

Ontario Outdoors

Keeping fit

By R.C. (BOB) OLLIVIER

GOOD physical shape precedes almost all outdoor activities. These pastimes will be better enjoyed and will in all probability, result in greater safety when your body is in top shape.

DBI BOOKS has just released PHYSICAL FITNESS DIGEST, with over 100 fully illustrated exercises to help you improve flexibility, strength, muscular and cardiovascular endurance.

Your body will be better able to cope with the added stress of accident or eminent danger, and your endurance will see you through in much better shape. Even the everyday use you force your muscles through will result in less fatigue.

PHYSICAL FITNESS DIGEST is available in book shops or can be ordered through THE BOOK SHOP downtown Georgetown.

Lots of fish stocking going on in the Province. Temagami district of the Ministry of Natural Resources started stocking as soon as the ice went out with a total of 44,000 Lake Trout, 31,950 Brook trout and 7,000 Rainbow trout. Truck, fixed wing aircraft and helicopters were used in the planting program due to the accessibility of various waters.

Anglers are to be checked on Lake Temiskaming this year in a program to assess the fishery there. These surveys are important to the continued quality of the fisheries under modern fish management.

Do you enjoy fishing derbies? One of the best in my estimation is the one held at BURNS NATURE AREA. The Halton Region Conservation Authority holds this derby each year with this being the 5th annual and anyone is liable to win.

I have seen 5 and 6 year olds with the bigger fish next to a well equipped "expert" and some of these fish reach a length of 25 inches.

The registration is \$2 per person, for a 2-day pass with children under 12 and seniors free, prizes awarded on the basis of age and best catch obtained. Pancakes will be served free, 8:30 a.m. to 7:30 a.m. Sat. and Sunday June 9th and 10th. Burns is just off Number 10 Sideroad at the first line west of Campbellford.

KOA the campground people, report an increase of 50 per cent over last year. This is probably due to the worries of gas shortages in the USA and is well founded. I would not want to run into that problem, and the cost of gasoline in the States will average out at about \$1.29 per gallon with the dollar value and gallon size. KOA accepts advance registrations at (416) 677-8553 and may be charged on your VISA or MASTER CHARGE.

If you are planning to work near any type of water in Ontario, and the result may affect or have impact on the area, you should find out exactly how the new laws could affect construction or work plans. Failure to comply with the laws could mean a fine up to \$50,000 or 2 years imprisonment. A quick check with the ministry of natural resources or local conservation area could prevent problems.

ANYONE heading into cottage or fishing country will encounter the scrage of our country and others, the MOSQUITOES. Various forms along with the famous (or infamous) blackfly cause harm and frustration.

The only time they bother me is when I am working up body heat while chopping wood etc. and perspire. The repellent I use like any other will wash off then, or dilute. Under ordinary conditions, these pesky flies are only a nuisance, as I use an effective repellent. Breck's the makers of the famous MEPP'S LURES also makes OLE TIME WOODSMAN'S insect repellent. The contents include 51 percent Deet, the short term for Diethyl-Meta-Toluamide, and 3 percent related Tolumides.

DEET is the active ingredient that repels these insects and the more contained in the repellent, the more effective. I gave some OLE TIME to a Mrs. EADES and her daughter used it in the height of the blackfly season and was free from bites.

Several others have also reported back to me with similar stories to its effectiveness. Physical fitness and Breck's a good combination to better enjoy ONTARIO OUTDOORS.

Cricket squad loses

loses

St. Catherine "B" Cricket club, plus a series of dropped catches and poor fielding by Georgetown, spoiled Georgetown's debut into competitive cricket Saturday, when they were beaten by 18 runs in the "B" Division of the Hamilton and District League Competition at Yoder Field.

Georgetown, having their worst day in the field, dropped over nine catches, five to Capt. W. Cole who scored 62 runs and four to C. Shillingford 39, saw the other eight batsmen go down for a paltry 34 runs.

The opening pair of K. Lakhan and S. Jahoor, started cautiously only hitting out at bad balls. With the score at 12, Lakhan threw all caution to the wind and jumped on a well pitched ball and was caught by P. Feehey for 5 runs.

In came wicket-keeper Lloyd Jones and things looked in Georgetown's favor as both men showing top form belted the bowling at will. The same fate awaited Jahoor as did the majority of the Georgetowners, caught hitting out by R. Burton for 25 runs.

Capt. A. Kumar joined Jones and together pushed the score to 67 runs, before Jones played the ball onto his wicket and was out for 27 runs.

Kumar continued with A. Windsor and after hitting a flawless 28 runs was bowled by a low ball, ending all hopes of a Georgetown victory as the final six wickets fell for 26 runs.

Windsor and M. Jagdishinsh getting 13 and 10 runs respectively.

Bowling for St. Catherine: C. Shillingford 5 for 45 and J. Inwood 4 for 28.

Bowling for Georgetown: A. Windsor 4 for 30 runs and C. Vora 3 for 28. K. Lakhan 1 for 27 runs.



MEAT SPECIALS

CAN. NO. 1 FRESH Chicken Legs \$1 ¹⁹ lb.	CAN. NO. 1 FRESH PORK LOINS Regular Chops \$1 ⁴⁹ lb.
Chicken Breasts \$1 ²⁹ lb.	Centre Cut Chops \$1 ⁶⁹ lb.
	Brown 'n Serve Chops \$1 ⁸⁹ lb.

SCHNEIDER'S 16 oz. Pkg. Bologna \$1.59	SCHNEIDER'S 1 lb. Pkg. Side Bacon \$1.49
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SCHNEIDER'S Wieners or Red Hots 1 lb. Pkg.	\$1.49
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SCHNEIDER'S Regular Cooked Meats 6 oz. Pkg.	75¢
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SCHNEIDER'S Frozen Beef Steakettes 1 lb. Pkg.	\$1.89
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SPECIALS

FACELLE - ROYALE Paper Towels 2 Roll Pkg. (Save 24c)	99¢
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PURITAN 24 oz. Tin Beef, Irish, Meatball Stew (Save 26c)	\$1.39
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HELLMANS Mayonnaise 500 ml Jar (Save 29c)	99¢
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GAINES Dry Dog Meal 10 kg. Bag (Save \$1.30)	\$5.99
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JOHNSON J-Cloth Towels Pkg. of 10 (Save 30c)	99¢
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PROCTOR & GAMBLE Crest Toothpaste Regular or Mint 100 ml Pkg. (Save 51c)	98¢
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CAMPBELLS Vegetable Soup 10 oz. Tin (Save 25c)	4/99¢
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HEINZ Tomato Soup 10 oz. Tin (Save 25c)	4/99¢
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FOODLAND 1 lb. Print Parchment Wrap Margarine Save 10c	2/\$1.00
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FOODLAND UNSWEETENED 48 oz. Tin Orange or Grapefruit Juice (Save 14c)	79¢
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GREEN GIANT Sweet Peas CREAM or STYLE Corn 14 oz. Tin (Save 53c)	39¢
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WALD Apple Juice Vitaminized Pure 48 oz. Tin (Save 20c)	79¢
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SQUIRREL Peanut Butter 24 oz. Jar (Save 50c)	\$1.49
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WESTON'S 24 oz. Loaf Sandwich Bread REGULAR OR THIN SLICED (Save 34c)	2/\$1.00
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WESTON'S Pkg. of 12 Plain Baby Burgers (Save 39c)	2/99¢
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FROZEN FOODS

PEPPERIDGE FARM Layer Cake 13 oz. Pkg. (Save 10c)	\$1.09
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140 Mill St.
Acton



Now open Mondays
853-0400

Cricket Clinic

There will be a Cricket Clinic held at Cedarvale Community Centre, Maple and Main, June 6 (tonight) at 8:00 p.m.

Dr. Kumar of the Georgetown Cricket Club will introduce the game of cricket to interested people, covering such areas as skill, rules, equipment, etiquette and cost involved. If you would like to learn what cricket is about come out June 6. Call Operation A.C.T.I.O.N. at 877-7211 for more information.

NORTH HALTON DISTRICT SCOUT COUNCIL

AWARDS NIGHT

AND

ANNUAL MEETING

ST. GEORGE'S ANGLICAN CHURCH

June 11, 1979

7:30 P.M.

SPECIAL GUEST — MAYOR PETE POMEROY

REFRESHMENTS
SLIDES FROM 1978 ROVER MOOT