

by Eric Elstone

An ancient, benign but contagious "disease" from Scandinavia is again settling here to drive as many people as possible outside.

The victims, whose resolve to remain dormant until next solstice weakens daily, are falling one by one to the infection known as cross country skiing, touring or the infamous Nordic skiing bug.

Friends can be carriers. They are often healthy, sturdy types whose ruddy faces betray their latest hour of wintery glory.

Bill Cook, advertising manager for this paper, and Liz

Binsfeld, pool supervisor, fit the above description. So convincing were their separate stories of outdoor fun in the graceful exercise that I bought a pair of skis, poles and boots. Then I was all set, but I didn't know the how of starting up. So Friday morning I allowed Miss Binsfeld to demonstrate in the park the elementary steps of moving easily on the slender strips of wood.

Victim to convert That's how a victim becomes a convert.

Satisfied that I could at least keep going for a few yards at a time, the pool supervisor and I set out across the frozen lake.

Cross country skiing here seems to be used mainly as a hardy way of exercising the body in these times of keep fit. Some 4,000 or 5,000 years ago skis were as much a tool in the northener's hunting gear as knife, spear or bow. Since then skis have been used as transportation and in the sporting world they've earned a niche in Olympic competition.

With cars and snowmobiles taking over transport and with most skiers out of international races, health seems to be a principal motive behind much of the flurry of outdoor activity.

Cross country skiers and squash players are the most fit people according to Dr. Murry, Hall, of Toronto, who was quoted in last month's Muclean's in an article entitled: The Fitness Boom.

Getting away from built up areas and into the countryside to be closer to birds and animals is another motive for getting onto a pair of boards.

Jays and cardinal

On our near silent skis Miss Binsfeld and I approached to within a very few feet of feeding chickadees, blue jays and a cardinal.

If you want to get another idea of what's it all about there's a cross country magazine on sale in town stores. It's from the U.S. Other general skiing and outdoor magazines have articles on how to ski. There are also several books on the subject.

Some of these publications give the general impression that once you're on skis you can go anywhere there's snow. That's not quite right. I discovered that once you get into a couple of feet of the soft white stuff, you sink instead of gliding over top as with shallower depths. So there's still room for the slower snow shoeing.

Buying equipment can be a baffling expensive trial, but it needn't be. Magazine advertisers illustrate wide varieties of skis, gaiters, bindings, packs, jackets, covers. More stuff than flakes in a child's snow ball.

All you need

All you need for a start are the skis, boots, bindings, poles and some wax. I was surprised that, even in last Friday's chill, I was plenty warm in street clothes. Leave the extras until you're sure cross country is for you.

Some sellers offer package deals, which is fine, except parts of the lot may be inferior to the rest. If, for example, you go to buy boots and skis separately, you may realize that the guy has a very, very limited selection of some gear. What you buy may not be called a package, but that's what it is. Many package deals are probably OK, that's what I ended up with for \$108 in Toronto.

Renting skis is a cheaper way of getting a taste of the sport without having to fork over a bunch of bucks. Mountsberg Conservation Area near Campbellville rents equipment on weekends to adults. No children's skis available. The best time to get there is just before the gates open at 10 a.m. The rate is \$5 for a set of skis until 5 p.m. After I p.m. the price drops by a dollar. Mountsberg's winter program ends March 6.

During Friday's two hour outing I gradually grew to appreciate something of what the carriers, my friends,

didn't even try to describe.

Going to where no one has been or at least where there's no trace in the snow, lures this convert into the countryside. To where no one has been? Perhaps that's too much to hope for here, considering this area was once Indian territory.

However, the illusion remains. So quickly did the wind fill in our shallow tracks on the lake, that even on the return run, the snowscape looked as if we were making

our first crossing. I guess all this makes me a carrier too.

Junior Farmers

Halton hosts winter games

Halton hosted the Zone 3 Farmers winter games Saturday and despite the snow about 150 participants and spectators took part. Bowling, basketball and volleyball events were held in Georgetown and the curling in Acton. In the evening about 250 attended the dance in the Elks hall in Georgetown.

Only the teams from Dufferin county weren't able to come because of the storm. Other teams-some of them shorthanded-came Wellington, North Simcoe, South Simcoe and the University of Guelph, as well as Halton county.

The winners of the events proceed to the provincial

500 club

500 Club winners for January 29 are Joan McDonald 163, Mac Gervais 185, G. Flinders, 291, Joan Taylor 322, Rae Nelles 386 and M. Flinders 485.

winter games in February. Winners

North Simcoe won the curling mixed Wellington the men's curling, Halton teams wen both the men's and women's bowling, Peel won the women's basketball and South Simcoe the men's basketball, with York triumphant in volley-

On the Halton women's bowling team are Donna Hamilton, Mary McDonald, Elaine Workman and Nancy Townsend. On the men's team are Don Hamilton, Larry Workman, Garnet McDonald and Wally Ella.

Halton organizers were very pleased that so many Junior Farmers were able to attend. Some of them stayed overnight rather than drive home over the heavily-drifted roads. Many of the participants know each other from other Junior Farmer events such as the summer games

and tours.

Coach says

Midgets draw bead on series, not fights

Midget Sabres are taking a two games to none lead with them to Flamboro tonight when they engage in the next match in the first round of the best of five game Ontario Minor Hockey Association playoffs.

The midgets, many of whom are graduates of last year's major bantam provincial quarter-finalists, threaten to eliminate Flamboro three games in a row if the host club plays to its previous form.

Acton coach Jim James characterized Flamboro as not being a rough team, but he said that they are dirty. The midgets are instructed to refrain from retaliating, the coach said. They've been asked to accept what they're not normally used to because they're needed on the ice.

The first game was called to an end with about nine minutes to play because Flamboro didn't have enough players left to take a faceoff. Some were in the penalty box, and one got a suspension.

Acton wasn't just keeping away from the fights all the time. Brian Moore will miss tonight's action because of a fighting major from the second game. Netminder Steve Kruk will also watch the game from the stands because he was third man in on a fight. Coach James explained that Kruk left his crease in order to stop a fight, but fell onto the opponents in the attempt.

Rick Widmont will be back in the line up after missing the second of the best of five series, also for fighting.

Acton took the first game here a week ago Tuesday by a 6-2 margin. At Flamboro Sunday the Acton team produced a come from behind effort for a 7-5 win.

In the two games Jeff Shields emerged as the team's leading scorer with four goals and four assists. Coach James said that most of Shields' scoring comes from the power play. Shields is used on right wing on a line centre by Scott Maleolm with Dave McGilloway on left wing.

Wade Vickery and Widmont usually take up the defence

McGilloway and Bruce McPhail are the next most productive marksmen with one goal and three assists each. Bill Manes put the second game away for Acton with 1:40 to

balance the books and field a

team in the Optario Lacrosse

Association's Central Di-

vision in spite of carrying

over a debt of nearly \$1,000

A deposit and application

have been made to the OLA.

says Larry Porte, last year's

A formal organizational

"No problem" said Mr.

Porte about starting the '77

Returnees

speculation that because of

the debt and a lack of players,

There was previous

meeting will elect officers

from last season.

later this month.

season in the black.

trainer.

Rams to play again

after erasing red ink

play from Wade Vickery and McGilloway. Flamboro's Dave Robertson managed a goal 30 seconds later, but it was too little too late.

Flamboro took a 3-2 lead in the first period, but dropped their scoring pace to a goal a frame for the balance of the game. Acton midgets, on the other hand recovered from a two goal effort in the first period to pump home three in the second period and another couple in the closing period.

Shields netted his third and fourth goals to pace the scoring. Scott Malcolm picked up an assist on the second. McPhail gave Acton an early go ahead goal on an unassisted play at 7:08. Shane Withers tied the game 3-3 early in

the second period for Acton on a Shields pass. Redheaded Shields fired in Acton's first goal on an unassisted play in the first period. Kevin Weir added the other midget tally from Manes and McPhail.

Krok was in the nets for Acton. Flamboro's Gord Williams came through with a hattrick for the other side and G. Shaw and Dave Robertson added

In the 6-2 decision from the first game netminder Gary Medland blanked Flamboro in the first and third frames. Acton took a one to zip lead in the first frame, then out-

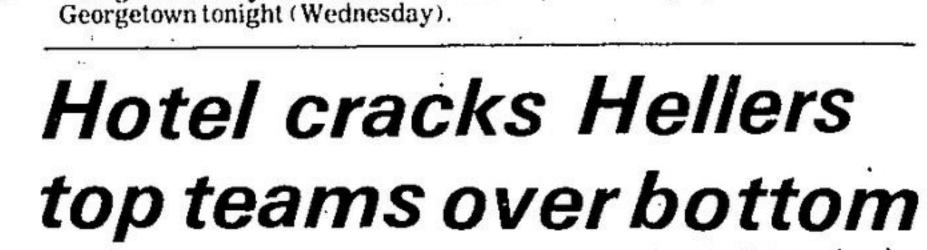
scored Flamboro 4-2 in the second and 1-0 again in the third. Malcolm and Shields combined to set up McGilloway for what proved to be the game winner in the second period. Vickery gave Acton the first lead from Widmont and Mc-

Gilloway at 7:25. In addition to McGilloway's winning goal Shields scored from McPhail and another Shields goal from Vickery. Malcolm pulled the trigger on yet another goal from Shields

and McGilloway. Flamboro replied twice in the middle from J. Shaw and J.

Ward. Widmont finished off the rout of the undermanned Flamboro crew with an unassisted goal late in the third

We hope that tonight's game is the last we play against Flamboro, said the coach.



Station Hotel's crew broke a third place tie in the standmgs by downing Hellers 9-5 in the last game of AllIL Sunday night action.

Junior C championship be-Both the top teams. Van's cause Bolton Wanderers are and Hlow Press-took care of the bottom teams in the six squad league.

be one feature of the coming Van's outscored last place season, Mr. Porte said, Rains Lakeview 2-0 in the first period, matched them 3-3 in the members to a softball game second and again out hustled or invite the Citizens Band to them 2-1 in the third period. Dave Morris fired home

what proved to be the winning goal for Van's from Floyd Hillier at the 8:43 point of the second period. Bruce McPherson paced

town. He'd like to see Mike Marcoux return as the coach. Van's to its eleventh win with I'm sure we'll have a two goals. The first from Eric Stone and Hillier. The second from Tom Dickinson. Net first goal

Hillier netted Van's first goal of the game from Tim McIntyre.

Dickinson, from Stone again was the other second period marksman.

In the third period Stone broke through for an unassisted goal, then Ken Owen ended Van's output on an Ernie Waller pass.

Lakeview drew double goal

efforts from Wayne DeForest and Ron Mellon, Steve Towngame was by Eric Matthews sley and Lorne Gordon picked up assists. Lakeview took 18 minutes

in penalties to Van's 21 with a tripping misconduct to Hill-

Blow Press managed a 4-2 The first penalties only came lead after the first 20 minutes against Ken's, kept ahead 6-5 after the second period before moving on to the 10-7 win.

John Mason launched into a four goal splurge for BPthree of them in the first period and two of them unassisted. Sid Barens and Pete Morrison belped on one goal. John Kavanaugh helped set up Ed Hillier for the other Press goal in the first period.

Ken's Evan Hayter set up Ron Schmidt then Jack Gudgeon for goals. At the start of the second

period Chris Tennant pulled the trigger on a George McPhail pass for Ken's. BP replied with markers

from Lyndon Thompson from Hillier and Bren Irwin also from Thompson. Back stormed Ken's with

first a Ken Slaney goal from Hayter and Tennant, then Tennant from McPhail and Bill Fabian. In the third period BP got

three goals right off. Morrison scored the first, then helped with Barens on the second to set up John Mason. Morrison and Mason later assisted on Irwin's 12:15 goal. ' In an attempt to catch up in the game Gudgeon of Ken's scored on a Slaney pass.

Bl's Morrison, however, also found the mark 59 se-

through with two goals and an Schmidt netted the last goal

for the assist. In penalties BP took the least, six minutes, not counting a holding misconduct on Hillier. Ken's took 26 min-

of the game for Ken's with

Doug Andrews getting credit

ACTON'S Linda Denny comes up with the ball following the tip-off bet-

ween Chris Briggs of Georgetown and Acton's Kay Nilsen. The action

took place in Acton, last Tuesday night, as the Acton ladies walloped

Georgetown lady basketballers 46-8. The teams play a rematch in

Station-Hellers In the Station-Hellers game, the teams were even at 1-1 after the first period. Station splurged for a 5-2 lead in

the middle frame before win-Station got three goal performances from Bruce Cooksley and Jun McDonald.

McMahon

assist for the Hotelers while Bill Severinski got one goal and helped on three others. Russ Masales also tallied

for three Station assists while Wayne Allen got two. John McDougall, Jim Haggett and Gerry Van der Eyken earned single assists. Cecil Stuckless and Cyril

Rees replied twice each for Hellers and Hugh Forbes added a single. Rees also picked up two

assists while Al Hall and Gord Colton helped on singles. Station took one penalty while Hellers was called on

five plus a misconduct to Henry Toebes. came'



Top free thrower

ROBERT LITTLE PUPIL NANCY WONG again won the Halton-Peel District basketball free throw competition. The 12-year old won a trophy and medal in the Knights of Columbus throw at Holy Cross School at Georgetown Saturday. Another Robert Little pupil, Michele Jones, came within one basket of winning the district level throw for the 14-year-old level.

Third period surge lifts major peewees over Flamboro Rick Greenly inked Acton

Major peewees came up with a strong third period to down Flamboro 3-1 in the first of a best of three game OMHA playoff series at Flamboro Tuesday night

the Rams may have to fold

this season. Mr. Porte said

that he hopes to sign about 20

players from town including

some returnees and some

from last year's midget

squad. Some local players

who didn't go with Rams last

year may be in the camp, he

Several players have been

contacted already to see if

they intend to return to the

Rams finished eighth in a

nine team league last year,

but rose to the semi-finals

against first place Owen

fourth spot Huntsville in the

quarter-final round

after eliminating

line up

Coach Barry Inscoe said that the defence stood out in an overall very well played last period.

Next game is here Sunday at 12.30 p.m. Mike McRae and captain Mark Duval set up Tim

Ferguson's goal, the one that proved to be the winner. All in 3rd All Acton's scoring came in

he third period. Duval put the game out of reach of Flamboro with an unassisted goal.

onto the score sheet to tie the game 1-1 with a solo scoring effort just over a minute into the last frame. Power play goal Flamboro's only goal of the

It no teams drop out of the

central group it's possible

there'll be ten vying for the

re-applying for membership.

may challenge local council

coaching

managing staff, Mr. Porte

says will probably come from

winner, Mr. Porte said.

play, he said.

Promotion of the game will

which came when Acton was shorthanded. The game was marked by a cautious first period. Neither team wanted to make a mistake and fall one goal behind.

in the middle frame. Acton's goaltenders-Tim Shields and Tim Bakershared housekeeping duties in this first game.

Major peewees took four penalties to Flamboro's two.

Orangeville's captain Mike

Minor atoms, coached by

Bob Faseruk, include Steve

Taillefer, Dan Wood, Greg

James, Les Barry, Heath

Norton, Terry Danagher,

Robbie Porte, Tony Van Dam

Tomkins was the only player

Minor atoms nip Orangeville in playoffs

the period.

to score on Acton.

Mike Hudson scored two Hudson's first goal early in clutch goals in the third period as the minor atoms won the first game in their best of five OMHA series at Orangeville Monday.

Hudson nailed the winning goal on passes from Jamie Lawson and Bruce Raine with just over two minutes to play in regulation time.

Early in period Dave Thomas assisted on and Grant Smith.

here Tuesday.

O'ville takes lead over major atoms

Orangeville doubled the Kevin McRae added another score-4-2-over the major goal. atoms to take a one game to Orangeville was paced to nil lead in the best of five the win by captain Barry game OMHA playoff series Sawyer with a hattrick. Donnle Rose added the fourth

Paul Cargill assisted on marker. both Acton goals. In the first Next meeting in the series period Dave McNight tied the is at Orangeville on February game 1-1. In the third period 12.



"OH! GOSH DARN!" seems to be AHS volley ball player Joanne Miller's message as the seniors went down three games straight to Georgetown last week. The scores were 15-12, 15-13 and 15-8. Acton plays Perdue Thursday in a must game.