

# Champion skipping team shows Orchard Park students the ropes

The Leamington Acro-Ropers, ranked Canada's top rope skipping team for 2002, recently performed for students at Orchard Park Public School.

"The team promotes a unique type of jumping called 'Nawatobi' which originated in Japan," explained Susan Kaunismaa, chair of public relations on the Orchard Park Council. "This distinct style of jumping is done on elevated four by eight foot panels of wood that enhance the success and accuracy of skills by providing an artificial lift."

After participating in international competition in Nepean, Ont., eight members of the Leamington team were

selected to join Team Canada in 1994. "Their success in capturing their first world title in Ashiya, Japan has been followed by many competitions throughout the world in all styles of jumping rope -- speed, power and freestyle," said Ms. Kaunismaa.

"Orchard Park Skipping Team, which we believe is the only skipping team in existence in the GTA at the elementary level, was started four years ago by parent volunteer Nerine Jacobs. The team does performances for the Heart and Stroke Foundation to promote physical fitness to prevent heart disease (and) would also consider some additional

opportunities to perform in and around the GTA area."

Richelle Slater, 7, (left) of Leamington Acro-Ropers, goes through her paces with nine-year-old Rachel Kaunismaa of Orchard Park Public School (right), while OPPS team member Kirstie Hembruff skips in the background.

Photo by Susan Kaunismaa



### Correction

Last month's photo of Sandy Brailey, winner of the Curves for Women Sweetheart Award, included incorrect information. Ms. Brailey, who has lost more than 60 lbs since becoming a member of the local club, joined in 2001, and not 1991, as stated.

## Poetry Corner

### Boring!

by Emily Manninen

I'm sitting in class, while the pen that I'm clicking  
Is moving in synch with the clock that is ticking.  
It's going so slow that I think I might die,  
As I sit here and wait for the day to go by.

I'm doing my hair up in ten thousand braids,  
Not listening to teacher, destroying my grades.  
I'm trying to fight back this stubborn ignoring,  
But I can't because this class is so gosh-darn boring!

Emily Manninen is a student at Orchard Park Public School

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## Inside Out Decorating



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Just a note to say "Thank You" to all my customers at Inside Out Decorating. After ten great years, with great customers (most of you were really great), the time has come to say "Goodbye". Inside Out Decorating has recently been sold. The new owner is Kurt Roane of Uxbridge. Kurt has a Benjamin Moore store in Uxbridge and he will be running both stores.

Same Store, Same Location, Same Phone Number, Same Friendly Faces and a couple of new faces.

It has been a wonderful experience for me to have had Inside Out for all those years. I have met such terrific people, made a lot of friends, and had a lot of fun. I will treasure those years of my life forever. Now it's time to make a few changes, try to "unclutter" our hectic lifestyle, make room for other things, like grandchildren (no pressure Amy and Chris), and gardening, and maybe reading a book or two.

That is not to say I am retiring. I am actually going to help my husband in his business. He has Jones Pools in Stouffville.

Anyways, I would like to, again, say thank you to each and every one of you who kept me in business all those years. I knew I was in business for a long time, when people were coming in with their teenagers, and I remember helping them decorate their babies rooms. The time did fly.

I would like to Welcome Kurt and Lorraine to Stouffville, and wish them lots of success with Inside Out Decorating. I know he will treat all of you with the same knowledgeable, friendly service that I hope we at Inside Out did over the years. Amy, Linda, Piret, Sandra and Ashley are going to be staying on with the new owner.

I wish you all well and hope to see you around town.

PS: If anyone would like to put in a pool, you know where to find us. Jones Pools has moved to the other end of town - 33 Ringwood Drive, Unit 32. We have a nice little store where we are going to display a couple of spas, sell chemicals, do water testing, etc.

Sincerely

*Jill Jones*

Jill Jones