

BOYS' NATIONAL FITNESS HOLIDAY CAMP

An Important Occasion

There is considerable excitement amongst seventy North Coast boys for they are preparing to attend a National Fitness Holiday Camp on Monday, 1st September, for one week.

The lads, all of whom are at least ten years old, are going to the seaside Holiday Camp from Taree, Kempsey, Cabbage Tree Island, Tabulam, Baryulgil and Woodenbong.

The trip will be their first holiday at Lennox Head National Fitness Camp which lies half way between Byron Bay and Ballina on the Far North Coast.

The Camp is being organised by the N.S.W. Aborigines Welfare Board and the National Fitness Council of New South Wales.

At the camp, the boys will live in modern buildings, lying on the shores of Lake Ainsworth and beside the Seven Mile Beach.

The large holiday programme will be run by a staff of six trained camp leaders from the Department of Education, whilst the meals will be prepared by two National Fitness cooks in a modern kitchen.

September is a wonderful time to visit this sub-tropical holiday camp run by the National Fitness Council for N.S.W. school children. The warm weather is ideal for canoeing, swimming and fishing. Winter finishes in early August in this Camp.

The boys will have organised sport, hikes, excursions, bushcraft, handcraft and plenty of evening camp fires with stories, songs and games.

The camp owns over 200 acres of coastal bush around the fresh water lake and along the wide sandy beach stretching towards Byron Bay Lighthouse.

Each year over 1,200 boys and girls from the North Coast and the New England attend camps at Lennox Head.

Most camps have large waiting lists because of their popularity.

The boys will sleep in double decker bunks in large airy dormitories and will eat in the Camp dining hall. The food is well cooked and in addition to meals, fruit and supper are served daily. A camp nurse will be present to attend to any cuts, scratches or tummy aches.

The Secretary for the Camp is the North Coast National Fitness Adviser for the Department of Education, Mr. G. Walker, of Lismore.

Each lad and his Station Manager will receive all final details by post during August.

We are sure each boy will come home, full of happy memories and bursting with energy.

Any enquiries about the camp should be made to

G. W. WALKER, D.P.E.,
National Fitness and Physical Education
Adviser,
North Coast Area.



An excellent drawing by Valda Toomey, of Queen Street, Pilliga, wins a special prize