On the beach

with Heather

by Heather Haworth Last week's rain and cold

waterfront a very calm and peaceful place. Most of the awim classes were run on land teaching

the candidates water safety

through Jimminy Cricket on film

as well as learning life saving through reaching assists. The

minutes that were spent in the water were very few but not much fun for the swimmers who

Competitions

Kelso, the team did very well, only losing most of their points in

the unaccustomed pool events. They fared much better two days

later at a Grand River lifeguard

meet which involved relay races wearing dresses, canoe races complete with portages and tug

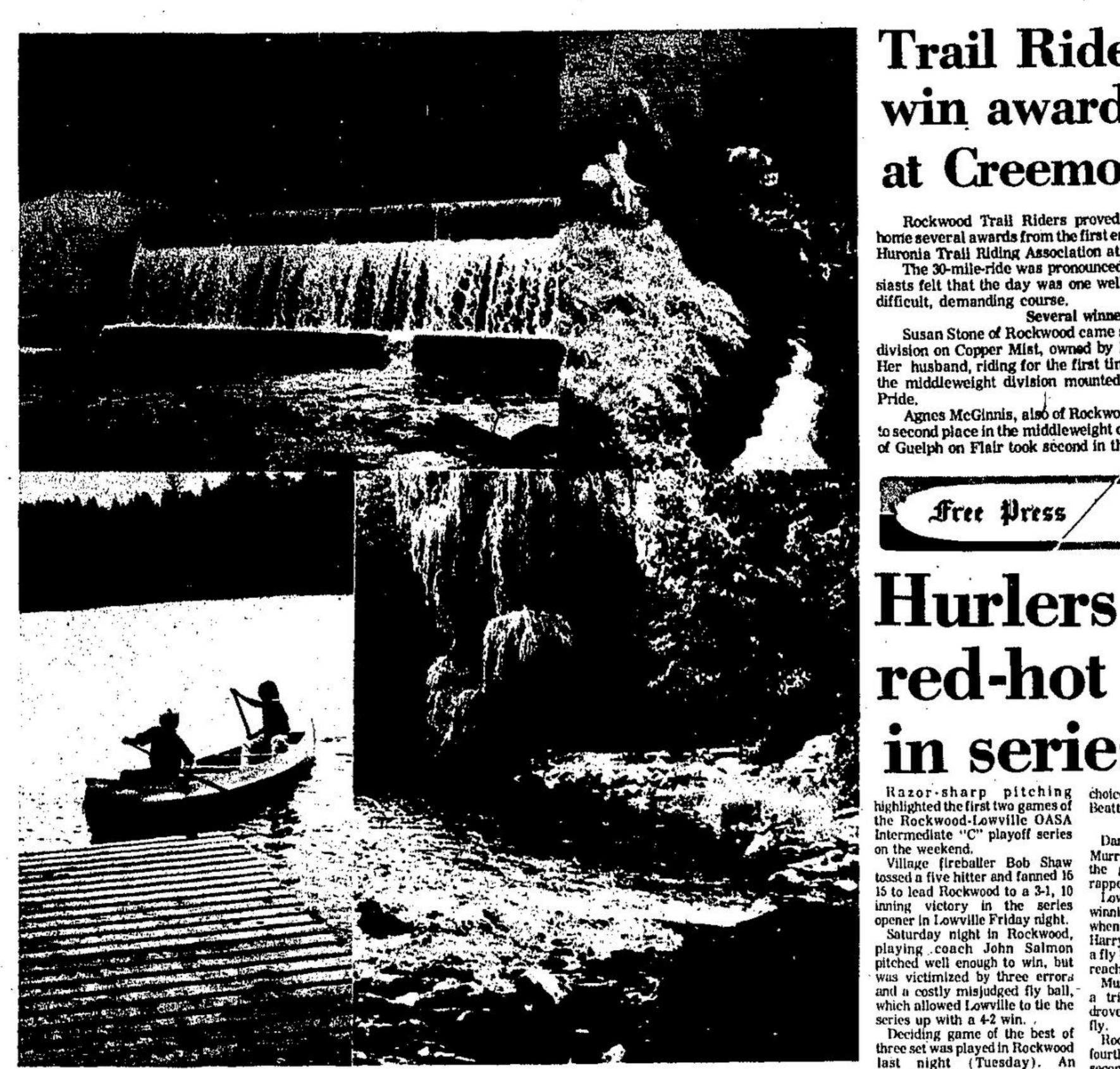
At the lifeguard competition at

were shaking with cold.

of wars.

temperatures

made the



ROCKWOOD CONSERVATION Park provides many ac- anglers and of course, campers are coming and going to the tivities for the camper, picnicker or the casual visitor who just scenic camping areas all week. Nature trails, the old Valley drops in for a few hours' relaxation, or to feed the ducks. Road and ruins of bygone commerce and glacial pot holes all Saturday two busloads of the Caribbean Christian Association add up to one of the most attractive parks in Ontario. from Toronto came for a picnic, others came to swim or try their hand in a canoe. The Eramosa River attracts many

at a good clip, eyeing the first

jump - a tremendous cavaletti.

revolved, horse and rider landed

abruptly for a brush jump.

safely and Cleo was turned

The sliding stop performed by

the mare would put a Quarter

Horse to shame. Spectators got a

spectacular view of an upended

backside and a rider eating horse

cars while struggling to clutch

her helmet. The instructor had

neglected to mention that Cleo

The rest of the course proved to

be just as hilarious but Fay never

once touched the ground. She

clutched neck, grabbed mane,

spat teeth, but never actually fell

off. At one point, a particularly

sticky jump facing the canal

threatened to land Fay on to one

of the passing barges. Before she

had completely regained her

seat, a man fishing decided it

looked like rain, and opened a

hated to jump from an angle.

A great heave, the world

—H. Coles Photos

Let's talk about HORSES

with Jennifer Barr

How many of you are afraid to jump? With a horse, that is, A lot of people feel that it's beyond them, or that they are really to old to start now. Or perhaps they have got along perfectly well so far trotting the trails, so why rock the boat?

Such was the case with a friend of many, many years, Fay Whiteside. She had ridden as a child and young teenager but circumstances had prevented her continuing the sport until some twenty years later.

At this time, her husband asked her if she wanted, as a gift, a fur coat or a horse. She never was keen on furs so a mare was added to the family, (when Simpsons phoned that spring requesting the honour of storing Mrs. Whiteside's fur coat, Fay replied that they certainly could, pro-viding they gave it lots of hay and

Fay tried to teach herself to jump on the new mare but the over-eages excitable mount deposited her rider face down more often than not. After several injuries, Fay contented herself with trailriding.

But the yearning to jump was never completely stilled and when Fay became a grandmother, she celebrated by signing up for jumping lessons at a local stable.

A little grey mare, Cleo, was provided and the anxious pupil mounted to face her first real test

in a proper jumping arena. Several successful lessons over small jumps and cavaletti followed without incident. Until the day that the instructor decided to get cute. On this day, Fay arrived at the stable to find a complete International Jumping Course set out.

Oxers, pole combinations, and brush jumps formed a complicated test involving 90 degree turns and ins-and-outs. The only difference between this layout and one used by Olympic riders was that none of the jumps were over 3' and some were really only 18" high

From the back of the little mare the course looked formidable. The instructor was adament. All jumps were to be negotiated from a fast canter, in the order dictated, and no falls would be tolerated. Off they set,

Conduct cave tours Sunday mornings

Tours of Rockwood historic sites and the old caves near the conservation area are held each Sunday morning beginning at

Dave Layrell, a summer employee of the Grand River Conservation Authority conducts the hour and a quarter tours, explaining the part each of the sites has played in the history of the village. The old mill is one of

spotted umbrella.

Cleo shot sideways two feet in the air and Fay's jodphur straps bounced off her boots and snapped onto her shins causing tiny love-bite like marks (wonder what her husband said to those?). How does Fay like jumping

She loves it and recommends it for anyone having bowel trouble. But she gives a word of warning: be sure to have your stirrups the same length or buttock muscles develop rather peculiarly.

Please send questions and stories to Jennifer Barr, R.R. 4,

PUBLIC NOTICE

The office of the Court of Canadian Citizenship

Room, 2nd Floor, Milton, Ontario for the month

Friday, August 4, Friday, August 18, 1972 (and

A Citizenship Officer will be in attendance to

supply information about Canadian Citizenship

and to take applications for Canadian Citizenship

from 8:30 a.m. to 3:45 p.m. (Lunch hour 12:00

will be opened in the Town Hall, Committee

of August on the following dates:

alternate Fridays thereafter).

Noon to 12:30 p.m.).

the popular stops on the tour. If there are enough requests, Dave will also take groups of youngsters on exploratory tours of the caves.

The tours are free and anyone interested is welcome. Interested persons should get in touch with Genevieve Lutecki at the conservation park gatehouse.

Art in park weekend

Nearby Cheltenham Park will be the scene of a two day "Art in the Park" show this Saturday and Sunday, Agust 19 and 20. Organizers of the show expect over 100 artists will be participating in the show which will also include a puppet show for the children, folk singing, a rock band, the Peel Choral Society and the Chinguacousy township band and possibly another band.

The park is situated where the old brick yards were situated, the locale of the much touted TV series Whiteoaks of Jalna.

Razor sharp pitching highlighted the first two games of choice, raced to third on Norm Beattle's single then stole home. the Rockwood-Lowville OASA Intermediate "C" playoff series Dan Arbie of Rockwood and on the weekend. Murray Dawson of Lowville were Village fireballer Bob Shaw tossed a five hitter and fanned 15 the game hitting stars. Both rapped out three hits. 15 to lead Rockwood to a 3-1, 10 Lowville started their game inning victory in the series winning raily Saturday night, opener in Lowville Friday night. when Rockwood right fielder Saturday night in Rockwood, Harry "Red" Phillips misjudged

in series

playing coach John Salmon a fly ball allowing Dave Smith to pitched well enough to win, but reach second base. was victimized by three errors and a costly misjudged fly ball, which allowed Lowville to tie the a triple and Doug Coverdale

series up with a 4-2 win. . Deciding game of the best of three set was played in Rockwood last night (Tuesday). An Intercounty game between Rockwood and Belwood, originally

scheduled was postponed. Iron arm Iron arm of the Lowville pitching staff, Jacques Paquette hurled both games in their entirety chalking up an impressive 25 strikeouts along

the way. He fanned 15 in the Friday night game and 10 in the second game. Shaw was forced to win his own game Friday, when Murray Dawson and Dave Gates put base hits together to tie the score 1-1 in

the bottom of the ninth.

Mike Martin led off the Rockwood 10th with a single. Tom Racola walked, before Shaw lined out a clutch single to score

Harry Barber scored the first Rockwood run on sheer hustle. He reached first on a fielder's mannamentamentamentament

Lakeview Centre

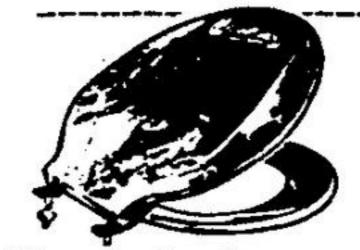
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Rockwood Trail Riders proved their skill by bringing home several awards from the first endurance ride held by the Huronia Trail Riding Association at Creemore on August 13.

The 30-mile-ride was pronounced a success. Local enthusiasts felt that the day was one well spent and enjoyed the difficult, demanding course,

Several winners

Trail Riders

win awards

at Creemore

Susan Stone of Rockwood came second in the lightweight division on Copper Mist, owned by Bill Noftal of Rockwood. Her husband, riding for the first time this year, won first in the middleweight division mounted on Ray Ellis' Wahoo's Pride.

Agnes McGinnis, also of Rockwood, rode her own Topaze to second place in the middleweight division while Glenn Good of Guelph on Flair took second in the heavyweight division.

Free Press

rea-noi

ROCKWOOD

Bat stars

Murray Dawson then uncorked

Rockwood scored once in the

drove Dawson in with a sacrifice

fourth, when Arbic walked, stole second and scored on Chick

Milne's single. Arbic tripled and

Harry Barber singled to produce

Rockwood: Mike Kelly 3b, Dan

Arbic sa, Harry Barber 2b, Norm

Beattie 1b, Chick Milne c, Steve

Redmond of, Mike Martin If,

Harry Phillips rf, John Salmon p,

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the second run in the 6th.

Friday's game

Saturday's game

The temperatures kept so LOVELL BROS.

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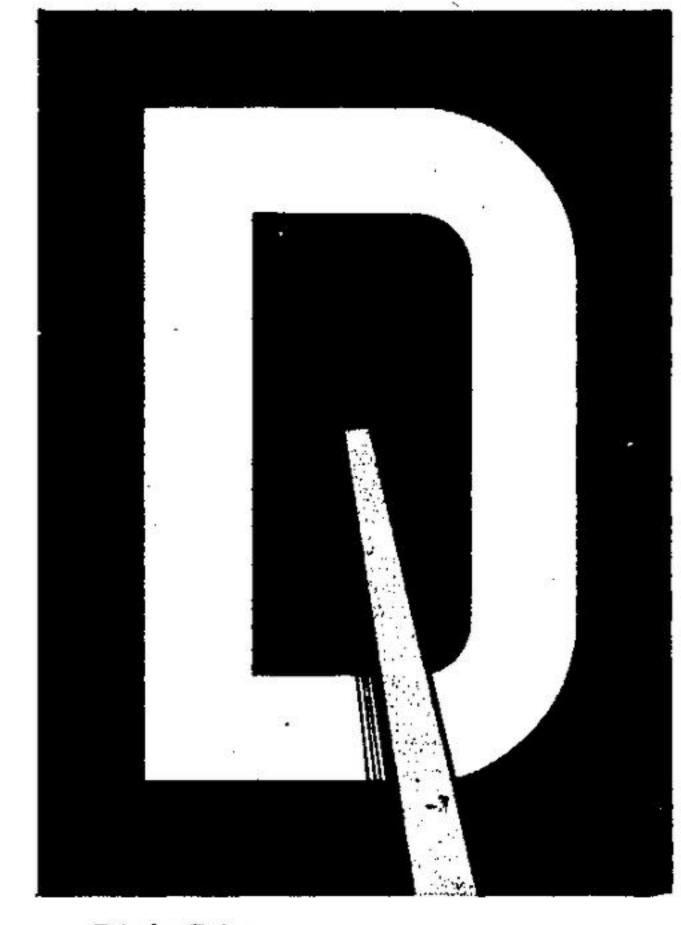
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