



### Closing Day winners

North Halton Golf and Country Club ladies closed the 1991 Golf Season October 1. Closing day winners are pictured here. Front row (from left to right) Mari Jones, Kathryn Latimer, Sophie Henley, Marilyn Medlock and Gloria Sinclair. Back row (left to right) Marge Richardson, Glenna Duff,

Irene Farnell, Barb Gates, Jean Chappel, Marg Gage, Mary Rand, Gail Finlayson, Eileen Cunningham, Marion Burns, Kathleen Wilford, Dot Hamilton, Donna Jackson and Linda Astrauskas. (Photo submitted)

## North Halton ladies close out an exciting 1991 golf season

North Halton Ladies officially closed the 1991 Golf Season October 1st. After a record breaking summer of great weather, Tuesday was no exception. Many ladies continued on after completing the nine hole scramble.

Prizes for the day and year were then presented by Captain Ann Currie and 1st Vice Captain Linda Astrauskas.

For Closing Day the winning teams were as follows: 1st Place - Marge Richardson, Sophie Henley, Madeline Collier. 2nd Place - Mary Rand, Bev Marshall, Kathryn Latimer, Ann Currie. 3rd Place - Pat Harris, Joan Baker, Linda Astrauskas, Ann

Livingstone. The "Pot of Gold" for landing within the string length on the ninth green was shared by Joan Baker, Marge Richardson, Esther Malone, Shelley Allison and Marg Gage.

The Ringer Board winners in each Flight for the 18-hole Section were Connie Keith, Marg Jones, Diane Cutting and Katie Headley. The ladies with the most birdies in this section were Marilyn Medlock, Jean Chappel, Marg Gage and Katie Headley.

The 18-hole Champions were presented with trophies and engraved silver cups. As previously reported, the winners were Gloria Sinclair, Gail

Finlayson, Linda Astrauskas, Kathryn Latimer, Marilyn Medlock and Eileen Cunningham.

For the 9-Hole Section, Irene Farnell was the Champion with Madeline Collier placing second. In Match Play, Mary Rand came first and the runner-up was Mona Milne. The Audrey Anderson Trophy was won by Glenna Duff. The Ringer Board winner was Madeline Collier and for the most birdies, Mary Rand came first.

The Two-Ball Champions this year were Donna Jackson and Dorothy Hamilton. The first annual Vera Thompson Trophy winners were Marilyn Medlock and Marj Jones.

### Dart League Results

## O'Tooles teams still undefeated

Alex Tough



First place O'Tooles no. 2, third place O'Tooles no. 3 and seventh place George no. 2 are the only undefeated teams in the Halton League. So far, that is. O'Tooles won the battle of the early leaders by 10-4 over Hollywood. O'Tooles no. 3 won 10-4, also Hollywood and George no. 2 won 12-2 over Legion no. 2. Time Out, 9-5. Legion no. 1 9-5 and George no. 1, 9-4, round out the top seven leaders.

Chris Scutt takes over high close with a 154. Dave Scutt sneaks into the points lead with 84, one more than deposed leader Paul Kirby. Pete Pickering, Chris Scutt, Stan Rhyndol and Al Murphy follow. Wayne Eagles scored the only 180 of the night and popped in a few more bonus scoring points.

Leading points scorers in bonus were Brian Ward, Stan Rhyndol and Danny Drumm with 12 each, only beaten by Paul Kirby's 14. Ward and Drumm each scored a 160 in their efforts. Bruce Sheppard scored 154 and there were several 140s.

Unlike the Halton league, the Industrial League shows leadership changes in both the first and second divisions. Inter County, with a 6-3 win, takes over in the lower division from Panthers, who lost 4-5. Hustlers, with an 8-1 result over Ensigns, moves ahead of Gasketman Cutters and their win of 5-4 over third place Westenders, in the first division. Acadian Pools defeated bottom

team, Aces, 5-4 and Steeprock won 6-3 over High Rollers. Independents took a 5-4 result over Firemen.

Inter County's Ted Nelson scored 180 to go with five opens. Hank Van Gogh opened three for Hotshots. Teammate Chris X also opened three, and closed one. Roger Moore started two and finished one for Taxmen. Jim Watson opened five and finished two with Gord Bottoms scoring 120 for Independents. Ace Bailey started one, closed two and scored 100 for Firemen.

Paul Kirby opened 3 and closed 2 for Steeprock. Brad Youmans went 3-1 in starts and finishes. Rob Campbell, High Rollers scored another 160. Ron Scarlett went three-one and Beau Beaumont went the opposite in starts and closes. Roy Rudiger played seven and started seven. Enders Eric Fuller went three starts, a finish, a 123 and 138. Rick Harden had three starts and 140 with Mark See having three closes for Cutters. Lloyd Westlake shot 125 and John Burke 100 for Aces. Bandits did play this night.

The Halton league youth section is underway, at O'Tooles every Sunday afternoon from 1 p.m. Kyle Hancock, Chris Corney, Keri Penfold, Jason Mercer, Jamie Schell, Justin Penfold, Tommy Allen, Teresa Mercer, Melanie Belder and Chris Pekins are the participants so far. High scores at the last session came from Jason Mercer, 148 and Teresa Mercer, 104.

The players are not yet drafted into permanent teams and simply play open draw singles, doubles and teams. Ages from none to eighteen and ability to reach the bull (centre board) are the major criteria for membership. The youth play under the tutelage and custodianship of Terry Hancock and Dave Scutt. Some players have yet to appear from last season's lists and there are places for several more players.

## Local hockey players invited

Georgetown Raider Mike Wilson and Halton Hills resident Sonny Cardillo are among 84 junior hockey players invited to the Under 17 Ontario team training camp for "World Hockey Challenge '92".

Mike Wilson, from Brampton, is a defencemen for the Georgetown Chrysler Raiders. Junior B squad

and Sonny Cardillo played for the Halton Hurricanes AAA Midget team last year.

World Hockey Challenge '92 will be held from December 29, 1991 through January 4, 1992 in Sudbury and surrounding communities in Northwestern Ontario.

Team Ontario will face stiff competition from teams representing the Atlantic region, the Quebec region, the Western region and the Pacific region in addition to the national teams from the Soviet Union, Sweden, Czechoslovakia, Finland and the United States.

## Weekend fitness fair

The Fitness Fair will be held at Work That Body, 232 Guelph Street, Georgetown on October 19, 1991 (Saturday) 9:00 a.m. to 4:00 p.m.

This free event is designed to let the community know what lifestyle and health programs are available to them, right here in Halton Hills.



### Focus on Fitness

by Laurie Burns  
Exercise Physiologist

Without sufficient amounts of calcium every day your bones can become porous, weaken and eventually even break down. This deteriorating bone condition is called osteoporosis and it especially affects women in mid years and beyond.

In fact, one out of every three women today in Canada will have some degree of osteoporosis after menopause. Most people don't know they have osteoporosis until after the damage is done.

Detecting who is at risk: Some people are more likely than others to develop osteoporosis. If you fall into any of the categories listed below, you should speak to your doctor about prevention.

Small or thin stature: The smaller your bones, the less you can afford to lose. Overweight women are less likely to develop osteoporosis.

Fair skin: The fairer your complexion, the greater the risk. Black

women are less likely to develop osteoporosis.

Little or no exercise: Bones respond to exercise. Lack of it increases bone loss.

Smoking/drinking: Alcohol and tobacco reduce the body's ability to absorb and retain calcium.

Periodontal disease: Recurrent gum disease may signal underlying osteoporosis.

Ovariectomy: Removal of both ovaries causes premature menopause and accelerates the rate of bone loss.

Hereditary factor: Osteoporosis often runs in the family.

Low calcium diet: Adults need at least 1000 mg of calcium per day. Pregnant and nursing mothers need 1,300 mg and after menopause women need more.

Check with your physician to ensure you are getting sufficient amounts of calcium daily.

## Squash event

The Georgetown Racquet Club is having its season opener squash event on October 17 at 7:00 p.m. The club directors are inviting residents of Georgetown to see some international calibre squash. The GRC is located on Armstrong Ave., just west of Mould Masters.

Gary Waite is ranked no. 1 in North America and no. 25 in the world in "softball" squash circles and is ranked no. 5 in the world of "hardball" or "70 plus" squash. He will be at the club on Thursday evening to give an exhibition with other members of the Henkel team.

Jonathan Power is the top junior male in Canada and a member of the National men's squad. Scott Dulmage was the captain of the University of Western Ontario squash team, Paul Gardner was the captain of the Cornell University team and Dean Brown is a former national junior champion.

After watching the Henkel Team demonstrate how dynamic the game can really be, they will give some of the members of the club an opportunity to test their skills against these international players.

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