

Horse Talk

Training & Handling

with Don Fraser

This column is presented 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 and answer it.

HOW TO LUNGE A HORSE

Now that the restive season is behind us, people are starting to think of riding more and getting their horses in shape. With all the snow we have, one is limited as to what they can do. So as a means of exercise and training, lunging is hard to beat. I have had a lot of success along with lunging in the past and I hope to work 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 and answer it.

The following is an excerpt from a book I have that describes lunging in a simple way. I prefer to lunge a horse on a simple lunge and intend to educate him in obedience, leaving him in his free and natural balance, you do not use side reins. I prefer to lunge a horse in an ordinary snaffle, attaching the lunge to one snaffle of the snaffle. One can connect both rings of the snaffle by a strap under the horse's chin to the snaffle on the other side of the mouth, or put the noseband through the rings of the snaffle. To start, I attach the lunge to the left ring of the snaffle, and hold the folded lunge in my right hand together with the whip. The left hand takes the lunge about one yard from the horse's mouth. I place myself beside the horse parallel to the front legs, facing the direction we intend to go.

Using my voice, and whip (gently on the horse's shoulder), I ask him to walk. The left hand holds the lunge in contact with the snaffle. As I walk with the horse leading him on a straight line. Then I turn gently to the left or right. I walk about five minutes keeping the horse on a free walk forward on contact with my left hand.

If the horse wants to run, I stop him using my left hand and my voice. I make the horse quiet and start to walk again.

One must have a great deal of patience and lead the horse all over the place and in large circles and start one fence that he understands that he is attached to the trainer and that it is to walk with him.

When I feel he is relaxed and obedient, I start to extend the lunge. That means I move from the horse leaving him on the previous track. Gradually, I lengthen the lunge to about three or four yards from the horse's head. The whip I hold is stretched towards the horse's hind quarter. In this way I come to the stage when the horse is framed in a sort of triangle. I am at the top, the lunge is on one side and the whip is on the other side of the horse, which is the base of the triangle. When the horse travels all around the place and is obedient, I start to work him at the trot. The obedient to my voice and to the gentle jerk of my left hand at the walk, so he is easier to control at the trot.

Of course, leading at a walk should be done on both sides. Remain on the left for about 10 minutes, then change the lunge to the right ring of the snaffle and lead the horse to the right. Naturally when I am on the right side of the horse, I hold the folded lunge with the whip in my left hand, and I lead the horse using my right hand. When the horse goes smoothly I begin to increase my speed and anticipate the lunge. I begin to increase my speed using the whip behind the horse, and at the same time I move myself forward faster. I decrease the whip and the voice and slow my pace. I always walk with the horse.

Once the horse has become obedient to my voice one can then start to lead him over single cavalletti and work up to jumping.

Ski marathon

at Stussi Area

North Okanagan Cross-country Ski Club's 30 kilometer marathon will be held Sunday.

The first annual event is scheduled at the Stussi Ski Area, 22 miles east of Vernon.

Tillicum hosting ski series

The Molson Dual Slalom Championship Series will have tonight at Tillicum Valley Ski Area.

Businesses, clubs, and organizations are invited to enter three skier teams in the event series. The winners do not have to be the same each week.

Tillicum Manager Sandy Boyd said, "It will be an easy course - anyone can get through it."

His last year's series, there was some concern at the level of competition due to the entry of some local skiers.

However, all ski industry entries now take part in another series of Monday nights.

Registration is 7 p.m. only. Entry fee is a lift ticket.

DAILY NEWS SPORTS ALERT

HIGH SCHOOL BASKETBALL
6 p.m., Vernon Royals vs Kamloops Red Angels in Kamloops 7:30 p.m., Vernon Panthers vs Kamloops Red Devils in Kamloops

MAJOR WOMEN'S VOLLEYBALL
At Vulture 7 p.m., Woodstock vs. Bib and Tucker and Fulton Green Inn vs. Justice. At 8:45 p.m., Coldstream Hotel vs. Magnificent 7 and Bumpers vs. Hot Shots.

COMMERCIAL WOMEN'S VOLLEYBALL
At OK Landing School 7 p.m., Jokims vs. Dyna-Med and at Tivoli 8 p.m., Mission Impossible vs. All stars and Gusto vs. P.T.'s, 9 p.m., Med-Cats vs. Guzzlers and Setters vs. Dollies.

At W. L. Seaton 8 p.m., Mission Impossible vs. Toros and Foney's Girls vs. Silver Six, 8 p.m., Kooleray Six vs. Almada and Heroes vs. Copy-Cats, 9 p.m., Six O'Levs vs. Howlers and OK Weiders vs. Goppers.

PLEASANT VALLEY HOCKEY
11:30 p.m. Civic Arena, Shadwa vs. Vernon Raiders

SKIING
8:30 p.m., Tillicum Valley Ski Area, Molson Dual Slalom. Challenge series starts tonight.



TOPS IN SPIEL

Last weekend Lumby held the men's open sweater bonspiel giving spectators a chance to watch some great curling. Several games went into extra ends, including the final in B Event when the Joe

Kubash rink from Lumby won over Vernon's Kleib May rink by one point. Taking A was the Paul Manure rink of Kelowna. They beat out Cam Hanna of Lumby. In C Event the final was all

Vernon with Red Doble topping Norm Brown. Top photo is from right, Lumby Curling Club President Ed Kruger, presenting sweaters to the Kelowna winners; skip Manure; third, Vernon Colbeck;



Baseball returns to coast

VANCOUVER (CP) - City council voted Monday to spend \$350,000 to upgrade the

MINOR HOCKEY ROUND-UP

VERNON MIDGETS IN SECOND-PLACE

By DALE MAJOR
DAILY NEWS

VERNON BLOOM and Sigeloff Midgets won a pair of games last weekend, jumping Kamloops 6-2 and Merritt 7-0.

The victories give Vernon a 10-3 won-lost record and eighth place leap over Kamloops and Pentico. In second-place, behind Kelowna.

On Saturday, Kamloops led 1-0 after the first period and the clubs were tied 2-2 after the second.

Erni Smith, Lance Vachon, Rod Trentini, Tim Knopp, and Dwayne Streiger shared the Vernon scoring.

In Merritt Sunday, the teams were scoreless after 10 minutes and Vernon led 4-2 after 40 minutes.

Trentini led the attack with four goals while Vachon, Knopp and Doug Jeffers added goals.

Dan Hildebrand, Rocky Fontun, and Steve Schliebanger replied for Merritt.

BANTAM WIN
Vernon Sun Valley Bantam Reps also won a pair, coming from behind to edge Merritt 8-5 and Trumping Pentico 6-2.

On Sunday, Merritt took a 4-0 lead and looked like they were going to blow Vernon out of the rink. However, the locals fought back and



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Vikings pull surprise moves

Vernon Vikings, of the B.C. Junior Hockey League, pulled two surprise moves on Tuesday.

Vikings sent defenceman Rob Need to Red Deer Raiders, of the Alberta Junior A League, for future considerations. And local product Rob McLean was released after a five-game trial.

The movement was surprising because Vikings are down to 16 players and have no cards left to sign prospects.

General Manager Vern Dye said, "The future considerations will have to be a player next season - we can't sign anyone else this year."

Coach Hank Wenzley is believed to have made the moves as a disciplinary measure after an incident on last weekend's disastrous tour trip. On the coast, Vikings beat three times and outscored 31-9.

BUSY WEEKEND
Vernon's back in action Friday night when they travel to Kelowna to take on the Buckaroos. Saturday night, the Vernon Vikings will play the Nanaimo Clippers before the Vikings at the Civic Arena.

Dye and Wenzley are expected to meet with the Kelowna Raiders and the Victoria Royals on Tuesday night. Merritt Centennials and the Nanaimo Clippers are expected to meet with the Kelowna Raiders at the expense of the league's division doormats.

Merritt scored a 13-2 win over Revelstoke Bruins which is last in the Interior Division. The Bruins also scored three times for the Blazers with Ken Berry adding a pair. Al Anderson, "We've had some midgets and juveniles in Vernon and we're hoping to use them in our line."

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Local racers do well

The Vernon Ski Racing Team, coached by Larry Doyle, placed first in a 10-team competition at Big White this week.

Fifty-three skiers, from throughout B.C., took part in the event.

Steve Erickson took first place overall while Mike Forster was named best skier.

In the women's competition, Sherri Sibbald placed second and sister Lili finished third.

Other local racers who did well included Gillespie, Bob Woodman, and Brad Thorlakson.

Next race will be a giant slalom on Jan. 22, in Revelstoke.

Meanwhile, Vernon skiers Gerry Schindler and Dale Parky have qualified to compete in the B.C. Cup Race next weekend, in Rossland.

Bighorns pad lead in WCHL

By THE CANADIAN PRESS
The Bighorns padded their lead to five points atop the Central Division of the Western Canada Hockey League Tuesday with a 6-4 win over Medicine Hat Tigers in the third of three games played.

In another hat, Regina Pats extended an unbeaten streak to six games by downing Saskatoon Blades 8-5 and Seattle Breakers scored five goals at home in the third period to defeat Victoria Cougars 8-2.

In Bulling, the Bighorns' Blake Sullivan broke a 3-2 tie with two goals in the third period to put the game out of reach. Other scorers for the winners were Pat Conacher, Ed Chapman, Don Nachbar and Harvie Fozz with one each.

Darrel Switzer had two goals for Medicine Hat while singles goal to Jim Hill and Lonnie Williams.

SPORTS BRIEFS

DOG RACES
Western Can-Am Sled Dog Races will be held on 1-A and Ranch, near Vernon, on Jan. 21 and 22. Racers from B.C. and Alberta, as well as five states, are expected to compete. Total prize money is more than \$2,000.

14 POINTS
Betty Sherk scored 14 points to lead Knicks to a 42-26 victory over Armstrong Lighting in Major Women's Basketball League play Tuesday night at Fulton. Linda Lockerby added 13 for the winners. Lyn Stickland was top sniper for Armstrong with eight points. In another game, underdog Texas for Coach Laurie Oganawara was top scorer for Bucks with nine points.

OUT OF HOSPITAL
ATLANTA (AP) - Henry Aaron, major league baseball's hon. run king, checked out of hospital Tuesday saying he felt great but that doctors told him to quit smoking. He had been undergoing tests for possible heart problems after suffering pains around his heart while driving his son to school 7 weeks ago.

REPRIMAND HAYES
ATLANTA (AP) - The ethics committee of the American Football League apparently has reprimanded Woody Hayes of Ohio State for punching cameraman during the televised Michigan-Ohio State game last November.

CALIFORNIA (15 Days, 14 Nights)
Departs Feb. 4th

GRAND CANYON - ARIZONA (15 Days, 14 Nights)
Departs Feb. 11th

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Raiders win crucial games

Winfield Raiders moved into the thick of the North Okanagan Hockey League playoff race with a pair of 7-4 victories over Vernon Price and Markie Canadians last weekend.

Raiders, who have been stuck in the league cellar since early in the season, moved to within two points of the slumping Canadians and three points to Kelowna Molsons, in the fourth and final playoff spot.

Canadians, who have been hit hard by injuries, lower commitments, and players quitting, got a chance to end their three-game losing streak Friday night when they travel to Westside to meet the second-place Packers.

Despite the two losses, Canadian Dave Calder moved back into second place in the individual scoring race. The slick left winger had three goals and four assists last weekend.

League statistics are:

TEAM	GP	W	L	T	GF	GA	Pts
Grindor Elks	12	7	5	0	61	40	19
Westside P & M	12	7	5	0	61	40	14
Vernon Sport Cougars	14	7	7	0	97	73	13
Vernon Canadians	15	6	9	0	64	72	12
Winfield Raiders	15	6	9	0	64	72	12

PLAYER TEAM	G	A	Pts
Rick Harris, Elks	22	19	41
Dave Calder, Can	20	13	33
Tom Connors, West	16	17	33
Jeff Todd, Can	11	15	25
Doug Fisher, Elks	10	15	25
John Sherry, Cougars	11	13	24
Doug Fisher, West	7	16	23
Gary Moore, Winfield	9	13	22
Larry Ewing, Molsons	7	16	21
Pres Poirn, Winfield	10	10	20
Wayne Miller, Molsons	9	11	20

PLAYER TEAM	Min	GA	Pts
Dave Calder, Can	208	9	2.62
Gerry Dyer, Molsons	180	7	4.44
Wayne Miller, Molsons	198	9	4.52
Mike Smithson, Cougars	118	4	4.67
Charlie Brishman, Can	484	38	4.71

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