

Easy does it!

With the absence of gymnasium facilities at the new senior high school, this group of boys with their instructor have been taking up the finer points of amateur wrestling (not to be confused with the professional TV types) in the Legion auditorium. In the top photo, students practice kneeling take-downs, while in the bottom picture Instructor Bob Beach demonstrates how to turn the low-man position into an advantageous hold that eventually throws the opponent to the mat.

Ski Tips

by Gerry Goudge, C.S.I.A.

CARING FOR BOOTS
Ski boots demand special treatment. After spending so much money on boots, you should know how to look after them to get the best service. Good boots can be easily ruined. They must be kept completely waterproof but do not use a wax or polish that contains oil, grease or dubbin. This softens the leathers, and too pliable a leather does not give you the necessary control. After all, this is the reason you buy stiff expensive boots.

For best results, use a silicone type of water-proofing first. Then polish the boots with ordinary shoe polish each morning that they will be used. This is important! Don't polish them when they are wet. A touch of shellac on the stitching and around the edge of the sole can be used for added protection. However, these parts should be polished with the rest of the boot.

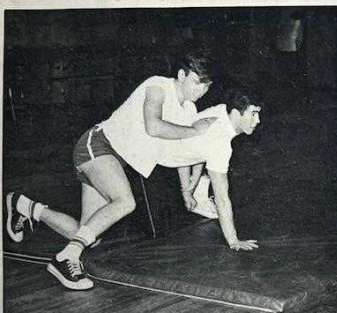
Whenever possible, avoid using your ski boots when walking, especially on pavement... this can wear down the heels and bend the soles. Good ski boots are not designed for walking. And, always keep your boots in a press when they're not in use.

NEVER dry them close to a fire or stove as good leather can be ruined this way. Boots can give comfort, safety and fun on the slopes, so treat them properly when you are at home.

Proper lacing is an important factor to comfort and ski control, so it is worth taking a few minutes extra in fastening your footwear.

First, the inner boot should be laced loosely over the toes, firmly over the arch and instep, and tightly around the ankles. When this is done, the foot should fit firmly in the boot, with room to move the toes. The heel should not be able to lift off the sole of the boot when you lean forward.

The outer boot, which should be stiff is laced evenly with a little more tightness around the



Pupil and instructor

Canadian Nationals Watson going great guns

British Columbia's gift to the Canadian Nationals Hockey Club this year comes in the form of a Vernon resident, George Watson.

George played all of his minor hockey right here in the apple country before joining the New Westminster Royals of the BCJHL for a three year stint. Hockey fans will remember that the Royals came



GEORGE WATSON

right through to the finals last year before being dumped by Penticton. At that time, the Broncos picked up Watson for their Western Canada playoffs against the Estevan Bruins.

George has been working out very well with the nationals so far this season as a member of the rookie forward line, holding down centre and wing positions as the situation demands.

Watson will be on hand next month in Vancouver when the Nationals play an exhibition game against the Russians at the Pacific Coliseum. In addition, some sports authorities from the coast feel that the New Westminster Royals will seek to have George back in their line-up when they take on the Japanese National Team at Queens Park on January 22.

For 21-year-old, 170 pound Watson, life isn't completely hockey even though he is doing a fine job with the Canadian Nationals. Studies are also the order of the day. He is completing his second and third year English courses and three other first year courses at the University of Manitoba.

Noted as a playmaker and an excellent forechecker, Watson is at home at either centre or the wing position.

BCJHL action

Victoria steals win in Friday contest

A crowd of 950 fans left the Vernon Arena Friday night feeling that they had somehow been robbed. The hometown boys, and the favorites in the BCJHL action, dropped a narrow 5-4 decision to the Victoria Cougars.

The Essos took the lead, after a scoreless first period, at 3:19 of the second, when Bob Blanchette scored on a pass from Dick Marsh.

It was a short-lived lead however as the Cougars came back to tie the score at 6:58 as Laurie Moore tipped the puck into the net on a pass from Doug Gibson.

At 13:35 Victoria took the lead as Scott Munro scored on a blistering slap shot from 20 feet out. Lawrence Quechuck made the score 2-2 when he took a pass from Bob Mayor at the point and made no mistake in slipping it past Ed Forslund in the Victoria nets, at 13:52.

In a flurry of action, the Cougars made a return trip into Esso territory and picked up a 3-2 lead at 14:20 when Len Barry scored on a play set up by Bruce Cowick and Grant Evans.

Wayne Dye led a rush on the Victoria net to score at 15:58 on a pass from Jack Marsh. The score was tied 3-3.

When the teams returned to the ice for the final 20 minutes of action, they finally appeared to be ready to play serious hockey. No penalties were assessed in the final frame and both teams engaged in tight clean checking.

Victoria jumped into a 4-3 lead at 2:28 as Moore scored from Cowick and Evans. At 11:10, the Cougars stretched their margin to 5-3 when Len Barry scored on a pass from Grant Evans.

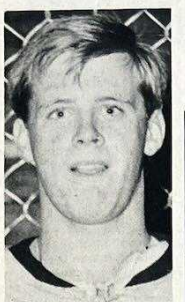
In an attempt to balance the score, the Essos repeatedly rushed the Cougar net, but couldn't beat the fantastic performance of Ed Forslund. At 15:02, Wayne Dye picked up Vernon's fourth and final tally of the game when he scored unassisted.

The final score, Victoria 5, Vernon 4. Referee Ernie Poggenmiller handed out a total of 59 minutes in penalties during the first 40 minutes of action. The game was completely out of control during the first period which saw as many as three men from each side sitting in the sin-bin at the same time.

Victoria's Len Barry threw down the gloves and started swinging at Esso defenceman Dick Marsh at 5:05 of the first period. However, he never succeeded in landing a blow before Marsh was able to grab him and hang on. Seeing that no real damage had been done, referee Poggenmiller sent each man to the penalty box on a two plus two penalty for rough-

NORTH SPORTS OKANAGAN

ing and interference. At 5:58 Victoria's John Van Horlick and Bob Mayer



AL ALEXANDER ... looked great



DICK MARSH ... great on defense

of the Essos tangled in what looked like it was about to develop into a team brawl. However, linesmen Russ Keckelo and Rick Riley soon established law and order and both offending players were given five minute fighting sentences. Victoria's Scott Munro received the only 10-minute misconduct penalty of the

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Haswell does well

Margaret Haswell topped the list in the Women's Wednesday matinee bowling league with a high single score of 244.

To complete the day, she also copped the women's triple honors with a 569. The Keglers took the single and triple events in the team divisions with an 860 and a 2223.

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game at 12:38 of the first period. At 5:03 of the second period, Barry decided to try his boxing style once again—this time, with Bob Craig who has no patience with anyone who wants to fight on the ice. Craig dropped Barry with a left hook that would make George Chuvalo proud. Both men were given five minute fighting penalties, however, Craig came out on the "short-end of the stick" when he was also given two minutes for interference.

Both penalty boxes were so full that when Wayne Dye was given a delayed penalty for unnecessary roughing at 6:28 of the second, he had to wait in the box until 11:28 before he could begin to serve the time. By the time the game had ended, Al Alexander in the Vernon nets had blocked a total of 30 shots, while Ed Forslund had stopped 39 for Victoria. Both netminders turned in star performances throughout the entire 60 minutes of action.

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Vernon Essos stop New West Royals 4-3

The Vernon Essos pulled off another comeback Victory Sunday, this time over a hard-hitting and eager New Westminster Royals

hockey club.

The Royals, looking hotter than ever before this season outplayed and out-shot the Essos throughout most of the game. However, a strong lack in the back-checking department proved to be the eventual downfall of the visitors.

Vernon opened the scoring at the three minute mark of the first period on a beautiful passing combination. The end result was Lawrence Quechuck tipping the puck past Maurice L'Heurux in the Royals net with Dye and Mowat picking up the assists.

Just 13 seconds later, the Royals were back to tie the score from the stick of Kevin Coates.

Similar to the game on Friday evening, Sunday's encounter was rough and tumble "chippy" hockey with both teams throwing a variety of needless digs at the opposition such as butt ends and elbows.

The Royals picked up the lead for the first time in the game at 19:10 of the first period when Mick Wilson scored on Vernon's Jack Gilroy.

The visitors maintained their lead and held the edge of the play throughout the second period as they continued to buzz the Vernon net, only to be repulsed by the fantastic performance of Gilroy.

Finally, at 19:32 Gerry Vachon scored to tie the game on a play set up by Don Manson and Bill Tarnow.

As the teams returned to the ice, the New Westminster squad threw everything into the game to prevent the suffering of no wins during a three-game weekend interior circuit.

Additional SPORT

At the 57 second mark of the third, Al Knight pushed the Royals to a 3-2 lead. For the next 8 minutes, the Essos didn't even get a shot at the Royals nets, as the visitors played better than they've played all season.

Finally at 11:51 Jim Mowat scored from a scramble in front of the Royals net to tie the score. Assists were given to Quechuck and Becotte.

With both teams fighting desperately for a win, the score remained tied at 3-3 as the clock showed just over one minute left to play.

New Westminster's Al Knight fired a shot at Gilroy in the Vernon net from the blue line. Gilroy blocked the shot and passed it out to Wayne Dye.

In a piece of the most beautiful skating Vernon fans have seen this year, Dye dodged and weaved his way the length of the ice past the Royals defence.

With only goalie L'Heurux to beat, he faked to the right and drew the Royals last hope way out of position. A quick turn to the left, and Dye was confronted with a wide-open net from about six feet out.

The score went into the books as: Goal by Wayne Dye . . . assist Jack Gilroy.

All that remained to be done by the Essos was to hang on for the next 59 seconds and wait for the horn to sound.

The Royals managed to get three more shots on Gilroy before the end of the game, but were unable to score.

For Gilroy, Sunday had to be his busiest game of the year as he stopped 47 shots in the 60 minutes of action. Maurice L'Heurux blocked a total of 31.

For the rest of the week, Odie Lowe and Vern Dye will be putting the boys through their paces for the up-coming coast trip. Saturday, Dec. 7, the Essos play the Victoria Cougars, and on Sunday the eighth, they will visit the New Westminster Royals.

After Sunday's game, New Westminster Coach Bob Love stated, "It's one heck of a league this year . . . it's still anybody's race."



WAYNE DYE
... scores winner



JACK GILROY
... star performance

Midget hockey

Vernon Reps 8 Revelstoke 8

The Vernon Midget "Rep" team played to an 8-8 tie with the Revelstoke Selkirks in midget division inter-city hockey action Saturday night.

The score was tied 3-3 at the end of the first period, however the visitors from Revelstoke jumped into a 6-4 lead by the end of the second. The Vernon boys came back and outscored the Selkirks 4-2 in the third frame to pick up the tie.

Jack Upshall scored three for Vernon, while Andrew Dagenais and Lane Marchand each picked up a pair. Jeff Shirley added a single.

For the Revelstoke Selkirks, scoring was done by: John Manson and Ken Munroe, each with three and Gilbert Rota with two.

The game was played in the Vernon Civic Arena.

Kin Club project