

Wednesday, February 7, 1979



Contestants at Sunday's snowmobile races in Oak Ridges spent much of their time making their machines run at the peak of efficiency.

Here a contestant adjusts the traction on his machine. (Liberal Photo by Millie Stewart.)

Snowmobile racers battle freezing winds to taste the thrill of victory

The howling winds, whipping snow and freezing temperatures last Sunday might have kept most people indoors next to a blazing fire, but not snowmobile lovers.

These people love the cold and the winds don't seem to bother them either.

This was the case as the Oak Ridges and District Minor Hockey Association held the first of two days of snowmobile races.

Contestants came from near and far, many with more than one machine in tow.

The track was slick and fast, and the racers loved it.

Race results are as follows.

Stock A — first, Henry Tanner (331), Grand Valley; second, Mike Hession (108), Milton.

Stock B — Henry Tanner, Mike Hession and Pierre Boucher (116), Willowdale.

Stock C — Henry Tanner, Mike Hession and Joe McClinton, (285), Richmond Hill.

Super Stock A — Henry Tanner and Mike Hession.

Super Stock B — Terry Flynn (117), Beeton; Henry Tanner; and Brian Christensen (28), Stouffville.

Super Stock C — Terry Flynn; Mike Hession; and Glen McGhee (6), Milliken.

Modified A — Darrell Rich (79), Keswick; and Alan Reed (215), Orillia.

Modified B — Darrell Rich; Eldon Wallis (340), Orillia; and Mike Skelton (271), Unionville.

Modified C — Eldon Wallis; Darrell Rich and Mike Skelton.

Ten-lap open super stock — Mike Hession, Pierre Boucher and Glen McGhee.

Ten-lap Unlimited — Henry Tanner, Darrell Rich and Brant Smith (77), Keswick.

Powder Puff — three trophies for this race were courtesy of Jack Blyth Realty.

First, Marg Hession (10), Milton; second, Gloria Mintz (23), Stouffville; and third, Kathy Rose (101), Newmarket.

The overall winner for the day was Henry Tanner and he was awarded the trophy for

total points for the day. The trophy is courtesy of Bill Wall, Rupp and Polaris Dealer, Bethesda.

The minor hockey association owes votes of thanks to many: Bill Mitchell, for the use of his field; Earl Carelli of the Oak Ridges Gas Bar, for donating the gate prizes; and all the members of the association, who worked hard to get everything ready for the races.

Anyone wishing to race must be registered and this can be done between 9:30 a.m. and 12:30 p.m. on the day of the races.

The Accel Company provided the banners, and it deserves another vote of thanks.

The next day of racing will be Sunday, February 18.

The admission for spectators is \$2 per adult, 50 cents for children and \$5 for a family.

There's still time to join "Aim for Change" group

It's not too late to join a new group set up in town called "Aim for Change". Social Services in Newmarket has set up the group, meeting Monday mornings in St. Mary's Anglican Church, with the purpose of aiding women who are sole support parents on Mother's Allowance and living in York Region.

It is intended to help those who need to better themselves for the future. The classes are held from 9:15 to 11:30 a.m.

and babysitting and transportation are provided if necessary.

Topics such as assertiveness training, community resources, women and the law, creative job searching techniques, money management, problem solving techniques and food and nutrition are explored and discussed.

Janice Baikie, field worker for Social Services who is running the group, said the goal is to build self esteem and

assess individual skills, "helping them ultimately to gain independence".

At this time eight are in the group running in ages from 17 to 50.

Mrs. Baikie said there were many women on mother's allowance in Richmond Hill, but so far they had not been motivated enough to join the group.

She urged them to call Zenith 2-1370 or 883-6058 and ask for her if interested.

Whipping the snow up and in all directions as they whizzed around the track, these racers at Sunday's snowmobile races in Oak Ridges don't seem to mind the freezing temperatures and the howling winds. Winner of this race was Henry Tanner in the bottom corner, from Grand Valley (Liberal Photo By Millie Stewart.)

Speed skaters need town's Mill Pond

The Mill Pond is the only ice surface in the Metropolitan area large enough for a speed skating club to practice their skills.

Allen Workman, coach

of the Richmond Hill Speed Skating Club, said his skaters need a 400-metre track and the Mill Pond is the only place around.

The club only uses the

pond early in the morning and late at night to practice, said Mr. Workman, so they do not conflict with the pleasure skaters.

Last Saturday when club members skated at Mill Pond, they were approached by Richmond Hill Winter Carnival committee asking them for a demonstration during carnival time.

Mr. Workman informed the committee members during the town's carnival weekend, the speed skating team would be challenging China's speed skating team at the Quebec Winter Carnival.

Two members of the Richmond Hill team, Ron Murphy and Greg Petrie, both 19 years old, will be representing this area at the Canadian Winter Games in Brandon, Manitoba, February 13 to 16.

Heart group seeking help

Despite what many people believe, the biggest health enemy in Canada is heart disease and strokes.

February is the month set aside all across Canada when the Canadian Heart fund asks the public for financial support. The objective in Ontario is to raise \$5.5 million.

Joan McQuiggin, co-ordinator for the program in York Region said the Thornhill and Richmond Hill are is "in a bad way" as far as collecting donations for the heart foundation.

There are no chair-people in the area and captains and canvassers are down about 70 per cent.

"Everyone is so involved — so busy," said Mrs. McQuiggin, "and lots don't get involved until heart disease hits home."

Mrs. McQuiggin urges anyone who has some time to volunteer for canvassing to get in touch with her at 884-8662 and asks all to remember the Ontario Heart Foundation when someone knocks on the door, asking for a donation.

Seventy per cent of the dollars contributed go for research, and to help

train medical nursing personnel to staff life-saving coronary care units in hospitals.

So far through research the foundation has developed the artificial pacemaker, drugs to control high blood pressure, artificial heart valves, new heart-saving techniques and prevention of rheumatic fever.



anne wanstall

Nutrition Meatloaf is good for you and easy on the budget

You can almost hear the creaks as mouths turn down at the thought of meat loaf for dinner, yet this much-maligned main course can be as presentable as a standing rib.

These days it's nearly the same price as its more illustrious neighbor, which is all the more reason why cooks should stretch it out and improve upon the otherwise mundane flavor.

Our recipes have been tested and tasted and we think you'll enjoy them.

PARTY MEAT LOAF
1 1/2 pounds lean ground beef
3/4 pound ground pork
1 cup shredded raw potato
1 cup shredded raw carrot

1 1/2 cup chopped onion
1/2 pound fresh mushrooms, sliced
butter

2 eggs, separated
1 tsp. Worcestershire sauce
2 tsp. dry vermouth
1 tsp. lemon juice
1/2 cup milk
1/2 tsp. ground clove
bacon slices

Mix the ground meats and vegetables in a large mixing bowl. Sauté the sliced mushrooms in a little butter for two to

three minutes, then add to the meat mixture. Add all the remaining ingredients except the egg whites and bacon slices. Whip the egg whites and fold into the meat mixture.

Grease a baking pan or other large container and line the base with bacon slices. Put in the thoroughly mixed meat loaf mixture. Place the pan in another holding hot water.

Put into a preheated 300-degree (F) oven and bake for two hours.

When it is cooked, place the meat loaf on a serving platter. Brown the bacon and return it to the top of the meat. If desired, make a gravy of the juices by thickening with cornstarch.

Serves 10 to 12.

MEAT LOAF MAISON
3/4 cup minced onion
1 cup finely diced green pepper
2 eggs, slightly beaten
1 1/2 pounds lean ground beef
1/2 pound ground pork
2 tsp. prepared horseradish
2 1/2 tsp. salt
1 tsp. dry mustard
2 slices bacon
1 cup canned tomatoes
Using two forks, lightly

toss the hamburger meat, ground pork, onion and green pepper together. Add the horseradish, salt and mustard and combine lightly. Quickly stir in the slightly beaten eggs.

Put the mixture into a loaf pan and spread evenly with a spatula.

Top with canned tomatoes, including almost all the juice. Cover with strips of bacon. Bake in a preheated 400-degree (F.) oven for one hour or until cooked through. Serves six.

Land division committee too expensive - Timpson

Aurora Mayor George Timpson has discovered that York Region's land division committee is the most expensive and the "least productive" of eight he has surveyed in southern Ontario.

He suggested that the land division committee be asked to keep this in mind when preparing its budget for 1979.

Mayor Joe Dales of Georgina and Mayor Margaret Britnell of King suggested the land division committee be abolished altogether.

Mayor Dales recalled the debate in 1970 after the Region of York Act had received second reading in the legislature when county councillors discovered that they were going to be stuck with a regional land division committee.

Councillors had never wanted land severances controlled at the regional level and he suggested that it was time to seek a

change in legislation to send the power over severances back to the local municipality.

Mayor David Schiller of Richmond Hill said he would not want local municipalities to have to pay the cost of administration of land divisions (such as notifying neighboring property owners.)

The 1978 budget of the York Regional land division committee was \$149,200 and it held 100

meetings to deal with 404 applications. Mayor Timpson said it processed the fewest applications and was the most expensive to operate of the southern Ontario regions that he surveyed, with an average cost of \$369.30 per application.

By comparison, Haldimand Norfolk did the same job for \$65,000 or \$123.81 per application. Waterloo processed 416 applications at a cost of \$70,000 or \$168.27 per meeting.

Scholarship student becomes missionary

Danny Lalonde, son of Bishop and Mrs. Charles Lalonde, Jefferson Road, Richmond Hill left last week to serve The Church of Jesus Christ of Latter-day Saints as a missionary.

After an intensive language training program in Provo, Utah, he will arrive in the Switzerland Geneva Mission in mid-March, speaking fluent French.

He is the oldest of four boys, all of whom hope to serve their church as missionaries for two years, at their own expense.

Danny is a recent graduate of Thornhill Secondary School where he won the Edwin A. Richardson Memorial Award for the highest mark in history, the Ontario Scholarship Certificate for an overall average of 80 per cent,

and the Societas Honoris Award for Grade 13 achievement.

He was also a prefect, member of the prom committee, and umpire for the girls' baseball games.

Keenly interested in hockey, Danny played a goaltender in the Thornhill House League for six years, and in the Richmond Hill House League for one year.

His goaltending efforts have won him four trophies.

In the Richmond Hill Ward of The Church of Jesus Christ of Latter-day Saints, he has been president, in succession, of the deacons', teachers', and priests' quorums.

Upon completion of his mission, Danny will further his education before deciding on a career in business or politics.



DANNY LALONDE

MAURICE'S

MEAT

LOAF

Mix the diced onion and half of the diced green pepper with the ground beef, tossing the mixture lightly with your hands. Add the milk soaked bread—not in big lumps, but not in crumbs either, the lightly beaten egg, salt, pepper and oregano.

Shape the mixture into a big ball and plaster liberally with the French mustard.

Place in an electric frying pan with the temperature set at 350 degrees (F.). Surround with the olive oil and cook, covered, for 35 minutes. Check from time to time to see that the base isn't scorching too much—it will brown, but if you raise it from time to time with a spatula it shouldn't burn.

Place the remainder of the diced green pepper on top of the meat loaf and cook for a further five minutes. Drain off the excess fat, leaving just a little in the pan. Add the soup combined with water, pouring it over the meat loaf. Reduce the heat to 260-degrees (F.).

Cook, uncovered, basting frequently, until the loaf is cooked through and the sauce is thick. Serves four.