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Wednesday, January 17, 1979



**Resigns**

Ex-NHLer Bob Wall has quit the Richmond Hill Provincial Junior A Rams as coach. He joined the club soon after the season started when Ken Brookes decided to resign.

**Bob Wall quits Hill rams**

The Richmond Hill Provincial Junior A Rams have lost their second coach since the 1978-79 season began.

Ex-NHL defenceman Bob Wall told The Liberal he had decided to resign the position he took over early in the season because "I was just getting more frustrated every day."

The Rams, whose fortunes have continued to ebb since Wall started handling the reins, are now in a late-season struggle to make the playoffs.

Wall, who replaced Ken "Satch" Brookes as coach (Brookes also resigned) said he felt he wasn't "getting the type of results I figured I should be

getting from the players. Whether it was their fault or mine is immaterial."

Wall said that during his career in professional hockey he had always "given 100 per cent in every game I played. I'd give all I had to win. It's the only way I know."

"Quite frankly," he said, "I

didn't feel the guys were all giving it that 100 per cent all the time. It was there sometimes but that's not enough."

Wall added that "I still am of the opinion the ability is there with the Rams. I've felt that all along. It was just their inability to be consistent that got to me."

"Maybe someone else can bring the consistency out in them.

They have the talent there and I wish them well. I just didn't feel I was deserving what was happening to me."

Wall's resignation followed a 12-3 loss to Royal York Sunday night and also came after the Rams had defeated Aurora 4-2 last week in an impressive performance.

Rams' general manager Sil

Steffan wasn't available for comment Tuesday morning but it's expected that Doug Webster will likely be back behind the bench for the remainder of the schedule.

Webster handled the team for a few games after Brookes' resignation and performed very ably.

**Rams bombed by Royal York**

The Richmond Hill Provincial A Rams, skating perilously close

to the end-of-the-playoff line, responded with a good and then bad performance in their last two games.

After outskating and outthrusting the Aurora Tigers Tuesday night of last week enroute to a 4-2 victory the same Rams bombed out Sunday night against Royal York.

"The roof fell in," said Rams' general manager Sil Steffan. The Rams fell 12-3 and the score was representative of the play.

The Royal Yorkers took a 3-0 lead into the second period of that

game and then piled eight more on top of it as the Rams collapsed.

**TETLEY INJURED**

To make matters even worse the Rams will be without the services of goalie Dave Tetley who injured a leg in a pile-up only five minutes into the game.

He was replaced by a cold Rick Warren who never got a chance to get warmed up as the Royal York team poured the rubber past him.

"Take away the second period," said a shuddering

Steffan, "and we weren't all that bad. But . . ."

Steffan added that "Tetley may be out for at least 10 days which leaves us with just one goalie. It's not a good situation at this stage of the game."

**NEW PLAYER**

The Rams added a new player to the line-up in the person of Mike Donnelly of Markham and Steffan hopes "he can help us out both on the forward line and on defence. He's not big but he's well built and he can motor."

Goalscorers in the Royal York

debacle for the Rams were Paul Gallagher, Phil Wood and Danny Jones.

It was a much more pleasant evening against the Tigers as the Rams fell behind 1-0 in the early going and then came roaring back to lead 2-1 at the end of the first period.

Newcomer Donnelly opened their scoring at 3:53 from Wood and Glen Oliver and another recent addition, Dan Carlton, made it 2-1 from Oliver and Bill Coville.

Then it was Wood making it 3-1

at the 7:58 mark of the second period from Mike Walker and Ron MacDonald.

The visitors made it close at 9:48 of the final period on Alcorn's second goal of the game. But it was all over at 11:29 as Oliver scored from Carlton and Bill Hanlon.

The Rams, currently resting in ninth place (one point out of playoff contention), have a game in Guelph Friday night and are at home next Tuesday night for a key one with Markham. Game time is 7:45 p.m.



**fred simpson**

**The End is Near**

It's always been my policy to stop at nothing to get true atmosphere into my columns. That's why I'm writing this one with a bad cold. It's a health column.

About a week ago I took a physical fitness test. I haven't been healthy since. Caught a cold running around in gym shorts. Fate can be a thankless child. Especially when it comes bearing gym shorts.

This test took place at the Thornhill Community Centre. It was a provincial government sponsored program titled 'FitTest'. For \$12 you could find out what your friends have been telling you all along. You're in rotten shape.

I was thrown into the arms, so to speak, of an attractive blonde who along with others, did the testing. She was enough to give you high blood pressure before you even started the tests.

**GASP**

In any case, the assessment involved (hold your breath) a cardio-vascular fitness test with electrocardiogram monitoring, measurement of your body fat percent, age, flexibility, lung function, muscle strength and endurance, blood pressure, and all that.

I was a magnificent failure. My health is great but my body's dead. Here's how it went, briefly-like.

The first test they gave me involved my 'Aerobic Capacity' which, in essence, shows how much oxygen my muscles consume when I'm physically active. The more your muscles consume the more physically fit you are.

**BUG YOU**

To find this out they "bugged" me with a cardiogram machine and then had me walk up and down steps in tune with music.

I thought it was a good time to try out my sense of humor on her. "Steps?" I asked jokingly. "I don't use steps. Where's the elevator?" She laughed so hard her lips almost moved.

Needless to say, the final result put me in the low category, or lousy, if you will.

I still think I'd been okay except I kept falling off the steps trying to keep in time with the music. Takes a lot out of you.

When it was over she looked at me concernedly and asked how I felt most of the time. If I had any energy.

"I usually feel great," I replied. Then I sneaked in some humor again. "Except when I'm hung over. But that's only on Monday, Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday, ha, ha." She laughed so hard her lips almost moved.

**FAT TEST**

Then came the fat test and I blew that one too. And I won't go into the flexibility tests. That's where you sit down and try to touch your toes without bending your knees.

I couldn't touch my toes with a pool cue. And it's hard to impress someone when they have to help you to your feet after a test is over.

**DISASTER**

Well, no sense going on. It was a disaster. I asked her to tell me in layman's language just what shape I was in for an average Canadian, 42, with a lust for life.

She hesitated and then blew my brains out. "If you were 90 years of age you'd be a scientific miracle. As it is, you're at the bottom of the barrel."

To add insult to injury she gave me a program which starts me off at walking, not even running, walking three times a week. And not even that until the doctor looks at my cardiogram report.

"Is there any hope," I asked quaveringly.

"Of course," she said cheerfully. "If you follow our program faithfully you should be in the proper physical condition for your age in about half a year."

There was hope. There was hope. I would have kissed her except I was worried about my blood pressure.

It wasn't over yet. The nutritionist had a few words with me. She asked me what was my typical breakfast routine.

"Oh," I answered casually. "I usually arise at 6 a.m., have a bottle of dinner wine, play some records, and stuff like that. I never bothered to say this was usually only on Saturdays."

She just stood up, handed me some health pamphlets, and threw me out. I could hardly wait to get to the nearest bar and order a beer. Just one, though. Got to be careful of my health.

Final note: The 1979 registration for boys and girls in the Richmond Hill Minor Soccer Club will be February 17 and February 24 at Richmond Hill Arena in the banquet room. There will also be one at Bond Lake Arena in Oak Ridges on February 24 only. Time is from 10 a.m. to 5 p.m. More details next week.



Oak Ridges' goalie Steve Latimer sprawls to save here in Monday night's Central Ontario Junior B hockey game with Oakville. The Jewellers won 9-6 and show signs of gathering momentum as the regular schedule nears the end. (Photo by Hogg).

**Heavy action**

**Jewellers starting to roll?**

The Oak Ridges Dynes Jewellers have suddenly latched onto a strong whiff of oxygen in recent games culminating in Monday night's Central Ontario Junior B 9-6 win over Oakville.

Previous games had seen the suddenly goal-hungry Jewellers downing Barrie Colts 9-4, losing 3-2 to first place Burlington in a thriller, and then despatching

with Dixie 6-3 Sunday night.

"That was a particularly big win for us against Oakville," said Dynes' general manager Bill Woloski. "It amounted to a four-pointer since we're holding down fourth place just five points behind sixth place Oakville."

**HOT LINE**

The Jewellers had a hot line going for them Monday night in

the persons of Karl Taylor, Glen Wright and Cam Reston.

Taylor fired in three goals and added an assist while Wright had two goals and three assists, and Reston a goal and an assist.

It was a hard-hitting session all the way with the scores coming free and fast at times.

The final period saw Oakville taking a 6-5 lead at 7:21 on a

power play goal by Shane Payett.

This set the scene for the hectic final minutes with Dynes' Andy Howe tying the game at 6-6 at 7:29 from Craig Halliday.

Then it was Len Hachborn scoring the go-ahead goal at 10:14 from John Murphy and Earl Deamond on a power play.

**BIG SAVE**

With the score 7-6 it was Dynes'

goalie Steve Latimer's turn to rise to the fore as he made a great stop on what seemed a sure tying goal.

The Oakville team removed its goalie for a sixth attacker with a minute to go but the strategy backfired when Blair Lewis grabbed onto a loose puck and fired it into the gaping net. The time was 19:03.

Fourteen seconds later it was Wright capping the victory with a goal from Reston and Hachborn.

Perhaps the most impressive Dynes effort of the week was against powerful Burlington despite the fact they ended up losers.

The Jewellers outshot the home team 32-18 and hit four goalposts but just couldn't score.

Lerry Beelick got the first goal from Mike Fitzgibbon and Earl Deamond while Taylor scored the second goal in the third period on a power play.

**BEAT BARRIE**

It was Reston, Darrin Ross and Wright each scoring two goals in the 9-4 triumph over Barrie. Single goals went to Len Hachborn, Blair Lewis, a shorthanded effort and Deamond. Taylor had three assists.

Taylor was a hot scorer again in the win over Dixie pumping in two goals to go with Wright's two. Blair Lewis and affiliated player John Donohoe of Don Mills got the others.

The Jewellers have home games remaining and three away.

They play in Dixie next Sunday and are at home Monday night to Oakville for an 8 p.m. game.

**Birds lose two of three**

A Sunday afternoon drive to Streetsville isn't Thornhill Thunderbirds' coach Al Morris' idea of the way to end a weekend.

With good reason.

The Birds took it on the chin by way of an 8-4 loss at the hands of the powerful Streetsville team in a Central Ontario Junior B hockey league game.

It was Thornhill's second straight loss after downing Dixie 7-5 Tuesday night of last week. They then absorbed a 5-2 loss to Milton in Milton Friday night despite outshooting the winners 53-27.

Despite the loss in Streetsville, coach Morris gleaned some consolation from the play of his team in the final period as they managed three goals on the winners to lend an air of respectability to the loss.

"I was happy that the boys didn't give up," said Morris. "Streetsville's a pretty tough club at home and it's easy to let things go when you get behind 6-1."

Thornhill was aided and abetted by a series of Streetsville penalties in the final three minutes of the game and capitalized on two of them.

It was Jamie Kennedy inspiring the Birds with a goal at 2:24 of the final 20 minutes from Mike Egli which made the score read 6-2.

**POWER PLAY**

Then came power play goals from Doug Heron at 17:04 with Al Delfabro and Kurt Pearson assisting; and Dan Kennedy at 19:05 from Bob Hunter. Thornhill had also removed its goalie and had a two-man advantage at the time.

The Birds outshot Streetsville 12-9 in this period.

But it was too late after a shaky second period which saw Streetsville pumping home four goals and outshooting Thornhill 20-8. Scott Snarr, Paul Pickard, John Doherty, and Steve Williams did the scoring. Doherty's was a shorthanded effort.

Thornhill's Mark Wiltshire scored Thornhill's other goal in the first period from Mike Davidson and Jamie Scrimgeour.

**SHAKES HEAD**

The loss to Milton still has coach Morris shaking his head as his team outshot the winners 18-11 in the first period, 14-4 in the second, and 21-12 in the third.

But he has the answer.

"We gave up a shorthanded goal in the first period and two in the third period. Three shorthanded goals in one game. You can't win that way."

**7 for Farrell**

J. P. Farrell led the Richmond Hill Minor Midgets on a goalscoring spurge Monday night as they walloped Newmarket 14-4.

Farrell scored no fewer than

seven goals and added a couple of assists. Doug McLean had two goals, Dave Carmichael, Baxter, Hagenauer, Jones and Don, one apiece.