Blades blast Junior B refs

The Oakville Blades plan to ton, Walker claims) and we maoving his club to the butsider." He did, however, several suggestions to improve the refereeing and reduce violence in the Central Junior B Hockey League. The Sabres play in this

league. The Blades along with the Burlington Cougars were reported last week to be considering a move to the Golden Horseshoe loop in the Southern Ontario Hockey league. Both teams now plan

to stay. Murray Walker, manager League which is desperately of the Blades, had said the team was considering pulling out of the league because of the increased use of violence by some of the league's teams, particularly the

Streetsville Derbys. However, after examining the Golden Horseshow League, which both teams had considered shifting to, the Blades executive decided the style of play wasn't any cleaner than the Central League.

"As I said before we were not really that anxious to move," commented Walker. "The possibility was brought

approach the OHA with thought we should at least explore it."

Elliot, Cougar's this year. manager, claims the reports that Burlington would withdraw from the league were blown out of proportion.

"We're not pulling out of the league," he said. "It's just something we look at

every year." The Burlington management, however, did attend a meeting April 12 of the Southern Ontario Jr. A Hockey looking for hockey teams to keep that league alive.

Last year the SOHL consisted of teams from Hamilton, Owen Sound, Guelph and Collingwood but the latter two are not returning next year.

The league's convener, Jim King said seven or eight groups attended the meeting, including Burlington who, King said, "were very interested" in the league. When questioned Ellicot

entering the SOHL. For the past two years Vern Gooding, the manager of the Milton Flyers, has considered

Jock

Tock

By John Bottomley

Because of the apparent popularity of the new Judo

course being run by the recreation department, it might

tremely popular sport is really all about.

nature, if you get too close.

wrestling today.

which they tied.

The Doctrine

of Gentleness

Japan.

be a good idea to find out a little bit about what this ex-

Although Judo, now 95 years old, is commonly called a

martial act, it is far removed from whatever warlike

beginnings its ancestor sports may have had. It is, like all

things oriental, depressingly deep and philosophical in

Its immediate forerunner, jujitsu, was begun during a

period in Japan when the wearing of swords was banned,

and became a popular method of self-defence. By the late

1800's it had deteriorated to the level of a sort of dancing-

bear-on-a-chain type of routine, like professional

Jigoro Kano, born in 1860, was thoroughly trained in

jujitsu, and recognized the benefit which could come of it.

He left the jujitsu organization in 1882 and opened a school

The Kodokan started with only nine members, but grew

rapidly, and in 1886 a tournament was arranged between

fifteen judo men. The judo men won all but two bouts,

By that time the technical end of Judo had been pretty

well set, while the spiritual side of the sport was perfected

in 1922, when the Kodokan Cultural Society was formed in

"Judo" may be translated as the Doctrine of Gen-

tleness. The symbol of Judo is a willow blossom, which

bends with the wind instead of fighting it, and therefore

of his own, the Kodokan, and began teaching judo.

SOHL, but he said they say "I'd like to see a general haven't given it any thought improvement."

"That league's pretty well fallen apart," said Gooding. "There's not much use sticking our necks out in that lea-

Since Oakville is remaining in the Central group Walker said he will be making suggestions at an upcoming OHA convention on ways to reduce the violence in the lea-

Sabres new coach Bruch Chapman sympathizes with the refs, but agrees something must be done. He does not feel that the refereeing was all bad, however. "There were some bad situations, but also some

good games." He was unwilling to comment on the officiating because the Sabres had lost so many games last year, and because he did not feel he had enough information about the said his team would not be situation. "I can't very well evaluate this thing, as an

Prelims begin

The preliminary trials for

The Preliminary Trials are open and all players are wel-

hockey supremacy, when

they downed the Val D'Or.

their best of five Eastern

Canadian semi-final series

Raiders now travel to New

play the Maritimes' cham-

If they win that series,

Georgetown will host the

the Hardy Cup finals at Alcott

three games to one.

town, Monday night, to win win.

Walker feels the main problem lies with the league's officiating which he describes as "something less than desirable."

system."

a high speed game, with a lot

take a cheap shot."

situation," he said.

their teams.

"Unfortunately our league has been crying to the OHA for a long time about the officiating," he added.

Chapman wondered if, at some games, "the referees were in shape to keep up with the play". He was reluctant to place any blame for this saying he didn't have enough information.

"It will be interesting to see what happens" he concluded. Walker suggested the teams in the league should consider paying an extra \$5 or \$10 a game for each referee in order to attract better quality officials.

He said Oakville would gladly support this move but couldn't speak for any other

Gooding agreed that more money would have to be paid for better officiating but thought they would have to double the rate from \$25 to \$50 per game in order to do so. He suggested applying for a Wintario grant to provide the extra funds.

"The guys we've got now don't give a damn as long as they get their money," said Gooding.

get out of control along with Chapman does not see how a pay raise will help, "How his players.

does paying more improve "We've got to make the officiating? Money's got management take notice." nothing to do with it. There's said Walker, "When they got to be a better schooling have to start paying money out of their own pockets He stressed that he is in no they're either going to tell the position to compare the coach to control his team, or get a coach who can." Central league with any

other. "As for violence, Chapman also feels that the hockey is an emotional game, coaches should have some of the responsibility for the of gut reactions. There's violence. "A lot of lip service has

always some fellow who'll been given about violence in "Officials have a tough hockey," said Walker "Attorney-General Walker also felt more res-McMurtry has been doing a ponsibility should rest with lot of yelling, but unfortunately he's going after the the coaches in controlling pros. The place to step the In the case of bench-clearviolence is in the amateur ing fights Walker felt coaches . system. You might even have should be suspended and to go down into the minor fined \$100 for letting the game systems."



ACTON'S FAIRWAYS ARE drying out, and players are taking to the links again. Tim Coles and Steve Garrett enjoyed some early golfing Friday.

The Acton Free Press sports Page

One Hundred and Second Year-No. 42

Second section

the selection of the basketball team that will represent Canada at the Maccabiah Games in Israel this summer will take place at the Bloor Y.M.H.A., 750 Spadina Avenue, Toronto.

Saturday, April 23 at 7 p.m. and Sunday, April 24 at 1:30

The Acton Minor Soccer the next best thing: they have been playing in the Association (AMSA) has decided it couldn't afford to roster and created a senior Halton-Peel league expanded

Avenue, Toronto. Dates for the trials are Sat 7 p.m. Soccer moves into senior league of having to look elsewhere soccer team "will do quite very well in the league". The AMSA has only one set when they outgrew the Junior well" in attendance.

start a Junior B team as team. planned this year, so they did

Raiders oust Val D'Or

head for Maritimes

Raiders moved a step closer second period to send Raiders

to the Hardy Cup, emblem- on their way to the Mari-

atic of Canadian intermediate times. Tom Daley deflected

P.Q. Voodoos 4-2 in George- in the game to ice the Raider

Brunswick this weekend to and Doug Tate scored earlier

pion, Campbellton Tigers, in and Christian Harvey were

Western Canadian champs in Friday, but Raiders rebound-

Arena, Friday April 29- 3, Sunday. The Voodoos

the Eastern Canadian finals. the Val D'Or marksmen.

Chrysler in the final minute of the

Evans' shot into an empty Val

D'Or net with 29 seconds left

Danny Blair, one of three

players Raiders have added

to their roster from the OHA

finalist Fort Erie Mayericks.

for Georgetown. Rene Dufour

Val D'Or won the opening

game of the series 3-1,

ed to win 9-1, Saturday and 8-

eliminated the

defending

Embrun Panthers in five Tigers won two of their

The Junior squad would

exciting, attendance for the

weekend series in George-

Monday night. The previous

weekend, 1540 fans packed

Raiders whip Timmins North

Stars of the NOHA 8-2, before

the Timmins team pulled out

expected to give - Raiders

strong opposition. After win-

ning the New Brunswick

championship, Tigers elimin-

ated Charlottetown, PEI and

Antigonish, Nova Scotia, both

in three straight games.

of that series.

added coaches to the Junior Halton-Peel league but "the all over western Ontario" this year, according to AMSA president Colin Ager. He added "There is no way we have the resources to go there." The loop extends as far as London.

Because the travel costs would have been prohibitive, the switch was made to a Senior team, to play in a local Although the hockey was Senior league.

The soccer association, unlike lacrosse and hockey, is was disappointing, self supporting, "We finance Crowds ranged from a low of our own teams. We do not go 350 for Sunday afternoon's out to sponsors," said Mr. third game to a high of 700. Ager. It is because their money is limited that they cannot afford the Junior

the Alcott Arena to see team Continue playing

When the Junior team was originally proposed, it was done so because the AMSA executive felt that the boys, who were the first to graduate Campbellton Tigers are entirely from Acton's minor hockey network, deserved the chance to go on playing, and that is still an important

consideration. The association is looking for a permanent team here. which would give people the opportunity to play for Acton because of the Blue Jays,"

year old boys would be playing in Senior leagues anyway. this in-bewteen league (Juniors)."

their game. "Having the dicted "the team will do very, with black collar and cuffs. coaches on the team will make these guys think a lot more soccer. It will control them and improve their game."

No name

As yet the team has not been given a name, but Mr. Ager insists that the name will include "Acton" in it, since the team is representing the town. One of the towns which the

team will face is Georgetown. There are three teams from Georgetown in the eight or nine team league Acton will be joining. The schedule will run from May to September concurrent with lacrosse and baseball: They are expecting to get good crowds out for home games, in spite of the competition. "There will be a little swing to baseball

In most countries, 16 and 17 at Acton High School on shirts which have always summer. Right now the team these will likely go to the According to Mr. Ager, "It's is practicing Wednesday Senior Club. The price of only in Canada that there is nights at M.Z. Bennett gym, these shirts has risen enormoving outside when the mously, to the \$10 per shirt He feels that playing with roster has not yet been set, minor soccer organization adults will help the boys with "but even so Mr. Ager pre- will be wearing white shirts

Home games will be played of the black and white striped Wednesdays during the been traditional here, and weather permits. The final range. Other teams in the

Actonian twelfth in 160 runner field

Acton High School's Les best ever; he believes he is Jones, running for the Scarboro Optimists club, paced his way to a twelfth place finish out of 160 runners in the two mile event in a track meet held Friday in

Mansfield, Ohio. He was the fourth Canadian to cross the finish line in the Mansfield Mahock games, and feels he "could have run a lot better". The club had driven down overnight Thursday for the Friday race, and Les feels the tack of sleep

hurt his performances. His recorded time of 9.35

capable of running around the 9.15 mark.

Les runs about 12 miles a day in training, averaging about 80 miles a week. He trains twice a week in Bramalea with the Optimists, and runs at the High School track other nights.

He started running in grade 9, and has been at it ever since. Asked about the Olympics, he said "It's a thought. It's not a be-all, endall thing. There are so many good distance runners in

does not break. When the wind ceases, the tree returns to Ray Evans took Steve Hardy its normal position and continues growing. This is the Blundy's rink-wide pass and same as the principle of "ju". boomed a slapshot past games, before coming to games against Antigonish by Instead of resisting an opponent, the Judo player allows himself to be pushed, and by yielding at the proper moment, throws his opponent off balance, gaining the advantage. In this way, a much weaker person can defeat a strong one in a Judo match.

It works, and this is what most people will be looking for: the ability to throw their big brother into the wall. Once you get past this Bruce Lee-Kung Fu attitude towards Judo, you run into the philosophical end of it.

Mental preparation is very important in Judo. If the principal of yielding can be considered the first principal of Judo, then the ultimate concern of Judo is "the supreme goal which can be attained only by those who, having thoroughly mastered the art and spirit of contention, have transcended all notions of victory and defeat."

Judo, obviously, is more than just throwing somebody down on the ground. There is a whole philosophy here which isn't normally found in Western sports. Can you imagine the Philadelphia Flyers going into a hockey game with the attitude that they should not use "any method that may injure the opponent because such to a person goes against the spirit of mutual welfare and benefit?" It wouldn't quite fit them.

Grading system in judo

Judo, as everyone knows, has different belts, which indicate the wearer's rank within the overall Judo organization. The earlier belts; white, yellow, orange, green, blue and brown; are all considered Beginner's ranks, while the twelve levels or "dans" of black belt are advanced players.

Movement up through the beginner's ranks can be fairly rapid, depending on the amount of enthusiasm shown, but the move into a black belt is different. The beginner's ranks require just the mastery of eight new throws per belt, along with breakfalls. The move into black belts is strictly controlled by the Canadian Judo Association, and involves a minimum of one year at the brown belt level and three years overall, and usually will take much longer than that.

Balance and agility

In the meantime, while you are waiting to move up and become a black belt, you will be learning an awful lot about balance and agility, things which can help you in any sport you play. Mental discipline will also be improved by judo:

Ladies can play too

There is, in Ontario, a Women's Judo Division which took shape in 1971. There are now competitions being held

for women judo players as well as men. Judo made it to the Olympics in 1964. The first open weight judo gold medallist was not Japanese, but in fact a Dutchman named Anton Geesink.

I am greatly indebted to an article by Norm Maynard, in the Queen's University Journal, for most of my information. All quotations in this column came from Illustrated Kodokan Judo, Kodansha, Japan, 1955.

Lady curlers get trophies at banquet

Tuesday, May 3.

Another season of fine friendly curling was brought to a close Thursday when the Ladies' division of the Acton Curling club held their annual awards and banquet April 14.

After dinner was caten and the ladies were sitting down, four trophies were presented to the winners of two Wednesday draws and two Thursday draws. Marylin McArthur's rink of Susan Beemer, Anne Ridley and Thais Brown earned the Ben Rachlin Trophy for Wednesday afternoon first draw.

Fiona Fieback's rink of Anne Ridley and Jan Hayter took the second draw to win the Don Bexton trophy. These three played with a spare for every game.

Thursday's first draw was won by Nicole Campbell's foursome of Dolly Moulden, Pearl Baker and Mary Smith, who received the Alexander Mackenzie Trophy for their efforts.

The Paul Nielsen Trophy went to Nan Hurst's rink of Mackenzie, Carol Korpella and Judith hacke for their first place finish in Thursday's second draw.

Elections After the banquet election

of next year's officers took place. Elected were Phyllis Patrick president, Helen Otterbein vice-president, Nan Hurst second vice-president, Carol Korpella recording secretary, Lily Higgins corresponding secretary, Susan Patrick treasurer, Helen Otterbein, Gwen Tyler, Judy Hacke and Ann Cook, draw committee, Kay Hansen, SOLCA representative and Susan Patrick, Business girls SOLCA.



HELEN OTTERBEIN, left, presented the Ben Rachlin trophy to Marylin McArthur's rink of Susan Beemer, Anne Ridley and Thais Brown (absent), winners of the Wednesday afternoon first draw.



WINNERS OF THE Wednesday afternoon second draw were Fiona Fieback, Anne Ridley and Jan Hayter. They received the Don Bexton trophy for their winning ways on the Acton Curling Club ice.



NICOLE CAMPBELL, Dolly Moulden, Pearl Baker (absent) and Mary Smith received the Alexander Mackenzie Trophy from Gwen Tyler. The rink was the winner in the Thursday evening first draw.



THE PAUL NIELSEN trophy went to Nan Hurst's rink of Lois Mackenzie, Carol Korpella and Judith Hacke, winners of the Thursday evening second draw competition at at Acton Curling Club.