



SKI TIPS

By TOM FERRIS
Ski School Director
Tillicum Valley

WARM UP FOR WINTER

I've had a number of years to work out a routine of morning exercises, without actually getting out of bed. Happily, I've discovered that once out there, it's not so bad. In fact it's downright enjoyable. Do a few warm ups to start (neck rolls, arm rolls, feet and leg exercises). Then try some running and/or walking. Finish up with a few stretch exercises and repetition exercises. Fifteen or 20 minutes, three or four times a week, is a lot. The hard part is getting out of the sack; but the rewards are incredible. Tell your friends to shape up! Allow a little oxygen to penetrate the brain for skiing! Get in shape for skiing!

DAILY NEWS

SCOREBOARD

CARLING O'KEEFE BASKETBALL LEAGUE									
Team	GP	W	L	T	Pct	Agv	Pts		
Coldstream Hotel	4	4	0	0	.327	258	8		
Trophy Gallery	4	2	1	1	.285	251	6		
Bin's Restaurant	4	2	2	0	.285	317	4		
Pricc and Marle	4	0	4	0	.000	211	4		

TOP 10 SCORERS									
Player	Team	GP	Tot	Avg					
Morris Vandarso	Coldstream	4	129	32					
Don Wood	Gallery	4	92	23					
Glen Wheeler	P and M	4	77	19					
Phil Kricker	Bin's	4	72	18					
Stu Fitzgerald	Bin's	3	68	23					
Charles McIntyre	Bin's	3	66	22					
Carl Schiller	Coldstream	4	53	13					
John Jensen	P and M	3	50	17					
Bill Kirkland	P and M	4	51	13					
Bill Hawthorn	Gallery	3	45	15					

HONEYMOONER'S VOLLEYBALL (MONDAY)									
Team	GP	W	L	T	PF	PA			
Vernov Optical	30	24	6	0	24	366			
Duck Soup	30	20	10	0	20	371			
Inland Kenworth	30	20	10	0	20	371			
Salmon Spikers	30	19	11	0	19	301			
Bank of B.C.	30	17	13	0	17	301			
Vernov Radiator Smashers	30	19	11	0	19	301			
Harry's Huskies	30	15	15	0	15	296			
Volley Jedis	30	15	15	0	15	296			

INTERMEDIATE-B "B" WOMEN'S VOLLEYBALL (KALAMALK)									
Team	GP	W	L	T	Pct	Agv			
Koolas	29	31	8	0	.21	546			
Sunshine Girls	29	28	13	0	.21	497			
Laurie's Ladies	29	23	16	0	.21	497			
Kapitan Hall & Gals	29	14	0	0	.21	413			
Dolphins	29	13	16	0	.13	447			
Volley Jedis	29	12	17	0	.13	377			

INTERMEDIATE-B "B" WOMEN'S VOLLEYBALL (KALAMALK)									
Team	GP	W	L	T	Pct	Agv			
Dog & Ear	29	11	5	0	.24	554			
Pats With	29	10	19	0	.22	453			
NCA Sharpies	29	11	18	0	.22	453			
P.A.'s	29	11	18	0	.21	464			
Miss Fitts	29	14	15	0	.14	331			
Silver Six	29	15	14	0	.14	338			
Silver Six	29	15	14	0	.14	338			

INTERMEDIATE-E "E" WOMEN'S VOLLEYBALL (OKANAGAN)									
Team	GP	W	L	T	Pct	Agv			
Royal Rebellets	40	33	7	0	.23	486			
Duck Bumpers	40	23	17	0	.23	486			
Motorways	40	21	19	0	.21	485			
Bubbly Bumpers	40	21	19	0	.21	485			
Rainbow Howlers	40	11	29	0	.11	373			
Pink Panthers	40	9	31	0	.09	396			

PLEASANT VALLEY HOCKEY LEAGUE									
Team	GP	W	L	T	Pct	Agv			
Carling O'Keefe	7	6	0	1	.857	69			
North Stars	7	6	0	1	.857	69			
Krimmen	8	3	2	3	.438	44			
Intermediates	7	3	4	0	.429	49			

INTERMEDIATE-MEN'S BASKETBALL									
Team	GP	W	L	T	Pct				
Professionals	2	2	0	0	1.000				
National Hotel	2	1	1	0	.500				
Compass	2	1	1	0	.500				
Lamb's Restaurant	2	0	2	0	.000				
Silver Strikers	2	0	2	0	.000				

MAJOR WOMEN'S VOLLEYBALL									
Team	GP	W	L	T	Pct				
Coldstream Hotel	69	47	22	0	.682				
Kimiko Hair Fashions	69	42	27	0	.609				
Vernov Interiors Printers	69	39	30	0	.565				
Okanagan Gardens	69	33	36	0	.478				
Pacific Construction	69	25	44	0	.362				
Peters Tirecraft	69	15	54	0	.217				



LUMBY TIMBERETTES' forward Zofia Jarosinski goes up for two points in the final minutes of a game Friday at the Royals' Invitational Basketball Tournament.

SMITH QUILTS

Lakers without a team captain

Vernon Lakers, of the B.C. Junior Hockey League, do not have a captain. Captain Earl Smith walked out of a team meeting this week and quit after an apparent dispute with Lakers' General Manager Hank Aarsen. Smith, a Vernon native, joined the Lakers this year after spending two seasons with Merritt Centennials.

Aarsen said Friday no replacement for Smith, as captain, has been named. Meanwhile, newcomer Gord Olsen will not be available for tonight's game in Revelstoke, against the Rockets Olsen's release from Regina Blues, of the Saskatchewan Junior 'A' League, has not been cleared through the B.C. Amateur Hockey Association office. Lakers host Penitents tonight.

on Sunday, at 7 p.m. In BCHL action Friday night, Paul Henck scored four goals to lead Kelowna Buckaroos past Revelstoke 9-3. Penitents scored three times in the third period to dump Revelstoke 4-1, and the Chilliwack Colts-Vancouver Blue Hawks game was postponed due to a snow storm in the Fraser Valley.

Daily News

SPORTS

DON KENDALL - Sports Editor
Phone 545-0671

PAGE

Royals whip Burnaby North

Vernon Royals blasted Burnaby North 57-29 in the Royals' Invitational Girls' Basketball Tournament Friday at Vernon Senior Secondary School. In other games, Lumby beat Kelowna 33-25. Lumby was scheduled to meet Penitents in the semi-finals today. (Daily News Photo)

Vernon was scheduled to meet West Vancouver while Lumby faced Penitents in semi-final action today. On the consolation side, Kelowna played David Thompson and Kamloops tackled Burnaby North. Championship game is scheduled tonight at 7:30 p.m. Kimolo expected West Vancouver to be tough. "They've got a player who has to be one of the best in the province. She scored 38 against Kamloops. We have to stop her."

LOOK BACK FIVE YEARS

DECEMBER, 1976
Vernon Vikings will have a new player in camp, Saturday - and he's travelling halfway across North America to get here. John Hurrell, who has been playing in the Eastern Intercollegiate Hockey League.

NEED A LAWYER?

If you've got a legal problem and don't know where to turn, give us a call. We'll tell you where to get the professional advice you need.

Lawyer Referral Service

Call 542-5700 in Vernon

Sponsored by the VERNON BAR ASSOCIATION in conjunction with the Canadian Bar Association, B.C. Branch

Berger third at Toronto meet

Vernon's Bruce Berger placed third in the 1,500 metre freestyle event at the Canada Cup senior international swim meet Friday in Toronto.

A clocking of 15 minutes, 20.8 seconds gave Alex Baumann of Surrey, Ont., the freestyle championship. Neil Hodgson of Toronto was runner-up with a time of 15:47.96 followed by Berger at 15:50.09. Rob Masson of Toronto 15:51.72, and Mike Higgs of the U.S. 15:54.71. Baumann, 16, also captured the 200 metre individual medley event.

His winning medley time on a short course (25 metres) was 2:03.07 - a mere 1.49 seconds faster than the 2:04:51 clocked by veteran Graham Smith of Edmonton.

Jeff Riddle of Edmonton was third in 2:07:43 followed by Kich Carey of the U.S. 2:07:47, and Wade Flemmons of Vancouver 2:08:46.

Kathy Cahill of Toronto won the women's 200 metre IM, while Sue Cahill of the U.S. took the 800-metre freestyle.

Bald won the women's 200-metre medley in 2:18.00. Keyven Stafford of Vancouver was second in 2:21.88, followed by Mary Hurrell of the U.S. 2:22:26. Kathy Richardson of St. Catharines, Ont., 2:23:15 and Chris Hodson of the U.S. 2:23:24.

Cahill's winning time in a short course (25 metres) was 2:35:40. Runner-up was Judy Baker of Burnaby, B.C., in 2:37:52, followed by veteran Graham Smith of Regina, 3:38:42, Debbie Masuch of Edmonton, 9:00:25 and Richardson, 9:03:02.

PIN POINTS

NOVEMBER 25 TUESDAY 7-9
Women's High Single: Carol Halliday, 280; High Triple: Carol Halliday, 852; High Average: Sophia Reina, 212.
Men's High Single: Bill Forscutt, 323; High Triple: Art Block, 729; High Average: Art Block, 220.
500 Club: Bill Forscutt, 323; Len Chabley, 220.
TEAM STANDINGS
Iroses 367; Mission Hill 350; Reprobates 348; Winomes 316.
Nov 26
Women's High Single: Sandra Wilfong, 233; High Triple: Murel Vidal, 672; High Average: Murel Vidal, 204.
Men's High Single: Bob Morphy, 322; High Triple: Bob Morphy, 948; High Average: Stu Tabata, 228.
Team High Single: Pin Head Wizards, 210; High Triple: Alley Opps, 119.
500 Club: Bob Morphy 322, 884.
TEAM STANDINGS
Alley Opps 481; No Man's Land 328; Century 21 No 2 316; Assassins 316.
Nov 26, Wed 7-9 Mixed
Women's High Single: Donna Desmaras, 309; High Triple: Donna Desmaras, 724; High Average: Donna Desmaras, 219.
Men's High Single: Gary Krause, 363.

303. High Triple: Frank Lindley, 274; High Average: Len Chabley, 274.
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Strand Holidays

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STRAND HOLIDAYS FILM SHOW
Wed., Dec. 10th at 7:30 p.m.

RAINBOW TRAVEL SERVICE LTD.
Refreshments will be served 542-5333

Snowmobilers hold open house Sunday

There will be at least 12 demonstrator machines, provided by local dealerships, for the use of novices. Visitors are also invited to meet at the snowmobile parking lot, about 20 kilometres from Vernon, at 10 a.m.

The Vernon Snowmobile Association open house on Sunday, at 10 a.m.

hoping for a good turnout. "We want people to have a chance to ride a snowmobile," he said, "and to see how beautiful it is on the Star".
For further information phone 545-7373 or 545-7950

GEORGE COOPER, of Victoria, takes a break on top of Silver Star Mountain to enjoy the scenery seen only by snowmobilers and skiers. Sites include the Monashee Mountains and Okanagan Lake. The public is invited to

There will be at least 12 demonstrator machines, provided by local dealerships, for the use of novices. Visitors are also invited to meet at the snowmobile parking lot, about 20 kilometres from Vernon, at 10 a.m.