

Norm Lockhurst

# Sports community mourns loss

Georgetown's sporting community is mourning the loss of one of its most dedicated and unabashed supporters after the passing of Norm Lockhurst on Sunday. He was 67.

Lockhurst not only starred as a goaltender for Georgetown Raider intermediate teams in the 1970s, he took on many organizational roles including coach, manager, trainer, announcer and executive member.

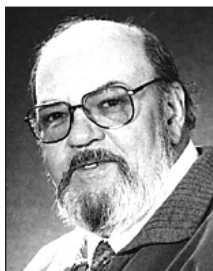
Receiving the Georgetown Hockey Heritage Award in 1995, Lockhurst helped found the Georgetown Jr. B Gemini hockey club in 1975 and was involved in both youth hockey and the Norval Industrial Oldtimers.

'Stormin' Norman's springs and summers were devoted to softball and fastpitch in a similarly passionate way as a player and volunteer.

"Norm was a tremendous part of Georgetown's hockey community and an important part of the town's social fibre as well," said Dave Kentner, chair of the

Georgetown Hockey Heritage Council.

"He was a superstar goalie who led the Raiders on about a five-year run that was simply outstanding. He retired from playing in 1977 and he could have quit years before then, because he had won everything that there was out there, but he kept playing because he knew the Raiders needed a good goalie."



**NORM LOCKHURST**

"I guess two of my fondest memories of Georgetown hockey were when the midget squad won two years in a row, and when the Raiders took the Hardy Cup in 1982. That was something to see," Lockhurst said upon receiving his Georgetown Hockey Heritage Award.

He is survived by son Heath (Sara) and daughter Kristy (Buzz) and four grandchildren, along with brother Herb (Carol). Friends will be received at the J.S. Jones & Son Funeral Home on Thursday from 2-4 p.m. and 7-9 p.m., followed by a memorial service on Friday at the chapel Friday at 11 a.m.

## Grace a double winner in triathlon

Local resident John Grace is an Ontario champion in 2008 for two different triathlon distances after winning his age group at a couple of races recently.

The 56-year-old took top spot for the men's 55-59 division in the sprint distance event at the Niagara Triathlon & Duathlon in Grimsby, which also served as the provincial championships. Grace completed the 700m swim, 25km bike and 7km run course in a time of

one hour, 25 minutes and five seconds, good for 46th overall and faster than the eight other competitors in his age group.

He also won the men's 55-59 division on the Olympic course (1.5km swim, 40km bike, 10km run) at the Owen Sound Triathlon & Duathlon, clocking in at 2:24:13.

Grace has now qualified for the 2009 Gold Coast Triathlon World Championships in Australia next September.

### Tooth Chatter

#### "DENTURE TIDBITS"

If you should experience difficulty keeping your lower denture in proper position when talking or eating, it may be the result of troublesome tongue habits. The tongue should touch the inner surface of the lower denture and not be pulled away from it when talking or eating.

Please do not experiment with your denture. Never try repair, reline or adjust the denture yourself. These "Do-It-Yourself" jobs can be very destructive to the tissue and bone ridge on which the denture rests. Only a dental professional is qualified to refit your denture properly.

The assumption that dentures will last a lifetime is incorrect, because though the denture will not change, the tissue will. This inevitable tissue change will result in an ill-fitting, uncomfortable denture. Relines, duplications or a new denture will be necessary to correct this problem.

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By Cory Soal  
R.H.A.D.

## ... Lend Me Your Ears

### NOISE INDUCED HEARING LOSS (NIHL)

There are several things that determine whether or not a sound can damage your hearing, including the loudness of the sound and the duration of exposure. Hearing loss can occur as a result of a one-time exposure to a loud sound, or repeated exposure to loud sounds. However, some individuals will be more susceptible to NIHL and there is really no way to tell who these individuals are:

Sounds louder than 80 decibels (dB) are considered dangerously loud and could potentially cause a NIHL. Below is a list of the dB level of some sounds that may be encountered during the course of a day.

60 dB	Average conversation level
70 dB	Vacuum cleaner
80 dB	Alarm Clock
90 dB	Lawnmower
100 dB	Chain saw
110 dB	Rock Music
120 dB	Jet during take-off
130 dB	Jackhammer
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