Horse Talk

Training & Handling

with Don Fraser

This column is presenteu as an aid for non-professional horsemen who share common training problems. It serves as the medium for novice and experienced riders to seek advice and for the passing along of training tips that have worked for the author. If you have a problem with your horse, drop a short note to The Vernon Daily News and Don Fraser will try to answer it.

RUNNING W

Vernon man writes: "Would you please give me detailed information on the proper use of a running W. I have a two and a half year old gelding that has a marvelous disposition, until you ask him to do something. He seems to listen for a while and then rears and runs away. He has only been gelded for two months. He is a great animal with lots of spirit, is healthy, and quite a part of our family. The last thing we would like to do is sell him."

Sorry, but the information that you seek belongs only in the hands of a professional trainer who is thoroughly knowledgeable of the subject and it's proper use. I feel that what you need, and need badly is experienced help. Amateur solutions for a problem of this serious nature may ruin, maim or even kill the animal or the handler without some knowledgeable help. Get some professional help.

TREE TROUBLE

Vernon girl writes: "We pasture our horses in a two-acre plot that also contains the family fruit trees. The horses have eaten some of the trees enough to kill them. Do you know of anything that will keep the horses off the trees?

I think the best solution would be to fence off the trees individually. Chicken wire would work or possibly a hot-wire with the charging wire run up overhead out of the horses' reach.

TEAM OF THE WEEK

Clarence Fulton Boys' volleyball team recently won the North Zone championship and finished third overall in the Valley. From left, front, are David Chondon, Kent Burnham, Chris Reeves, Daryl Ivins, Roger Knox. Rear: Brad Jee, Dave Ulrich, Laurie Harley, Mike Conley, Jeff Hillstead, Charles Satiacum and coach Ken Kereliuk.

(Daily News Photo)

Daily News

SPORTS Page

DON KENDALL—Sports Editor
PHONE 545-0671

8 VERNON DAILY NEWS, WEDNESDAY, NOV. 30, 1977

Major B-ball action fast, close

In Major Men's Basketball League action this week, as was the case last week, most of the action was of a close nature.

In the three games played, Osoyos Bay Rattlers came close to the Husky Service Pioneers but lost 72-70, the Kal Lake Voyageurs dumped the Silver Star Mountaineers 83-76 and the Cherry Creek Trappers downed the Priest Valley Saints 84-62.

The first game of the night showed the Pioneers with a very narrow margin over the Rattlers in the first half of play, managing a 43-42 score. Top scorer of the half was Gary Pruden of the Rattlers, amassing 18 points, while the Pioneers big man was Geoff White with 11 points.

Play in the second half was similar to that of the first, with the Pioneers getting only one more point than the Rattlers for the 72-70 win. Gary Pruden and Geoff White emerged top scorers of the game, getting an equal 21 point output over the duration.

Second game play featured a strong first half of play by

FORMER CHAMP

PARIS (Reuter) — Roger Zami, former European light welterweight boxing champion, died in a hospital Tuesday from an overdose of barbiturates, police said. He was 35.

the Kal Lake Voyageurs, getting 41 points to the 28 of the Silver Star Mountaineers. Top scorer of the half was from the Mountaineers however, with Eric Parker planting seven baskets for 14 points. The Mountaineers started to make a come back in the second half and outscored the Voyageurs 48-42 during the second but it was not enough to come away with the win.

Eric Parker was able to add another 18 points in the second half of play for a formidable 32 total for the night. The Voyageurs' top scorer in the battle was Rick Wilson who got 22 points on the game.

EARLY LEAD

The final game of the night matched up the Cherry Creek Trappers and the Priest Valley Saints, in which the Trappers came out strongly from the onset and never looked back. The lead by the Trappers read 42-36 in their favor for the first half, paced by Rick Inrig with 20 points, compared to the Saints highest of 18 points by Marv Friesen. The Trappers got an identical 42 points in the second half but the Saints' output dropped 10 points to 26 to give the Trappers a convincing win. Top scorers in the game were Marv Friesen of the Saints and Rick Inrig of the Trappers, who tied at 28 points apiece.

Kinsmen pull tie with firefighters

Kinsmen Club and the Vernon Firefighters sawed off to a four all tie this week in Pleasant Valley Hockey at the Civic Arena.

First period play amounted to only one goal, coming from the Firefighters' G. Green. It was his first of two in the game.

The equalizer was scored early in the second period by the Kinsmen, this goal coming from W. McGrath. The Firefighters again took the lead on G. Green's second of the night to round out the scoring at 2-1 for the Firefighters.

The third period of play had the most offence sustained of the game, resulting in five goals for both teams combined. The Firefighters increased their lead to 3-1 at the one minute mark on a score by Exner but the Kinsmen got back in the game one minute later on a drive by Ferguson. Kinsmen got the tying goal at the 8:50 mark on a shot by Garbutt but the Firefighters got the go ahead goal four minutes later on Exner's second. Mort of the Kinsmen was able to come through in the latter stages of the game to tie it at four apiece.

WINNERS PETER ALEKISON, KIM PETERMAN

Vikings fall 12-1 to Merritt

The Vernon Vikings were stopped 12-1 by the league leading Merritt Centennials in BCJHL action last night. Ed Beers was responsible for four of the Merritt goals in the game played on Centennial home ice. Vernon lost 8-7 last time these two teams faced each other in a game played here last Sunday.

In other BCJHL play last night, the last place Langley Lords, backstopped by Kevin Quinn, stopped the Coastal Division leading Nanaimo Clippers 2-1. Quinn faced 33 shots in pacing his club to the victory.

Quinn, named the game's first star, held the Clippers off the scoresheet until Bob Dietzler's goal at 12:40 of the third period in Langley.

Bob Taylor scored Langley's first goal on a power-play in the first period and Mike Dustin gave the Lords a two-goal margin early in the final frame.

Langley took eight of 14 minor penalties and each team was assessed one major and one misconduct.

Kevin Eastman made 20 saves for Nanaimo.

The Centennials, which lead the Interior Division by four points over Penticton Vees, scored four times in each period against the Vikings.

Dale Ames, with two, Blake Stephens, Gary Sirkia, Glen Johnson, Matt Howes, Bud Langstrom and Pat Rabbitt scored the other Merritt goals, while Ken Eccles was the Vernon marksmen in the first period.

Merritt fired 48 shots at Vernon goaltender Terry Kleisinger, while Rob Polmantuin faced only 15 shots in the Centennials' goal.

Merritt was assessed seven of 12 minor penalties and each team had one major.

Tonight, Vernon travels to Kamloops to face the Chiefs.

Youth and age team to bowl

The Golden Age-Pee Wee tournament was held at Lincoln Lanes recently with 42 Golden agers (over 60 years of age) and 42 Pee Wees (9 years old and under) teaming up to take part.

First place winners were Peter Alekison (GA) and 7-year-old Kim Peterman, bowling 194 pins over their combined average of 228.

Second place went to Alice Brady (GA) and 9 year-old Lana Toews with 184 pins over their combined average of 212.

Only three pins behind, in third spot was the team of Peggy Davauo and 7 year-old Tanya Evans.

High games of the tourney were:

Golden Agers, Ed Boring, 317; George Petersen, 283; Elseor Leger, 251; Werner Boesen 224; Peggy Davauo, 209; Hulda Boesel, 209; Pee Wees, Bruce MacKenzie, 204; Kevin Blaeser, 184; Sandy Reddick, 172.

The first of the family two-some events will get under way on Saturday at 5 p.m. and Sunday at 10 a.m. when mothers and daughters will bowl together.

Fathers and sons will bowl Sat. Dec. 17 at 5 p.m.

DAILY NEWS SPORTS ALERT

PLEASANT VALLEY HOCKEY ("B" DIVISION)

At Civic Arena: Vernon Raiders vs. Tri Lake Cougars 11:30 p.m.

MEN'S ALL EMPLOYEE VOLLEYBALL

At Beatrio: 7:30 p.m. Kal Tire vs. Lettrick Co.
8:30 p.m. Sun Auto Parts vs. Vernon Auto Sport

MAJOR WOMAN'S VOLLEYBALL

At Kal School: 7:30 p.m. Justice vs. Bumpers; Village Green Inns vs. Hot Shots; Woodstocks vs. Bib and Tucker; Coldstream Motor Hotel vs. Speedos.

WOMEN'S COMMERCIAL VOLLEYBALL

At Fulton: 7 p.m. Collaborators vs. Guzzlers; Bridge All Stars vs. Ronzies Girls.
8 p.m. Cobras vs. Gustos; Roadrunners vs. Wesco.
9 p.m. Heros vs. Dollies; Kootenay Six vs. Jokers.
At Seaton: 7 p.m. Magnificent Seven vs. Stompers; Red Top All Stars vs. Mixed Nuts.
8 p.m. Gold Diggers vs. Fatswith; Smashers vs. Mission Impossible.
9 p.m. Setters vs. Sneakers; Kal Tire C.P.C.'s vs. Howlers.

SPORTS BRIEFS

HONEYMOONERS

In Monday Honeymooners Volleyball play this week, the Jam Tarts bounced the Orangatangs 15-8, 15-3 and 15-10, the Subtractors beat the Tempeats 15-11, 15-6 and 15-12, the Sum Timers lost out to the Rockets 13-15, 15-8 and 1-15 and the Super Six smashed the Desperados 15-0, 15-10 and 16-14.

ALLISON SIGNS

MEMPHIS, Tenn. (AP) — Malcolm Allison, former coach in the English League, has been signed by the Memphis entry in the North American Soccer League, the team's general announced Tuesday. Allison, 50, coached Manchester City from 1965-71, winning two division titles. In 1970, the team won the European Cup. After his success at Manchester City, Allison moved to Crystal Palace and most recently to a 15-month stint in Turkey.

PICK NEW NAME

ANAHEIM, Calif. (AP) — The California franchise of the North American Soccer League announced Tuesday that it will go by the nickname Surf and probably play its home games at Anaheim Stadium. The team will be playing its first season on the West Coast in 1978. The franchise, formerly St. Louis Stars, moved to California following the 1977 season after 11 years in St. Louis.

NAMES COACHES

ATLANTA (AP) — New Atlanta Braves manager Bobby Cox named new coaches Tuesday, retaining only one member of the 1977 staff. Cox chose Pete Ward, a six-season minor league manager, as the new first base coach for the National League baseball team. Cloyd Boyer, pitching coach in 1977 for New York Yankees, will handle pitchers, and Tom Burgress, a New York Mets coach last season, will be third base coach. Chris Cannizzaro, 39, the bullpen and catching coach is the lone holdover.

GAME POSTPONED

MONTREAL (CP) — A National Hockey League game scheduled for Jan. 7, 1978, between Montreal Canadiens and Detroit Red Wings at Montreal has been postponed, the NHL announced Tuesday. The Canadiens are to play Spartak of the Soviet Union the night before and play host to Philadelphia Flyers Jan. 9.

VITALE RESIGNS

DETROIT (AP) — University of Detroit basketball coach Dick Vitale has resigned because of a stomach ailment, but will stay on as athletic director, a university spokesman said Tuesday. Dave Gaines, an assistant coach for the last four years, was named to take over.

BOB MEUSEL DIES

DOWNEY, Calif. (AP) — Bob Meusel, a member of the New York Yankees' famed Murderers Row of the late 1920s, has died in hospital at the age of 81. The outfielder spent 10 of his 11 major league years with the Yankees and compiled a career batting average of .309 although he never received the publicity accorded team-mates Babe Ruth and Lou Gehrig.

BEST MISSING AGAIN

LONDON (AP) — George Best, 31, has disappeared once more and was suspended Tuesday by Fulham in the Second Division of the English Soccer League. "George has just not turned up for training," said manager Bobby Campbell.

AWARDS NIGHT

Group selects horse of year

By BEV SKINNER

The Okanagan Light Horse Improvement and Show Association held its annual "Horse of The Year" and "Pony of The Year" Awards night recently.

The event was held in Kelowna at the Kelowna Riding Club's Club House. The evening started with a social hour from 6-7 p.m. Riding club members from Salmon Arm to Oliver gathered to socialize for the hour before sitting down to enjoy a chicken supper. Following the supper, there was entertainment supplied by the Vernon and District Riding Club.

HORSE OF YEAR

After the entertainment was concluded, presentations of the awards began. Mrs. Paddy Leir, president of the OLHI and SA from Oliver made the presidentations to the following winners: "Horse of The Year" — Valley Two Spot owned by Jay LaLonde, of Vernon; "Pony of The Year" — Special Duke owned by Jackie Gies, of Kelowna; Jr. Aggregate — Maralynn Rehbein of Summerland; Jr. Equitation — Candy Delange of Vernon; Child's Hack — Valley Two Spot owned by J. LaLonde, of Vernon; Family Ride — The Boyd Family of Vernon; Open Working Hunter — Carrie, owned by Lynn Bulwer of Vernon; Open Hack — Carrie; Junior Jumping — Gambler, owned by J. Gies of Kelowna; Open Jumping — Carrie; Individual Tent Pegging — Jay LaLonde of Vernon.

Five-way tie for Matched Pairs English — Beaver's Aquilla, owned by B. Hay of Armstrong and Golden Dawn, owned by Maralynn Rehbein of Summerland. Goldies Highland Lad owned by C. Maxon of Kelowna and Fantasy owned by D. Dewhurst of Kelowna; Magical owned by P. Jordan of Vernon and Smokey Too owned by J. Gerlinger of Kelowna. Sherekasi owned by B. Philp of Vernon and Lucki Hoo owned by C. Gawne of Vernon. Gazans Abu Kahn owned by J. Hadland of Vernon and Lucki Hoo of Vernon.

WORKING HORSE

Open Western Working Horse Fantasy: Turning Awards Sr./Int. — Tansy Dawn owned by B. Potter of Summerland; Turning Award Jr. — Linda owned by S. Wagner of Armstrong; Jr. Western Pleasure — Valley Two Sport; Western Pleasure Open — Rocket's Chicaro owned by P. Leir of Okanagan Falls; Jr. Working Hunter — Golden Dawn; Jr. Western Working Horse — Fantasy; Pony Working Hunter — Special Duke; Pony Jumping — Little King, owned by J. Postill of Vernon; Saddle Pony — Special Duke; Pony Turning Award — Golden Camino Lady owned by J. Davis of Summerland; Western Working Pony — Golden Camino Lady.

Juvenile reps avenge loss

By DALE MAJOR
Correspondent
Vernon Daily News

Vernon Coca Cola reps avenged their only loss this season, beating Kamloops 11-1 in OMMHA play Saturday in Kamloops, while in Merritt on Sunday, Vernon beat the home town squad 4-1.

The Vernon team, which is now 6-0 in league play, has gone an 11 game winning streak since their 8-7 exhibition loss in Kamloops.

PACES ATTACK

On Saturday Vernon came out flying and with some fierce forechecking, jumped to a 5-0 first period lead and then stretched it to 8-1 after the second. Dick Drieger paced the Vernon attack with three goals, Tom Ouchi and Glen Lockwood added a pair each, Gerry Foster, Jack Prokepetz, Gary Redman and Kelly Kaneda added singles. Gary Edwards and Kaneda each notched three assists. Gord Miller netted the lone Kamloops goal.

PHYSICAL GAME

On Sunday in Merritt, in a very physical game, Vernon again jumped out to a 5-0 first period lead and then blasted eight more in the second period. Redmon led the Coca Cola team with a four goal game, while Drieger and Wayne Brown added three. Gary Edwards notched a pair and Foster, Prokepetz and Jim Harding scored singles. Larry Jorgenson replied for Merritt.

CHECKING SUCCESS

Vernon coach Bob Williams said he was extremely impressed with the showing of his team but is reluctant to assess their play.

All-Star Wrestling
Friday, Dec. 2, 8 p.m.
Vernon Rec Centre
"Canadian Tag-Team Title"
DON LEO JONATHON & GUY MITCHELL
Challengers
VS
AVENGER & MIKE SHARPE
Champions
SPECIAL REFEREE
WILN DON WAYT
VS
ERIC FROELICH
VOLKOFF
VS
DILLON
Plus 2 Other Bouts
Tickets at
VERN'S FAMILY REC
Ringside $4.00 | General $3.50 | Child 12 & Under $2.00

EPA RATED 80 KILO PER GALLON CANADA'S LOWEST PRICED FOUR WHEEL DRIVE

Subaru Four Wheel Drives Winter
Subaru Vernon 545-7204 dl No 01739A

Open up a new world of fun & recreation with a membership at the Vernon Racquet & Squash Club

The Vernon Racquet & Squash Club which has been in operation since Nov. 1976, is a facility for Racquetball, Handball and Squash. Vernon is keeping in step with the dynamic growth of these sports throughout the world. These sports are an excellent way to gain pleasure in keeping fit. Think about it — Handball, Racquetball and Squash are the games for you!

VERNON RACQUET & SQUASH CLUB
No. 2 — 2917 - 31st Ave. 545-3002
(across from the Greyhound Bus Depot)

IT CAN BE HABIT FORMING

Racquetball — for all seasons

Fitness is a way of life.

People who are fit look better, feel better, do things better and seem to enjoy themselves more than unfit people. As one becomes more fit physically, he becomes more fit mentally. Racquetball is one of the best ways to keep fit.

As popular as tennis is this fusion of handball and squash called racquetball is gradually replacing it as the nation's fastest growing participant sport.

Preventative medicine is just one of the reasons why racquetball is beginning to eclipse the growth rate of tennis. It takes at least two years to learn to play a respectable game of tennis whereas with racquetball one can learn enough fundamentals to start enjoying the game in the first five minutes. To quote Shannon Wright (American racquetball pro and top woman player): "Racquetball is great for everyone because it doesn't take much time or you can have a blast even if you're 80."

Comparing energy requirements of racquetball and squash to tennis, it has been found that racquetball and squash come out on top as higher intensity sports.

A tennis player with a reasonable level of ability burns 450 kcal during one hour of play. The same player, playing racquetball or squash would see his energy expenditure rise to 735 kcal per hour which is close to running 7.5 miles in one hour. Racquetball and squash also contribute to better conditioning stimuli than does tennis. Cardiac frequency (heartbeats per minute) have been recorded during games of the three sports and the average beats per minute for racquetball were 171, squash 167 and tennis 143 beats per minute.

NO BARRIERS

These indoor sports (racquetball, squash and handball) are particularly suited to our Canadian climate. Not only can they be played at any hour of the day or night but they can also be played year round. The space they require is much less than that needed by tennis thus more economically viable when the number of participants per square foot of required space is assessed.

As for age and sex it is important to stress that these sports show no discriminative barriers. Beginners at the sports can keep the ball in play in lengthy rallies within minutes of first trying the game. Even if at first one has little control over the ball's direction and trajectory, he soon remembers that the ball, like himself, is confined within the four walls of the court, a fact that foils the ball's efforts to escape him. This realization inspires and encourages beginners to persevere in their efforts.

Finally, if you are concerned about your physical condition; if you have little time at your disposal to devote to achieving and maintaining physical fitness; if you have a personal timetable that makes it difficult for you to become part of a team sport with fixed practice hours; if you have little or no experience in racquet sports; try racquetball or squash.

But beware — I know some people for whom racquetball in particular has become truly habit-forming and whose metabolic cycle after that first court experience becomes positively dependent on regular and repeated "fixes" of this fun way to fitness.