

# Fread remains in top spot

Fread Construction remains in first place this year after another week of action in the Acton Industrial league.

In recent games Fread buried the roadrunners 11-6, the Bears matched Pioneer Gas Bar 11-11, the A's devastated the Bears 12-2, Pioneer Gas Bar edged Canadian Tire 3-2, the A's nipped Canadian Tire 5-4, and the Roadrunner downed Furniture 4-3.

B.J. Legate recorded two runs to lead the Roadrunners to a 4-3 win over Furniture and Chris Tennant and Don Richards added singles to edge their opposition.

Scoring for Furniture were Scott Malcolm, Bob Andrews and Ken Fidler.

Pioneer Gas Bar bats were hot on Thursday but they couldn't out-hit the Bears as the two teams struggled to an 11-11 tie.

Gary Pickles rounded the bases three times for Gas Bar and Don Casselman and Glenn Scott scored twice. Single runs were

earned by Dave Lawson, Ken Hurren, Ian Campbell and Ted Hill.

Bears runs were earned by Mike Peacock with four points, Gary Barends and Craig Andrews with two and Chris Rowsell with a single. Rob Inglis also tallied a pair of runs for the Bears.

After tying, the Bears went on to play the A's and in a tough match the Bears succumbed 12-2.

The two Bears' runs were earned by Gary Barends.

A's runs were tallied by John Wilson and Scott Somerville with three runs each and Paul Cargill and Danny Allen recorded two runs each. Singles were made by Gary Maltby and Sid Barends.

Canadian Tire slid down two more games but each match remained close as Rick Dodds and Terry Cianfarani pegged a run each against Gas Bar.

Gas Bar runs were earned by Don Castleman, Tim Ferguson and Dave Lawson for the 3-2 victory.

In the Canadian Tire-A's match-up Floyd Foster, Jerry Paul, Chris Velshaitte and Terry Cianfarani ran the bases for a point each while Sid Barends, Bernie Taylor, Vince Thornton and Gary Maltby notched singles for the A's. Maltby recorded a second run to give the A's the 5-4 win.

Robinson notched three runs and Roy and Dick Spear notched doubles to lead Fread to an 11-6 win over the Roadrunners. Bob McKay, Keith McKinnon, George Wallis and Steve Marshall ran the bases for one point each.

Roadrunners' runs were scored by Keith Fendley, B.J. Legate, Don Richards, Glen McKenzie, Jerry Marshall and Bruce McPherson.



The individual ladies winners at the Acton Friends bowling awards dinner and dance Friday night were: Edna Carr, low score; Lynda Ruse, high triple with handicap; Carol Jordan, high single; Bertha Nobel, high single with handicap; Marion Case, most improved bowler; Mamie Clarke, high average and Jackie Parker, high triple.



The Men's individual trophy winners were: Rob Evans, most improved; Stan Clarke, with low score and the high triple with handicap; George Poulsen had high single; Chris Mattson had the high single with handicap; Gord Lott had the high triple and missing from the photo was Spike Scott who had the high average.



The Acton Friends bowling league Champions were Stedman's. The champs are, from left to right, Helen Henry, Maite Mattson, Dawn Case and Jackie Parker.



The Western General Contracting Tuesday Night Ladies' Bowling League held their awards night at the band hall, Saturday. Front row l. to r. are league champs Pat Bennett, Carol Paisley, Shelley Wilson, and Marie Jordan. Missing is Donna Herrington and Sue Walton. Back row are the play-off champs Cheryl O'Brien, Maureen Saxon, Mary Anderson, Jane Page and Mae Hoare.



Individual winners at the Western General Bowling awards were l. to r. Debbie Storey (hi triple), Phyllis Stuckless (hi average) and Cindy Fickling (hi single).



Fread first baseman Ruddy Holmes steps on the bag to end the game and give Fread their second straight win over the Sit'n'Bull Roadrunners. Chris Tennant was the final out of the Acton Industrial Fastball League game.

Acton ladies' shortstop Teresa Dunn blocked Eden Mills runner Nancy Rhynolds as she rounds the bag at third during an exhibition contest between the two squads Saturday in Eden Mills. The Eden squad squeaked out a 17-16 win.

## Marshall honored

Former Acton resident Wayne Marshall received the Ed Kenny Executive Award of Merit for his work with the Guelph Hockey Referees Association last week.

Marshall has been with the association for most of his career that has earned him respect as one of the best amateur hockey referees in Canada.

Marshall's son Mike was also honored as the Most Improved Official.

As well Marshall has been named the association's treasurer for the next season. Wayne is the son of Mr. and Mrs. Bob Marshall, Churchill Rd. No. (RR 2).

## Pee-Wees bury Cheltenham 19-4

The Thompson Fuels Pee-Wee boys made it two in a row May 16 as they buried Cheltenham 19-4 in Cheltenham.

David Harrison, Mike Williams and Greg Smith combined their efforts on the mound to hold Cheltenham to only five hits.

Acton's only home run came from Harrison in the third inning and additional runs were recorded by Lonnie Patenaude, Shawn Dryden, Paul Sankey, Mike Brouwer, Rene Vankesteren, Harrison, Mike Arnott, Smith, Sean Sears, Joshua Caswell and Williams.

## Tips from the Golf Doctor of Halton Hills



by Terry Miskolci

Procedure one; place the club face toward the target.

Procedure two; place your hands on the club correct and light.

Procedure three; place the ball position in a constant spot.

Yes, that's right in a constant spot. The ball position may be placed anywhere from the middle of your body position to just off the heel of the front foot. Once that position has been established it now remains constant.

Whether you're hitting a 9 iron, 2 iron, sandwedge or three wood. Whenever the ball is on the turf and you have a relatively level lie, the ball position will never vary. The reason for this is quite simple. We begin to visualize the ball position from the same point everytime, therefore, the mind can relate to the body a message that is constant, therefore, we now have a chance to start the golf swing the same way. But change your ball position in your stance for every different club and you now instinctively without any control on your part, will start the swing in a different matter. So the important role of ball position is Keep it Constant.

Once your ball position has been

established it now sets the stage for placing the feet in the correct position. Let's keep this as simple as possible.

You have a choice of three types of stances: 1. both feet are parallel to the target line. 2. The left foot is slightly ahead of the right foot. 3. The right foot is slightly ahead of the left.

In each case the front foot is slightly toed outward while the backfoot is directly perpendicular (square) to your line of flight (for those that lack flexibility in the low back place the back foot so it too is slightly toed outward).

The weight distribution favours the backfoot at address. Why? Well it's because the bottom hand on the club is lower than the top hand therefore there becomes a slight shift in favour of the back foot.

Once your ball position is placed and you take your stance, the only foot which moves will be the back foot. It will become as narrow as shoulder width on an imaginary line drawn down from the shoulder to the outside of the feet to as wide as, shoulder width on an imaginary line drawn down from the shoulder to the inside of the feet. But the position of the stance remains the same (i.e. slightly open, closed, or parallel—the 1st and later are preferable).

Now with a constant clubface position, grip position, ball position and stance we face one more area of concentration and that is posture position.

Please practice those positions on the practice fairway, not on the gold course, make them habit forming and your swing will be as constant and rewarding. Next week the final stage of set-up—the posture position.

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