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Raiders come close - no cigar

By Mike Zrostek

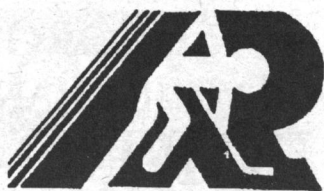
A home-and-home series with the Brampton Capitals turned out to be a close affair for the Georgetown Chrysler Raiders. Unfortunately they dropped both. A 5-3 decision last Thursday in Brampton and Friday, 4-3 at Gordon Alcott Memorial Arena.

Thursday's Ontario Hockey Association Junior A West Division tilt was a rough affair with the Raiders and Capitals combining for 20 minor penalties in the first period alone.

Capitals coach, Dave Frost was thrown out at the end of the first period.

The Raiders were down 3-1 after the first period, but rebounded with two goals in a strong second period to tie the game. Brampton however struck for two goals in the third to ice the game.

Ian Ellis had a pair for the Raiders goals, David Bouskill had the single. Shawn Healy had two assists, Trevor Brandt, Dave Milek, Steve Yurichuk and



Ellis also assisted.

Friday's game saw Hockey Night in Canada host Ron MacLean don the referee stripes for the rematch.

The Raiders came out flying in the opening period, displaying smart hockey in their own end with minimal errors.

They were rewarded with a 2-0 lead on goals by Randy Bond and Ellis with his 31st of the year on a beautiful spin move right in front of Capital goalie Chris Billingsley.

Georgetown came out flat in the second, turning the puck over in the neutral ice zone and in their own end resulting in the Capitals banging in three goals.

Sandwiched in between the Brampton goals was

Doug Sheppard's 19th, a blast from in close.

After the Capitals took the lead at 8:53 of the third it was all Georgetown as they peppered Billingsley in the final 10 minutes.

All told, the Raiders took 25 shots in the third but couldn't sneak one past the Capital netminder, even in the last minute with Nick Montessano out of the net in favor of the extra attacker.

With the loss the Raiders are now 6-21 but head coach Gary Ford was very pleased with the Friday effort and says the players aren't down.

"Tonight (Friday) they came close to playing 60 minutes and were consistent. I think they are realizing if you get it going for a whole game you're going to win."

Ford called Friday's game the best by the Raiders defense all year but wasn't sharing the feeling with the forwards. He said they didn't hustle as much as they should have.

The Raiders are in Milton 8 p.m. Friday taking, to take on the Merchants and Saturday 7:30 p.m. at Gordon Alcott Memorial Arena, host Burlington Cougars.

Raiders tourney bound

By Mike Zrostek

The Georgetown Chrysler Raiders won't have too much time to enjoy the holidays as they will see action in the Newmarket Junior "A" Showcase Tournament Dec. 26-30.

The Raiders play Streetsville Derbys in a rare Sunday tilt on Dec. 26 at Gordon Alcott Memorial Arena, then head into the four-division, 16-team tournament.

Georgetown will be in a division with Oakville, Newmarket and Lindsay.

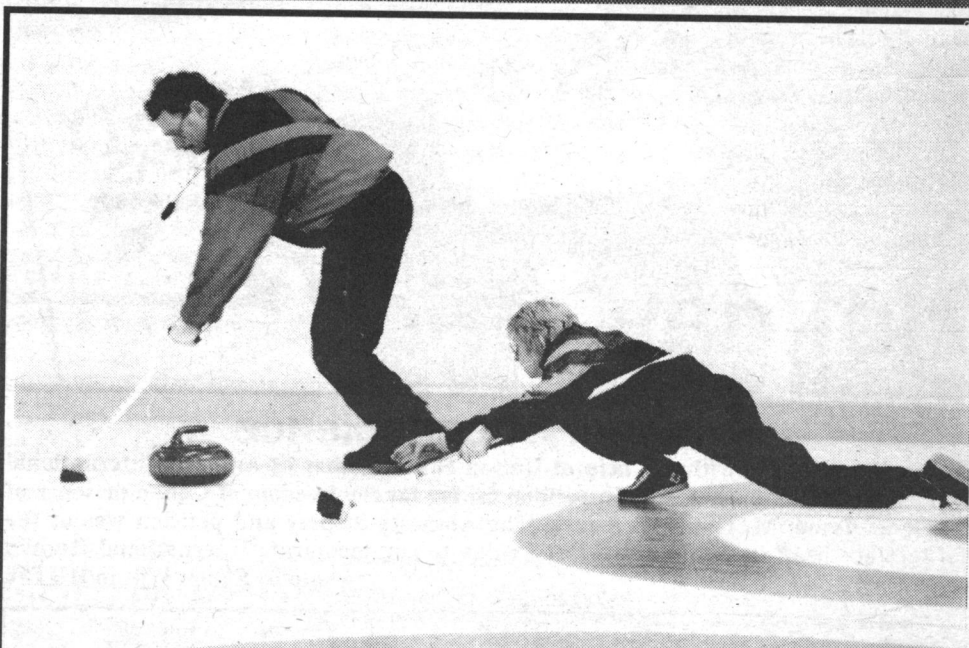
The Raiders take on Lindsay at 9 a.m. Dec. 27 at the Recreation Complex in Newmarket. Lindsay is presently last in the East Division of the Ontario Provincial Junior A Hockey League, at 1-21-3.

At 4:30 p.m., the Raiders will take on Newmarket who sit at 18-5-2 in the East, good for second.

On Dec. 28 the Raiders face their foes from the West Division, the Oakville Blades - currently 15-11-1 and in fourth place - 2 p.m. at the Community Centre.

The Division 1 winner meets the Division 3 winner Dec. 29 at 5:30 p.m. and the Division 2 winner meets the Division 4 winner in an 8:30 p.m. game, the same day.

The tournament championship will be decided Dec. 30 at 4:30 p.m.



Lead Shirley McDermot carefully releases the stone for a take out, as 2nd Jim Henderson sweeps a path last Friday, at the Seagram's V.O. Mixed Zone 9 Curling Playdowns held at the North Halton Golf and Country Club curling facility. McDermot and Henderson were members of the Steve English rink of Georgetown. A pair of Brampton rinks emerged as 'A' and 'B' side winners and will compete Jan 22. in Cookstown for the right to advance to the provincial championships.

photo by Simon Wilson/HHTW

Tough receives soccer award

Alex Tough, a Glen Williams resident and long-time soccer all-rounder, was given the Ontario Soccer Association's Annual Achievement Award and membership in the prestigious Centre Circle at the recent provincial association's Awards and Banquet following the 1993 Annual General Meeting.

The Awards are given to a person, club or organization in recognition of their contribution to the game over number of years. Nominations are made from all over the province and are considered by a special committee from which group a single choice is made in each category.

Alex came to Canada and the Halton Hills area in October 1975 from his native Scotland, bringing with him the passion for soccer for which Scots are world famous.

He began his Ontario/Canada career with the coaching of a 14 year-old boys competitive team, referring duties, field lining and a spot on the Georgetown Youth Soccer Club executive committee.

The following season he took over as president for the retiring Bryan Turner and held that post, in addition to his other tasks, for five seasons. In that period he also

became founder and vice-president of the old Halton Peel soccer Association (later changing to Peel Halton) executive committee.

In this early part of his local involvement, he was founder and member of the Ancient Mariners soccer team, which originated from the youth soccer coaches and managers. The team, and the man, still play today.

Following the stint with the youth soccer club, he coached a girl's competitive team. He became involved in the organization and setting up of the Golden Horseshoe league for girls and women.

Executive positions on that league, the Inter County recreational league, involved re-writing constitutions and several other tasks.

At the same time, he became Peel Halton's vice-president and representative to the Ontario Soccer Association, serving on the Referee, Coaching and competition committees for five years. He was also the District Commissioner for the organization and running of the Ontario Cup coupled with National Championship organization assistance, even to the task of "ball boy" in October, 1993.

This period coincided with two visits out west to Edmonton and Victoria with

victorious Ontario teams at national championships.

He is stepping down from the presidency of the Inter County league "for a spell" as he puts it, although other involvement is likely.

He believes the game will always remain strong at the grass roots levels and is unlikely to ever be a force in North American professional sporting worlds.

The major reasons are that the distances involved, money required and people involvement is too strong to go and watch professional franchises. Although the best opportunity to make the game "bigger" in this continent may not be better than in 1994 with the World Cup in the USA. There is no doubt the USA is looking to Canadians for major support, coming from his discussions with USA representatives.

He accepted the award with the words "There are many persons out there who have put in as much, if not more, of their time and efforts to this game of ours than I have. It is also to them, and for them, that the award is flattering and an honor to receive".

He also notes the Georgetown soccer movement has produced many top class soccer people who have contributed a lot to the game and brought the area no little fame. Georgetown is well known for the quality of individuals who have benefited from the game and who have given the game benefit: Gary and Gord Miller, players and national and provincial coaches; Gary Morrow, international player of great repute; Haddy Smedema, another former Ontario Soccer Association Ontario Cup chairman; Klaus Zander, former youth president and current PHSA treasurer. These are just a few of the many who have brought the good name to Georgetown soccer, according to Tough.

Activity Line

Managing Holiday Stress

By Laurie Burns
Exercise Physiologist

Christmas is just around the corner and with it comes Holiday Stress!! Add Christmas celebrations, family and friends getting together to an already hectic schedule and you become very overloaded.

Christmas can also be a disappointing time of year. Certain people may not be with you this year. You may be lonely while everyone else seems to be having fun. The weather does not cooperate, you do not have enough money, too much rich food and drink and too many late nights, to name just a few. It is all too easy to forget the holiday season is a time for affirming our commitment to friends, family and enjoying the pleasures of celebration. We get too busy and distracted to appreciate the true meaning of the holidays. Before we realize it, the holidays are over and we are left feeling exhausted.

Almost everyone experiences some extra stress during the holiday season. Some stress can be stimulating and invigorating. Positive stress called eustress helps us to rise to the occasion. Unless we get completely overloaded, eustress do not appear to cause the harmful health effects associated with distress. Stress is not something that simply happens to us. We have a great deal of control over what causes us to feel stressed, and our responses to given stressors.



Tips on Maximizing Your Enjoyment During the Holiday Season:

- 1) Decide what things are the most important to you and your family during the holiday season;
- 2) Decide what will make the season most meaningful and memorable for you;
- 3) Put things off to the new year, if you can;
- 4) If there is no pleasure in a holiday activity that you plan to do, do not do it.

Once you have your Holiday Goals clearly defined, break down each task into "doable" chunks and schedule them into your days. Do the most important things first and do not procrastinate. Make lists and check things off as they are completed. Well-designed daily plans based on clearly defined goals will help you to feel in control. Goals help turn distress into eustress.

Enjoy the holiday season and hopefully this advice will help you to start the new year off healthy and happy, not exhausted.

Laurie Burns is an Exercise Physiologist and operates Work That Body Fitness Programs Inc. in Georgetown.

Novice Hurricanes split a pair

The Flux Cored Halton AAA Minor Novice Hurricanes played one of their better games of the year in a 3-3 tie with Chinguacousy Nov. 29, then followed it with a 5-0 loss to St. Catharines Dec. 6.

Aggressive forechecking by the Raiders against the Chinguacousy squad was a major factor in the tie.

Danny Syvert, Peter Schultz and Andy Alarie were the goal scorers in the fast-paced game, which had the Chinguacousy team in the penalty box a majority of the time, due to the Raiders relentless forechecking.

Jason Russell, Tyler Czuba, Adam Kemp and Robert Sgarbossa drew assists.

The same effort wasn't there for the Raiders the following week against St. Catharines, with a flat effort and lack of hustle in the 5-0 loss.