

Battling for the ball

Captain Luci Maurice (left) and an unidentified girl battle for control of the basketball during a game at St. Croix School.

Maurice helped her team win the senior girls intramural basketball championship last Staff photo

Staff photo

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Annual Little NHL meeting set for April 22

Little NHL is holding its meeting at the Canadian Legion Hall on Simcoe Street on April 22 at 7

Any amendments and additions to the meetings agenda should be written out and forwarded to the secretary Frances St. Amant

box 558 in Penetanguishene These amendments and additions should be submitted four weeks in advance of the annual meeting

Election of officers will take place at this meeting The executive of the Little NHL reminds you that this is the time to come out and support Minor Hockey in Penetanguishene.

Bellisle tops

the high single game and the high double game during last Thursday's St. Ann's bowling league action. Delianne Bellisle scored 255 for the single game high and 416 for the double game high.

The results of last Thursday's play are as follows: Annette Robitaille's team was edged out three games to two by Alma Desjardin's

Marion Axton's team squeaked by Eva Secord's team by the same 3-2 score. And guess what the score match? Same as the other scores. This time it was Florestine Dupuis' team over Vi Robitaille's team by a 3-2 count.

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edonte ountain RESORT

Ski clinic



by Ron Blanchet Ski School Director **Medonte Mountain**

Little attention has been given to cross country skiing and I felt that a complete article should be devoted to this aspect of winter sport. Clothing must be light weight but warm. Underwear should be of a soft, parous material to trap air. Fishnet design is good as is wool. It is better than allcotton which tends to absorb moisture and lose its' insulating ability. Outer wear may consist of a light-weight shell or jacket, keeping the wind out and body heat in. bles ice skating. Pushing off Knickers offer freedom of with the poles, transfer skiing.

movement and are usually of synthetic fabric. A turtleneck and sweater together with long socks complete the

technique is relatively simple. Diagonal stride is the first and most common movement. This is accomplished by walking in a normal manner, using oppole motion. Stationary turning is the same procedure as in downhill. Lift the ski tip up, step to the side and repeat with the other side! Turning while moving such as traversing or skiing down the hill is accomplished by the snow plow method, placing the skis in a vposition, simply place more weight on one ski. It will begin to turn in the new direction and with a little extra steering, you'll

complete the turn. The skating turn resem-

weight to the ski stepped in the new direction. The other ski is pushed and placed along side the other. Climbing can be done by either Learning the cross country side stepping or going into a herring bone or inverted-V position. As well you can diagonally climb by side stepping slightly. Advanced turning combines a snow plow but as the skis approach or have crossed the fall line, the up-hill ski is placed beside the down-hill ski in a wide-track position.

The cost of cross country equipment is relatively inexpensive as compared to down-hill. Another costsaving factor is you don't need ski lifts. It is an enjoyable family sport and one doesn't need to be in top condition. Age is not deterent factor either. Everyone can participate. With the sunny spring weather approaching, it makes for a swell day and will certainly improve your mind, body and out-look on

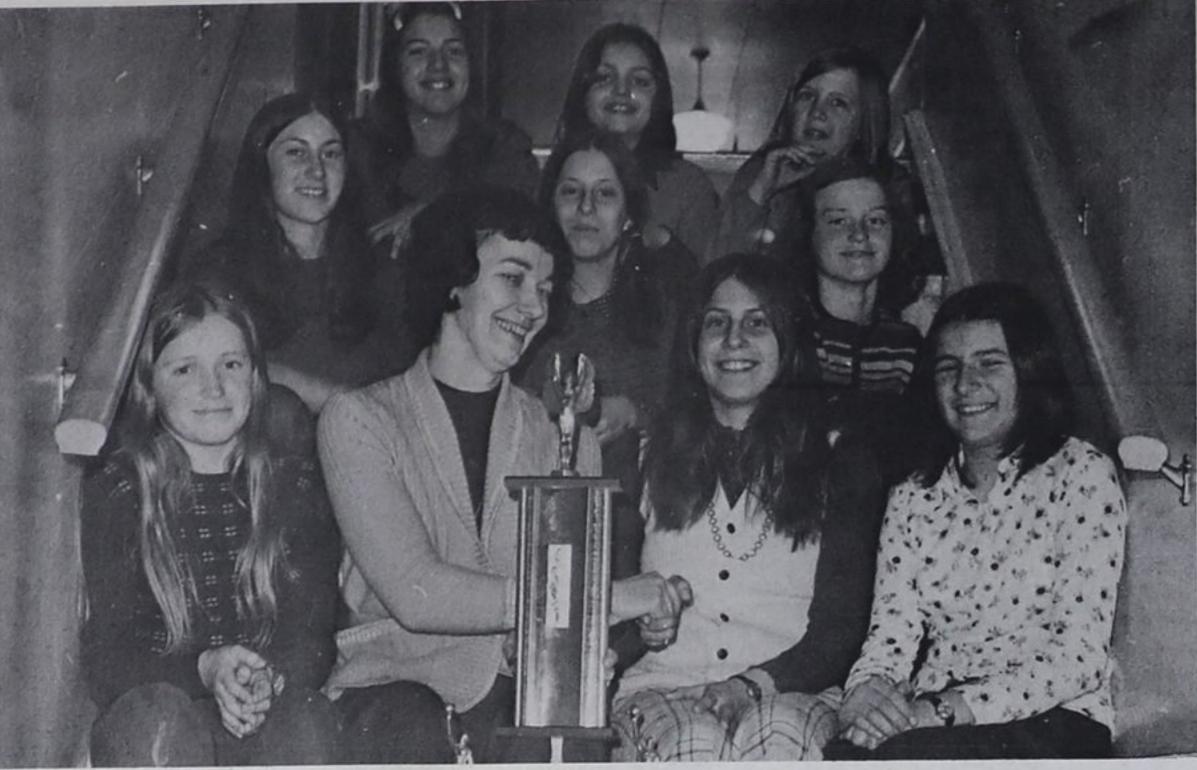
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St. Croix's intramural girls basketball champions

Sister Cécile Dubeau presents the girls intramural basketball trophy to the winning girls team at St. Croix School. In the front row from left to right are: Lorie Desroches, Sister Cécile Dubeau, Lucie Maurice (captain)

and Brenda Marchildon. In the second row are: Anne Desroches, Denise Lefaive, and Monique Robitaille. In the third row are: Louise Robitaille, Leela Leblanc and Elaine Staff photo Paulin.

For Winterama winners

The remains of Winterama weekend are still with us. Because the winterama committee made a profit on this year's festival (a financial report will be printed in next week's

paper) there is enough

the name of anyone who won a trophy on it. The offer to engrave all

trophies is good until March 28 which is the final date on which trophies will be accepted for engraving at the Odd Copy Bookstore in money left over to engrave Penetanguishene.

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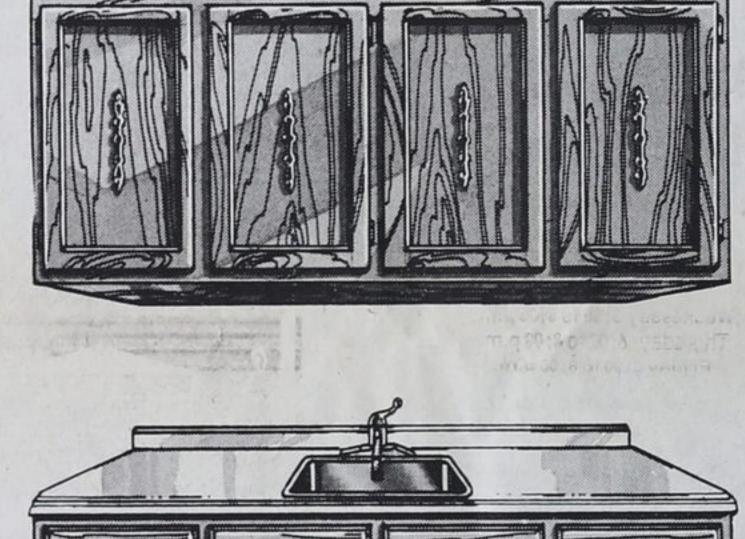


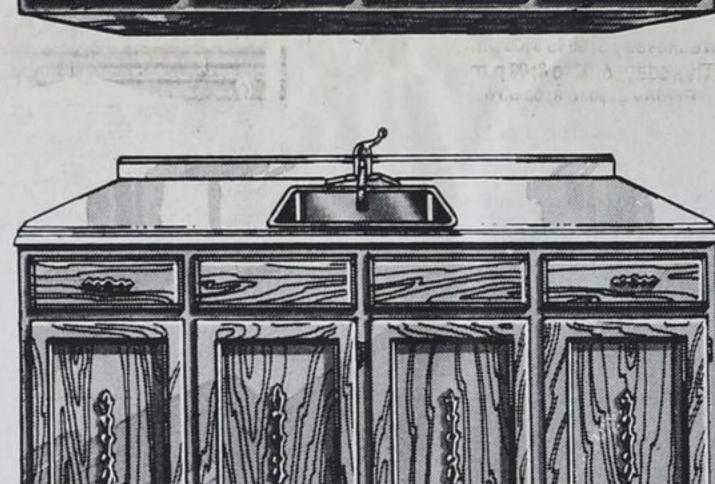
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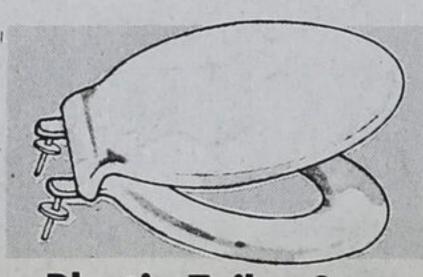


Thinking of a new kitchen? See our starter set now Thinking about renovating your kitchen

but afraid of the cost? Well take a look at this. It's a beautiful kitchen starter set in the classic Canterbury style. The base unit has a genuine wood four door cabinet complete with two drawers. The upper unit features a four door real wood cabinet. All this is finished in tough polymer varnish to show the natural beauty of the grain. The base measures 72 x 35 x 23", the top measures 72 x 35 x 12".

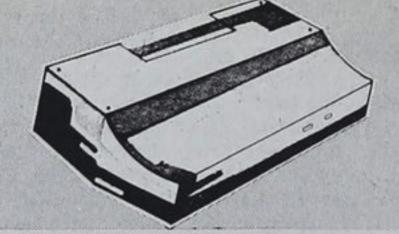
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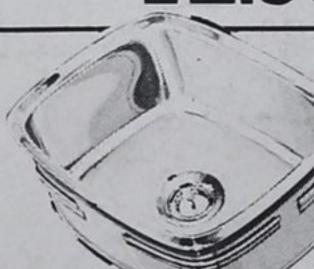
Postformed Countertop

Postformed countertop with rolled front and raised ledge

ABS Plastic Pipe

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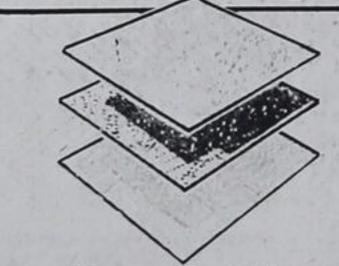
Bath Exhaust Fan

Single speed fan uses stan-

dard 3" duct. Approx. size 8 X

Stainless Steel Sink

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Medicine Cabinet

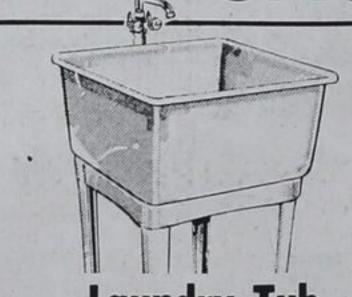
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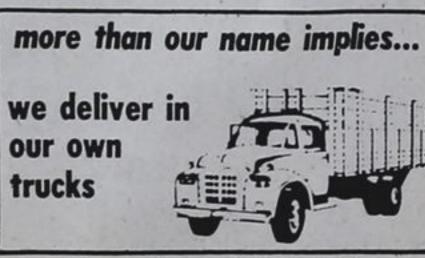
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(Some advertised items not available in Penetang store)

Page 14, Wednesday, March 19, 1975