

He saves on gas going to work



By Doreen Livingstone

THORNHILL — Teacher Ken Hamilton saves gas twice a week on his 12-mile trip from his home in Maple to German Mills Public School on Simonston Boulevard in Thornhill. He runs it. Comes natural to him. Hamilton has been dusting the pavement with his feet ever since he went to Bayview Secondary School in Richmond Hill some nine years ago. He's come a long way since his teenage days when he wrote a sports column in "The Liberal" call "Kenny's Korner." Hamilton is 26, a university graduate, married and the father of two, and is a physical education teacher for grades 7 and 8. Reminiscing about his teenage days he says: "I was running in all the races in the area and won everything." Not only was he participating in school events but also for the Toronto Olympic Club where he still runs. At age 15, in his first year of competition, he set several Canadian records and since then has run in every major city in Canada and the United States. About four years ago Hamilton ranked fourth in Canada in the 3,000 meter race. Since that time his training has not gone as well. "In the last four years I have been beaten badly but I'm still surviving". Because of the amount of time spent on teaching, he cannot train properly. According to Hamilton "you have to run between 80 and 120 miles a week, all year round for two to three years in

order to train properly". But he is back at it now and is running 80 miles a week. "I don't think there is anyone in the world who can beat me if I had the proper training". **Run for life** What about the Olympics? "I would not run only for the Olympics; you make running a part of your life". There are also other events all year round. It is difficult to be in amateur sports in Canada and the United States. You have to concentrate on earning a living. In Europe athletes are state supported. It is their philosophy and way of life. They are national heroes. In Canada you only read about amateur athletes a couple of weeks before the big event. **New philosophy** Hamilton has changed his philosophy in the past few years. He used to run to win races; now he finds he gains weight when he doesn't run. Hamilton further commented that with all the publicity given to heart attacks and how to prevent them, the public is becoming more and more aware that one of the best exercises to strengthen heart muscles is running and jogging. **Helps education** Running can also open up opportunities in education Hamilton received an athletic scholarship to attend a university in the states. The Americans like Canadian athletes, he says. They feel that if you are good in Canada you will be better in the United States, especially in the south where weather conditions are much more favorable. **100 mile club** Hamilton has organized the 100 mile

club at German Mills Public School. The students run a course of 1 mile or 1 1/2 miles either with a witness or on the honor system and by May of 1977 have to accumulate 100 miles. He became interested in forming this club when he noticed some of his students couldn't run 300 yards. Some now run up to three miles. It is also a boost to his ego he says. Although he occasionally gets complaints from the students, "in spite of themselves they can do it". Cross country running will help their immediate fitness, give them positive reinforcement and experience. It is also a basic conditioning for all team sports. **Cross country** He has organized several cross country meets in Thornhill. Hamilton believes in mass participation; any student can attend, not only the best. "In all my classes this year I have put the emphasis on the individual". He wants them to do better for themselves, and not to compare themselves with others. "During a mile run you often find those that have finished first are on hand to cheer on the ones that arrive 8 or 10 minutes later." **Good sportsman** This is good sportsmanship and is beneficial for all. All of his students in grades 7 and 8 have improved their running time since the beginning of the school year. It is not at all uncommon to see his students running the course at any time and in all kinds of weather. Ken Hamilton's enthusiasm has permeated the kids from German Mills.

The Liberal Section B
sports
Classified

Wednesday, November 3, 1976

Sunday in the 'country'

By Fred Simpson

RICHMOND HILL — Richmond Hill Rams hockey coach Carl Brimblecombe probably wishes he'd gone for a Sunday drive in the country. His Provincial Junior A entry had a week's lay-off from regular league action after losing Royal York 4-4 Tuesday night of last week. They agreed to play an exhibition game in Collingwood — who play in another 'A' loop — Sunday "just to keep in shape". Instead they ended up out of shape. The Rams ended up losing the game by 7-6 but that didn't bother coach Brimblecombe as much as the officiating. **Terrible** "It was terrible, right out of this world," said Brimblecombe as he studied his depleted line-up. "We went with a team and came home with half a one." Brimblecombe was referring to the fact that the "referee" up there went bonkers in the final 10 minutes and we ended up with several suspensions and 12 players in the penalty box". **No goalie** "We played the final 10 minutes with four forwards and no goalie," said Brimblecombe. "At that, they only scored three goals on the open net." The Rams had to go with an empty goal because Brian Stankiewicz was given a game misconduct in that final 10 minutes after earlier replacing starter Mitch Lovelock who had been injured.

The loss of Stankiewicz really hurt because it resulted in a four game suspension which will carry over into the regular schedule. But that's not all. Also out with two to three game suspensions are wingers Danny Jones and Bill Colville. To add injury to insult there is Mitch Edwards missing due to an injury received in the game and, yes, Ron MacDonald is out with the Shingles just to round things out. **Whistling** Brimblecombe was whistling without benefit of a grave yard as he announced plans to bring up some help from the Richmond Hill minor hockey system. First of all he'll be suiting up two goalies — Mike Doyle from the Legion Midgets, plus some other help. As Carl optimistically put it: "At least the score will be 0-0 when we start the game." Just one of those weeks. **Blow lead** As for Tuesday night of last week, coach Brimblecombe had ample reason to turn grey for that one too. His Rams were leading Royal York 5-4 with only 13 seconds remaining in the game and a face-off in their end with the visitor's goalie on the bench. The puck was dropped. Whack, whack. Royal York's Mike Pritchard put it behind Lovelock who had no chance. **Fine game** Lovelock, incidentally, played a fine first complete game for the Rams who

outshot the opposition 26-25 on the game. Richmond Hill led 2-1 at the end of the first period and 5-4 going into the fateful third. Richmond Hill scorers were: Danny Jones from Mike Walker and Ken Paraskevini; Mike Hampton from Colville and Jones; Walker from Dave Baker and Frank Nigro; and Jones from Paraskevini. **What to do?** For Royal York the goal scorers were Dave Phillips, John Gibb, Bob Dunford, and Pritchard. The Rams are slated to play Toronto Nats at Toronto tomorrow night (Thursday) and are at home next Sunday to North York for a 7:30 game. Next Tuesday they play host to North Bay. **Jeweller's unbeaten** RICHMOND HILL — Oak Ridges Dynes Jewellers' coach Pete Artemchuk was both happy and mad after his team rolled to its ninth straight undefeated game in Mid Ontario Junior B hockey action here. Both at the same time. He was, naturally, happy that his team maintained its first place clip by downing Orillia 6-4 at Bond Lake Arena. But he was also mad at what he termed "some of the most incompetent officiating I've ever come across." Artemchuk said he "doesn't often get mad but it was awful out here tonight." **Hacking, chopping** He was referring to the "hacking and chopping away which could have caused a lot of problems and even injuries. It was a good first period but it got progressively worse as the game went on. **Stuart target** He pointed in particular to winger Dave Stuart who "was a target all night

For Royal York the goal scorers were Dave Phillips, John Gibb, Bob Dunford, and Pritchard. The Rams are slated to play Toronto Nats at Toronto tomorrow night (Thursday) and are at home next Sunday to North York for a 7:30 game. Next Tuesday they play host to North Bay. **Goalie Brumwell** He added that goalie Doug Brumwell came up with some sharp work "again particularly in the first period. He saved on a couple of beauties." The line of Steve Sherman, Cam Reston and Dale Roffey led the scoring parade accumulating something like 12 points in all. **Continued on Page 4**

He missed the bus

Teacher Ken Hamilton lives 12 miles from his work but that doesn't bother him. Twice a week he gets out of his car and runs it. Some people will do anything to save gas.



Happens to us all?

There are some Sundays you should go to church. And stay there all year. Just to be safe. That must be the new-found philosophy of Richmond Hill Rams' Provincial A coach Carl Brimblecombe. He and his hockey team went to a hockey game instead and the lightning bolts are still ringing in his ears. I'll explain. Brimblecombe's team had a week's layoff so they scheduled an exhibition game in Collingwood Sunday. Something to keep in trim. Everyone felt it would be comparatively safe because Eddie Bush, the former NHL'er and coach enfant terrible of the Collingwood Juniors, had packed his bags and left a year or so ago. Eddie, you may or may not recall, coached Collingwood in the Mid-Ontario Junior B loop last season. He did well with his team because they won all the marbles but he did poorly for himself. **Nose trouble** Especially whenever he came to Oak Ridges. On one occasion he almost left his nose behind when someone tried to turn it into a relief map and broke it. Then they built a cage for him on the bench to protect someone. No one was sure who was being protected. Eddie or the fans. Anyway, Eddie's gone and Collingwood lives on in another loop, and 'A' loop of some kind or another. What happened to the Rams? **Oops** Well, they lost an exhibition game by 7-6 along with most of their team via suspensions and what have you. The toll? Number one goalie Brian Stankiewicz is out on a three or four game suspension; ditto Danny Jones and Bill Colville, two or three. All this due to drawing the ire of the game referee who, according to Carl, "called one of the worse games I've seen. He went bonkers." Most of the "throwing out" came in the final 10 minutes which saw the Rams playing that length of time without a goalie. They lost Mitch Lovelock earlier when he was injured and they just didn't have a goalie after that. Collingwood proceeded to score three goals, all on the empty net. Also injured and out will be Mitch Edwards. **And so on** Talk about nightmares. It seems a suspended player, even in an exhibition game, has to sit out regularly scheduled ones. "We had 12 players on the penalty bench at one time," states Carl. See what I mean? What can happen to a nice guy and coach on a Sunday afternoon? When he goes to a hockey game instead of church? For a friendly exhibition game? Think about it the next time. Especially if you're a coach. **Ex Rams** Speaking of the Rams. Did you observe that the two rookies playing with the Minnesota North Stars against the Leafs the other night used to skate for the Rams? Away back in the season of 1972-73 Alex Pirus and Glen Sharpley (who scored a goal against the Leafs) were skating for Brimblecombe's team. Sharpley was a rookie that season and Brimblecombe was quoted as referring to him as "an all round player who could be a real find. He could be our big sleeper of the season in this league." **Local talent** That team, incidentally, also had such local talent as Greg Binkley, Craig Terry, Gordie Woolnough in goal with Gary Carr (who went on to play with the Major A Marlies), Tony Bellavance, and Dave "Digger" Dunkley. Quite a line-up. Alas, they lost out to an even better and older Toronto Nats team of that season. **Mr. Palmateer** Yet another rather interesting point is Maple Leaf rookie goalie Mike Palmateer who looks like he has a job in Toronto. A few seasons before 1971-73 he was in the pipes when the Markham Juniors dumped a fine Richmond Hill Rams 'B' team in the finals and went on to win it all. Just our luck. He was great then and everyone was predicting a bright future. Just not our week, is it? **Finally** Finally, one of life's embarrassing moments type-of-story. A 68-year-old Markham man was recently prohibited from possessing any weapons following his conviction on a charge of dangerous use of a firearm. Can happen to anyone? This particular chap is president of a hunting club. When the weapon was ordered confiscated, the owner protested. "I'm president of our Hunt Club." The sympathetic judge replied: "Then you'll be the president without a gun." Just ain't no justice.

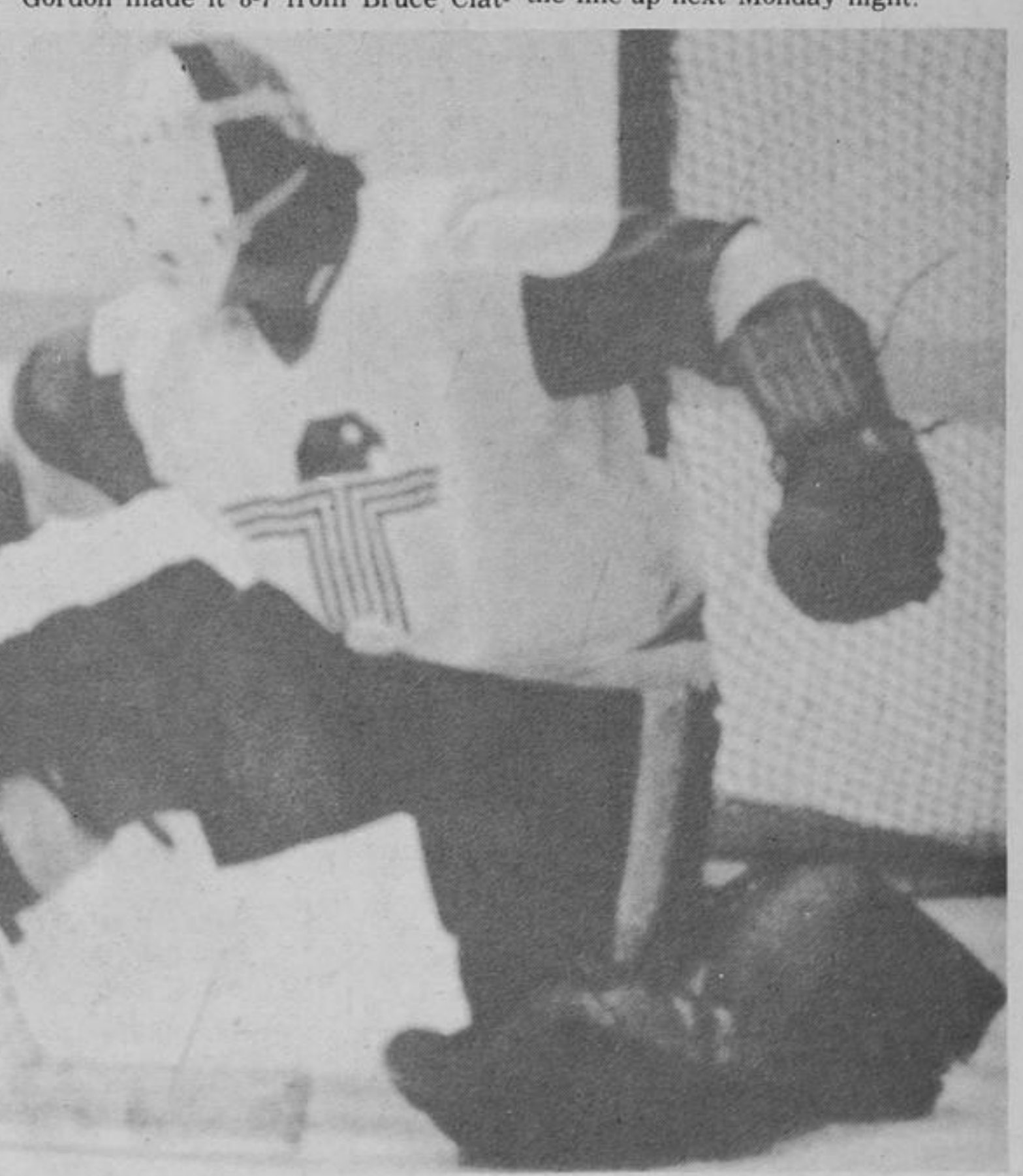
'Birds' down Owen Sound

THORNHILL — High scoring Scotty Johnson has had a couple of bad nights with the Thornhill Thunderbirds the last couple of times out in Mid-Ontario Junior B hockey action. He hasn't come up with any hat-tricks. That's unusual for the rookie Thornhill minor league product as he's been reeling off three goal games with regularity. He settled for two goals each in Thornhill's 8-7 loss to Barrie Colts last Friday night and their 7-4 win over Owen Sound Monday night at Thornhill Community Centre. **Leads loop** Howson now leads the league in goals with 13 in nine games. "He just keeps plugging away," commented coach Ralph Beer after his team's win Monday night. The win kept the Birds in a two-way tie for second with Barrie. **Shaky start** Monday night's game with Owen Sound saw Thornhill's defence somewhat shaky in the first period as they gave up three goals after leading 2-0 at one point. "We took a lot of dumb penalties at that juncture," noted coach Beer. "We played shorthanded for seven minutes at one juncture but managed to keep them to one goal." **Good goaling** The Birds got excellent goaltending from Ed Takamatsu, playing his second game in a row, after he replaced starter Dean Dorsey in the first following the three quick goals. "Takamatsu was really great," said Beer. "He came on strong in goal and stopped Owen Sound in their tracks. Takamatsu's performance inspired the Birds who got rolling in the final 10 minutes pouring home four straight goals. Kerry Pimm started it with a shorthanded goal at 7:14 unassisted that tied the game at 4-4. **Howson stars** Howson then set up the winning goal as he passed to Bob Hunter after some fine playmaking. That was at 16:33. Then it was Rocky Pantalone scoring from Mike Johns and newcomer Bud Shirley at 18:08 on a power play. Howson rounded out the scoring at 19:01 on another great effort as he split the Owen Sound defence, took a pass from Steve Johnson, and broke in alone to deke the goalie and put it in. Thornhill's other goals saw Mike

Johns scoring from Pantalone and Shirley; Pimm from Mike Johns; and Shirley from Pantalone and Johns. **Sign Courtmanche** Beer also announced the signing of popular homebrew defenceman Dave Courtmanche who is calculated to add strength to the rearguard. "Al's a good player and he'll definitely help us," said Beer who figures his team is about set with the recent new additions. The only thing he's unhappy with is another week's layoff following the recent one. "That hurts you," he said. **Penalties** That might have been the case in

Barrie last Friday night as the Birds led 3-2 in the early going before walking into penalties and collapsing in the second. **Power play** The Colts proceeded to pour home three power play goals in a row and it was ultimate curtains for the Birds. Thornhill played shorthanded for 10 minutes at one point. It was 6-4 by the time the Birds got going with Steve Johnson making it 6-5 near the end of the second from Ross Gordon. Steve Crompt tied the game early in the third from Mark Steel but Barrie came back with two quick ones before Gordon made it 8-7 from Bruce Clat-

worthy and Chappell. Thornhill scored a disputed goal just as the buzzer went. This game saw Howson continuing his hot ways with two goals with Mike Johns also getting one. **Tough schedule** Coming up: The Birds have a tough schedule after their week's rest: Their Owen Sound game has been cancelled but they play at home Monday to Barrie; Tuesday they are at Owen Sound; and Wednesday at home to Midland. Courtmanche, incidentally, missed Monday night's game due to having four wisdom teeth removed. He'll be in the line-up next Monday night.



Kicking it out
Thornhill Thunderbird goalie Ed Takamatsu shows the style that won him most valuable player award with North York Rangers at last year's Hill midget tournament. Takamatsu shone Monday night as Thornhill downed Owen Sound by 6-4.