *Reminiscence* features extraordinary support in a separate, secure area that looks and feels just like home. Residents are surrounded by pleasant sights, sounds, aromas and textures while compassionate caregivers tend to physical needs, nurture the spirit and create pleasant days.

You're invited to visit Sunrise. See firsthand how our structured, loving program offers 24-hour care and is an alternative to a retirement home and long term care.

Call us today, to book a tour of
our home-like Reminiscence Neighbourhood!

SUNRISE
ASSISTED LIVING

Sunrise of Unionville / 905-947-4566
38 Swansea Road, Unionville, Ontario L3R 5K2

Sunrise of Richmond Hill / 905-883-6963
9800 Yonge Street, Richmond Hill, Ontario L4C 0P5

www.sunriseassistedliving.com

Immediate Occupancy—Select Suites Available Now!
Rates From Under \$2500⁰⁰

Activity instills sense of accomplishment

From page 21.

map shows roads and paths, groups of trees, signs, flags, forest, buildings, wells and other landmarks. Mr. Helston tells me the end of my thumb is equal to about 100 metres on the map.

I'm ready. The first marker I must find is at the west end of the map. The spot I am looking for is near a well where two footpaths meet. I walk along a fence for about 400 metres and recognize two roads meeting up ahead, just like they do on the map. I am ecstatic. It is such a gratifying feeling to know where you are and be able to navigate yourself to where you want to go. I puncture my orienteering card with a punch, which is what is done in orienteering competitions.

This is actually kind of fun. Maybe I will turn into a map guru like Mr. Helston who pours over maps for hours, then closes his eyes and tries to visualize the landscape.

"It drives my wife crazy," he says.

With the popularity of outdoor activities, orienteering is a vital skill, says Melanie Moore, office manager for Equinox Adventures.

"More and more people are

going mountain biking, doing extreme sports. Welcome to the SUV mentality. They are skills you absolutely should have."

It feels great to be out in nature rather than cooped up inside an office, which is part of the beauty of orienteering, Mr. Helston says.

"It's getting out and exercising, getting an appreciation for the natural environment," he says. "And the challenge of it."

Mr. Helston has friends for whom orienteering is not just a skill but a leisure activity. He knows people who go to parks and conservation areas just to hike and take compass bearings.

By the time I am ready to find my next markers, they have already cleared the orientation course. But I have only just begun and I am hooked so, to test my orientation ability, I pick a few spots on the map to locate. One of these is the spot where a wooden sign stands next to a flagpole near a dirt road.

What's the fastest route to this spot? I ask myself.

I "fit" my map, making sure it is pointed in the direction I want to go, then calculate the fastest route. I walk north, then east past a collection of buildings and reach a little lake. Wait a minute. That wasn't part of the plan.

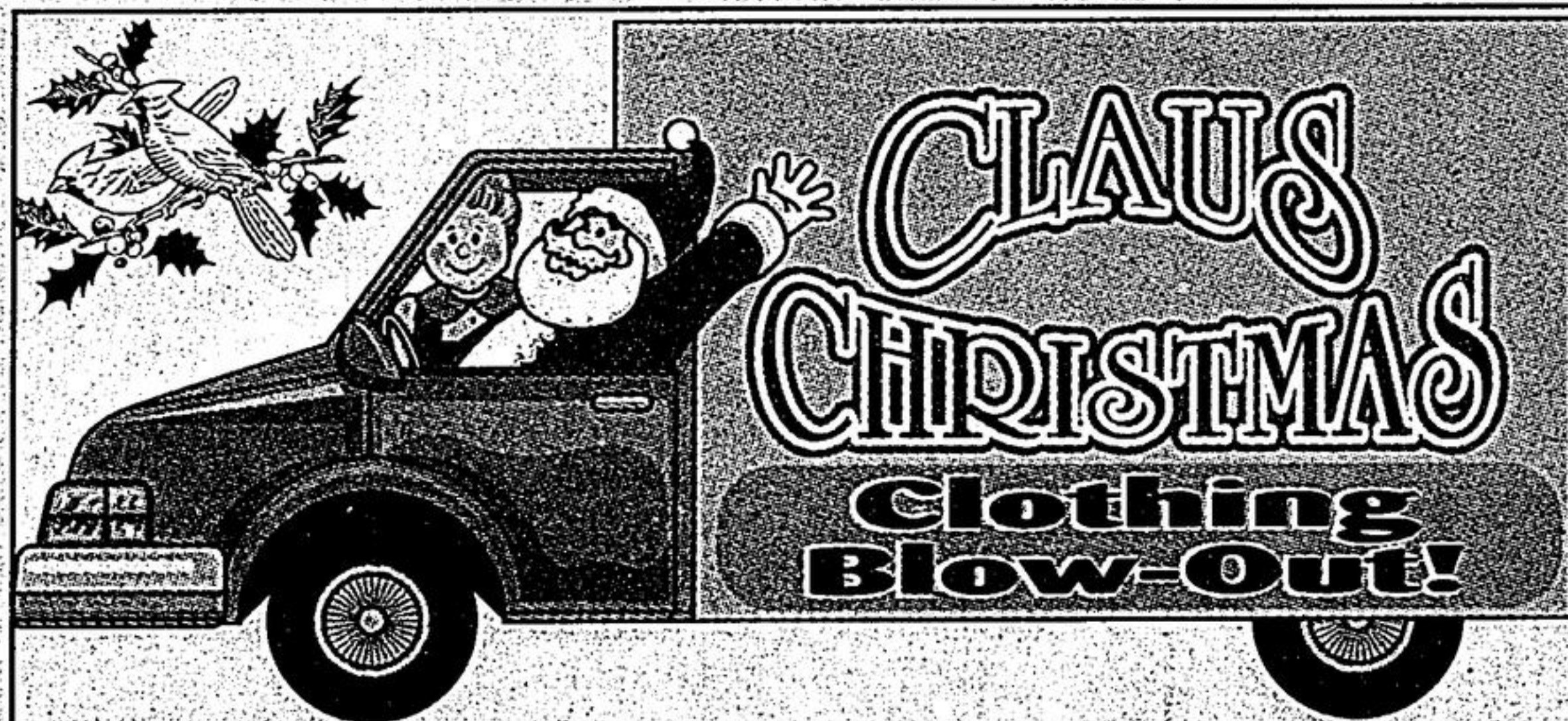
Where am I? I see a water fountain nearby and I know approximately where I am on my map.

When I look up and see a flagpole next to a wooden sign, which was my desired destination, I feel a surge of self-confidence.

I have no problems getting back to the Milne Outdoor Education centre but have to admit I am much more comfortable with the map than the compass. I found the compass moved too much and I could never figure out which way it was supposed to point.

I leave the conservation area feeling more confident in my map-reading ability. The memory of myself in elementary school, standing lost atop a hill, has been replaced by an image of myself in the Milne Dam Conservation Park, feeling slightly bewildered and doubting my ability to navigate in the right direction. This time, however, I eventually found my way.

Equinox Adventures can be reached at 416-222-2223 or go to equinoxadventures.com. You can also try Toronto Orienteering Club at toronto-orienteering.com or Orienteering Ontario at 416-410-4586 or 1-888-810-9990 or check www.orienteering.on.ca



Christmas Clothing Blow-Out!

WHERE: Sheraton Parkway
(Highway 7 & Leslie St., Markham)

WHEN: Saturday, November 23
Sunday, November 24, 2002
From 10:00 a.m. - 5:00 p.m.

Quality, Designer Fashions and lingerie
that are sold in major department stores
in the U.K. and the U.S. are
now available here in Canada.

We have it all - business, dressy, casual and
funky styles for every season.

Ladies blouses, tanks, skirts, dresses, T's,
pants in all fabrics including leather and suede

Also available ... Men's Leather Jackets!

A great selection in sizes from 4 through 14.

Prices from \$10.00!

When You can't
BREATHE
Nothing Else Matters

THE LUNG ASSOCIATION

We can help.
For more
information about
Asthma call
The Lung
Association

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