

Kinsmen League

Neilson's thumps Standard



Ann-Marie Aucott started for the Kinnette Kruisers in their win over Elk's Lodge.

(Herald photo)

Blue Giants 17 - Foberts 11
 Umpire - Eric Douglas
 Foberts took an early 5-3 lead in the game. A powerful fifth inning for the Giants brought in seven runs and another win. The winning pitcher was Cinday Halonen. Sandra Marshall pitched all the way for Foberts.

Two home runs went to Becky Halonen and earned her half the Giant's game star. Carol Peardon was awarded the other half. Joanne Tucker was Foberts' solo star for her acrobatic catch at second base.

Magnusons 27 - Varian 10
 Umpire - L. Kelly
 Magnusons really put the emphasis on defense and held Varian scoreless until the bottom of the fourth. By that time they had 20 runs. Pitchers were Debbie Osborne, Pat Horuzey, Karen Wilson and Laurie Henson.

Game stars were Marilyn Jones, Chris Everson and Chris Washbourne. Karen Wilson and Marilyn Jones each had one home run.

Nellsons 19 - Standard 3
 Umpire - Mr. X
 Sheryl Draper really help-

ed her team by smacking out three big home runs that earned her Neilsons' game star. The only other home run of the night came off the bat of Lynn Jerashita.

Standards' star was given to Virginia Walker who played a good game and pitched the whole distance. The winning pitcher was Susan Stroud.

JUNIORS

Geo. Welders won by default over Youngs Pharmacy Juniors.

Larrad 40 - Dalry Queen 4
 Umpire - Monica Pollock
 A 14 run inning helped widen the score for Larrad. Nancy Rand, Larrad's star, belted out three big home runs. Wendy Middleton managed to make contact with a ball that turned into a grand slam. Other home run hitters were Cindy Buchanan, Shannon Jackson, Sherri Diegel and Bonnie Ward.

Tracy Manhire, Joanne Richardson, Diana Westlake and Shannon Jackson did the pitching. Julie Hilts earned game star for her excellent fielding.

Kinnettes 11 - Elks 10
 Umpire - T. Richardson
 This was a very close game right from the start. It took seven full innings for Kinnettes to win. The whole Kruiser team deserved game stars for the fine performance. Allison Kalil and Kara McGaw hit the only home runs of the match.

Pitchers were Ann-Marie Aucott and Cathy Ryan. Elks game star was their pitcher Ann-Marie Aucott.

Delrex SS 15 - United Rental 14
 Umpire - Ken Nokes
 United went nuts in their last innings at bat by bringing in 11 runs across home plate. Kellie Gordon, Michell Kees, Elaine Hughes, Carolyn Griffiths and Christine Kees all helped by smacking out home runs. Unfortunately they were beat by a steady even game by Delrex which turned out to be an advantage as they kept up their own score. Lillian Krascie was the only home run hitter for Delrex.

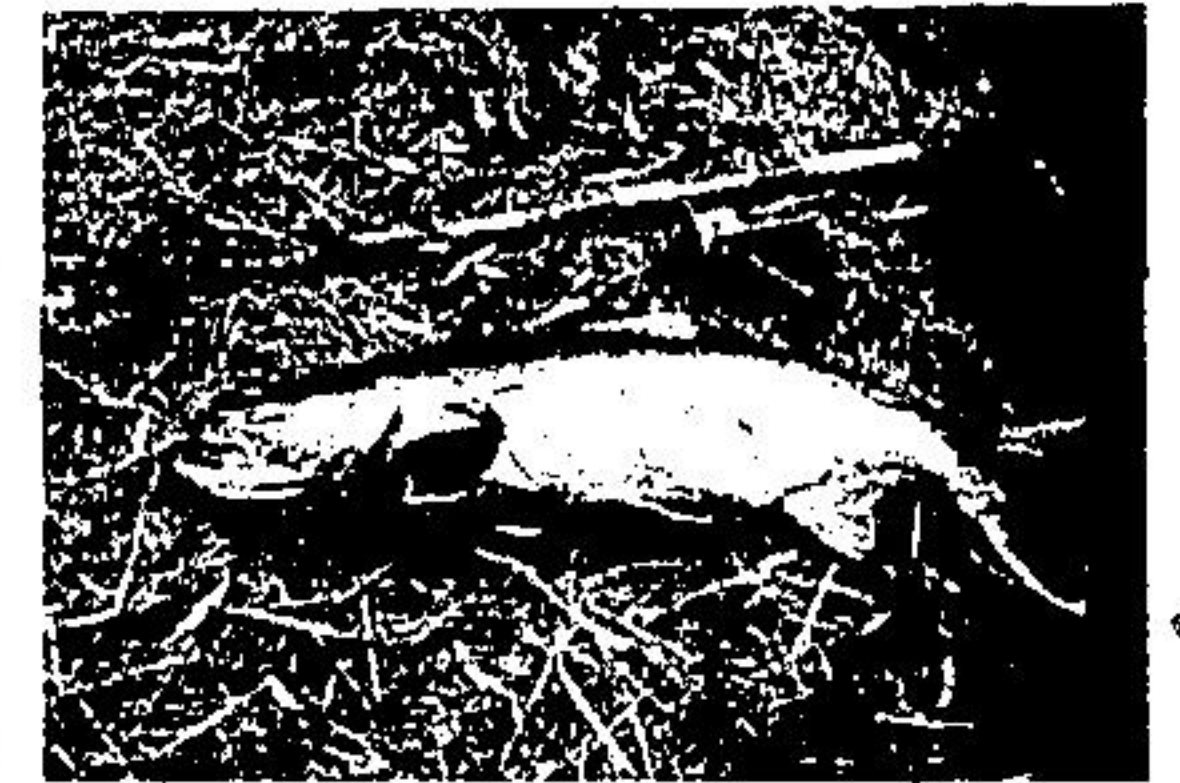
Pitchers were Chris Kees and Lori Brading. Game stars went to Cindy Latter, Lillian Krascie and the whole United team with special mention to Tina Dine.

Fred Harrison 22 - Kentners 10
 Fred's pulled in all of their runs during 4 innings at bat to take an easy win. Taking their positions on the mound were Leanne Grasby and Karen Humphreys. Home runs came off the bats of Diane Tost, Lynda Chadwick and Angela Dickenson.

Game stars were Kristen Milne for her defensive playing and Angie Dickenson for her offensive playing.

Ontario Outdoors

Fitness Digest is good friend



By R.C. (BOB) OLLIVIER

The new book, Physical Fitness Digest has proven to be a great friend to the outdoorsman and his family. Hunters and fishermen are often called upon to exert themselves, sometimes to the point of severe stress. These times could be regular activities in the outdoors that are more rigorous than expected, or an emergency situation. The person that is in good physical shape is the one who comes out of these times better and sometimes these are the only ones to come out of it period. The section on Muscular and Cardiovascular endurance is invaluable and is reason enough to purchase the book. I have a lower back problem as a result of an industrial injury, and the Fitness Digest covers this and how to strengthen the necessary muscles to get in shape and keep in shape, listed under "Corrective Exercise Programs". Those persons with similar problems should consult this section first and then the Evaluation chapter for everyone. Flexibility, fitness programs and nutrition and weight control are all covered. Available at the Book Shop or by mailing to DBI Books, Northfield, Ill. USA 60093.

Moundsberg is active all summer and there are a variety of programs and activities for the individual or the whole family. One such program, Nature: Sights, Sounds and Tastes will continue Saturday and Sunday, July 21 and 22, 10 a.m. to 4:30 p.m. and will entail a hike with guides to show the many parts of nature that most people often miss. While at Moundsberg visit the young bird centre and go for a hike to see the buffalo and elk.

Moundsberg is located on the Town Line, below Hwy. 401, exit at Campbellville or Exit No. 38, go south and then west on No. 5 sideroad. Watch for the signs and head north on town line.

How many of you have contacted the Credit Valley Conservation Authority to ask them to stock Bass in some of their waters? If not do it now, if you have, get after them again.

The viral disease - Infectious Pancreatic Necrosis may be present in the 250,000 Coho Salmon fingerling at Warton fish hatchery. The virus came from adult salmon from which the eggs were taken last fall and the fingerlings are usually taken to Chatsworth for final rearing in the colder waters there but now may be stocked immediately. Another alternative would be to destroy these suspect fingerlings which are now 8 cm or 3 inches in length.

The ministry is planning to continue the salmon stocking until "A worthwhile fishery is established with Rainbow and Lake trout". The ministry is also "considering the stocking of Brown Trout in Lake Ontario," said Ken Loftus, Fisheries Branch Director.

He said that Ontario has been more successful than others in keeping down serious disease problems in its hatcheries. It seems to this writer that there may be hope yet as we of the Ontario Federation of Anglers and Hunters keep the pressure on the ministry to do something worthwhile and the institution of the anglers licence is something positive.

Several people have asked for further information on the new book Trout-Salmon Fishing Guide. The book covers both Ontario and Michigan maps and is available from Ontario Outdoors Publication, P.O. Box 1414, Kitchener, Ont. N2G 4H 6 for \$7.95 including postage.

Well illustrated and full of tips and maps to get you on the road to some of the best fishing this country has ever seen. As can be seen by the foregoing piece on the ministry hatcheries, this fishing is going to be around for a long time and should get better as they stock the Brown Trout that fishermen have waited for so long.

I am pleased that the inside credit sheet shows the Grandpa Jim of Ron Penfound. As many of my readers know, Ron is a friend of mine, who had the first charter boat on Lake Ontario and was the start of what is now a fleet of hundreds of boats both private and commercial (charter), plying the waters of our lake for Salmon and Trout.

Congratulations to Ron Penfound and the publishers of the Trout-Salmon Fishing Guide.

The salmon season is just about upon us and soon we will hear stories of the super fishing in ONTARIO OUTDOORS.

Current Ripples

Competitive swim program to be five days per week

The Recreation Competitive Swim Program operates out of both the Acton Indoor Pool and the Georgetown Outdoor Pool five days per week. From the interest shown from surrounding areas they will be very busy again this summer with many swim meets.

The team has been contacted by five communities to come to swim meets and we are hoping to attend them all this summer. The first meet was held last Sunday in Hamilton and we will report on how the team did when we

receive the results.

The Instructional program for the first summer lesson session finished today with the Junior, Intermediate and Senior levels being evaluated this morning. This program went very well and if you

have any comments about the lessons, please contact myself at the Recreation Department.

If you are interested in registering your child in the second lesson session, we

will be having Registration tomorrow night between 7:00 p.m. and 9:00 p.m. In Acton it will be held at the Acton Arena and in Georgetown at the Gordon Alcott Arena.

In order to prevent some people from passing their registration forms ahead to friends in line, we will not be issuing any registration forms until the night of registration.

Also on the forms that will be processed are the forms that have been stamped on the back with the appropriate stamp. If you have any question, please contact the pools or Recreation office.

The fall program is not far away and the Halton Hills Recreation Department is accepting application for employment this fall. You can obtain these application from

the Recreation Office, the Acton Municipal Office and at the pools. We ask that these applications be submitted as soon as possible with photocopies of your aquatic qualifications.

Are there any people out there that wish to become involved again in swimming, but your qualifications have expired? If so, we will offer requalifying courses for any levels possible, if sufficient interest is shown. In order to let us know you are interested, please call the Recreation Department and/or pools at your convenience.

Ladies tennis team defeats Brampton

The Gordon Alcott Tennis Club's Ladies "A" team had a very successful outing against Credit Valley last week taking all the four matches played.

Doreen Thompson and Pat Harris won 6-4, 6-4. Kay King and Linda Rice were 6-3, 6-1 winners. Audrey Houston

and Ann Kennedy also took their match in straight sets by 6-2, 6-2 scores and Elizabeth Doig and Marilyn Serjeantson won 7-6, 6-2, 6-2.

The Mixed "C" team was not as fortunate as they lost two matches to four against Brampton.

The first men's team of John Collier and Rob Small were defeated 2-6, 6-4, 6-7. The second men's club of Sid

Harris and Peter Hughes were downed 6-7, 3-6. The third men's squad of Gord Doig and Steve Lounds was defeated 5-7, 4-6. The first

mixed team of Audrey Houston and Tony Hull was downed 4-6, 3-6. The second mixed team of John and Linda Rice was the first Georgetown

team to win taking their match 6-3, 6-4. The ladies team of Marilyn Serjeantson and Elizabeth Doig also triumphed by 6-2, 6-4 scores.