

Sports

Peter Van Dusen

That's Participaction!

Participaction inspector: I have come to make sure that all residents of the Castor area are exercising regularly and walking at least a block a day. Tell me sir, are you in shape?

Castor resident: Well, I don't know for sure. Let's see. This winter I joined the snowmobile club for some good open-air fun and I was already a member of the curling club and I play fastball during the summer and I did a little cross-country skiing and I pretty well have to walk a block a day to get to the post office to pick up the mail . . .

Inspector: That's impressive. But you're probably the only one in this area who does that, don't you think so?

Castor resident: Yes, that's true. Most people do more than me but I'm trying my best. It's just that I've been a little under the weather lately.

Castor resident: I've never been one to exercise you know, so I just take it easy, set a slow pace.

Inspector: Amazing. Did the "Participaction" program cause you to exercise more frequently than you did previously?

Castor resident: Sure did. Only thing is I didn't feel quite good enough just walking a block. I had to walk ten or twelve just to feel up to par. You know everyone around here is pretty much concerned with keeping fit.

Inspector: Obviously. This is all fine and dandy talking about how much you exercise sir, but tell me about your wife. What about her, I bet she rarely does any exercise. Come on now tell the truth: it's your wife right, she's the lazy one isn't she?

Castor resident: Dang, I guess you got us both.

Inspector: Ha! I knew it.

Castor resident: She'd hate to admit it but she had to drop out of the snowmobile club. She just couldn't find time for it, what with her jogging on Saturday mornings, and her skiing and coaching the figure skating club and playing tennis in the summer and walking her block and what not. But I can't make excuses for her. If she's lazy, then she'll just have to get her just deserts.

Inspector: Sorry I asked.

Castor resident: I hope nobody hears of this. We'll be the disgrace of all from Metcalfe to Embrun and from Morewood to Vars. I'll have to walk my blocks after dark.

Inspector: Don't worry. No one would believe it even if they did hear of it. Is there any chance that all the people in this community are Swedish?

Castor resident: Could be. Why?

Inspector: Don't worry, it's not important. What about your children? Soft drinks, chips, candy bars, TV, sleep and all that stuff. Ten to one they never strain themselves. What about it?

Castor resident: I can't answer that one. I guess you'd have to ask them, they're not around the house too often. Let's see, Jim has his hockey three nights a week in Metcalfe and his baseball in Embrun during the summer and Kathy's so busy with the horses and the 4-H club along with the curling at the High School and little Garry and Ellen, the twins, well they're always toddling around the house trying to put in the mandatory block, you know.

Inspector: How could I not know? Thank you very much for your time.

(Back at headquarters)

Participaction inspector: Like I said, the people out there always have something going. I tell you everyone is in to something, from hockey to horseshoes. I think maybe we should change the jingle from "a block a day" to a kilometer a day so they don't get restless.

Panthers to Hardy

Embrun Panthers have earned a berth in the Hardy Cup play-downs by defeating Pembroke 3 games to 1 in the Intermediate "A" playoff.

After winning the first 2 encounters the Panthers bombed the Pembroke squad 12 - 6 in the third game and then dropped a 9 - 8 squeaker the following night. But the wildcats bared their fangs and drew blood in the final game at Embrun eliminating the opposition by an 8 - 2 score.

The Panthers are confident

R.M.H.A. Notice

The Russell Minor Hockey association accepts full responsibility for the cancellation of the minor hockey tournaments which had been scheduled during the month of March, 1978 and hereby apologizes to all who were disappointed and/or inconvenienced.

It was with much regret that the circumstances dictated these cancellations and assurances are hereby given that every effort will be made to ensure a similar incident does not again occur.

L. C. Fleming,
President, R.M.H.A.

they will make a good showing in Fredericton, N.B. and the Castor Review, along with area sports fans wishes them all the best.



RUSSELL'S FUTURE HOCKEY STARS

Front row, left to right: Daniel Cayer, Bobby Mead, Michael Geerts, Derek Davidson, Derek Gould, Mark Harrison, Marc Lamadeleine, Sean Conway, Marc Bailey. Thanks to all the parents of Carscadden, Marc Morin, David Bolton. Back row, left to right: Tyler Brown, Jamie Morrow, Shane Novice "B" players and to Mr. Lalonde and Mr. Adie for all their help during the 1977-78 season.

Hockey Study —

Lee fears Central League could go

A newly-formed committee is studying the Junior hockey situation in the Ottawa District in hopes of establishing a more viable means of operation for the three levels of competition, namely, Junior "A", "B" and "C".

Committee member, Barry Lee, president of the northeast division of the Ottawa District Junior Hockey League, told the Castor Review that the committee was formed to review the whole situation of Junior hockey in the area. Mr. Lee, of Metcalfe, said that recent suggestions had called for the formation of a new league comprising Ottawa and Nepean of the Central "A" league along with several Junior "B" teams. He fears the result of such a move would be the demise of the Central Junior "A" league leaving graduating Junior "B" players with nowhere to go.

The committee is calling for the implementation of a single constitution that would unify the "A", "B" and "C" divisions and create a single block to regulate the leagues.

Lee is quick to point out that there is no dissention in the leagues. It's a matter of dollars and cents. He points out that a team in the Provincial "A" league operates on a budget of \$32,000. It costs considerably more to operate a team in the Central "A" league, which is why several of them have folded.

The committee is chaired by Peter McCooye, commissioner of the Ottawa District Junior "B" league. Other members include Tony MacDonald, manager of

Brockville Braves, Ron Murray, general manager of Nepean Raiders, Barry Lee, John Ritskes, Smiths Falls northwest president, Larry Stevens, Chester-ville and one other person yet to be named.

The committee hopes to have the issues resolved before the O.D.H.A. annual meeting in June. Until the problems are erased, local Junior "B" players will be wondering if a career in professional hockey is worthwhile.

As a member of the committee, Lee would like to see three distinct levels of high quality competition. "If the best teams in Junior "B" were promoted to the Central league you wouldn't have the present lopsided situation evident in the Central league. The level of competition would increase substantially. That's what I hope to accomplish as a member of the committee."

He points out that in the past five years teams from the Central Junior "A" league have made it to the Centennial Cup four times. Despite their performance in 1974 winning the Centennial Cup, the Rockland Nationals folded due to financial difficulties. Smiths Falls also made it to the finals but have since withdrawn from the league for the same reason.

"It's a question of priorities" Mr. Lee said. "Do we want Centennial Cup winners or a worthwhile league open to graduates of Junior "B" teams. I think it's more important to give aspiring players a place to play."

Castor Valley Figure Skating News

Anyone not in attendance at the Achievement Night and Ice Show March 17, will have heard by now what a tremendous show was put on. The executive was pleased with the spectacle and wishes to give a hardy thanks to the Ice Show committee and their helpers for all their work. Space does not permit mentioning all who volunteered their time but the club gives a special round of applause for the following who contributed to making the evening one to remember. Yolande Baillon for her fine commentator-ship, Barry McVey who ran the music, Marilyn Sullivan for presenting the R. A., Danny Thompson, the teachers and Gary Meed. Congratulations to the Drouin boy who won the door prize. Could he please contact Carol Webster at 445-2146 to receive his toque.

Have you seen the great green poster bedecked with tiny red flowerettes adorning the lobby of the arena? It is awaiting your signature if you are interested in making a great bargain. Once you sign, you will not only be guaranteed a monthly assortment of the bedding plants of your choice, but you will be happy in the thought that you are helping to make Russell Figure Skating Club a going concern. All pre-orders will be filled at a date to be announced later.

All you have to do now is sign to indicate which plant you desire. The last day for skating classes will be April 17.

SPRINGTIME IS FASHION TIME

LE PRINTEMPS, C'EST LA MODE

Fashion Show — Parade de Mode

Sponsored by the Daughters of Isabella — Presente par les Filles d'Isabelle

80 outfits
14 models

and
et

D. LATREMOUILLE
LITE

80 sorties
14 mannequins

Sunday, April 9 — Dimanche, 9 avril

8 p.m.

Embrun Recreation Centre — Centre Recreatif d'Embrun

ENTERTAINMENT BY PIERRETTE WILSON, SINGER — SPECTACLE DE PIERRETTE WILSON, CHANTEUSE

Admission: \$2 — Door prizes

Entre: \$2 — Prix de presence

Proceeds to Daughters of Isabella

Profits aux Filles d'Isabelle