



Giles Fisher (left) of the James Robinson Public School volleyball team tips a ball in the Region of York volleyball finals last week. Robinson won two matches before losing to Johnsvie Public School from Thornhill in the finals. It was the first time a regional champion has ever been declared. —Sjoerd Witteveen

## Robinson nosed out in final

The volleyball team from James Robinson Public School advanced to the finals of the first ever York Region championships last week at Aurora High School before bowing out to Johnsvie Public School from Thornhill. Robinson, who won the right to represent the Markham Unionville area in a preliminary tournament earlier this month, won two rounds in gaining a berth in the finals. Robinson defeated Prince Charles (Newmarket) 15-6, 12-15 and 15-9. It then took care of Orchard Park (Stouffville) 7-15, 15-10 and 15-2 in the semi-final tilt. In the finals, Johnsvie proved to strong and posted a 15-8 and 15-0 victory. Playing on the Robinson team were: Giles Fisher, Andy Hughes, Andrew Shelton, Steve Zwart, Tony Mara, Donald Chong, Chris Angliss, Steve Quinelle, Mark Tullock, Caanan Yu and Junior Clayton.

## A Taste of Nutrition

# Non-alcoholic drinks can liven up a party

By HELEN FEDYCK

Nutritionist York Region Christmas is a time for office parties, luncheon get-togethers, open houses, visiting friends, trimming trees and carol singing. Whenever you think of the festive celebrations, you often think of alcohol. However, the festive season can be jolly without alcohol — or at least with less alcohol. The fun comes from sharing good times with family and friends — not from a bottle. As more and more people become health conscious, entertaining styles change. Raw vegetables and dip replace potato chips, and sipping on mineral water replaces downing stiff drinks. Try to be an "in" host or hostess by keeping these ideas in mind. Don't pressure your guests to drink and mix drinks of a reasonable strength. Are you allowing your guests a choice? Are you offering attractive alternatives for the light drinker, the abstainer and the calorie-conscious? And think of the money you can save!

Here are some holiday beverage suggestions. Your guests will appreciate your concern for their health and safety:

- offer lower alcohol-content beer and wine;
- offer spritzers — wine mixed half and half with soda water. Light, refreshing and bubbly with only half the alcohol and half the calories;
- offer simple non-alcoholic alternatives served in a jazzy way, such as mineral water, fruit juices, vegetable juices and sugar-free soft drinks;
- offer traditional drinks with alcohol flavoring, e.g., egg nog with rum flavoring;
- offer jazzy non-alcoholic alternatives.

The following are recipes for entertaining without alcohol:

**LARGE CROWDS**  
Hot Spicy Punch  
2 L cold water  
50 ml peeled, chopped fresh ginger  
8 tea bags  
4 sticks cinnamon, broken up  
6 whole cloves  
2 L boiling water  
125 ml sugar  
250 ml lemon juice  
250 ml orange juice

1 L pineapple juice  
1 L cranberry juice cocktail  
2 L apple juice  
thick slices orange whole cloves  
Heat 2 L cold water in large kettle. Add ginger, bring to a boil, turn down heat, cover and simmer 15 minutes. Let stand until cool. Strain, returning liquid to pan and discarding ginger.  
Put tea bags, cinnamon and 6 cloves in a bowl. Add 2 L boiling water. Stir. Cover bowl and let tea steep 10 minutes. Strain into ginger water. Add all remaining ingredients except orange slices and cloves. Heat well and pour into punch bowl. Stick a clove in the rind of each orange slice and float on top of punch. Ladle into punch cups to serve. Makes about 60 servings.

Here's how to try these recipes if you don't have a set of metric measures:

Approximate substitutes for metric:

1 L — 4 cups  
500 ml — 2 cups  
250 ml — 1 cup  
125 ml — 1/2 cup  
50 ml — 1/4 cup  
1 ml — 1/8 tsp  
2 ml — 1/4 tsp  
5 ml — 1 tsp.

15 ml — 1 Tbsp.  
25 ml — 1 Tbsp. plus 2 tsp.

**Pink Christmas Fruit Punch**  
2 bottles (about 750 ml each) white grape juice  
1.5 L cranberry juice cocktail  
2 cans (170 ml each) frozen pink lemonade, thawed  
750 ml bottle soda water  
ice

Combine grape juice, cranberry juice cocktail and lemonade (not reconstituted). Refrigerate until needed. Put ice in punch bowl at serving time. Add juices and soda water. Ladle into punch cups. Serves about 35.

**NOTE:** The sugar in many of these recipes could be reduced or substituted with an artificial sweetener.

**SMALL GROUPS**  
Cranberry Nog  
3 egg yolks  
125 ml cold milk  
500 ml cold cranberry juice cocktail  
3 ml vanilla  
6 ice cubes  
3 egg whites  
50 ml sugar  
ground nutmeg  
Combine egg yolks, milk, cranberry juice

cocktail, vanilla and ice cubes in the glass of the blender. Buzz until well blended. Beat egg whites until foamy. Add sugar gradually, beating constantly, until egg whites are stiff and glossy. Pour cranberry mixture into an attractive bowl. Fold in egg whites. Sprinkle with nutmeg. Serve immediately in punch cups. Serves 6.

**Golden Milk**  
Whip  
500 ml orange sherbet  
500 ml cold milk  
Soda water

Combine sherbet and milk in glass of blender. Buzz until completely blended. Divide mixture among 6 tall glasses and add soda water to fill glass as full as possible (there will be foam on top). Stir to blend, then add more soda water to fill glasses. Serves 6.

## At Etobicoke meet

# MAC swimmers set records

It was a record breaking weekend for several of the Markham Aquatic Club swimmers as they competed at two separate swim meets the first weekend in December.

Eight members of the team competed at the Etobicoke International Meet last weekend matching their talents against the best in Canada and the USA. Although their times fell short of the top 16, several new club records were established.

Twelve-year-old Wendy Johnston broke her previous records in the 100 fly, 100 free, 200 individual medley, and 100 breaststroke events.

Mark Dickinson who recently turned 15, captured three club records in the 15-and-over age group for his specialties in the 200, 400 and 1,500 free. Maria Lember, swimming in the 15-and-over girls, lowered the club

record with the 100 breaststroke.

Other swimmers at Etobicoke were Lyaca Sharp, Carolyn Bradar, Shari Kilmer and Scott Ferguson.

Assistant coach, Lea Bredschneider, coached her contingent of swimmers at Burlington to 96 best times.

Twelve-year-old Rod Burki splashed his way to six golds and captured the high points trophy for his age group. His victories came in the 100 and 200 back, 100 fly, 50, 100 and 200 freestyle.

Chris Silverson turned in many fine performances to earn a gold in the 200 fly and establish a new club record for this event. He also won a silver in the 100 fly and 50 free, a bronze in the 100 free and 200 individual medley, while also placing in the 200 free. Chris Hickey, also in the same age group, picked up a sixth place in the 100 breaststroke.

In the girls' 11-and-12, Lisa Samek was the

only girl to place in the top six in the 100 and 200 breaststroke.

The 10-and-under were led by Laurie DeMorest with a gold in the 50 back, and six silvers in the 50, 100, 200 free, 100 back, 50 and 100 fly. Kelly Stafford continued her fine swimming — three silvers, two bronze, and placing in the top six in three other events.

The boys' 11-and-12 relay team of Greg Curgenven, Chris Hickey, Chris Silverson and Rod Burki placed second and third in the 200 free and 200 individual medley relays, respectively.

Rounding out the team in Burlington were Dalen Sharp, Jenn Cardwell, Pam Ceccarelli, Chandy Newman, Sari Cohen, Margi Creighton and Karina Collic.

## Thornhill Lodge comes up big

Thornhill Lodge B'nai B'rith played an outstanding game to beat Richmond Hill Petites 8-4 in Markham Region Ringette action last week. It was Markham's first win against a Richmond Hill team.

Thornhill's Rose McPhee blocked a barrage of shots on goal with the help of strong defensive play by Nikki Scott and Cheryl Eades. Goal scorers for Thornhill were Andrea English with six, and Beth Bakker and Natalie Bernier with one each.

Wilson-Cook Medical lost to National Advance Systems 6-2. Wilson's goals were netted by Krista Bridgen and Susan Boghne.

National's Tracy Stewart and Andrea Flint each fired a hat-trick. Yvonne Imbleau played well in goal for National and Katy King was strong on defense.

In the Tweens' Division, Markham Block Parents played a well controlled, passing game against Allstate Markville Plaza, beating it 8-2. Block Parents' goal was expertly tended by Marcel McPavish. Kathy Jorgenson and Lisa Kately netted three goals each for Block Parents. Barbara Taylor added a pair. Both Allstate goals were scored by Sarah Anderson.

Allstate Markville lost a hard-fought game against Richmond Hill Tweens by 6-5. With many players on the sick list the Allstate roster included several girls from the Markham Block Parents team. Two goals were netted by Kathy Jorgenson for Allstate with Tanya Gordon, Elaine Waller and Lisa Kately adding one each.

Ruby Records played against Richmond Hill Juniors, losing 6-2. Ruby's Susan Stover scored both goals for her team.

On Saturday, Mar-

ham Converter Belles won their game against Don Hammond Upholstery 4-2. Leslie Smith netted two goals for Converter with Krista MacRae and Shanna Lyons adding one each. Strong defensive play was provided by Debbie Batherson. Don Hammond's goals were scored by Linda Shortis and Tamara Taylor.

Playing a second game on the same day proved to be too much for Markham Converter. It lost its game against Richmond Hill Belles 8-2. Markham's goals went to Shana Lyons and Leslie Smith.

## Rec Hockey

STANDINGS AS OF DEC. 12/82

TEAM	W	L	T	PTS
McKenzie Trailers	9	1	3	21
Caldwell Travel	9	4	0	18
Peter's Dining	8	4	1	17
Toromark Furniture	5	5	2	12
Golden Grids	4	5	3	11
Canadian Tire	4	6	2	10
Cosburn & Griffiths	3	7	2	8
Citizen Watches	2	10	0	4

LAGER DIVISION

TEAM	W	L	T	PTS
Century 21	8	2	3	19
Music Stand	8	3	2	18
Contin Motors	5	6	2	12
Maynard Fuels	5	6	2	12
Koho	3	5	5	11
Fernando's Restaurant	5	7	1	11
Pappys	5	8	0	10
Family Trust	4	7	1	9

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## Something special

Students at Franklin Street Public School decided to do something special for Christmas. With the help of teacher Cathy Stratton, who's Student Council advisor and a Grade 8 teacher, students collected cans by going door to door and in some cases raiding mothers' cupboards. They collected 3,205 cans which were picked up by the Children's Aid Society for York Region for distribution. The students who collected the most in each class received a turkey raffle ticket. In the picture are the top collectors in the school who are from left to right: Karen Smiley (110 cans), Neil Lim-Sung (107 cans) and Heather Fornear (68 cans). —Sjoerd Witteveen

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