

# Outdoor swimming a legacy

When you swim in the Courtenay Memorial Outdoor Pool, or participate in a program at the Lewis or Filberg centres, you are fulfilling the dream of dedicated people who lived here in the 1940s.

While there were some athletic clubs and gym classes in the Comox Valley at that time, they were scattered throughout various locations that just weren't suitable, such as a cramped old schoolhouse, Courtenay Recreation says in a news release.

The Courtenay Recreational Association was started in 1947, and under the expert direction of the late Herb Bradley began to organize swim classes, skiing, basketball, and many other sporting activities.

The Agricultural Hall in Lewis Park became the new gymnasium for the CRA, and along with the Native Sons Hall provided a home to many clubs and organizations in the Valley.

The outdoor pool is another legacy of the CRA.

Prior to its construction, swimming lessons were held in the cold water of the Maple Pool in the Tsolum River.

Despite the freezing temperatures, the enthusiasm and cheer of the instructors made these classes the place to be for hundreds of kids learning how to swim, says Courtenay Rec.

The popularity of these lessons led to strong support for a new swimming pool in Courtenay, and fundraising took place over the next several years to make this project a reality.

The CRA is celebrating its 60th anniversary. While many responsibilities of the CRA were absorbed by the City of Courtenay in 1996, the CRA still does fundraising through its weekly Sunday bingo at the Elks Hall to support programs for seniors, youth and those with special needs, and acts as an advisory board on recreation issues in Courtenay.

You're invited this Saturday from 1:30 to 4:30 p.m. for a free swim at the Courtenay Memorial Outdoor Pool. Meet the CRA board and have a slice of cake to commemorate 60 years of recreational opportunities in the Comox Valley.

For more information, contact the City of Courtenay Community Services Department at 334-4441.



ONTARIO STRETCHES AHEAD of Dave Procter on his cross-country journey.

PHOTO SUBMITTED

## Procter battles headwind

Dave Procter

Special to the Record

It was the hardest day of the ride, 201 kilometres and just over eight hours of pedalling.

Things didn't go as planned today, as we found out last night the pins to connect our car to the motorhome were missing. I was up early and visited all the RV places in the city till I found an automotive supply that carried pins.

I was on the road just before 11 a.m. and by then a headwind had come up, so it was a bit of a grind for part of the day. The wind was not as bad as what I had experienced earlier this week, but it did slow me down a wee bit.

My average speed for the day was 24.7 km/h, which I was pleased with — being as how I was riding into the wind!

The only thing that got the better of me was the sun. I forgot to reapply the sunscreen and my right leg and arm got some burn due to nine hours in the sun.

The terrain started out your regular Prairie outlook but quickly changed to

trees, and by time I was 60 km out of Winnipeg I felt right at home.

The roads the first 30 km out of Winnipeg are great, followed by another 15 km of not-bad roads, where the shoulder goes from eight feet to about three feet. Then you hit 30 km of some of the worst roads experienced so far — gravel shoulder and roads that made me feel like I was in a cycle cross-race ... it is hard to believe we call that stretch the Trans Canada Highway!

The roads do get better, as there was about 40 km of new pavement going into Falcon Lake that had a three-foot shoulder.

On one of the hills I was going up, I noticed a truck pulled over and someone standing holding two bottles of water. As I got closer I saw it was Art Gross of Re/Max Professionals in Winnipeg. I had met him yesterday at the office reception they had for me. I was down on water, so the first bottle went down very quickly. I sure appreciated the courtesy and time we spent talking about the area and the knowledge I picked up.

Thank you, Art.

The terrain continued to get more scenic as I approached the Ontario border. There were some rolling hills and more views of various lakes that made the ride very enjoyable.

Well, this day was a personal best for me. I have been wanting to break 200 km in a day, which I did; now my new goal is 225 km. I finished the day burning up 9,155 calories and climbing 2,100 feet.

Dave Procter is a Comox Valley real estate agent cycling across Canada to raise money for breast cancer research.

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	<b>Ryders Sunglasses</b> <b>25% off</b>		<b>Trek Bike Computers</b> up to <b>45% off</b>
	<b>Avid Juicy 7's Disc Brakes</b> <b>\$160</b>		<b>Bontrager Hardcase Tires</b> <b>\$25</b>
	<b>Cycling Jerseys</b> <b>40% off</b>		<b>All Women's Clothing</b> up to <b>40% off</b>
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1999 Lake Trail Road, Courtenay

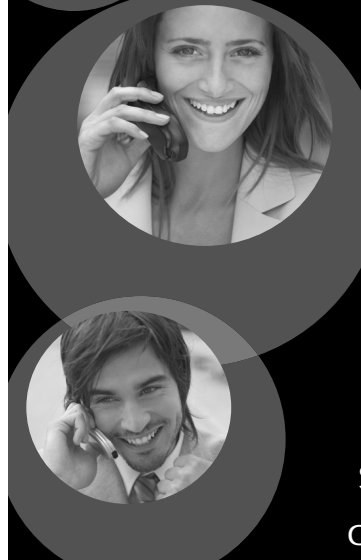
**334-2456**

Just past Lake Trail Middle School

Tues. to Sat. 10:30 -5:30 pm



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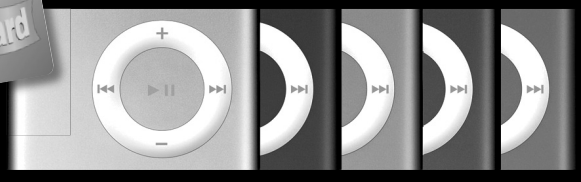


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**Saturday, July 28<sup>th</sup>**

9:00 a.m. Safety Inspection and Practice Runs

11:00 a.m. Racing Begins

Noel Avenue at Brooklyn School Comox

Come out to Brooklyn School and join in the fun and excitement of Soap Box Derby Racing

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