

# Ontario Outdoors



By Bob Ollivier

By R.C. (BOB) OLLIVIER

Yes there is ICE on Lake Simcoe. However, it is not all that safe yet. My advice is to call one of the Fish Hut Operators and check on the ice condition and the safe areas. It is their business to know the lake and its idiosyncrasies, and that means the ice surface as well.

KEMPENFELT BAY, BIG BAY POINT and SIBBALD POINT are all quite good, as are some other areas, and some fish are being caught. Here follows the names and addresses of 5 operators and their facilities and I have tried all the following: BONNIE BOATS LTD., Bill Sellens, Jacksons Point (416) 722-3862, 75 persons in 19 huts. CRITTENDEN BROS., Jacksons Point (416) 722-5172, 62 persons in 14 huts; HANK HEYINK, Jacksons Point, (416) 722-3718, 65 persons in 18 huts; WALLYS FISH HUTS, Wallace Hales, R.R.2, Cannington (Port Bolster), 60 persons in 15 huts; FLOYD HALES FISH HUTS, Floyd Hales, Beaverton (705) 426-7415, 80 persons in 20 huts.

As you can see there is a variety of operation size and there are smaller as well as larger outfits. I have a list of over 23 outfits on Lake Simcoe alone, and seven on Temagami, 14 on Nipissing and about six on a variety of other waterways. A simple phone call to 877-0173 or 877-9290 will get you all the information you need for a day or a weekend on the ice, but for up to date word on the ice conditions call one of the above listed operators, and if you are new to ice fishing I would suggest that you book with one of them. In fact, it is probably the best way of getting some action unless you know the lake very well.

These men and women are by the very nature of their business, up to the minute on what baits and lures and the current method of retrieve (jigging, etc) and are quite free with their information as they want you to catch fish. That way you will return and/or send your friends.

Washroom facilities are provided on the ice and some will provide food and drink if notified in plenty of time of your needs.

However, I always take my own and thereby save expense and it is always at my fingertips.

If you are planning a trip for trophy fish this spring or summer, check the list of winners in the ONTARIO FEDERATION OF ANGLERS AND HUNTERS "BIG FISH CONTEST" and use it as a starting point.

Where there is one big fish there may be more and even bigger ones. If the location is showing up in successive years, it may be a sure thing, but it also may be getting crowded so consider this also.

The federation publishes a list of the winners and where and from waterway the fish was taken. Women are showing up on the list with ever increasing regularity and that sure is good news, as the "fair sex" sure have a way with winning. As a matter of fact, women took 8th, 10th and 14th place in the NUSKY division in 1978 and Elizabeth Fleck took the number one WALLEYE.

NEWS OF THE OUTDOORS: The International BOAT SHOW is on this Friday the 12th of January till the 21st. A good chance to get a look at the new boats for the coming season, or just to "talk boating" with the experts.

If you have been wondering just what kind of boat or canoe to buy, then the chance is there. Ask several of the salesmen there, and put the various answers together and sift out the "sales pitch" and you should come up with the right one for you.

Next in line of course is the Sportsmen Show in MARCH. That is the highlight of the show year for me as well as a great many other outdoor persons. Pick your boat now, and your tackle later, what a system. Seriously though, the new fishing and hunting equipment will be on display there, including the new tackle I have had on T.V. on my show ONTARIO OUTDOORS.

Reels such as the RYOBI 3000 that I think is the greatest innovation in fishing reels ever will be there for your perusal, and you just have to see it. Dates and features at a later date, just keep it in mind.

For trout fishing close to home, try TOMS PLACE in Hillsburgh. Tom is open on weekends only during the winter, but the trout in his ponds run 12 to 20 inches long and it sure is great taking these through the ice. Membership is \$15 and as many fish as you like at \$2 each. Non members fish are \$3 each. Value considering the drive north and expense of stocking and maintaining ponds. Toms Place, R.R.2 Hillsburgh on the main highway just south of town.

Better close off this column, I am going to clean out my tackle box ready for this year's bout with ONTARIO OUTDOORS.

## Labelmasters having trouble

The Georgetown Labelmasters Minor Midgets, who had been having their troubles, came up big to take an easy 5-1 win over Burlington in action last week.

Bob Davey had a superb game as he scored two goals and added the same number of assists.

Pat Tunney and Tom Cull

also enjoyed good outings as each picked up a goal and an assist.

The other goal went to Gerry Milne with Brad Nicollucci, Brad McMeekin, and Scot Brush getting assists.

It was an excellent team effort that spelled victory for the minor midgets in this one.

# Fitness Van is returning

By LORI TAYLOR  
Herald staff writer

The Fitness Van, a project designed to help Ontario residents make a more conscious effort to stay fit, will be returning to Georgetown later this month.

Chris Robertson, project manager for the Fitness Van, said the results of the visit of the van last summer had provided some good news and some bad news for Georgetown residents who took the test.

The bad news, is that a lot of people who took the test

were physically unfit, "which didn't surprise us, because we were expecting it," Mr. Robertson said. Eighty-five per cent of Canadians don't meet international standards of fitness, the prime component of which is cardio-respiratory efficiency, he said.

The Fitness Van, among other tests, tests the efficiency of a person's heart and lungs by using an electrocardiogram to measure their oxygen intake during periods of activity and periods of rest.

"When you have a broken

bone the muscle deteriorates because it's not getting used," Mr. Robertson said. "The heart's a muscle too, and you should exercise it every day," Mr. Robertson said he is extremely concerned about the effect which the average inactive lifestyle is having on Canadians, since statistics indicate half of all the deaths in Canada last year were the result of coronary heart disease.

"The secret to being as healthy as you can is to be physically fit," he said. "Health and fitness go hand in glove."

Someone who has been working physically, such as on a farm, will test out as being in much better condition than someone who spends his or her days behind a desk, Mr. Robertson said.

"Those executives who work at a desk all day and don't exercise are heart attacks waiting to happen," he said. "When we test them, we find their heart beat is at a maximum just resting. What they need is gradual exercise to increase their cardio-respiratory efficiency."

Mr. Robertson recommended taking a resting heart beat before embarking on a serious exercise program, because if the resting heart beat is above 75 beats per minute, your heart is already straining to carry out its function. In that case, professional advice on an exercise program is essential.

The good news from the van's visit was the fact that 65 per cent of the people who were tested and who received prescriptions for exercise to improve their fitness have followed up with the recommended program.

"These people, just by following this program, are going to be at a peak of fitness," Mr.

Robertson said. "They'll look better, feel better and live longer."

Fitness is essential for everyone, he said. Everyone has ambitions, whether they're personal ambitions, to climb a mountain, business ambitions to be a success or family ambitions to spend time with loved ones, he added, and these ambitions won't be fulfilled unless you're physically fit.

"We find people in Canada in their late thirties and early forties who are dying of coronary heart disease," he said. "If you don't do it for yourself, do it for your loved ones, so you'll be around to be with them."

Mr. Robertson had some comments to make as well about women and diets. He said the trend toward fat diets is alarming. Women shouldn't consider even dieting unless they are exercising regularly and their weight is still too much for their height and frame. He recommended that women considering going on a diet should try exercising for half an hour a day for a month before doing any dieting. With regular exercise, women should have no trouble reaching their ideal weights, he said.

The Fitness Van will be visiting Gordon Alcott Arena in Georgetown on January 31 and February 1. The van won't be going to Acton, so any Acton or Esquesing residents who want to get tested will have to come to Georgetown. Bookings for the tests can be made through the Halton Hills Recreation Department at 877-5185 extension 60.

"If you don't think things like coronary heart disease can happen to you, I admire your courage, but not your intelligence," Mr. Robertson said.

## Sports Flashback

Taken from the January 9, 1963 issue of The Herald:

A Georgetown youngster, Cal Smith, 10-year-old son of Mr. and Mrs. Gerry Smith of 45 Maple Ave., has skied his way onto the Caledon Ski Club's Nancy Greene Little Leaguer's A team which will represent that club in competitions against other ski centres from throughout Ontario.

Taken from the same issue:

Among the leading scorers for the Georgetown Pee Wee Rep team are Gary McFadyen, Ricky Becker, Dick Popiel, Larry Peterson and Mike Forbes. Brian Beaumont leads the Bantam scorers while Juri Kudrasovs tops the Midget list. From the January 16 issue in the same year:

The junior basketball Rebels have played five of their eight scheduled league games and have yet to record their first victory. Disheartening as this might be they have never stopped trying and have shown improvement.

John Blair, Ron Fogal and Gig Hillock have been the offensive leaders so far in the season. Chris Todd and Jerry Neil have been aggressive defenders.

Taken from the January 21, 1959 issue:

The Georgetown Intermediate "B" Raiders romped to 22-3 win over Orangeville Friday night.

Ron Dixon led the attack for the Raiders as he pumped home six goals. Dave Irons, Blake Inglis and Bud Varey had five apiece. Junior Beau-

## Fitness week coming

Halton Hills Council has proclaimed the week of February 18-25 as the town's first annual Fitness Week, with a number of town-wide events already scheduled.

Planned for that week are the Regional Winter Carnival, the Georgetown Figure Skating Carnival, the Sports Travelcade Van and the Georgetown Racquet Club Men's Squash Tournament, in addition to other events which have not yet been finalized.

Operation Action, the federally funded recreation group, is taking an active part in organizing Fitness Week, and project manager Heather Leslie said the group hopes people will take advantage of the week's activities to make "Fitness the theme for your activity or meeting" during that week.

A "Flair for Fitness" art contest, open to elementary school children, will be co-sponsored by Operation Action and McDonald's, and teachers have been asked to stress fitness during their classes that week.

Leslie said Operation Action is willing to meet with any organizations who would like to discuss any ideas they have on taking part in Fitness Week.

# Serve groups of 15-30-50-200 or more.

## Colonel Sanders

# "do-it- yourself"

# BUFFET

only \$1.90 per person

See the manager of your local store for details.

## chicken Villa

116A GUELPH STREET      GEORGETOWN      877-5241