



Al Kogon sends the tiny squash ball off the wall while Georgetown Racquet Club President Dave Steen keeps a steady eye on its bounce. The local club entered into competition with other clubs in a competitive league this year as well as hosting an international tournament.



Norval's Debbie Danard and Bill Pickells had another successful year competing in karate competitions here in Canada and the United States. They are seen here with some of the hardware they won at a tournament in New York State. Both are top ranked international competitors.

# Vacation Guide

# Escape to Canada

Don't hibernate this winter. Escape to a Canadian city.

Crisp air, bright skies, sparkling snow and a variety of seasonal delights await the visitor to any of Canada's sophisticated urban centres.

British Columbia's capital, Victoria, offers the winter vacationer a combination of Old English charm and mild temperatures.

The stately Empress Hotel, reigning over city and harbor, carries on a timeless British tradition by serving tea and crumpets on white linen tablecloths every afternoon in the hotel lobby. At Bastion Square, restored buildings and wide pedestrian boulevards have turned the area into an interesting old-world shopping district, with many stores featuring native and local handcrafts.

Victoria's mild, winter allows visitors to stroll comfortably through the magnificent floral displays of the Butchart Gardens or play a round of golf on one of the nearby courses.

The British Columbia Provincial Museum, the Dominion Astrophysical Observatory and the Parliament Buildings are spots that shouldn't be missed.

Another west coast city, Vancouver, is set against a

spectacular mountainous backdrop. A stay here gives the visitor access to some of the world's best skiing in the British Columbia mountains.

Calgary, the oil-rich Alberta boom town, is just a short drive from excellent alpine skiing in the Canadian Rocky Mountains. The resort areas of Banff and Lake Louise are two of the country's best-known centres with runs for novice and expert alike as well as cross-country skiing.

In Regina, Saskatchewan, visitors can tour the recruit centre for the Royal Canadian Mounted Police and the RCMP Museum. For outdoor activities, skating, tobogganing and cross-country skiing are popular.

Every winter, Winnipeg, Manitoba's capital and Canada's fourth largest city, stages a rich variety of cultural events. The Royal Winnipeg Ballet, Canada's oldest ballet company, performs regularly at the Manitoba Theatre Centre, as does the modern dance troupe, the Contemporary Dancers. For music lovers, there's the Winnipeg Symphony Orchestra and the Manitoba Opera Company.

In Ottawa, Canada's capital, the focus is divided between indoor and outdoor winter fun.

Besides terrific skiing, snowshoeing and snowmobiling right on Ottawa's doorstep, the city boasts the world's longest man-made skating rink. The Rideau Canal stretches 7.8 km (4.8 miles) through the centre of town and attracts approximately 750,000 skaters annually.

Museum lovers find a wide choice in Ottawa, ranging from the National Museum of Science and Technology to the National Ski Museum.

The Parliament Buildings and the National Arts Centre are points of interest that shouldn't be missed on an Ottawa winter tour.

Toronto, Ontario is one of the world's fastest growing cities. The downtown core is an architectural marvel, particularly the CN Tower which stands 554 m (1,815 feet) and has been ranked the world's tallest freestanding structure by the Guinness Book of World Records. Toronto's City Hall is another popular area, especially during winter lunch hours when office workers skate to recorded music on the rink in front of the buildings.

Once in Toronto, visitors are never far from skiing, snowmobiling and other outdoor pastimes.

Montreal, Quebec, second

largest French-speaking city in the world, is renowned for its cosmopolitan flair, fine cuisine and lively nightlife.

The city is a charming combination of old and new. Its historic quarter, dating back to the 17th century, gives visitors a glimpse of Canada's early days, while downtown skyscrapers and shopping complexes illustrate the modern, sophisticated side of Montreal.

Ice hockey is popular in Canada and Montreal is hometown to the Montreal Canadiens, last year's National Hockey League champions. Visitors can see high-calibre professional and amateur hockey in several Canadian cities including Quebec City, Toronto and Vancouver.

Quebec City, capital of the province, is world famous for the Quebec Winter Carnival (Jan. 31 to Feb. 10, 1980). Every year an average of 309 cm (123 inches) of snow falls in Quebec City, covering the historic, romantic area in a carpet of white. The Chateau Frontenac, in particular, a castle-like structure and city focal point in any season, becomes a fairyland palace in winter with snow sparkling from its turrets and warm coziness radiating from within.

Close to Montreal and Quebec City, there's a winter wonderland in the Laurentian Mountains. Resorts of every kind offer exciting skiing, snowmobiling, tobogganing and skating.

Culture and fascinating shopping are two features of Halifax, Nova Scotia. For classical music buffs, the Atlantic Symphony Orchestra performs regularly, while lively drama is provided by the Neptune Theatre Company.

As for shopping, visitors

can browse through Historic Properties, once a collection of privateer wharfs dating back to the early 1800s, but today, a restored area of shops, restaurants, pubs, offices and docking facilities for the famous Bluenose II schooner.

There are many Canadian cities worth visiting this winter; all are friendly, professional and clean. For more information on Canadian cities as a travel destination, contact the Canadian Government Office of Tourism, Ottawa, Canada, K1A 0H6.

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