

SPORTS

R.M.H.A. Banquet



Young Novice



Novice



Atom



Pee Wee

April 30th found the Russell Community Centre filled to capacity for the Russell Minor Hockey Association Banquet.

Honoured Guests included, Mrs. Leila Twiname, Mrs. Barbara Linegar, Mr. Don Coates, President of the Russell Recreation Association, and Mr. Jim Anderson, President of the C.D.M.H.L.

The Jack Twiname Memorial Trophy was presented by Mrs. Leila Winame to the player in each division of R.M.H.A. exhibiting the most desire, effort and enthusiasm.

Winners: Novice, S. O'Reilley; Atom, S. Bekkers; Pee Wee, T. Meikle; Bantam, S. Cherry; Midget, G. Marion.

The Bill Linegar Memorial Trophy was presented by Mrs. Barbara Linegar for the most valuable player in each division of R.M.H.A.

Winners: Atom, P. Latimer; Pee Wee, A. Frappier; Bantam, T. Harrison; Midget, E. Honey.

A trophy for the Most Improved Player was presented to the following: Atom, B. Nyenkamp; Pee Wee, T. Paquette; Bantam, B. Flynn; Midget, P. Boland.

As well a trophy for the most Sportsmanlike player was

awarded to the following: Atom, B. Graham; Pee Wee, P. Bourdeau; Bantam, M. Bourgeois; Midget, L. Dagenais.

As the Novice Division did not play regular league games, they held novice competition: 1st. D. Provost; 2nd, J. Thompson; 3rd, B. Middlemiss.

Gold hats were awarded to G. Patterson and S. O'Reilley for having scored their first hat trick.

A number of trophies donated by McVey Insurance were presented to all the Novice players who will be moving up to the Atom Division next season.

A special thank you to Mrs. K. Wade who catered, and all her helpers, Merrill McVey who volunteered as photographer, and to our R.M.H.A. President, Chris Flemming who kept the ball rolling through all these presentations. To all parents who came out with the kids, Thank you. See you in the fall.

McVEY Insurance Services
 Representing
 Norwich Union Life Insurance Society
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821-2524

Pool Committee

The Swimming Pool Committee welcomes your inquiries and constructive criticisms.

We are: Carole & Roger Ruest, 445-5409; Gail Middlemiss, 445-5304; Norma Davidson, 445-2876; Joan Cousens 821-1673; Pat Stachon, 821-2201.

Public School Volleyball

Russell Public School hosted the Russell Volleyball Tournament with Russell boys and girls taking top honours. I'll be giving you scores involving Russell, Metcalfe, and St. Catherines.

Russell boys took Berwick in the best of three affair by scores of 11-0, 11-1. Our girls beat Berwick with little or no problem, 11-1, 11-4, Russell boys beat St. Catherines 11-0, 11-2, while the girls took St. Catherines 11-2 and 11-1.

In the rest of the boy's action St. Catherines eliminated Berwick by winning 11-6, 11-7, Martintown beat Metcalfe 11-7, 11-5. Next games Metcalfe come right back and beat Nationview 11-6, 10-12, 11-1. St. Catherines then was eliminated by losses of 11-6, 11-8 to Metcalfe. Metcalfe was finally beat out by Pleasant Corners by scores of 12-14, 11-1, and 11-6. Russell finally got to play and beat Pleasant Corners 11-4 and 11-9 before beating Martintown 11-6, 11-6. Martintown then ousted Pleasant Corners for the right to play Russell in the final. Russell had no problem and beat Martintown 11-6, 11-2 for the championship.

The girls kept on playing and produced these results with Berwick beating St. Catherines, 11-1 and 11-3, Pleasant Corners squeaked by Metcalfe 11-3 and 12-10. Metcalfe then won a squeaker by beating Nationview 11-4, 6-11, 11-4. Metcalfe was weakened by Berwick and was just plainly outplayed and Berwick won 2 games to 0.

Russell played Pleasant Corners for the championship. Pleasant Corners provided good opposition but were ousted 10-12, 11-9 and 11-6.

Russell was so evenly matched all over on both sides that nobody could beat them. Mr. Gunnel was their coach and really coached two fine teams.

Gary "Toot" Ris

O.T.H.S. Sports

O.T.H.S. in 1st place in early season.

O.T.H.S. has grabbed 1st place in their division by virtue of two wins and a tie. Osgoode's Wendy Holmes scored what proved to be the winner in a 1-0 win over South Carleton. Osgoode then spotted Earl of March with a 1-0 lead and bounced back in the second half to side-swipe E.O.M. 4-1. Scorers were Trudy Vriend with 2, and Jane Kingsbery and Nancy Kinear got a single pointer each.

They then tied Bell 0-0, at Bell. I know Coach Fennell wants a winning team and I hope he gets it this year.

Recipe of the Month

Johnny Cake

Preheat oven to 350 degrees F. Grease an 8" square pan. Combine and set aside: 1 cup cornmeal, 1/2 cup milk. Sift: 1 1/4 cups flour (whole wheat flour makes this more nourishing), 2 1/2 tsp. baking powder, 1 tsp. salt. Cream: 1/2 cup shortening. Beat in: 1/2 cup honey (or sugar). Add sifted dry ingredients, alternating with 1 egg, 1 cup milk. Blend in cornmeal mixture. Turn into prepared pan.

Bake at 350 degrees F. for 40-45 minutes or until cake springs back when lightly touched. Cool 5 minutes then remove from pan.

Serve buttered, either hot or cold.

NEW COMMERCIAL HOTEL

NIGHTLY ENTERTAINMENT Every Thursday, Friday, Saturday

Fully Licensed

Banquet Facilities



True Italian Dishes
 Russell, Ont.

445-2808

PIZZA TAKE OUT



	Small	Medium	Large
CHEESE & TOMATO	2.25	3.25	4.00
PEPPERONI	2.75	3.75	5.00
MUSHROOM	2.50	3.75	4.50
BENNY SPECIAL	2.50	3.75	5.00
ALL DRESSED	2.75	3.75	5.00
PEPPERONI & MUSH.	2.75	3.75	5.00
EACH EXTRA INGREDIENT	.35	.65	1.00

OPEN 6 DAYS A WEEK

from 4 p.m. to 11 p.m.
 Friday & Saturday — 12 a.m. to 12 p.m.

Annis O'Sullivan & Goltz Inc.
 Ontario Land Surveyors, Ottawa, Ontario
 wish to announce the opening of an office
 for the practice of professional land surveying
 at 596 Notre Dame Street Embrun, Ontario
 on April 1, 1976.

The office will be managed by
 Dan R. Vollebakk C.L.S.
 Tel: 613 443-3364