



Soccer

By ALEX TOUGH
Herald Special

Typewriter caused error

Last week's article may have caused some confusion. The words BLEED and BLEDDED should have been BLOOD and BLOODED. To bleed is to remove and to blood is to add or introduce. We can blame it all on my ancient klunker of a typewriter; definitely not my typing!

Butcher wins title

Butcher came from behind to take the first division league title from Meteor White's grasp in the last couple of games. Meteor Blue finish a creditable third after dropping their first four or five games. In the second division we have a tie between Varian and Litton. This evening they play off for the title at either Dorsey at 6:15 or Cedarvale at 8:45 (at this time on Sunday evening no final decision has been made). As this is also a play off game first round it could be quite a match. Ajax entertain Mariners at Christian and Blue host Rangers 'A' both at 8:15. Brackens travel to Rangers 'B' and White to Guelph (this last one on Tuesday). Eagles go to Villa 'B' with Villa 'A' at Butcher.

Varian's effort at pulling off the championship of the second is a real achievement. Usually they drop points in the run in - not this year. Some new players and new coach for games made a difference. Last Wednesday they defeated a depleted Mariner squad with a last minute goal in a 4-3 result to tie for top spot. Goals from Malcolm Evans, Kevin Harrison, Doug Hackenson, Paul Parker put paid to a valiant effort by the Ancients, whose goals came from Ivan Bird, Bill Xanthios and Rick Middaugh.

Blue had a surprising win over White by 3-2. Young players Ron VanItem, Eric Clark and Mike Ackroyd netted for Blue and Ian Syme and Alan Woolridge replied for White. This was another excellent match played in good spirit throughout although one player was ejected for remarks to an official. Brackens finished league play in line style with a resounding 3-0 victory over first division Latino. Greg Lawr, Gord Barclay and Gary Lockwood scoring the goals for the home team. Ajax and Eagles played a close one with Eagles heading their club rivals by 3-2. Ajax's Al Otten netted twice and Jeff Dykchoorn had two goals while Ed Blekkenhorst had the other, keeping Eagles in front.

Appeal filed

Final Inter County news for this week is that Brackens have filed an appeal with Peel Halton over the League's decision to suspend and fine the club in the recent problems. Following the executive's decision the club appealed to the league members, and failed to have the results rescinded, although changed a little.

Falcons have bleak outlook

The senior Falcons are in a bleak position at the moment. It would be true to state that the club is not having a successful and happy season. The club has struggled from the backroom to the field. Perennial Falcon, George Baines resigned a few weeks ago and Sam Inglis has been carrying the load as coach and administrator of the club. Some 23-25 players have been used this year in an attempt to put a competitive side together and inconsistency has resulted on the field. There have been some good results and some bad, some good play and some bad. There has been a lack of fitness in comparison to opponents and lack of shows for practices and games without notifying the club. A lack of discipline in playing seems to occur after the first 20 minutes of play, and returns in the last few minutes. In between the team has not looked an organized side at all.

Yet, there is promise in the talent available. Work schedules, injuries have also taken toll from time to time in putting a settled team out and this harms the efforts of the club officials. This year the club went on a "no-pay" policy and the players have not had to pay registrations at club level for the first time. It was felt that this would attract players and bring about the right attitude from them towards the club.

Since I came to town the club seems to be in the position of always rebuilding and changes are happening every year in organization, with George Baines as the driving force behind the Falcons. George is the ultimate in loyalty to the club, often being the only one around. It is not always easy to understand a single minded soccer fanatic, particularly a disciplinarian like George. However he cannot do it all on his own and has to relinquish some of the work involved to others. Obtaining assistance is not easy, either, I am well aware.

There has always been an attraction in "Monday night is Falcon night" at Cedarvale, and the club has done well in the past. Support has fallen off, although the die-hards are to be seen as usual. It would be a pity for the team to fold, as it provides the only competitive game around these parts in the Toronto and District League. Aspiring players can have a try at the top league available to us with the Falcon organization.

This Saturday the team is at Eglington Flats and return to Cedarvale on Monday 10th and 17th at 8:45 for the next few games. It is a shame that the coffee stand is no longer available. The town placed a charge on the club for the service and the charge would have been more than the club made. The stand provided a service at no profit and will be missed in the growing colder weeks to the end of the season.

Next week I would like to profile some, or all, of the players, and the opinions expressed are mine, folks - not the club's, I hasten to add.

Finals coming soon

In closing, just a reminder that the youth club is winding down towards finals day on Sept. 17 at house league level. The minor bantam and major mosquito "rep" teams have a chance of taking their league titles this season and the minor mosquitoes are in the semi-finals of the Peel Halton cup. Not bad at all, eh? See you later.



Lynda Shadbolt of Tidey Avenue in Acton spent quite a bit of her summer paddling in an Indian war canoe on a trip that lasted from April until July. The Lakehead University student was a member of a group that paddled from Lachine, Quebec to Thunder Bay as part of a bicentennial project. (Herald photo)

Acton girl canoes old route

By ROBIN BAKEWELL
Herald Staff

When Acton's Lynda Shadbolt was asked what it was like living out of a canoe for two months this summer, the graduate from Lakehead University summed it up in one word.

"Wet". Lynda, part of the outdoor recreation program at Lakehead University, was a participant in a 2,000 kilometer canoe trip which brought her from Lachine, Quebec to Thunder Bay, Ontario.

The trip was organized to promote Old Fort William and help celebrate Ontario's bicentennial.

Reliving the route voyageurs took over a century ago, Lynda joined 39 other students from the program which saw them living in bourgeois tents, dressing in voyageur clothing and eating authentic voyageur food during the 65 day trip.

The group averaged 30 miles a day in the three 36-foot birch bark canoes which were built in Orillia at a cost of

\$25,000. Between canoeing and sleeping the group presented skits and information to the public and neighboring children at stops along the route. A total of 75 performances were made which usually took a half day and included everything anyone would like to know about the voyageurs and the North West Company.

"The trip wasn't for us but for the kids," Lynda said, adding that they all gained a first hand experience of what it would be like to be a voyageur.

Living mostly of stews, pancakes and gorp, (a raising and peanut mixture) Lynda said, "all the girls gained weight while all the guys lost weight."

With only four or five days in May not having rainfall the group had more than their fair share of colds and flu. A picture depicting one of the authentic campsites had seagulls making temporary homes in the puddles around the

campsite. Apart from portaging the 650 pound canoes another problem the group ran into was dealing with the wind. When the canoes got caught in the wind the group would become "windblown" and would have to beach themselves and wait out the wind.

Waiting for the wind to die down was not a major problem but any time wasted had to be made up as the group had a schedule to maintain with small communities expecting them at certain times. During one of these periods the group canoeed 67 miles in one day.

"For some communities our visit was the highlight of their bicentennial celebrations," Lynda said.

Lynda didn't mind not having make-up, a television, telephone or things in civilization that are taken for granted.

"I was too busy paddling, performing, cooking and cleaning up to worry about them and the time I did have off was mostly

spent sleeping," she said. On arriving in Thunder Bay the group were greeted by about 6,000 people and were given a shot of whiskey and a loaf of bread which was the traditional greeting for the voyageurs.

"We were mostly screaming and yelling because we were so pleased with ourselves having made the trip. It was one of the proudest moments in our entire lives knowing that we had done it," Lynda said.

Specters down Rockwood 9-0

Glen Williams Specters defeated Rockwood 9-0 last Tuesday to qualify for the Inter-County Football League semifinal.

The Specters won the best-of-three quarter-final two games to one.

Mark Curtis pitched a gem of a game, fanning 16 in route to the win. John Moore had two doubles and a homer for the winners while Gary Halls added a homer and double. In the sixth inning alone, Moore

started off with a double and got another chance to hit in the inning, and proceeded to hit his homer as the Specters rallied for seven runs.

Glen Williams will play Orangeville in the next round, with the first game having been played last night in Guelph.

The second game will be played Thursday in Orangeville and if a third game is needed, it will be played next Tuesday in Glen Williams.

Friendly, caring Y fitness classes

Back to school blues? Empty nest syndrome? Over-Indulgence in those summer delights? Want to look and feel great? ... Come and join us at the "Y", where we have a wide selection of Fitness Classes for every taste. With a long history of

excellent Fitness Programs our emphasis is on the quality and training of our instructors; proper attention and care for those susceptible areas of the body such as back and knees; and a friendly, caring, non-competitive atmosphere.

Swimming a good way to get fit

Cheryl Lightowers, our Aquatics Instructor, is a qualified school teacher, a parent.

She says our program is vigorous, sociable and "good, clean, fun". Swimming will make

you burn more calories than running the same distance.

The water provides gentle resistance and more muscles are used than in any other physical activity.

As a bonus, jogging in the water takes the strain off hips, knees and ankles because your body weight is less. And you don't sweat!

Swim classes are designed for the individual. Some people want to

float, others want to breathe properly so that they can swim lengths, while others desperately want to dive.

Tell us what you want and we'll design a program for that skill.



YMCA

FALL PROGRAMS

MORNING FITNESS CLUB

Warm-ups, Cardiovascular Exercises, Aerobics, Callisthenics, Cool Downs. A good variety of exercises to music.

DISCOUNT: Join with a friend for 12 weeks and SAVE \$10.00 EACH

Monday, Sept. 17 at 9 a.m.

Location: "Y", St. Andrew's
Door Prize - One Free Fall Session

INSTRUCTOR: MARILYN McQUEEN
Classes: Monday, Wednesday & Fridays
Time: 9:00 a.m. - 10:00 a.m.

FEE:
Once a week, 6 weeks ... \$20.00
Twice a week, 6 weeks ... \$34.00
Three times/6 weeks ... \$48.00
Once a week, 12 weeks ... \$34.00
Twice a week, 12 weeks ... \$68.00
Three times/12 weeks ... \$88.00

AEROBIC DANCE

Welcome to our new and improved Aerobic Dance program. The primary goal of the re-designed program is "TOTAL FITNESS". You'll recognize the dance program but you'll be happy to see the added muscle toning and strengthening routines for tummy, hips and thighs.

Monday, Sept. 17th - 1:30-2:30 p.m.

LOCATION: "Y" AT ST. ANDREW'S UNITED CHURCH
DOOR PRIZE: ONE FREE FALL SESSION

INSTRUCTOR: SANDRA WILLIAMS

CLASSES & TIMES:
Mondays & Wednesdays 1:30-2:30 p.m.
Tuesdays & Thursdays 9:30-10:30 a.m.

FEE: \$63.00

DISCOUNT: Join with a friend and SAVE \$10.00 EACH

AQUATICS - AQUAFITNESS

Sun., Sept. 30 to Dec. 9
(FOR 10 WEEKS)

AQUAFITNESS 8:15-9:00 p.m.

Georgetown District High School Pool
FEE: \$38.00



"Bring a friend and Save \$5.00 each"

"TAKE OFF, EH" CLUB

(TAKE OFF 10 LBS. IN 10 WEEKS)

Fridays, Sept. 21st to Nov. 23rd
10:15 a.m. - 11:15 a.m.

at "Y", St. Andrew's United Church
FEE: \$15.00

Come and discuss good nutrition, and have fun in the exercise program fitted to individual needs.

Tuesdays at St. Andrew's
7:00-7:30 p.m.
\$7.00 for 10 weeks
In conjunction with Bodyworks -



BODYWORKS CO-ED FITNESS

Intense structured program of Isotonic Exercises done to current popular music. Designed for men and women.

Mon., Sept. 17 at 7:30 p.m.
Park Public School

Tues., Sept. 18 at 8:00 p.m.
"Y", St. Andrew's United Church

Door Prize: One Free Fall Session

INSTRUCTORS:
Mon/Wed. - DEBI IRELAND
Tues./Thurs. - PAT MacLEAN

CLASSES:
Mondays and Wednesdays
Sept. 17 to Nov. 26 (10 wks.)
or Tuesdays and Thursdays
Sept. 18 to Nov. 22

LOCATIONS:
Monday - Park School
Tuesdays - St. Andrew's Church
Wednesdays - High School
Thursdays - St. George's Church

FEE: \$46.00

DISCOUNT: Join with a friend and SAVE \$8.00 EACH

FREE INTRODUCTORY CLASS!

Y GEORGETOWN YMCA
89 MOUNTAINVIEW RD. S.
877-6163
or 877-7655