

YOUR HOMETOWN SPORTS HEADQUARTERS

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NORTHUMBERLAND
April/May 2016 Issue



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**FREE
ISSUE**
GO AHEAD,
TAKE ONE!

**VARSIITY
BOYS HOCKEY**
AT TRINITY COLLEGE SCHOOL

**COBOURG
NISSAN
KODIAKS**

JOHN ST. JOHN 1ST
OVERALL DRAFT PICK



THE MOST
AFFORDABLE
GAME IN TOWN



**SUMMER AT
THE COBOURG
COMMUNITY
CENTRE**

“RIDE DON’T HIDE”

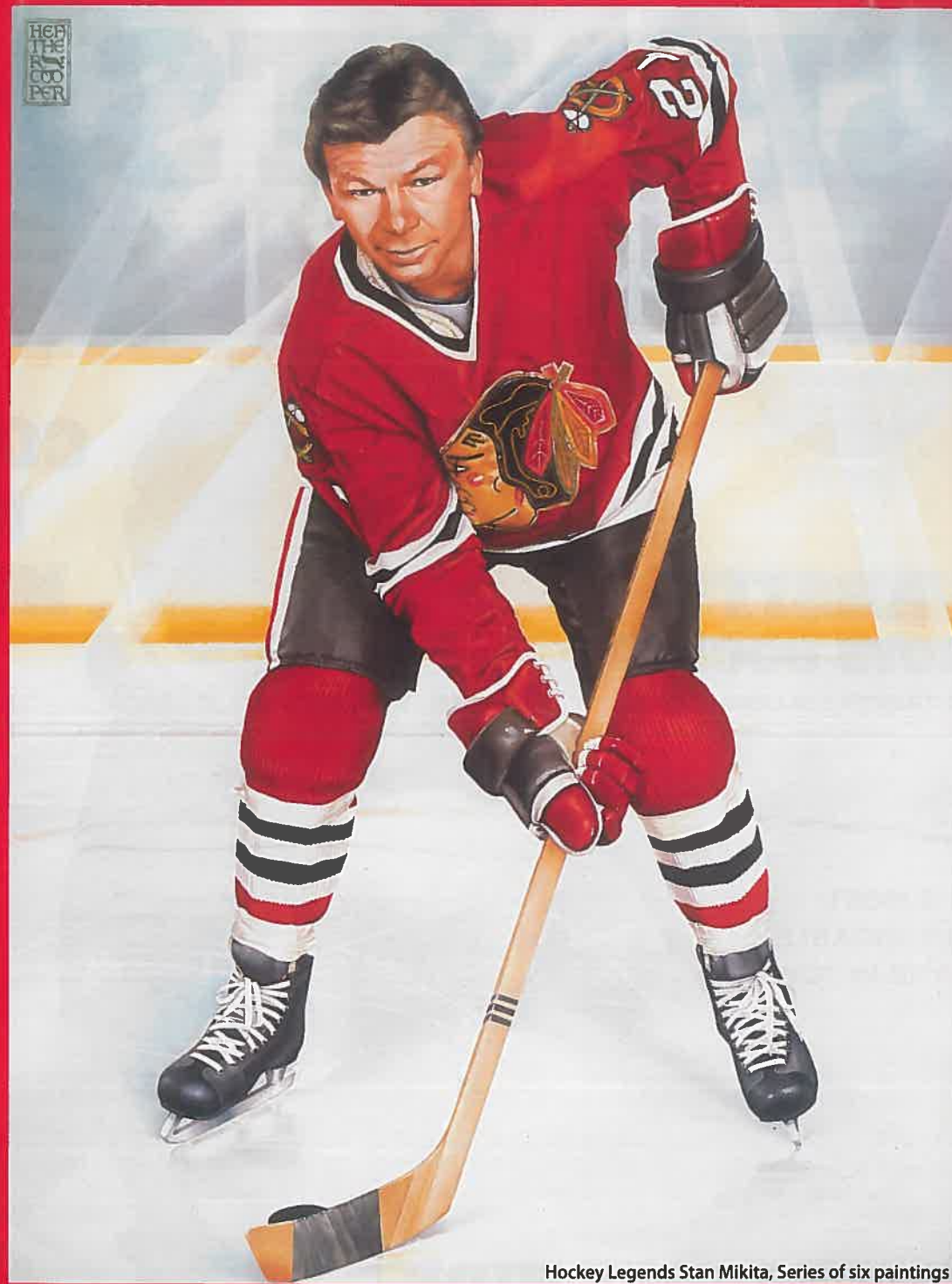
BREAKING THE STIGMA OF MENTAL ILLNESS

EXCUSES, EXCUSES, EXCUSES...
“I’M NOT FLEXIBLE ENOUGH FOR YOGA”

**WELCOME TO OUR
PREMIER ISSUE**



SPORTS | HEALTH | FITNESS | SCHOOL | COMMUNITY | FUNDRAISING | AND MORE...



Hockey Legends Stan Mikita, Series of six paintings



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EDITOR'S NOTE

We are pleased to introduce to you the Premier Edition of Northumberland SportsHQ... Your Hometown Sports Headquarters, focusing on local sports, health and wellness, school, community, events, fundraising and more.

We invite you to submit information at info@sports-hq.ca for the publication and/or inclusion on our website and social media venues.

We look forward to providing grassroots sports, health, wellness and community activity at every level.

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YOUR HOMETOWN SPORTS HEADQUARTERS
SPORTS HQ

**NORTHUMBERLAND
APRIL/MAY 2016**

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CHECK OUT WEBSITE COMING SOON

BLADES OF GOLD

Photography by David Bowers

Brighton figure skater, Madeline Patenall is Eastern Ontario's Gold Women's STARskate champion. Patenall captured the title at the 2016 Eastern Ontario STARskate championships held February 19-21, in Whitby at the McKinney Centre. This competition allowed her to qualify for the Skate Ontario championships to be held in Sudbury, March 18-20.

Patenall, who normally competes at the Novice Ladies competitive level had to refocus her goals late in 2015. September, while practicing in Trenton, she broke her right ankle. It was a life changing moment, her hopes to compete at the national level were dashed. Even to get her back on the ice, ready to compete in February was going to be tight. The ankle is stronger than ever, with a plate and seven screws holding it together, thanks to Dr. Pickle at Belleville General Hospital. Madeline's strong and quick

recovery is also attributed to Sarah Ditmars, trainer for the OJHL Trenton Golden Hawks and owner of Sarah Ditmars Sports Performance, who happened to be at the arena when the accident happened.

Ditmars has worked with Madeline on strength, balance and of course the swelling. More importantly, together they have worked on mental preparedness to compete. "Madeline has a tendency to hold onto her stick too tight" says Ditmars, "so it was necessary to keep her focused and present when she skated, let go of the need for perfection."

A grade 11 honours student at East Northumberland Secondary School, she trains in Whitby five days a week under the coaching expertise of Karen Savoie. Patenall also uses ice with the Colborne and Trenton Skating Clubs.



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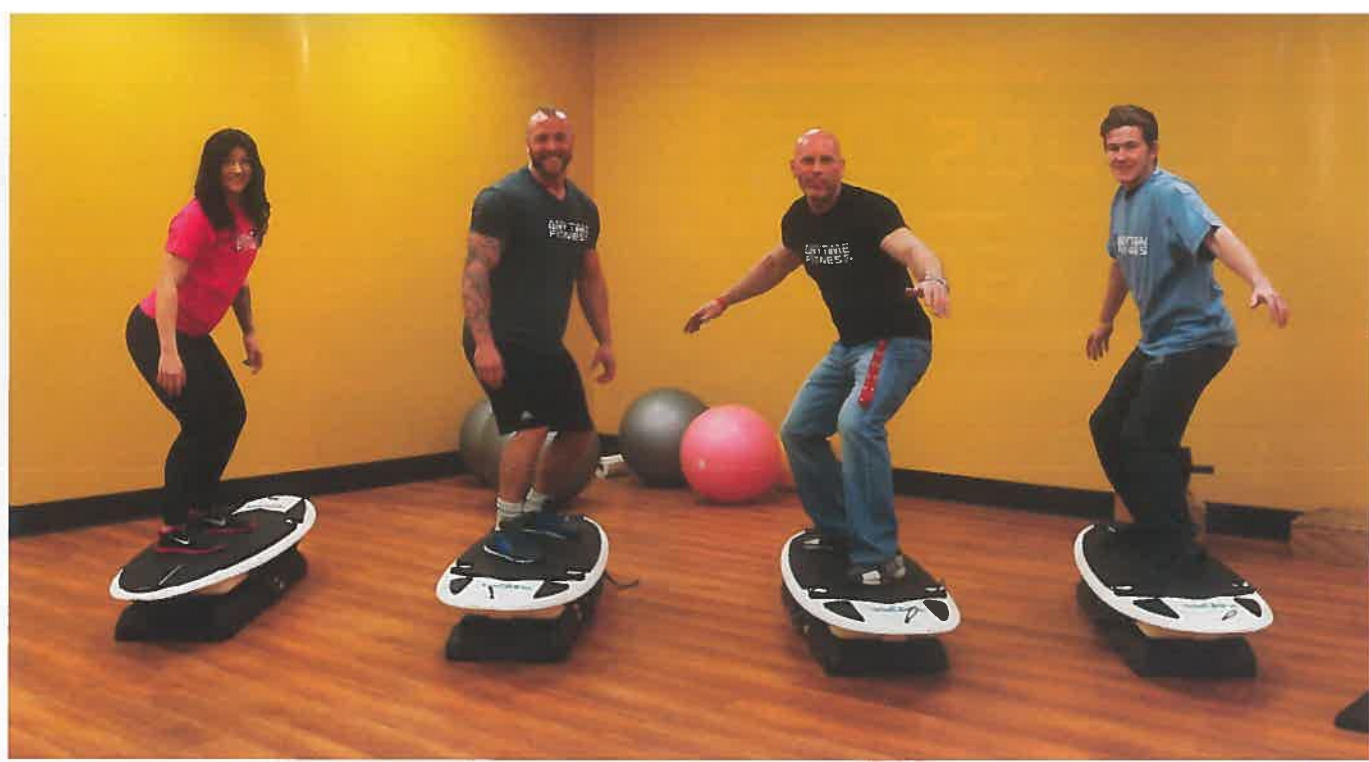
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Anytime Fitness Port Hope Owner Jake Carson and part-owner Brandon Perry with personal trainer Jessica Knuth and co-op student Chris

ON THE MOVE WITH

PORT HOPE'S ANYTIME FITNESS



The need to have a space that can adapt and grow with us has been evident for awhile now.

The new larger facility that grants us more room to add extra equipment, a spacious dance studio to add a few more classes and the freedom of movement in general.

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Your expanded fitness centre is a stones throw away from the old

one, taking away any confusion as to where the present and new members can find us. Basically, with no change in travel time it's easy to keep your fitness routine.

The fresh new environment is exactly what Port Hope Anytime Fitness has been dreaming of.

They have taken the time to allow the club to grow with every move they make.

In a small town, such as Port Hope, it is better to start small and grow with the community. This has allowed an equal opportunity for the people of our

community to learn the business and for the business to learn the needs of the community.

The inside is changing, and when you come through the new doors, the stunning brick facade of Anytime Fitness welcomes you, but it will still be Brandon and Jake that greet you. They welcome your visits and your questions.

Call 905-885-6500 or drop by and take a look at what we have to offer.



(above) Well known basketball referee Dennis Keiser keeping fit.



Pineview Plaza has been revitalized and welcomes Anytime Fitness to their new address. There are only two spots left in this busy plaza, so feel free to call and set up your own enterprise in a well established shopping facility.



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HEART OF A RUNNER



CCI says good bye to a dedicated, inspiring cross country coach. John Cordukes has hung up his coaching shoes and retired at the end of January. From 1996 to 2014, Mr. Cordukes coached the West cross country team and completed his coaching career with our amalgamated team as a CCI Wolf.

Not only did Mr. Cordukes coach the cross country team, he led them to OFSAA each year he was coach of the team. He is an inspirational coach that every team member will miss next year and every past runner will always remember.

Mr. Cordukes coaches by inspiration, dedication and example.

Even in the coldest days of the winter, you could hear announcements reminding the brave to meet Mr. Cordukes at the back of the school to head out into the cold snow for their weekly run. He has made running a part of life since he was in high school. Mr. Cordukes will be seen running the trails with Caden, his retriever by his side, enjoying his well-earned retirement.

CCI and CDCI WEST runners would like to thank Mr. Cordukes for all his coaching, inspiration, dedication and just plain pure awesomeness! We wish him a wonderful retirement; see you on the trails Mr. Cordukes!

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VARSITY BOYS HOCKEY AT TRINITY COLLEGE SCHOOL

Written By Tim White, Director of Athletics



While Trinity College School in Port Hope has had a "Bigside" (varsity) boys hockey team for over 100 years, the strength of its program has recently seen a major resurgence. This is in part thanks to its new coaches, David Chant and Tom Foster. Chant, a native of Whitby, played four seasons in the OHL as a goaltender with the Brampton Battalion and Barrie Colts between 1998 and 2002. He then went on to play professionally in the Pittsburgh Penguins' organization before returning to Canada to play hockey and finish his university education at Saint Mary's University in Halifax. Foster, who grew up in Whitby before settling in the Port Hope area, has over 30 years of coaching experience, including stints at the Jr. A level with the Port Hope Predators and the Cobourg Cougars. He also served as the president of the Port Hope Minor Hockey Association for several years.

One of Chant and Foster's first objectives was to create the type of practice and game schedule that allows elite high-school aged players to play primarily for their school. To this end, the team takes to the ice in October and plays until early March. During this time, the team plays approximately 40 games in Ontario, Quebec and the U.S. and is on the ice a minimum of five days a week. TCS hosts the Bigside Cup each November, an invitational tournament comprised of top high school teams from southern Ontario. It also travels to the U.S. each year for visits to NCAA hockey programs and exhibition games against American prep schools. Next season, the team is planning on trav-

elling to Europe during the March Break, with games in Germany, Austria and the Czech Republic.

The TCS Bigside boys hockey team competes within the Conference of Independent Schools of Ontario Athletic Association (CIS-AA). Teams in this league, among others, include Upper Canada College in Toronto, St. Andrew's College (SAC) in Aurora, and Nichols School in Buffalo, New York. Currently the team has the best record in CISAA league play at 6-1 after big road wins against SAC and Crescent School. The team's overall record is now 26-6, including a championship at the St. Edward's Prep tournament in Clevel-

and, Ohio. The team has had strong goaltending from Akseli Isotalo (Helsinki, Finland) and Matt Leyte (Halifax) and has been led offensively by Wes Snoek (Cobourg) and Jonah Goodman (Montréal), who has earned himself a spot on the Port Hope Panthers Jr. C team and is garnering some attention from NCAA programs. Local standout Greg Powles (Cobourg) has anchored the team's defence, and has also earned himself a spot as an affiliated player with the Port Hope Panthers.

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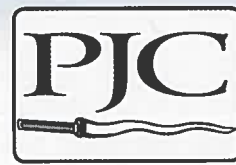
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SPRING TRAINING

GET READY FOR GOLF SEASON



With the mild weather this year, everyone it seems already has golf on their mind. Here are a few tips to help your jumpstart your game for the 2016 season.

1. Check your equipment. Hopefully you gave your set a good cleaning before storing it for the winter, but if not now is the time to get the dirt and grass off your clubs. While cleaning check your grips for wear. A new set of grips can make you feel like you are playing with a brand new set of clubs. Re griping is an important component of golf because it is the only part of the club that you actually touch. In general grips last about 40-50 rounds of golf. The right grip promotes proper swing mechanics and wrist action which will lead to improved power and control of your club. If you think it is time to replace your entire set spring can be a great time to score a huge deal. Many golf shops have marked down last year's equip-

ment to rock bottom prices. Port Hope Golf and Country Club included, we have Adams complete sets for \$425!

2. Get your body ready. If you have spent your winter months surfing Netflix, getting back into the swing of things may take some time. Start conditioning your muscles now so you are feeling ready to go once the course opens. Advice is always given to work on your core, and while this is important, many golfers forget to work on their gluts. Your glutes provide stability to your golf posture and power to your drives; they also help protect the lumbar spine from the extensive stress of making repetitive golf swings. Squats are a great way to work those muscles.

3. Prepare your mind. The late golfer Bobby Jones once said "golf is a game played on a five inch

”
**GOLF IS PLAYED ON A
FIVE-AND-A-HALF INCH
COURSE... THE SPACE
BETWEEN YOUR EARS.**

course – the distance between your ears” It is important to set realistic expectation for yourself on the course. Remember your first few rounds will be a little rusty, try not to get frustrated. Set aside some time to practice at the range and work on the things that will improve your game the most. And remember golf is after all just a game.

Visit Port Hope Golf and Country Club at our annual open house Saturday April 16th, 11 am-2 pm.

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THE WOODLAND TRAILS

The Northumberland County Forest's Woodland Trails start at the trailhead at the intersection of County Road 45 and Woodland Road. The Purple Finch, Black Oak and Sweet Fern non-motorized loops are 3km, 7.5km and 9km, respectively. These trails are used by hikers, snowshoers, mountain bikers and horseback riders. The parking lot even has pull-through horse trailer parking with hitching rails. Some cross-country skiers that want to ski with their dogs also use the Woodland trails as dogs are not allowed on the Beagle Club Road cross-country ski trails in winter.

The Purple Finch, Black Oak and Sweet Fern loops build off of one another; you follow a common/shared stretch of trail, then split off for purple finch, then split off for Black Oak or Sweet Fern, then near the end are back on the shared stretch of trail. The loops are signed clockwise and counterclockwise and the experience is different travelling in either direction.

The Woodland Trails' names were chosen because of the interesting natural features that can be found along these trails.

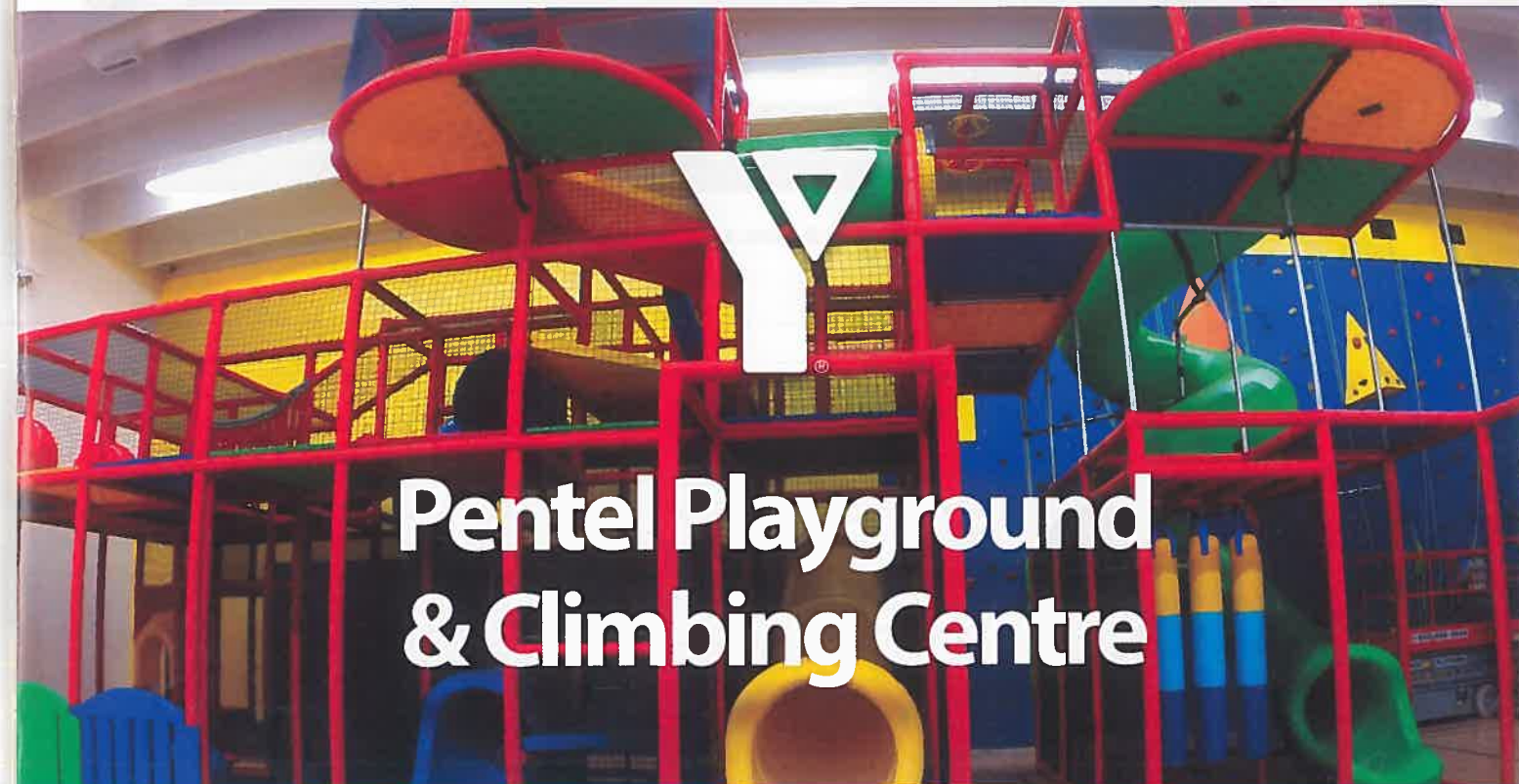
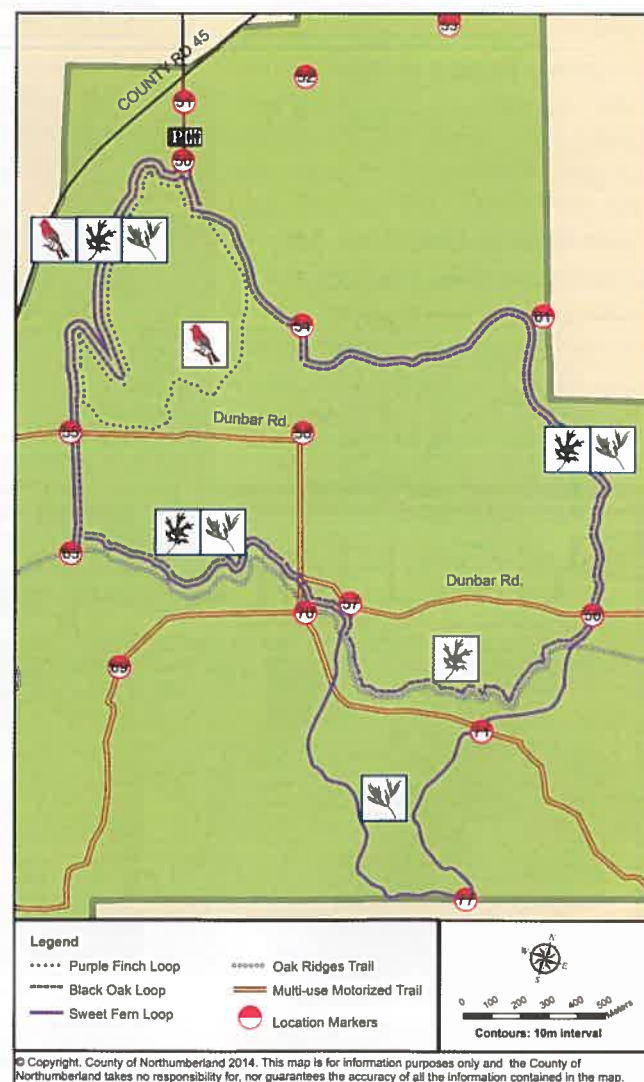
Purple Finch was chosen because these trails, especially the plantations, are used by different species of finches, especially during eruption years where the winter food source of cones and seeds is high in our area and low in. Most years Purple Finch, American Goldfinch and Pine Siskin can be found along this trail in winter, but some years it is also an excellent area for Evening Grosbeak, Red Crossbill, White Crossbill and Common Redpoll.

Black Oak was chosen because that trail goes through forest that is high in oak species, especially the less common Black Oak. Habitats with Black Oak, including Black Oak Woodlands and Black Oak Savannah, are often rare and in some cases have global conservation value.

Sweet Fern was chosen because along the southern stretch of this trail you will go through patches of Sweet Fern. As your pant legs brush on these plants, which are actually shrubs and not ferns, you will smell their sweet fragrance. Often mixed in with the patches of Sweet Fern is New Jersey Tea, a shrub that is the only food source for Mottled Dusky-wing caterpillars, an endangered species that is so rare that it is at risk of becoming no longer found in Ontario.

The main reason that rare Black Oak Woodlands habitat and associated plants such as Sweet Fern and New Jersey Tea exist in the Northumberland County Forest is because of historic natural occurring wildfire and, in more recent

times, selective timber harvesting (logging) and controlled burns. On the southern end of the Woodland Trails you will see some faded charring on the thick bark of the trees from prescribed burns in 2007 and 2008. Prescribed burns and timber harvesting are successful tools used to manage the Northumberland County Forest and the Woodland Trails provide great chances to see them in use.



Pentel Playground & Climbing Centre

Designed to give children a safe place to play, learn and explore. This new three-level play structure is available for children 14 years and under, can accommodate up to 100 children at a time and includes a separate toddler area.

Pentel Playground & Climbing Centre is made possible by the generous support of partner sponsor, Realty Executives – Pentel LTD, Brokerage and Dan, Lorraine, Sophie and Aidan Bulger.



The play structure is an excellent addition to the Cobourg YMCA and I am very proud to be a part of it.

- Dan Bulger

For more information visit us online at ymcanorthumberland.com

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YMCA Northumberland and Realty Executives Pentel Ltd. Brokerage Working together to build Strong Kids, Strong Families and Strong Communities

Dan, Lorraine, Sophie and Aidan Bulger officially open the Pentel Playground & Climbing Centre during our Family Day community event.





FOR THE LOVE OF LACROSSE

Written By NMLA, Photo (left) by Karen Austin and (below) by Eric Graham



Over the last five years the sport of lacrosse within Northumberland County has grown tremendously. The ever growing Northumberland Minor Lacrosse Association has proven to be one of the most successful minor sports organizations constantly producing young confident athletes.

The NMLA is a team effort. Tireless determination, dedication, and the ability to accomplish and excel at what seem at times to be unattainable goals, but together in unison a core group of extremely dedicated individuals have united their personal strengths and abilities to build this remarkable organization. In 2015, the NMLA won the Arthur Poitras award from the Ontario Lacrosse Association. This award goes to the minor association which best develops and promotes the game of lacrosse in the province of Ontario.

The love and enthusiasm for this sport is evident from anyone who has played, coached, volunteered, or watched it from the stands. From young to old this sport appeals to everyone. This past February, while hockey season was still in full swing, lacrosse fever was clearly still very infectious. It's minus fifteen outside, the kids are bundled in all their winter gear and trudging through the snow while carrying lacrosse sticks to school and ready to have a fun game at recess. The anticipation for the start up of the upcoming NMLA season is like waiting for Christmas morning to arrive. As true Canadians, we will forever be a hockey community, but the ever so familiar "mini stick" revolution has met it's Nemesis in the lacrosse stick which has found it's way into the hands of it's eager players. Officially Canada's national summer sport, it is an excellent cross over activity from hockey, and their

seasons don't overlap!

This year the NMLA will once again be hosting the annual Clash tournament from June 4-6 at the CCC, where nearly 50 teams from six different divisions will be challenged to win the coveted Clash Cup. This is a fantastic event that not only showcases the amazing abilities of all it's young participants from far and wide, but also displays all the very best young talent our community has to offer the lacrosse world.

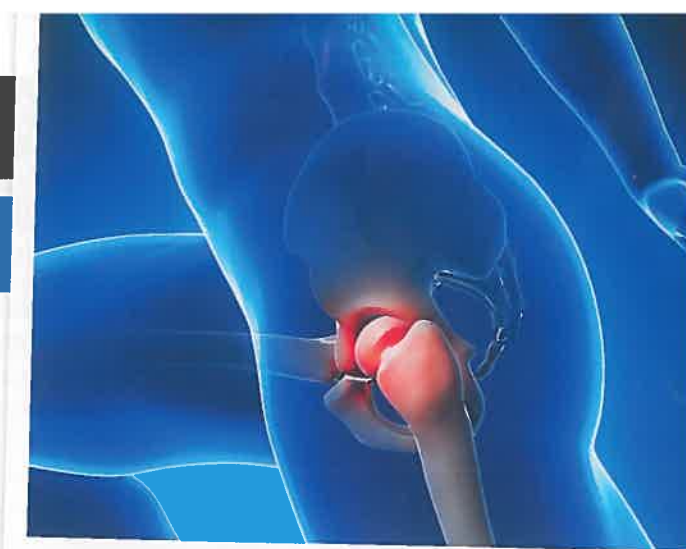
Having witnessed the inception, development, and growth of the NMLA first hand, and knowing the reality and extent of the hard work that's been put in by so many volunteers, it can not be described as anything other than remarkable.

On behalf of the NMLA, we wish you a happy, successful, and most importantly, fun at every level of play for the 2016 lacrosse season.



SUFFERING FROM HIP PAIN?

Written by Dr. Kevin McCrae B.Sc, DC, ART*



Hip pain can be one of the most frustrating conditions to affect the body. It is an extremely common problem which can prevent you from walking, running, playing golf, gardening, and even sleeping. To further add to the frustration, many hip conditions take longer to recover than most other areas of the body due to the complexity of the joint and muscles.

The hip is a ball-and-socket joint between the femoral head (ball) and acetabulum (socket), a part of the pelvis. Ball-and-socket joints are capable of a large range of motion in all directions, however because of the movement ability, a great amount of force passes through this joint regularly. Due to the combination of movements and forces passing through, the hip relies on a complex system of muscles to stabilize and control the area. The outer layer is designed to promote powerful movements, such as jumping and stair climbing. The inner or deep layer is designed to create small movements, like internal and external rotation of the hip, as well as providing balance and stability. To add to the complexity, the muscles of the hip are arranged in pairs, meaning muscles on the back of the hip which function to extend it are paired with muscles in the front of the hip which function to flex it. This pairing contin-

ues for outward and inward rotation, as well as for hip abduction and adduction. Pain often occurs when one or more of the muscles are not working properly to stabilize the hip.

MUSCLE IMBALANCES.

This can occur through a variety of causes including repetitive movements, prolonged sitting, improper exercise, athletic activities or a lack of physical activity. Often times, one or more muscles of the hip can become tight, stretched, or weak.

NERVE IRRITATION IN THE HIP REGION.

As nerves exit the spine and continue down the leg, they need to pass through this complex muscle system and can sometimes become stuck between the layers. It is quite common for a nerve entrapment in the hip to be misdiagnosed as sciatica, bursitis, or arthritis.

The key to treating hip pain involves more than just alleviating the discomfort. A patient needs to be properly assessed to determine which muscles are causing the dysfunction and what is the source of the pain. This is done through proper muscle testing and observing the functional movements of the body. However,

once the pain is gone, the therapy should not end there. The next step is properly strengthening the weak muscles and repairing those muscle imbalances. Certain exercises should be prescribed to develop strength and endurance in the tight or weak muscles, as well as stability in the hip. As the strength increases, the patient should be educated on proper technique for posture and basic movements which are part of their daily life. Movements such as climbing stairs, getting up from a seated position and off the floor are all activities which if done incorrectly will cause the pain to return over time.

The hip is complex; it has a complex system of muscles and a large range of motion, which requires great strength and stability to allow you to properly move without pain. Leaving hip pain un-assessed often prolongs the issue and leads to greater complications later in life.

Contact Dr. Kevin McCrae, BSc., DC, ART* at 905-372-1616 to have your hip pain assessed and corrected.



EXCUSES, EXCUSES, EXCUSES

"I'M NOT FLEXIBLE ENOUGH TO DO YOGA"

Written By Francesca Bonta, Owner Karma Lifestyle Yoga & Holistic Health

muscles and joints back into a more flexible state.

For some people, starting your yoga practice can be challenging. But for most it is like an instant "where have you been all my life relationship". Even more important than stretching muscles and moving joints, yoga teaches you to BREATHE. In yoga, we slow the breath down and inhale deeply to exhale fully, expanding our lung capacity. Proper breathing helps ease stress and pain and is a tool used to safely move through moments of anxiety and excitement. Breathing and slowing down is where the greatest benefit of yoga lies, so those of you labeled as "inflexible" or feel you are too heavy or out of shape can benefit from this concept completely.

Focused breathing leads to a more flexible mind. When our thoughts focus on the breath, we learn to let go of the negative notions and feelings that take up space in our brain. We begin to view the world in a more free and expanded way. This is the ultimate flexibility. I welcome all bod-

ies, yoga is for "EVERY BODY". Yoga is such a beautiful way to feel calm and rooted. The physical "flexible" part is just a side benefit and will happen with continued practice, but it is not the most important aspect of yoga.

I speak from the heart and not from a book. I never stand at the front of the room and profess to be in a state of pure bliss all the time. I am real, yoga is for real people. Yoga will not take away anything that happens in the world around us, but helps you choose how to react or respond in situations. Through our yoga practice we can clear the negative energy from our chakras (the energy centres in the body) and make room for the positive or serving energy. This will fuel our bodies with the ability to handle unpleasant times better!

We all need yoga in our lives and it is accessible to all. Our schedule has classes for all levels. With over a dozen teachers and 40 classes per week I am sure you will find a class to meet your needs. www.karmalifestyle.com/pages/schedule

I hear this said so often, but sorry to say, this is not an acceptable excuse! Yoga isn't about being flexible; it's about becoming flexible, and not just in body. It helps us mind, body & soul.

In some ways yoga in the media has created an unrealistic ideal as to what a yogi or yogini should look like – uber thin, ultra bendy. Our bodies are all different and what poses we can or cannot get into are sometimes a result of our genetic make-up, past injuries, lack of practice or a product of blocked energy. So be at ease with the idea, honour and respect of what your body allows you to do, practice more often and release the blocked energy. Then be wowed by what you will be able to do.

Yoga is about creating healthy movement in the body. Regular practice helps with tired, stiff muscles. It counteracts our sedentary and hectic lifestyle. Yoga is PERFECT for those who are "not flexible". It is a gentle way to ease



ROOKIE RUGBY

WITH COBOURG SAXSONS

Looking for a fun, safe and active sport for you son or daughter this summer? Why not give Cobourg Saxons Rookie Rugby a try? What is Rookie Rugby you ask? In short it is a safe, non-contact and fun sport that teaches 4-12 year old boys and girls the basic principles of rugby without physical tackling. Also known as Flag Rugby, velcro flags are worn by Rookie Rugby players, thus eliminating tackle-related injury and apprehension. This creates a much more fun and friendly sport for youngsters and allows for mass participation regardless of physical size or ability.

In addition to introducing the sport of rugby to children inclusive of age, gender and ability, Rookie Rugby will strive to instill rugby's global values into its players. Values such as Integrity, Passion, Discipline and Respect will be included in the delivery of the Saxons Rookie Rugby program.

RUGBY BUILDS CONFIDENCE

Flag Rugby is fast moving, high

scoring and engaging. For beginners this means fun and achievement. Flag Rugby is played with 7 players aside, which means possession and scoring are far higher in Flag Rugby than in contact rugby. For young players this translates to more ball possession, more passes and more scoring which greatly improve a child's self-confidence and self-esteem. And, along with increased self-confidence, children are also developing their physical fitness and coordination through running and ball handling.

SOCIAL SKILLS

Playing on a team helps teach children essential social skills like sportsmanship, team spirit, and cooperation. Players will also be taught to always show respect for their opponents and game officials. Competing against other clubs at Rugby Festivals, children will develop a healthy sense of competition that will help provide motivation to achieve and excel as

a team.

In short, while rugby for children has a whole host of physical benefits, the mental and psychological advantages they gain can actually be more profound and far-reaching. Kids who play team sports like rugby learn skills that they will use and benefit from throughout their lives, and developing these skills from an early age allows them to reap those benefits much sooner.

Cobourg Saxons Rookie Rugby offers a great family environment with all age groups practicing on the same night. Festivals run from late May to late August, with the club entering 1 to 2 festivals a month. Registration is now open and runs through to April 15. Please visit our website closer to register: www.CobourgRugby.com The Cobourg Saxons also offer junior and senior tackle rugby programs. More information can be found on the website or email CobourgSaxonsRugby@gmail.com



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COBOURG NISSAN

KODIAKS

In the very short time since the announcement that the Kodiaks Major Series Lacrosse team would be calling Cobourg home a lot has happened. VP of Operations, John Webb, was announced as General Manager of the club and his first task, along with Co-owners Eric Graham, VP of Marketing, and Chris Galbraith, VP of Sales, was to find a head coach. Many very qualified coaches applied for the position but ultimately the choice was Jamie Dubrick.

Jamie has had an exciting career in lacrosse, not only as a coach but also as a MSL and NLL player. "We are very excited to have Jamie on board as the Kodiaks head coach," said John Webb, "Jamie brings a wealth of lacrosse knowledge and is very familiar with the team. It is the right fit for the Kodiaks"

In 2011, Jamie began his coaching career with the Kodiaks Sr A MSL team. Behind the bench he served as assistant



coach, co-coach and head coach for the team and in 2015 his efforts paid off with a MSL Coaching Staff of the Year Award.

"I'm really excited to stay with this team through the transition. I've been with these players for years and we are working towards building a winning culture. We have unfinished business and I'm looking forward to showing Cobourg that this group can be a winner," said Dubrick. "I'm going to be working on building a strong coaching staff and then get ready for training camp."

In other news, the team announced the partnering with Cobourg Nissan as title sponsor for the 2016 season. The Cobourg Nissan Kodiaks are very pleased to have Tyler Campbell and Cobourg Nissan involved with the team.

Tyler is very active in his support of sports in the community, sponsoring both minor hockey and lacrosse. He knows the importance of sports in developing strong communities and was very excited to partner with the Kodiaks, bringing the very best lacrosse to Cobourg.

"As a fan and supporter of lacrosse I know having a Major Series Lacrosse team in Cobourg is going to be great for our community," said Tyler. "We are thrilled to be partnering with this exciting new organization and are looking forward to an incredible season. GO KODIAKS!"

"It's terrific to have Cobourg Nissan involved," said Eric Graham. "We are thrilled to have the sup-



port of such a well established and prominent local business. We look forward promoting and building a very successful season as the Cobourg Nissan Kodiaks."

The Cobourg Nissan Kodiaks also announced a TV deal with CogecoTV. All 9 home games will be broadcast in Cobourg, Brighton and Belleville, as well as many of the away games in Oakville, Oshawa and Peterborough.

Cobourg Nissan Kodiaks will be holding open tryouts at the Memorial arena in Cobourg, April 5th and 7th, 7pm - 9pm. Eligible players are free agents that are 21 and over and not protected by a MSL team. Come out and show us what you've got for an opportunity to be invited to the Kodiaks main training camp at the end of April. Email sarahg@cobourgekodiaks.ca for a tryout application.



COBOURG



2016 MAJOR SERIES LACROSSE DRAFT

Photos by Tim Prothero/Vintage Lax

For the Cobourg Nissan Kodiaks, Sunday January 24th was a special day. It was the very first draft for the newly moved lacrosse club. The Club had the first pick overall as well as two other first round picks. Below are the Kodiaks draft results.



JOHN ST. JOHN

TORONTO BEACHES JUNIOR A

1ST OVERALL, FORWARD

John led Beaches in scoring in 2015 with 92 points. He was drafted 26th overall to Rochester in the NLL and is currently playing for the Durham Turf-dogs in the Canadian Lacrosse League.

ADAM BOMBERRY

AKWESASNE INDIANS JUNIOR B

4TH OVERALL, DEFENDER

Adam is currently playing with the Rochester Knighthawks in the NLL. He won a Silver medal with the Iroquois Nationals at the 2015 World Indoor Lacrosse Championships.

SETH OAKES

AKWESASNE INDIANS JUNIOR B

5TH OVERALL, FORWARD

Seth had 72 points in 11 games with Akwesasne in 2015. He attends the University of Albany, majoring in Sociology. He scored 54 goals in Division 1 for Albany in 2015.





FRED HARTLEY

GLOUCESTER GRIFFINS JUNIOR B

11TH OVERALL, FORWARD

Fred is a two time OLA Junior B MVP. He recorded 215 points in the final two seasons in Gloucester. He is currently attending the University of Ottawa.

KEEGAN LETOURNEAU

SIX NATIONS JUNIOR A

18TH OVERALL, DEFENDER

Adam is currently playing with the Rochester Knighthawks in the NLL. He won a Silver medal with the Iroquois Nationals at the 2015 World Indoor Lacrosse Championships.



TYLER ROCHE

PETERBOROUGH LAKERS JUNIOR A

19TH OVERALL, DEFENDER

Tyler accumulated 259 penalty minutes in 67 games for Peterborough. He played for Team Ireland at the 2015 World Indoor Lacrosse Championships and had 18 points in 7 games.

The Cobourg Kodiaks are very excited to see all their draft picks attempt to make the team during training camp this spring. Come out to the Cobourg Community Centre and watch the fastest game on two feet!

TICKETS ARE AVAILABLE ONLINE AT WWW.COBOUR GKODIAKS.CA

2016 MSL SCHEDULE

All games are at 8 PM unless noted

GAME 1 • MAY 29 Oakville at Cobourg (6 pm)	GAME 15 • JUNE 14 Peterborough at Six Nations	GAME 29 • JUNE 30 Brooklin at Brampton	GAME 43 • JULY 17 Brooklin at Cobourg (6 pm)
GAME 2 • MAY 30 Peterborough at Oakville	GAME 16 • JUNE 15 Six Nations at Brooklin	GAME 30 • JUNE 30 Oakville at Peterborough	GAME 44 • JULY 18 Brampton at Oakville
GAME 3 • MAY 31 Cobourg at Six Nations	GAME 17 • JUNE 16 Oakville at Brampton	GAME 31 • JULY 3 Oakville at Cobourg (6pm)	GAME 45 • JULY 19 Oakville at Six Nations
GAME 4 • JUNE 1 Brampton at Brooklin	GAME 19 • JUNE 19 Peterborough at Cobourg (6 pm)	GAME 32 • JULY 3 Peterborough at Brampton (7 pm)	GAME 46 • JULY 20 Peterborough at Brooklin
GAME 5 • JUNE 2 Six Nations at Brampton	GAME 20 • JUNE 20 Brampton at Oakville	GAME 33 • JULY 4 Six Nations at Oakville	GAME 47 • JULY 21 Cobourg at Brampton
GAME 6 • JUNE 2 Brooklin at Peterborough	GAME 21 • JUNE 21 Brooklin at Six Nations	GAME 34 • JULY 5 Brooklin at Six Nations	GAME 48 • JULY 21 Six Nations at Peterborough
GAME 7 • JUNE 4 Peterborough at Brampton	GAME 22 • JUNE 22 Oakville at Brooklin	GAME 35 • JULY 6 Cobourg at Brooklin	GAME 49 • JULY 24 Peterborough at Cobourg (6 pm)
GAME 8 • JUNE 4 Brooklin at Cobourg (7 pm)	GAME 23 • JUNE 23 Cobourg at Brampton	GAME 36 • JULY 7 Brampton at Peterborough	GAME 50 • JULY 25 Brooklin at Oakville
GAME 9 • JUNE 6 Six Nations at Oakville	GAME 24 • JUNE 23 Brampton at Oakville	GAME 37 • JULY 10 Brampton at Cobourg (6 pm)	GAME 51 • JULY 26 Brampton at Six Nations
GAME 10 • JUNE 7 Oakville at Six Nations	GAME 24 • JUNE 23 Six Nations at Peterborough	GAME 38 • JULY 11 Cobourg at Oakville	GAME 52 • JULY 27 Oakville at Brooklin
GAME 11 • JUNE 8 Cobourg at Brooklin	GAME 25 • JUNE 25 Peterborough at Brooklin	GAME 39 • JULY 12 Peterborough at Six Nations	GAME 53 • JULY 28 Six Nations at Brampton
GAME 12 • JUNE 9 Brampton at Peterborough	GAME 26 • JUNE 26 Six Nations at Cobourg (6 pm)	GAME 40 • JULY 31 Six Nations at Brooklin	GAME 54 • JULY 28 Cobourg at Peterborough
GAME 13 • JUNE 12 Brampton at Cobourg (6 pm)	GAME 27 • JUNE 27 Cobourg at Oakville	GAME 41 • JULY 14 Oakville at Brampton	
GAME 14 • JUNE 13 Brooklin at Oakville	GAME 28 • JUNE 28 Brampton at Six Nations	GAME 42 • JULY 14 Brooklin at Peterborough	

Playoffs are 4 of 7 with only four teams making the playoffs.
1st round is from Aug 1st to Aug 14th, 2nd round is from Aug 15th to Aug 27th



THE MOST AFFORDABLE GAME IN TOWN

The Cobourg Legion Minor Softball Organization (CLMSO) has an overall commitment to foster and improve minor softball in Cobourg through providing affordable recreation for anyone (males and females) who wish to participate in softball. We are firm in our belief that finances should never be a barrier to participation and are able to dub ourselves as the Most Affordable Game in Town because of this commitment.

The 2016 fees for house league ball are:

- Tadpole/Atom (7 and under) \$50 each
- Mite/Squirt (8 to 12) \$75 each
- Pee wee/Bantam/Midget* (13 to 18) \$100 each

Playing a season of Softball for no more than \$100 is appealing

and worth its value. If there is difficulty in the fees at all we will still make sure that every kid who wants to play this great game can do so. All it takes is a phone call to Registrar Tim Whitehead, at 905-269-2755, who will assist participants and their families.

If you have children in your life that would like to try the game out come to the Cobourg Community Centre on Thursday nights starting March 24 and running to May 5th (not April 28). You will have the opportunity to give softball a try and meet some of the other players, coaches and CLMSO volunteers. Mite (U10) & Under (2006 and later) come at 6pm and Squirt (U12) & up (2005 to 1998) come at 7pm. It is a great opportunity to give it a try and register for the 2016 Season!

For more information or to register online everyone is encour-

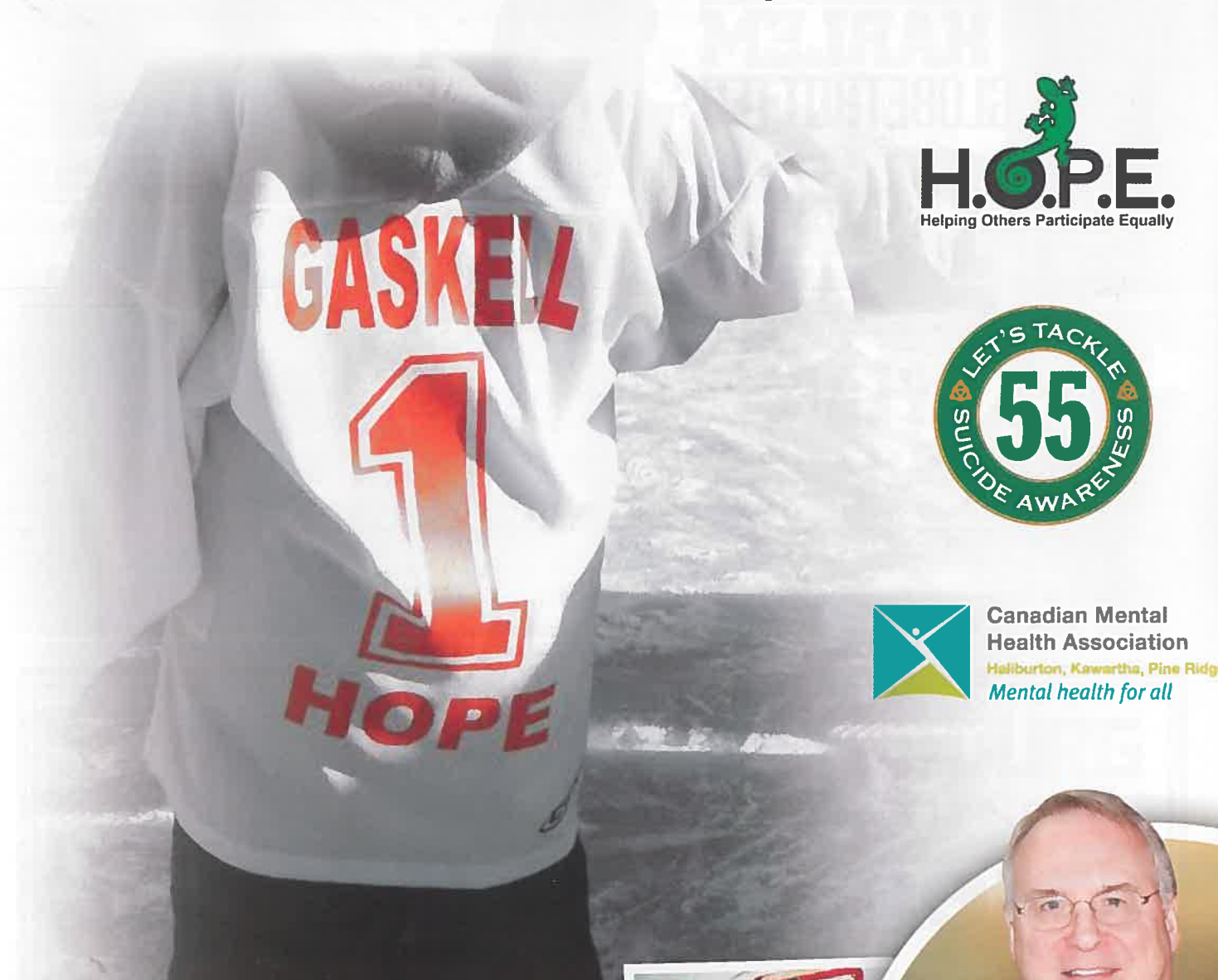
aged to visit www.playfastball.ca. The site is new for CLMSO this year and if you experience any issues please email Brenda at wuzagrundy@gmail.com who will help you out.

We hope to see new kids out this year that want to meet new friends, get active outside, compete and have a lot of fun!

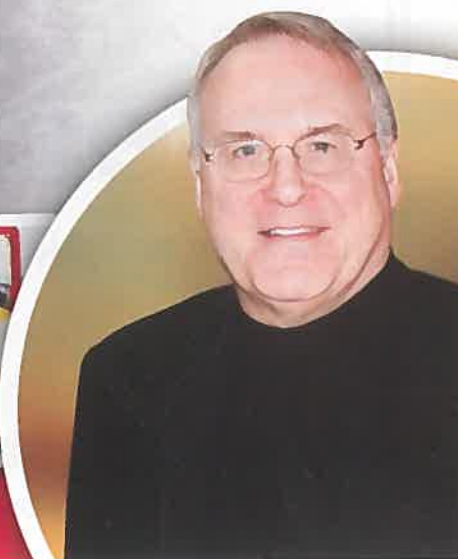


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CrossFit Cobourg is a Health and fitness facility located at 4741 Highway 45, Baltimore ON. CrossFit Cobourg is owned and operated by Bud Tinney and Scott Carreira. Both Bud and Scott realized very quickly that their passion in life was Fitness.

"When Bud Tinney of CrossFit Cobourg asked me to comment on how CrossFit had affected my health, the usual answers came to mind: loss of weight, increased strength and stamina etc. As I thought about it more I started to realize there is much more to it. There is so much more to health. CrossFit has had an amazing impact on my physical health. All who witnessed the last 2 years of my life can attest to that. But its the unseen that has been most affected. Playing with your grandchild is a blessing. To have the physical

capacity and energy to get down on your hands and knees and play is something truly special. Not all Grandparents can do that. I'm 52 years old and I have fun doing that. There is an awareness of self and surrounding that comes from the CrossFit experience, my overall spirit has been lifted. My willingness to try different things, my ability to be inspired and to inspire others has developed to an all time high, even after a set back! When you watch a fellow crossfitter try something they have never done or thought they could, there is a willingness to come along side that person and offer whatever encouragement you can. All the while knowing that it's the attempt at something new that dictates success, not the physical outcome. In all it has made me aware of what Health really is, you don't just see

it, you feel it and you live it."

The new Mommy and Me program at Cobourg CrossFit has been a great success in the first session with moms incorporating their little ones into the fitness itself. There is also some time where the moms learn how to lift weights safely and efficiently, with a focus on movement patterns, posture and proper muscle activation. As the session wrapped up, moms asked when they could start the next one, they really enjoyed it!



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SPORT TOWN PT. 4 — “DO THEY REALLY GET IT”?

Some of the Sport Town parents got together were discussing their kids and their respective sports. A new family had moved to Sport Town and the parents were involved in the discussion. The father had been a trainer with a professional Football team in the 90's and was very interested in the conversation that the other parents were having, particularly when one of the parents asked the question “Do you really think our kids understand the value of competitive team sports”?

The parents agreed that it was important that the kids have fun, that's a no brainer. As well, teaching kids about the importance of lifelong fitness through competitive team sports, just works. The parents also discussed how team sports allowed their kids to learn the importance of socialization, commitment, dedication and hard work, the question was asked if the kids really got it. A father who had worked with the professional football team told the group about his experience in the early 90's when the football team that he worked with went to the Superbowl in four consecutive years and lost each time.

The parents snickered about the team losing four times in a row and then the father said that that team was one of the greatest sports teams ever assembled because they lost four times. That brought silence and a bewildered look to the rest of the parents. The father then went on to describe how that team, after losing the first Superbowl with a wide-right field goal attempt, were crushed. He described the off season training that various players went through and how they came into pre-season with a determined attitude that carried through the next season. He continued to describe how the players were able to pick themselves up after each successive defeat; how they were able to continue to look inwards at themselves

and find strength to come back the next season and put in another championship effort. Never before or since had there been a team that faced such disappointment and loss to then rebound the next season. These players “got it”.

Once you get past the obvious physical and social benefits of competitive team sports and you begin to look at how the winning and losing effects can be used to build strength of character, the true value of sports becomes apparent. Is it the case that the players of that football team that lost four straight Superbowls are “losers” because they didn't win, not even once? The players on that team developed character and learned the value of personal pride to compete, win or lose. They learned the importance of not only “wanting to win” but more importantly of the importance of “wanting to do what it takes to win”. What is taught and learned through sports can benefit a person in every facet of life.

Over at Other Town, some of the parents had gathered for a potluck. They too were regaling each other about the successes of their kids. The discussion developed into a contest or competition amongst the various parents. Parents told tales about the points their kids had scored and games their kids

had won, others were quick to point out the mistakes made and the shortcomings of various kids. There were suggestions from various parents about skills development camps, training regiments, and the like; which of course made those parents with limited incomes to feel inadequate. The praise that was heaped on certain kids for their successes became like a challenge for other parents to match their own kids. Eventually, the discussion became a ranking of which kids are best and a scouting report on what other kids need to do to “step up”.

While wins and losses are important, as are the individual player statistics, nothing measures the success of a kid in competitive sport like the growth and development of their character. The ability to overcome adversity, to look for ways for self-improvement, to respect oneself and others while competing against them, the ability to see the value of an opponent's skill and efforts and how a person can find self-improvement when faced with the greatest adversity. These are the values of competitive sports that create successful people. These are the benefits of sports and this is what can be achieved when kids and parents “really get it”.

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SUMMER AT THE

COBOURG COMMUNITY CENTRE

Sure, there might still be a little snow on the ground...but we just can't wait until SUMMER!

But first... SPRING!

Spring Programs at the CCC begin the first week of April, and as always, we've got some great classes available! Registration is open and spaces are limited, so you have to be quick! However, if you're just ready to start thinking and planning your summer... you've come to the right place! Our kids programs, such as Learn to Skate, Learn to Play Hockey, Creative Dance and Princess Ballerinas, are available again, with a great schedule that should help with all of those families trying to get away for some quick 'long' weekends! And don't forget about our new 'Parent/Child Learn to Skate program, being offered on Tuesday evenings this spring—spaces limited! Registration opens March 1st, 2016.

Ah, summer! We just can't wait... seriously. Summer is a great time at the CCC, so can you blame us for already looking ahead? We have a great program schedule coming up, that is sure to keep you busy and active during the warm, summer months!

Crazy Camp is coming up for starters...it's gonna be great! With a second camp room added, we have more space and more options for our camp kids! We welcome kids ages 4-12 to our camps and always have programs and activities geared to each age group. Whatever you like, we're sure to find a camp that you will love! Each week offers a different

theme that will have you exploring and experiencing some super fun stuff! By popular demand, we are now offering both our Chef Camp AND Science Camp, twice this summer! For all those other 'CRAZY' weeks, we will have themes such as; Creative Camp, Holiday Camp, Messy Camp and of course, our actual CRAZY Camp which is a different theme EVERYDAY! Our camps run from **July 4th to September 2nd**, from 9am to 4pm every day, with the option of extended care daily (for additional costs). So if you are looking for a great experience this summer, at an affordable rate, look no further than our CCC Camps!

For those who are looking to get some ice time this summer, we didn't forget about you! Our CCC Ice Instructors are looking forward to another great summer of hockey programs! Once again, we will be offering weekly power skating and conditioning programs, as well as week-long Conditioning, Hockey Development and Body Checking Clinics and Camps that will get you skating and prepared for your next season!

Registration for Summer Programs & Camps, begins on April 1st, so keep an eye on our website for program descriptions and pricing!

WE HOPE TO SEE YOU THIS SUMMER!



Registration and Information by phone 905-372-7371 or online at ccc.cobourg.ca





SURVIVOR THRIVERS DRAGON BOAT TEAM



The Survivor Thrivers is a dragon boat team of breast cancer survivors. Starting in early May, the Team practises in the Cobourg harbour every Tuesday and Thursday night. Warm-up begins at 6:30 and on-water practice is from 7:00 to 8:00. On weekends, we sometimes compete in dragon boat festivals. This year, we are hoping to enter four, including the Canadian championships in Welland.

The Survivor Thrivers offers six weeks free paddling to prospective members to let them see if the sport and the Team are right for them. The Team provides all the necessary equipment.

We are hoping to expand the Team significantly this summer as we build toward the International Breast Cancer Commission's world festival in Italy in 2018. Every

four years the Commission holds a festival to which breast cancer teams come from all over the world. It's a participatory festival, so although teams are seeded into divisions based on their finishing times in heats, everyone who attends the festival gets the same medal, regardless of where their team placed. That's because when it comes to dragon boating and breast cancer survivors, the important thing is to be in the boat.

Being in the boat provides the opportunity for us to support each other as we continue our healing journey. There's nothing like the support of someone who's been there. Being in the boat allows us to revel in our renewed strength and is a visible symbol that we are once again in control of our lives. Being in the boat is

a constructive way to fight back, because exercise reduces the risk of recurrence. Being in the boat is a powerful demonstration that although we were knocked down, we got back up again. There is life after breast cancer!

Our coach encourages us to be the best athletes we can be. We are mindful of the fact that we are a sports team and take pride in our accomplishments. At the last world festival in 2014, in Florida, we finished 6th out of 102 teams. We are hoping to better that result in Italy in 2018.

If you are ready to test your limits, expand your horizons, make new friends and have fun, you are just the person we're looking for!

To learn more, visit us at www.survivorthrivers.com or email us at survivorthrivers@outlook.com.

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"RIDE DON'T HIDE"

— BREAKING THE STIGMA OF MENTAL ILLNESS

Written and submitted by Kerri Davis

The Ride Don't Hide movement began in 2010 when Michael Schratte, a Vancouver teacher and newspaper columnist, embarked on a global journey to cycle 40,000 km, crossing six continents and 33 countries, while raising funds for the Canadian Mental Health Association (CMHA). Michael's mission was to circumnavigate the world, sharing stories with people in different countries, doing so to bring attention and awareness to the stigma surrounding mental illness. Ride Don't Hide has since grown into a national movement, raising essential funds for CMHA programs and services and working to end the stigma.

For the first time our local CMHA will be taking part! On June 26th the Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge (CMHA HKPR) will be hosting Ride Don't Hide in Peterborough. Riders will gather at Nicholls Oval at 10:00 a.m. on Sunday, June 26th. They will be able to take part in a 2 km family ride to Little Lake, a 6km ride to the Trent University East Bank or a 26km Ride to Lakefield. Distance includes returning to Nicholls Oval where participants can join in a community BBQ to celebrate a day of inclusion and awareness for mental illness.

There are many opportunities for participation including riding, sponsoring and volunteering at the event. Your impact defines you as a champion of mental health in many ways:

- By sending a positive message about the importance of building mental wellness through physical exercise and fitness.
- By creating awareness and re-

ducing stigma surrounding mental illness.

- By raising much needed funds for mental health programs.

1 in 5 people will experience mental illness in their lifetime - BUT - only 50% of those individuals will seek help, most often due to the stigma surrounding mental illness. CMHA HKPR believes in providing KNOWLEDGE through Education to break the stigma of mental illness. HOPE through the delivery of supportive programs and services and BELONGING by working together to create an inclusive and supportive community.

CMHA INVITES YOU

to contact them for more information on how you can get involved through sponsorship by contacting Kerri Davies at 705-748-6687 ext. 1048 - kdavies@cmhahkpr.ca or by going directly to

www.ridedonthide.com/on/ride/peterborough/

to register for the ride.

Together, KNOWLEDGE, HOPE and BELONGING is the foundation to support Mental Health for All.

ride don't hide

Canadian Mental Health Association
Haliburton, Kawartha, Pine Ridge

Join the Movement - Ride with Us
Sunday, June 26th

Choose from 4K, 12K and 26K rides on Peterborough's Rotary Trail!
 Nicholls Oval, 725 Armour Road, Peterborough
 Registration at 9:00 am with the First Ride at 10:00 am

Help end the stigma and support mental health for all
Register now at www.ridedonthide.com

For information on sponsorship opportunities and corporate teams please contact Kerri Davies at 705-748-6687 ext. 1048 or kdavies@cmhahkpr.ca



COBOURG SPORTS HISTORY

GHOST OF RUGBY'S PAST

Another year, another theme at the Sifton-Cook Heritage Centre. Since last fall the Exhibit Team has been hard at work researching their latest theme, The Story of Sports in the Cobourg Area. On first delving into the topic, they quickly found out what a great variety of sports and athletes have been part of the local community. It's hard to miss the important part sport has played.

Featured exhibits will include teams, such as the Galloping Ghosts and the Cobourg Angels, NHL stars (Steve Smith & Dennis O'Brien) and Olympic athletes (Larry O'Connor & Fredrick Simpson). Popular Layton Dodge will represent the reporting side of sports. As team member Sarah Coates sees it, "The variety of

sports is incredible, ranging from lawn bowling and curling, to basketball and hockey."

The story of Frederick Simpson is an interesting one, though largely forgotten locally. He grew up in Alderville, and just by going about his daily life, running here and there, he developed the skill and stamina which took him all the way to the 1908 Olympic Games in London, England.

The Galloping Ghosts, though they played their last game in the Ontario Rugby Football Union over sixty years ago, are still very much alive in the memories of their children and grandchildren. Beginning in 1935 as the Red Raiders, the team amassed a dismal record of 12 losses and 1 win before somehow morphing

into the perennial champion Galloping Ghosts. The club disbanded for six years due to WWII but returned to win three national championships by 1950.

The Sifton Cook Heritage Centre is located at the corner of Durham and Orr Streets in Cobourg and will open for the season on May 21. For hours and more information about the Centre, please check out the website (www.cobourgmuseum.ca). There is no charge for admission, but donations are appreciated.

The Centre is supported by the volunteers of the Cobourg Museum Foundation. Every year it produces exhibits on different local themes. If you are interested in becoming a member, volunteer or helping to sponsor an exhibit, please contact them by email at: info@cobourgmuseum.ca, by mail at: CMF, 55 King St. W., Cobourg K9A 2M2 or by phone: 905-373 7222.

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- Inform your players of the ordering deadline and request that they come into Play It Again Sports Cobourg to be fitted
- Follow up with any players that have not met the ordering deadline
- We will let you know when your order is complete and ready for a member of your organization to make final payment
- Contact your players to pick up their uniforms

609 William St. Cobourg ON (905) 377-8989
PIASCobourg@gmail.com www.playitagainsportscobourg.com



COBOURG NISSAN KODIAKS



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