



Two in a row

Ottawa West Golden Knights captain Dave Peskett accepts the Lions Club trophy from Lions Club President Jack James. Also pictured are Carnival Queen Nancy Mulders and tournament co-

ordinator George Eastman. The Golden Knights repeated their performance of last year edging Gloucester 3-2 in the final game.

Losers can be winners

If you haven't won the lottery lately you probably wouldn't mind being rewarded for losing something. Well at Taking Off Pounds Sensibly (T.O.P.S.) this is exactly what happens. Now is the time to take firm action about losing weight and forget making excuses.

Each week T.O.P.S. members support, encourage, and reward each other (even with prizes) in the trials and tribulations of trimming. Since May the organization has grown to 34 members, many of whom now sport new, slim-trim figures. There is a youth constituency and the group

is anxiously awaiting the FALSTAFFS of Russell.

So get to your doctor and find out what you should weigh, then join T.O.P.S. and aim for your prescribed weight. Call Jeanette Rothenberger at 445-5753 or Sharon Appel at 445-2035.

Russell Curling Club news

In the past month the following events took place at or involving the Russell Curling Club.

Sat., Feb. 18 — Sweetheart Bonspiel. Winning team, skip, Mike Miller, Emerald Miller, Keith Boyd - Marion Cochrane, Deanne Saunders.

Saturday, Feb. 25 — Carnival Bonspiel. Winning team, skip, Ken Sullivan, Dave Stanley, Maureen Perry, Janice Desjardins.

Wednesday, March 1 — Merkle Trophy won by Metcalfe. Russell teams participating, skip, Frank Thompson, Ken Sullivan, Jim Sullivan, Don Hay; skip, Emory Mead, Don McKinnon, Graham Robinson, Al Hill.

Saturday, March 2 — Metcalfe-Russell Inter-Club Bonspiel. Winning team, Metcalfe, skip, Ken Murdock, Alberna Ross, Lyle Wade, Bev Patterson. Consolation, Metcalfe, skip, Bill Woods St., Gwen Davies, Brian Peterson, Janet Donaldson.

Sports

Jack McLaren

Ramblings

MIDGET "A" TOURNAMENT

For the second consecutive year the Ottawa West Golden Knights walked off with top honors in the Russell Midget "A" tournament. Area hockey fans were treated to some exceptionally good hockey and judging from comments passed along to this reporter, they really appreciated the fast, cleanly-played games. Tournament organizers are to be commended for a job well done. It would of course be more interesting for area fans if a local team was entered but the calibre of play at the "A" level is much too high for that to even be considered. Don't forget the players selected from "A" class teams come from populations far in excess of the Castor region's.

JETS BOW OUT

After struggling for most of the regular season the Metcalfe Jets came up against the Ste. Idisore. Eagles in the first round of Junior "B" playoffs. The experienced Eagles, who lost only 6 regular season games out of 34 played, were too powerful for the "young" Jets squad and eliminated them in four games. Looking at it from a won-lost standpoint, the Jets record wasn't that impressive but it should be pointed out that the 3 top teams in their division are probably as good as any Junior "B" team in the Ottawa District.

On the positive side it appears the Jets management has established a good base on which to build for next season. The young Midget players used during the year, along with a number of first year Juniors, will have gained valuable experience and should be able to contribute their fair share next season. Let's hope too that better fan support will also be evidenced next year. There were times during the year when visiting fans outnumbered those cheering the home team.

BASKETBALL

The Russell Public School boys basketball team recently began play on a winning note emerging victorious in 3 of 4 games played. They have come up against Metcalfe on 3 occasions, winning twice and losing once. The first game was won by Russell 26-5, the second by Metcalfe 22-19, and the third by Russell 22-19. In all games Todd McLaren was high scorer with Ron Bouwhuis next in line. In a game against Plantagenet the Russell boys trounced the opposition 63-17. Top scorer was Todd McLaren with 28 points followed by Ron Bouwhuis with 14.

Benders take trip

The Club took a trip to St. Zenon, Quebec, during the weekend of Feb. 10. One of our members, Gerry Leroux, put a tractor trailer at our disposal for the transportation of 15 snow machines and Irvin Sunstrum's truck and trailer carried another 5 machines. The club hired a bus (with a very amiable driver, Noel Leduc) for the ride up and back. The members were treated to a meal Saturday night, sponsored by the Club.

Twenty-seven members were on the trip and enjoyed accommodations at the Hotel Glacier. The trails leading from hotel were fabulous such beautiful scenery! It was like travelling in a Winter Wonderland with trails leading through paths lined with snow-covered trees, some of the trees being bent under the burden of heavy snow, creating arched paths.

The Rally was held on January 21 and was a big success. Because of the high cost of running such an event, the financial success was not as big as was hoped for. Volunteers to put the clubhouse back in order (you remember it was moved to Jim Sullivan's farm) are needed.

We are looking forward to a lot of spring snowmobiling. Many happy snowmobiling miles from the executive of the Bogie Benders.

Bruce Woolsey
Secretary-Treasurer

Ode to Russell

Bogie Benders

In this land of milk and honey
Not to mention snow in abundance,

Our North Russell main artery
Is great for an auto hula dance.

But, when this artery
Abounds with snow intense,
We most sincere thanks,
To Norman, Rejean and Gary.

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Jim Bertrand
North Russell

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