

## Running For Health Popular Sport In Vaughan

Running for health in Vaughan Township Public Schools was Centennial-inspired but its success will likely launch a Centennial plus one running year in 1968.

That's the word from Al Dorans, of Vaughan's public school system physical education department, expressed in the wake of the 1967 program sponsored jointly by the Vaughan TSA Board and the Vaughan Centennial Committee.

Top participants — as announced earlier — included youngsters running more than 200 miles. They were Ken Mariani of Kleinburg School, 250 miles; Bill Lamont, George Bailey, 250; Dale Exton, Charles Howitt, 220; Jack Walsworth, George Bailey, 208; and Keir Todd, Charles Howitt, 200. All of them received Centennial Medals for their excellent efforts.

The program rewarded the participants on the total number of miles run in 1967. A measured course of 440 yards was set up in each school yard with four trips around constituting a dis-

tance of one mile. Each lap of 440 yards had to be run. Walking or stopping disqualified the trip.

All boys and girls from grades 4 to 8 were eligible as well as Vaughan TSA teachers. The running was administered, supervised, tested and verified by teachers and/or persons appointed by them.



Each person completing the program received an award in accordance with the number of miles traversed.

They were: A Red Crest for 10 miles, considered fair; Bronze for 20 miles, good; Silver, 30 miles, very good; Gold, 50 miles, outstanding; and Centennial Medal, 100 miles, excellent.

There were 116 Vaughan students who qualified for

the Centennial Medal.

Spouting enthusiasm over the results was Mr. Dorans who noted that the "total approximate mileage run amounts to more than one and a half times around the world — 40,000 miles.

"Parents," he said, "have some difficulty in realizing the effort and self-discipline from each child in applying himself to run 10 miles. The same type of discipline will allow him to stick at his home work in secondary school."

He said that when "these children mature to adulthood they will be able to reflect and realize that perhaps this was the only time that they were really physically fit. Then they will appreciate the feeling of well being associated with firm muscles and a sound circulatory system."

"In addition it will enable them to realize their physical capabilities and limitations. It also enables the parents and teachers to become aware of what to expect from children these days."

Mr. Dorans said the running program endeavored to

lead pupils into track and field activities.

"Some schools are continuing the runnings a regular part of their mural activities as a 'Centennial Plus One' idea."

Another benefit of the program was to give the children opportunity to regulate their own activities.



"Runners wishing to perform in the evening had to arrange to have their class scorers on hand to accurately record the results. Ask any award winner if it was worth it. See what he or she says."

Mr. Dorans said that of the five students who topped 200 miles (as well as those who went beyond 100) "did so on their own initiative knowing that no direct credit would be given."

Mr. Dorans said he understood that one of the runners, Ken Moriani, did 250 miles in less than four weeks.

"And if I'm not mistaken," he continued, "Bill Lamont (250) and Dale Exton (220) were in grades 6 or below last year. They are not too big but gumption guarantees results."

"In view of the sacrifices of each runner and to give credit where credit is due, I hope that the name of each Centennial Medal winner will be noted by his school and the total mileage listed."

Mr. Dorans pointed out that one of the most gratifying results of the runs was to see a number of fathers decked out in sweat shirts and running shoes running with their children.

"To my mind this helps to illustrate what I consider is one of the main purposes of schools. That is to assist in bringing the people in the community closer together with themselves and their children."

Presentations to the award winners were made at special school ceremonies.



(Photo by Stuart's Studio)

## Safe Way To Navigate

Graduation day for students attending the fourth annual dinner as tossed by the Richmond Hill Power Squadron, was held May 22 at the Summit Golf and Country Club, Jefferson. Some of the 40 graduates are shown receiving congratulations from the club executive plus getting a look at the squadron's flag which they are now empowered to fly on their boats.

Left to right are Jim Reeve, graduate; John Bonnell, commander of the local group; Ed Stubbs and Ed Rose, also graduates and Syd Hunt, squadron treasurer. All are from Richmond Hill.

One hundred members and guests enjoyed the dinner. Two of the newest "seamen" were Debbie Hallow and Eve Ogden. Another lady receiving her seamanship diploma was Jo Bonnell. National Executive Officer Sam Crump, addressed the new graduates. His theme was "Safer Boating Through Education." The 22-week course taught boat safety, rules of the waters, etc.

### YWCA

## Ladies! Want To Go Swimming You Can Four Mornings A Week

Ladies! Do you enjoy swimming? Would you be interested in swimming for an hour four mornings a week from 10.30 to 11.30 am during the summer season? This is the offer the local YWCA is making at eight tickets for \$3 or 50c each day. This opportunity is available 32 days during June and July. A medical is not needed. All that is required is a YWCA membership and that you enjoy swimming in the deep end of the heated Richmond Hill Centennial Pool.

Also being offered is Red Cross instruction for ladies from beginners to seniors. These classes are held Tuesday, Wednesday and Thursday from 9.30 to 10.30 am, June 4 to 27. The 12 lessons cost \$9 and tests may be tried at the end of the lesson period.

Boys and girls from 3 to 6 years, accompanied by their mothers, receive half-hour lessons Monday, Tuesday, Wednesday and Thursday. With mother in the pool with them children of this age soon learn to overcome their inherent fear of water. Even if they don't become swimmers in their first year of lessons, they can overcome this fear, and be ready to start out swimming another season. There are four two-week sessions planned, beginning on June 3 and ending July 25.

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### Hole-In-One First Time Out

June 3, 1968, is a day which will long be remembered by Gord Imrie, of the N. S. Smith Real Estate, Willowdale branch.

Gord, who is known to all employees of the real estate firm for his fine portrayal of Father Christmas, entered the Toronto Real Estate Board's annual golf tournament at the Woodbridge Golf and Country Club Monday. It was his first attempt to play the ancient game and he showed the experienced players how it is done when he got a hole-in-one on the seventh green.

According to tradition Gord played Father Christmas again for all competitors at the 19th hole.

### Swim Classes Open At Centennial Pool

You're never too young to be old enough to swim. Or, conversely, too old to be young enough.

That's why staff instructors at the Richmond Hill Centennial Pool are looking for adult and female candidates for their annual swimming classes slated to start June 10.

Instruction will mainly involve a Red Cross program although Royal Life will be taught if the demand is great enough.

Classes will be held every Monday and Wednesday night from 8:30 to 9:30 pm. Registration fees are \$7 per person.

Anyone wishing to join is asked to contact Manager Ed Bean or Jackie Wright at 884-6651.

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**Sport Spots By Fred Simpson**  
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When you want something done, done right, do it yourself.

That mouldy old clunker would seem to be the apt phrase to describe the actions of the Richmond Hill Junior Rams hockey club.

Executive member Earl Methe dropped by the other day to unveil plans for erecting a dressing room for the rams as well as a medical and referees' room in the new arena.

All of the work will be done on a volunteer basis which means, simply, it's going to be a lot cheaper to erect than it would be otherwise. Done on a commercial basis the price would amount to something like over \$2,000.

Earl reported most of the material as well as the work is being done on a voluntary basis by such people as Jim Rice and Pat DeCiantis, builders, Joe Raneiri and Dalton Hicks, plus others.

"The new dressing room will be located immediately south of the existing dressing rooms in the new arena," said Earl. "Adjoining the dressing room (exclusively for Rams use) will be a referees' room and another medical room which will be available for the general use of the players and public."

The Rams' quarters will also be used as a storage room for their equipment during the off-season. The room will also contain showers, toilets, etc., and be larger than the present ones holding some 20 to 25 players.

But the gist of all this right here is: Anyone interested in contributing services and/or material may do so by placing a call to Mr. Methe at 884-8054, Doug Moore at 884-1968 or Jim Dunkley at 884-4776.

Of course, the new rooms will automatically come under the ownership of the new arena.

**A HOCKEY METHE**  
And speaking of Earl: Earl's son, Gerry Methe, has received notice that he is the first draft choice of the Oshawa Generals in the Junior "A" circuit.

Young Gerry has starred in the Richmond Hill Minor Hockey Association ranks for a number of years and at 16 is a hot prospect for Junior "A" stardom.

Gerry played Midget hockey most of last season as well as several games with the Junior "C" Rams. He was the individual star in the first annual Richmond Hill Legion International Hockey Tournament a few months ago. More about this later.

**HOCKEY YET**  
And still on hockey: York Simcoe Senior League prexy (retiring, he says) John Drummond phoned to say the league's annual general meeting is coming up June 11 at 8 pm in the Richmond Hill Arena.

John is inviting any interested persons to drop around. That means possible sponsors or people just interested in contributing in some way. John's looking for greater and better things next season noting that interest has been evidenced in the league by possible teams from Newmarket and Bradford.

**WOE IS CASEY**  
The stumbling Dynes Jewellers chalked up their third loss of the Beaches Fastball season Monday night against Village Caterers as a combination of weak hitting and miscues spelled defeat.

Opposition tonight (Thursday) at the town park will be the undefeated Oshawa Tony's beginning at 8.30 pm.

"We're not hitting and we're not doing a lot of things," is the capsule comment from Manager Russ Cripps. He's very unhappy.

To wit: "You can't win with part-time ball-players." What he means is that only 11 players showed up for Monday's game out of 15 on the team.

"Two had good excuses," snapped Casey. "The others I don't know about."

So Mr. Cripps is slightly miffed. Let's hope the team snaps out of it tonight. There's a lot of potential on the team. But you can only start with potential. It takes clutch playing to produce the results. The team can win, should win, and hopefully, will win tonight.

## Kent Clothes Win Second In Row Defeating Markham Dodge By 4-2

Kent Clothes Intermediates won their second straight game of the North York Major Fastball League Thursday of last week downing Markham Chrysler-Dodge 4-2 in Markham Village.

The game was scoreless until the sixth inning when Kent's jumped into a 2-0 lead. Alex Smith got to first on second baseman Cliff Lumley's error. Larry Moore followed with a triple scoring Smith. Craig Dunnett then singled Moore home.

Kent's lengthened the lead to 3-0 in the top of the seventh. Andy Watson doubled to left, stole third, and scored on a line single to centre by Alex Smith.

Markham managed an unearned tally in the bottom of the seventh when Craig Dunnett dropped Doug Lewis' fly ball which would have been the third out of the inning.

Markham Outfielder Dan Offen then lined a single to right field and the ball got away from Smith allowing Lewis to score with Offen going to third.

In the bottom of the eighth Markham scored again to make it 3-2. A home run by Markham Centre Fielder Jim Barden accounted for the marker.

Roger Ball tripled in the top of the ninth and scored as Watson grounded out to second.

This completed the scoring but not the action or excitement.

In the bottom of the ninth Markham's Rick Black opened the inning with a single and Tom Ashby walked. Kent's pitcher, Larry Moore, was replaced by Larry Guio.

Guio proceeded to strike out Doug Lewis. But Guio then bobbled Offen's grounder to load the bases with one out.

Guio then fanned the final two Markham batters to save the game for Moore. Moore had hurled a brilliant game up to the point where he weakened slightly in the ninth.

He had allowed only four hits, had struck out four, and walked only two.

Ken Mage was the Markham starter and was relieved by Lumley in the seventh.

The Clothiers managed only six hits.

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