

PHYSICAL FITNESS
It was obvious that the majority of the people had benefitted enormously from their participation in the outdoors program this year; they tackled the fairly steep inclines without stress. At the same time they were able to carry on with discussion on many different topics, there was breath for this too.

BIRDS
A grouse or two were near the trail, only departing hence when they considered the humans too close. Past experience of this area gave rise to hopes that hawks would delight the eye with their presence. So, when the old homestead clearing was reached and a large black shape was observed in the air, it seemed they were still around.

Alas, it was the ubiquitous crow that looked down on the people and it flew away immediately, its behaviour reflecting mistrust of man. A melancholy bird, a brace of red-tailed hawks circling effortlessly overhead would have been more rewarding.

FALL COLOURS

The landscape is entering its winter phase, only dried and shrivelled wildflower plants to be seen, while the trees are surrendering to the elements, soon to be completely stripped of foliage. But, in one fold of the countryside, on the edge of the plateau, by some freak of nature there was a young maple retaining all its leaves. Some near the ground were still greenish in hue whilst the rest of the tree exhibited a great mass of golden colour. In the strong sunlight, the effect was that of a radiant glowing panoply.

Campbell-Brown will be transformed again in the Spring, wildflowers in their many different varieties covering the ground. Shooting Star is one that lives in the memory. It's truly magnificent here in May and June.

CONTENTMENT

The hikers enjoyed a wonderful day in the open air — don't they always? The hours spent in rambling through the wilderness with congenial companions are looked forward to eagerly each week during the summer months.

LAST MOUNTAIN HIKE

The outing next Sunday, October 23 is to the Westwold district and this will be the last hike, to the heights anyway, for this year. Bill Irwin promises a great day in new country and of course, any Nordic skiers present will benefit from the leg stretching exercise.

This hike takes the place of the one listed previously for Shorts Creek.

Meet Bill at City Hall at 9 a.m. Ring him on 545-1210 if you need more detail.

WIND-UP PARTY

Bookings for this end-of-season function are mounting all the time and the organisers are very pleased with the responses to date. The Ukrainian Catholic Church hall is at 3016 37th Street and proceedings will commence at 6 p.m. Tickets are available at Far West, at \$4 per person. Florence Richardson (542-3163) can advise you about details of the potluck supper arrangements.

Knights down Revelstoke 7-4

Erin Scott scored his second goal of the game on a power play at 5:08 of the third period to give Penticton Knights and 7-4 victory over Revelstoke Rangers in B.C. Junior Hockey League action Thursday.

The Knights edged ahead 2-1 after the first period but the Rangers fought back to tie the game 3-3 after two.

Brett Hull also notched two goals for Penticton while Rob Cederberg, Rod Poindexter and Mike Barzal scored singles.

Ranger goals came from Paul Mottishaw, Mike Dickerman, Verne Kinley and Ron Bonora.

Knights' goaltender Mike Jeffrey faced 40 shots, while Frank Romeo was fired at 38 times in the Ranger net.

Lakers romp over Merritt

Vernon Lakers ended their two game losing streak Thursday with an 11-5 romp over Merritt Centennials in B.C. Junior Hockey League action.

Lakers pretty well had the game tucked away in the early going and took a 5-1 lead into the second period.

They led 9-3 after two frames.

Vernon got two goal performances from Dave Wensley, Bob Wensley, and Carlo Calfa. Singles came from Gavin Shuya, Gord Simpson, Bruce Major, Kevin Kabalka and Rob Kossan.

Despite the impressive score, coach Mike Enemark said he felt the team played better in its narrow losses to Summerland and Penticton prior to Thursday's game.

"We've been playing super hockey. I think (the Merritt contest) is the worst game we've played in a while."

Enemark did give high marks to his defensive squad.

Enemark said the defence kept a lot of pressure off netminder Mark Kulak, who was playing only his second league game.

"Our defence played much better. It helped (Kulak) out a little bit more," he said.

The Laker coach said Kulak also "did a fine job" stopping 43 shots in the victory.

The contest was a penalty riddled affair and one Vernon player will be sitting out three games on a match penalty for spearing.

Enemark termed the spearing ruling "very questionable."

There were also two fights resulting in three Vernon game misconducts and seven Merritt game misconducts. Vernon also picked up 20 minors to Merritt's 17.

Next game for the Lakers is Saturday when they travel to Salmon Arm to take on Shuswap Totems. Game time is 8:30 p.m.

Jim Young will start in the nets.