

Cobourg celebrates 200 YEARS of SPORTS



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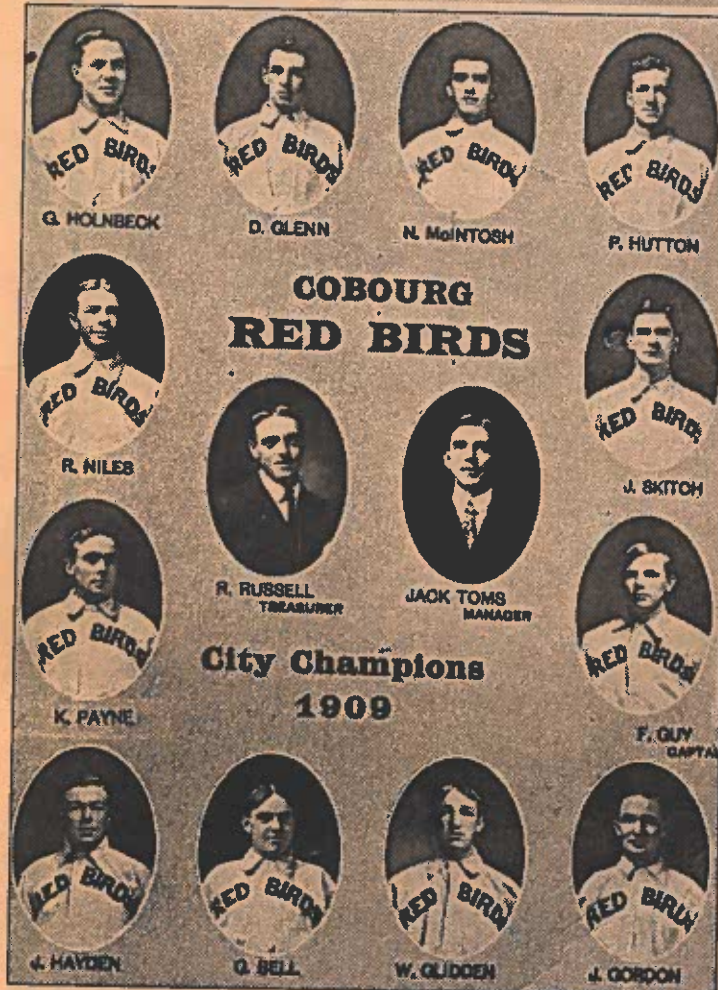
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BASEBALL



A sporting history

The Red Birds (at left and right) were one of many baseball clubs in Cobourg around the turn of the century. Sources refer to this club as early as 1908, and also mention the Boys' Brigade Baseball Club (1901) and the Town's hardball league.

Other early sports in Cobourg were horse racing and lawn bowling. And 200 years ago, when Cobourg was first settled, it is likely that sailing and swimming were considered, if not exactly sports, certainly important life skills.

So, from those early settlers to today's sports enthusiasts, play on!



Cobourg celebrates 200 YEARS of SPORTS

is a special project distributed on May 30, 1998 by
Northumberland Publishers, a division of Southam Inc.
P.O. Box 400, Cobourg, Ontario K9A 4L1
A heartfelt Thank You! to the many local residents who loaned
their archival photographs and news clippings for this project.

Opposite page

Cobourg Baseball Club — Champions Midland League 1902

Back, from left: J. Casserley, R.F.; T. Turpin, 1 B.; Ed W. Hargraff, manager; A. McAllister, S.S.; D.D. Kerr, Sec.; R. Brown, L.F.

Middle, from left: F. Burge, C.F.; F. Butland, 2 B.; A.R. Dundas, Pres.; T. Bulger, 3 B.; D. McKinnon, P.

Front, from left: J. Brown, C. (Captain); J. Lavis, Mascot

Cover photo

Cobourg Base Ball Club — Champions of Canada 1893

Back, from left: J. Humphries; W. Muldrew, 2B.; J. Fitzsimmonds, L.F.; F. Snyder, S.S.; R. H. Edmunds, S. S.; H. McGuire, Sec'y

Middle, from left: G. F. Grierson, R.F.; T. H. Pearse, L.F.; G. T. Bickle, Hon.-Pres.; C. N. Gill, Mgr.; Dr. Fairbanks, Pres.; G. H. Brown, C.F.; P. Duncan, 3B.

Front, from left: A. Mulhall, 1B.; E. J. Malone, C.; M. T. Hobart; P. Mulhall, P.; A. Grierson, R.F.

Scores of final games: Dukes of Toronto, Sept. 8 — 2-0. Sept. 14 — 12-7. Alerts of London, Sept. 27 — 8-6. Oct. 7 — 10-5.

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BASEBALL

Juveniles win Ontario title



Back, from left: Fred Maybee, Bill Wakely, Sam Oliver, Al Richards, Frank Waghorn, Ron Clayton, Larry Baxter

Middle, from left: Coach Orr Delaney, Allen DeChamp, Garnet Harris, Bob Arnew, Garry Sharpe, Paul Wakely, Coach Paul Currelly

Front, from left: Coach Jim Munro, Warren Taylor, Dave Ewart, Dave Greenaway

COBOURG October 16, 1958 — Cobourg Juveniles brought this town its first provincial baseball championship in memory Sunday as they defeated the defending champion Port Colborne East Side Athletic Club 8-1 at Port Colborne to win the Ontario juvenile "A" crown two games to one.

Victory climaxed a four-year drive by the team under the direction of Jim Munro, starting in the bantam age bracket. Two seasons ago the same Port Colborne club ousted locals in midget finals and last fall erased Cobourg for the juvenile title.

The win was sweet revenge for an inspired Cobourg Club that never looked back after dropping the opening game of the series, roaring back to square the series a week ago Sunday and then coming through in spectacular fashion in the showdown test.

Official records are not available but several local sports oldtimers believe this to be the first time in fifty years a Cobourg team has captured All-Ontario baseball honours.

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BASEBALL



Cobourg Matting & Carpet Co. Baseball Club 1920

Back, from left: W. Brown, L.F.; T. McMahon, S.S.; S. Climo, 2B.; F. Woods, 1B.; A. Burgess, Sub.; C. Bell, P.; H. Lingard, C.
Front, from left: G. Campbell, 3B.; W. Barrett, Ex. Com.; L. Gardiner, Mascot; J. Pearse, C.F.; G. Brown, Mgr.; W. Perry, Sec.,-Tres.; J. Davidson, R.F.

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LOB-BALL

COBOURG 1992 — Almost all the fun you could imagine is over for this year in the Grafton Mixed Lob Ball League.

The 'A' Championship went Home as the reigning regular season champs from Home Plate cleaned two of the three platters served to them, both in extra innings, to subdue Casey's in the final.

In the showdown, Casey's won the first game 10-7.

Home Plate had the second game on cruise control but a switch to snooze control allowed Casey's to score at 9-9. In the second extra inning, Ted Lessls' three-run double keyed a four-run inning and the Plate held on to win 13-12.

In the deciding game, it was Home Plate's turn to score three in the bottom of the seventh to force extra innings. The Plate came back again to tie it in the eighth inning. Deb Arthur's double scored Lessels from first base to provide the margin of victory in the ninth inning, thus ending the excitement for another year.

Home Plate perennial league leaders



Home Plate has won the 'A' Championship of the Grafton Mixed Lob Ball League every year since 1991.

Above, the 1992 team was:

Back from left: Rick Jaynes, Greg Bell, Marv Arthur, Jim Beach, Ted Lessels, Kevin Barrett, Mike Goodes, Jeff Sandford

Front, from left: Marcia Throop, Deb Arthur, Mary Jaynes, Karen Bell, Vera Lessels, Donna Sandford. Missing from the picture was Melanie Barrett.

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SOFTBALL



Above

Cobourg Harnden and King Angels 1975 Ontario Junior B and Lakeshore Ladies Fastball Champions

Back, from left: Bill Foote, Joanne Drury,
Judy Davey, Joan VanderZyden, Peg
Jamieson, Donna Todd, Coach Paul Currelly

Front, from left: Judy West, Faye Oliver,
Susan Foote, Joanne Jackson, Nancy
Currelly, Marg Matthews, Connie Oliver,
Patsy Currelly, Pat Richardson

Below

Cobourg Harnden and King Angels Ontario Senior Tier II Champions 1985

Back, from left: Coach John Hayden,
Ann Lang, Janice Crosgrey, Jackie
Oulahen, Susan Taylor, Nancy Jane
Dalgarno, Jim Morrow, Coach Paul
Currelly

Middle, from left: Leah Anne Goody,
Jennifer Dalgarno, Isobel Nichols, Vicki
Wodzack, Cathy Fertile, Sharon Greavette,
Lynn Lucas, Nancy Cronin

Front, from left: Mhairi Carr, Lee Ann
Quinn, Suzanne Morrow, Patsy Currelly,
Elaine Devlin, Stacey Fertile

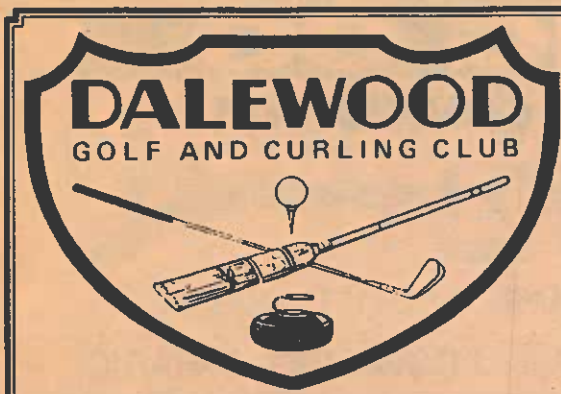


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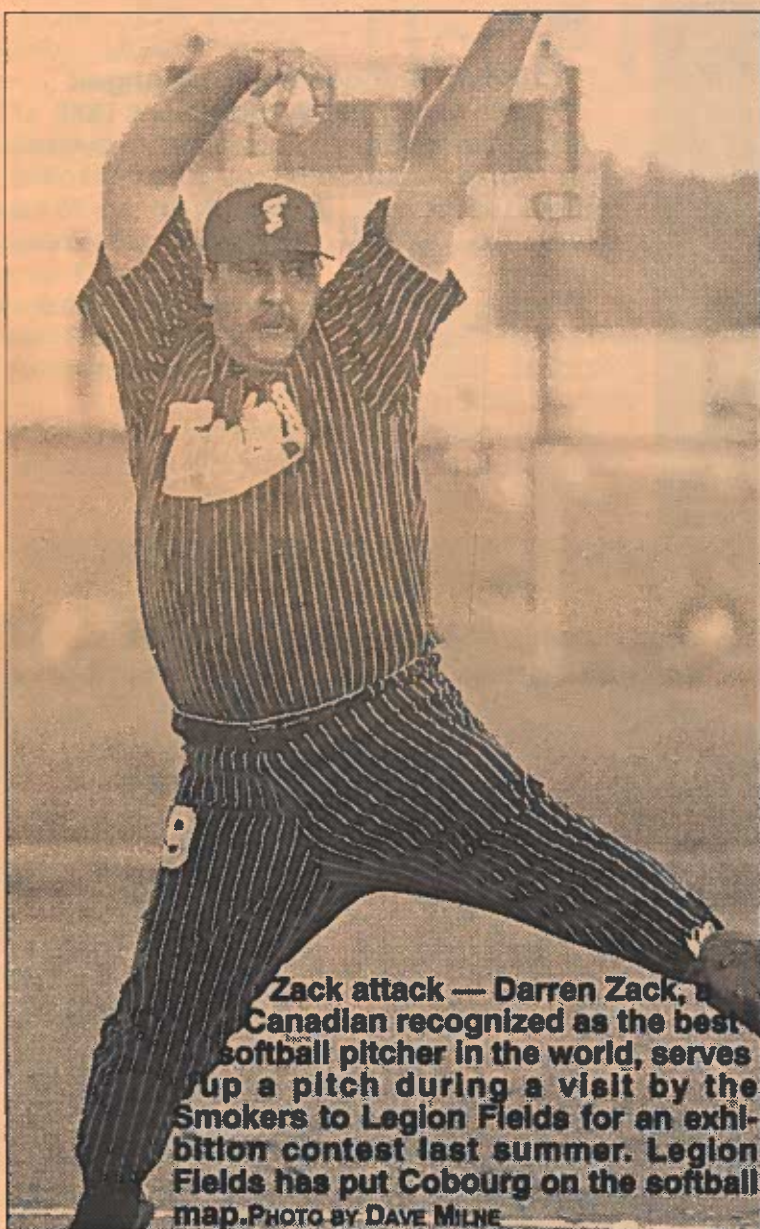
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BASEBALL



Zack attack — Darren Zack, a Canadian recognized as the best softball pitcher in the world, serves up a pitch during a visit by the Smokers to Legion Fields for an exhibition contest last summer. Legion Fields has put Cobourg on the softball map. PHOTO BY DAVE MILNE

Legion Fields brings crowds to Cobourg

BY JIM DEN HOLLANDER
STAFF WRITER

The addition of Legion Fields on D'Arcy Street in Cobourg has put this small town on the big softball map.

It may have been controversial while in the planning stages, but the introduction of a top rated softball facility paid huge dividends in a short time for this small town.

Forget the fact that softball players were overcrowded on existing ball diamonds at a totally booked Victoria Park diamond.

What Legion Fields did for Cobourg just this past summer was attract crowds...big crowds.

In its first full summer of operation, the three ball diamonds at Legion Fields were in full operation, in particular in the second half of the summer.

A sign of things to come occurred early in the season when the Tampa Bay Smokers paid a visit, featuring Darren Zack, an Ontario native generally known as the best softball pitcher on the planet.

Smokers played an exhibition game against a Cobourg Town League all star team and generally put on a softball clinic for the local fans and players.

No less than three Ontario Amateur

Softball Association all-Ontario tournaments ran at Legion Fields along with a Provincial Women's Softball Association event and the creme-de-la-creme for a coming out season, the Canadian Masters Softball Championship event.

The tournament provided a perfect ending to the season for the Cobourg ball yard as the Cold Springs Cats captured the Canadian Championship in an exciting final with Victoria Payless of British Columbia.

This summer will be at least as huge, if not even bigger for the local field as they will once again feature not only the Smokers, but the New Zealand National Softball team and Halifax in a two-game series at the park...both Tampa Bay and New Zealand squaring off with the Halifax team.

Again, seven Ontario championship tournaments will be held and the highlight this summer no doubt will be the Senior Men's Elimination tournament which will be run in August, bringing several top provincial teams to town and featuring the Colborne Rutherford Softball team for local fans to cheer for.

Legion Fields has become one of the most recognized and popular softball facilities in this province, within a year of construction.



Thurs July 16 @ Legion Fields

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BOWLING



Lawn bowling in Cobourg — a long tradition

There is a long tradition of lawn bowling in Cobourg starting in 1907 when the Cobourg Lawn Bowling Club was established. The club house and greens are located in Victoria Park at the southeast corner of Queen Street and Church Street.

During the month of June, the club is presenting lawn bowling to the community in the form of free lessons. These lessons will be given each Wednesday evening in June at 7 p.m.

The sport requires very little equipment — a set of bowls, which the club can provide, and flat-soled shoes. The game is played by rolling one's bowl down the green towards a small ball

called a jack, trying to get as close to it with your bowl as possible. As the bowl has a slight bias, it can be made to run right or left, depending on how it is held during delivery. The individual or team with the most number of bowls closest to the jack wins that end. Teams can be made up of two, three or four members.

Lawn bowling is a sport for all ages and Cobourg has a strong junior club as well as senior members. Socializing and competition seem to go hand-in-hand and the club's motto is "Friendship by the Lake". If you would like to join us for an introduction to the sport in June, come along to the club or phone 373-0997 or 372-3253 for more information.

Highest score in tournament history

COBOURG May 1967 — "Woody" Woodward, well-known bowler in Cobourg and a member of Ted's Cleaners in the Men's League, won the sixteenth annual Mr. Bowling 5-Pin Tournament at the Belleville Bowl-O-Drome on May 6.

Competing against 62 other leading bowlers from all over Eastern Ontario, Woody rolled a fantastic ten-game block of 2,825, the highest score ever

recorded in the history of the tournament.

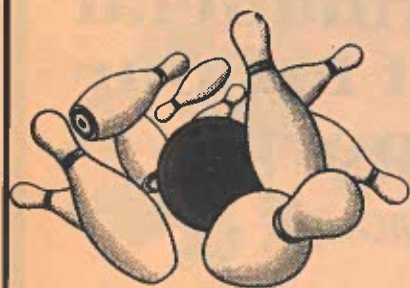
He climaxed his series with a clutch 392 final game to overcome a sizeable deficit.

Woodward won first place prize money of \$157, a gold wrist watch and \$18.50 for his high single.

Other local bowlers to take part in the tournament were Harry Landymore, Ted Rowden and George Heeley.



COBOURG May 28, 1986 — Mclvor's, the longest-running success story in Cobourg sport, carried off a lot of hardware as usual at the Cobourg Men's Bowling League banquet last Saturday. Front row, from left: Bud Mclvor, Greg Mclvor; Back row: Frank Mclvor, Woody Woodward, Ric Mclvor, Chris Mclvor.

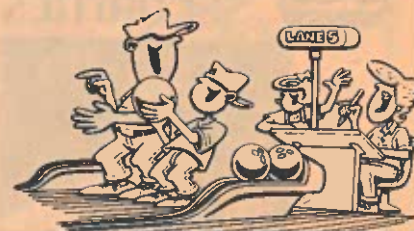


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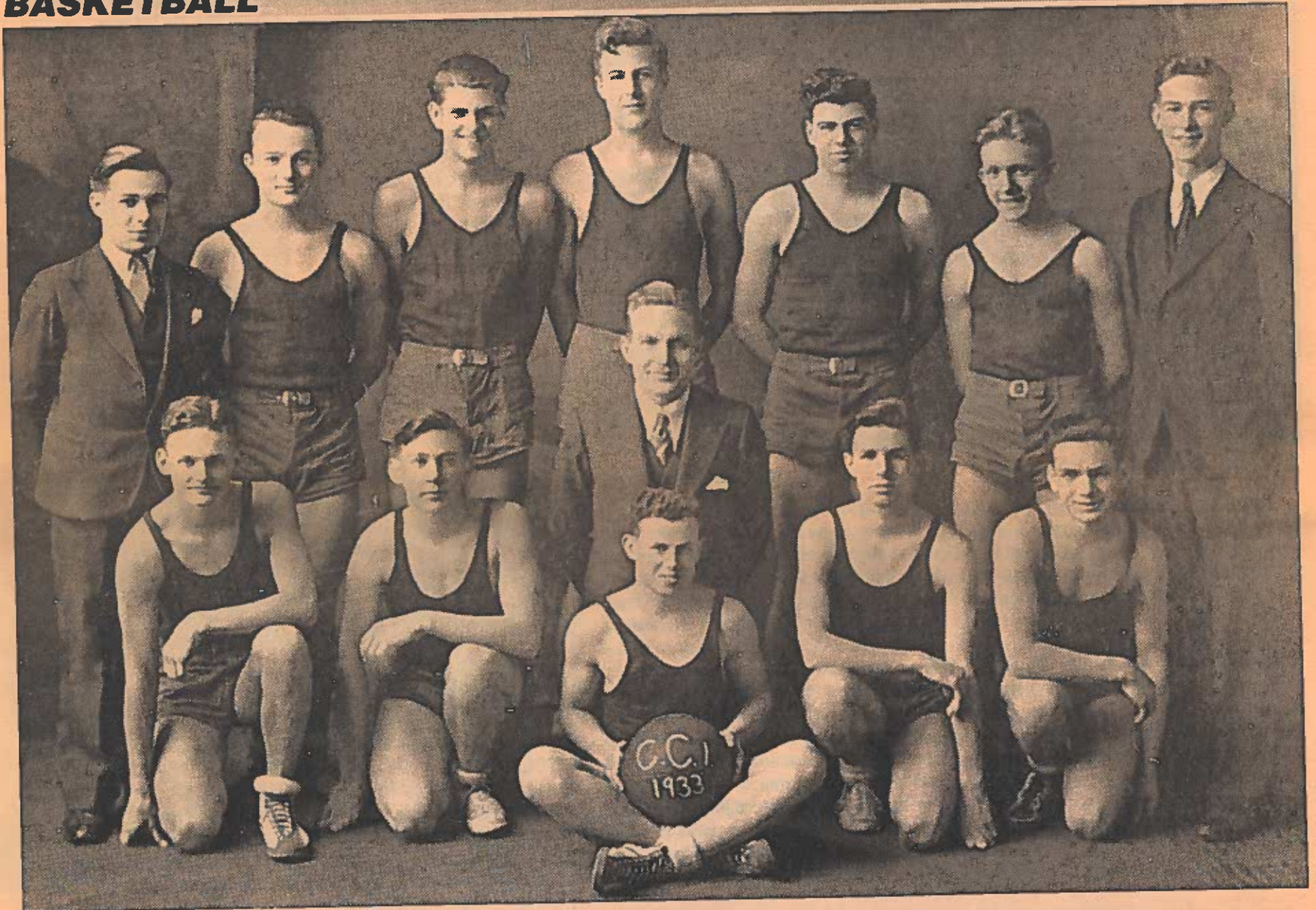
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BASKETBALL



Above: 1961 District Junior Basketball Champions

Back, from left: R. Brent; B. Davis, J. Brett, J. Shivas, F. Wannamaker, A. Davis, H. Hobbs

Front, from left: K. Taylor, B. Hughes, H. Henshall, T. Dineen, K. Butcher

Above right: Senior South Kawartha Champions 1971

Right: 1979 Cobourg East Comets

Junior COSSA Basketball Champions

Back, from left: Bob Schultz, Haigh Gledhill

Middle, from left: Chris Pogue, John Ollenbittle, Ed Durdle, Sid Cove, Renato Beneditti, John Dillon

Front, from left: Don Merson, Peter Weyman, Glenn Marian, Joseph Vanderheyden

Opposite Page:

C.C.I. Seniors — Lake Ontario Champions 1933

Back, from left: J. Bolster, R. Cooper, J. Turpin, A. Spooner, W. McCaig, L. Downs, W. Gould

Middle, from left: E. Hodgetts, W. Staples, H. H. Berry (coach), D. Parker, J. Duffon

Front: R. Stuart (captain)



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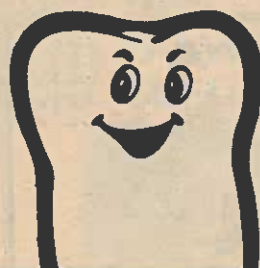
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FOOTBALL

Galloping Ghosts won provincial, national titles

BY JIM DEN HOLLANDER
STAFF WRITER

Cobourg and area schools have not played varsity football for more than a decade.

That is a little shocking, since the greatest team to ever come out of Cobourg didn't do their work on the ice or the diamond, but the grid iron.

The 1987 Reunion program states the Cobourg Galloping Ghosts, the most famous club in intermediate O.R.F.U. history, was born in the living room of the late Fred Dufton in 1935.

After joining the Ontario loop in 1935, the team ran until the 1939 season before disbanding for the World War II years. In 1946 they returned to the field and operated until 1953.

1935-39: Early times

In that stretch, the club won eight Ontario championship titles and three Dominion C.R.U. championships.

The first executive included: Fred F. Dufton (president); L. Downs, George McIntyre, Dr. Richards, Dr. James, R.G. Parker, Jack Cook, Robert Killip, Col. Peterson, T.H. McClelland, A.S. Cooper and Arthur Cauley.

Dufton decided to start the team due in part to a strong group of players coming out of the local high schools.

Dufton got a \$150 loan from the bank and asked T.H. McClelland, coach of the Cobourg Collegiate squad to run the reins of his team.

For the first two seasons, the Cobourg team was known

as the Red Raiders and played in a league with teams from Lindsay, Belleville, Oshawa and Peterborough.

In their inaugural season, the Raiders went winless.

In 1936 Chuck Peck became the head coach and a source of much publicity for the club. At the time of accepting the job, Peck was still attending University at Queen's in Kingston and all of the coaching instruction was done through the mail.

The team garnered mention from the Toronto media about the "correspondence coach and his mail order football team."

The Red Raiders did not go winless in their second season, they won once, in Belleville.

In 1937, renamed the

Galloping Ghosts, the Cobourg Club showed quick improvement, going on to claim the ORFU 'B' Provincial championship with a win over Stratford in the championship game.

The following year, with Peck still running the team as coach, Ghosts won the league championship against entries including Belleville Panthers, Kingston Garrison, Toronto Eastsides and Toronto Oakwoods, then went on to claim the Ontario 'A' Championship with a 12-7 win in the climactic contest against Sarnia Wanderers.

In 1939, Ghosts lost several players to the war effort and their fortunes slipped a little as they settled once again for the Provincial 'B' Championship. In order to

gain the provincial title, Ghosts first handed the Oakwood Indians 8-2, then defeated Smith Falls Trojans 27-0 for the title.

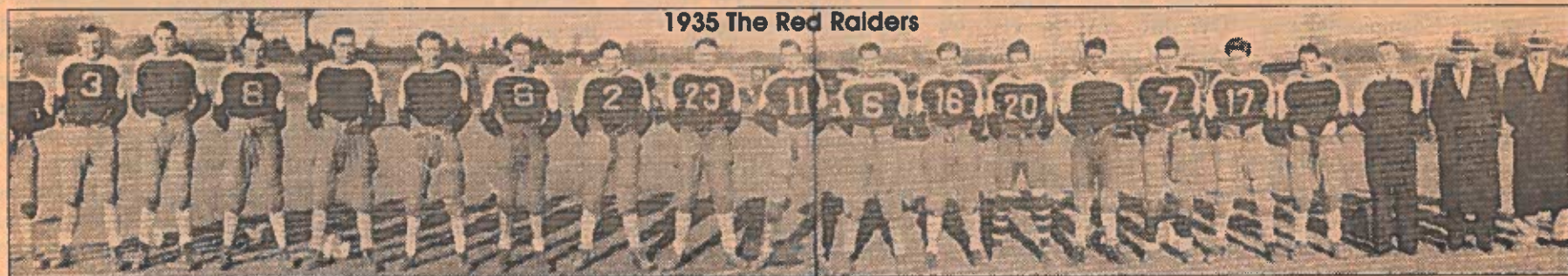
The club disbanded for the war years and returned to the Donegan Park grid iron in 1946.

1946: learning new tricks

Peck still coached the team along with Bob Lucas and the team made a triumphant return with their first Dominion of Canada Championship.

Quarterbacking in that first season back was Chub Downey while the backfield included: Ross Gilbard, Ireland Quigley, Pud Jamieson, Bus Edwards, Chuck Henderson and Chuck Johnston.

Continued on page 14

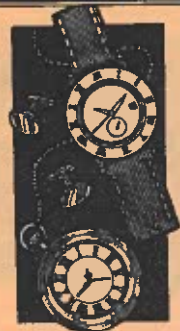


1935 The Red Raiders

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FOOTBALL

Continued from page 13

The line of Jim Poynton, Bill Jarvis, Homer Seale, Gord Beatty, Vern Goyer, Bob Campbell and Bill Douglas helped the Ghosts top their loop, which included entries from Peterborough, Trenton, Oshawa and the Orillia Silver Bombers. Oshawa played the Ghosts for the league championship, with Cobourg coming out on top 25-1.

Ghosts then moved to the Ontario 'A' Championship game, a two-game total points series, won by the Ghosts 23-2 and 9-0 against the Niagara Falls Dynamos. That pushed the Ghosts into the Dominion Intermediate Championship game against the Montreal Eastwards. They became champs with a 16-5 win.

That win set a trend for the Ghosts who claimed two Dominion Championships in the next four seasons.

1947: Niagara gets even

In 1947, the league included Peterborough Orfuns, Oshawa Red Raiders, Orillia Silver Bombers, Queen's Intermediates and the Ghosts.

The league championship set up a two-game, total



points series between the Galloping Ghosts and the Orillia Silver Bombers. After taking the first game 15-11 in Orillia, on a snowy field, Ghosts stayed even at 6-6 in the second game to take the championship by a total score of 21-17.

The Ontario Championship that season saw a rematch between the Ghosts and the Niagara Falls Dynamo, but the visitors gained a measure of revenge, stopping the Ghosts 13-6 right at Donegan Park.

1948: that year was great

The 1948 season is remembered as one of the most outstanding campaigns for the Galloping Ghosts.

The season started with

controversy as the Ghosts were removed from the Central League in retaliation for having drawn players out of the Peterborough and Oshawa area. Ironically, the 1948 team consisted of Cobourg- and Port Hope-based players, with four exceptions.

Angry at the move, Dufton decided to form a new loop. Ghosts joined with teams from Trenton, CFB Trenton and Queen's University.

Bob Cooper and Rye Holman of Varsity along with Russ Boyd, an ex-Toronto Argonauts player and Glen Connors were listed as the team's imports. Cooper ran the team as quarterback, with an backfield including such local names as Quigley,

Jamieson, Connors, Currelly and Medhurst along with linemen, Poynton, Jarvis, Austin, Lees, Brandwood, Douglas and Boyd.

Ghosts rolled through an undefeated season, then renewed their annual rivalry with Orillia, taking a win in the Ontario semi-finals.

Ghosts trailed that match 16-5 at the half, but scrambled back to tie it at 16-16 by the end of regulation.

The game was delayed on account of darkness and officials ruled another game would decide the championship berth to be played in Peterborough four days later.

An injury riddled Ghosts team sucked it up and grabbed a quick 6-0 lead

against the Bombers and held on to make that score stand up at the final gun.

In the Ontario Championship, Ghosts came up against the London Falcons. Cobourg took the championship 17-5 at Donegan Park.

That moved Cobourg into their second Dominion Championship game in three years, this time against the Montreal Rocklands.

The Montreal club boasted a big, hard-hitting team, featuring Danny Johnston, who later played for the Montreal Alouettes, and Jim Chambers, who later joined the CFL's Edmonton Eskimos.

Ghosts scored early once again and held on for a 10-0 win in the deciding game.

1949: title on the line

In 1949, the Ghosts added Jake Edminston, a former Argos player that season, to be the team's coach. Andy McConvey from OAC, Bob Bevan and Art Jones were added to the lineup and the Ghosts also re-signed Homer Seale and Jack Newton.

In a league with Trenton Mustangs, Queen's and Cobourg, the Ghosts were

Continued on page 15



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FOOTBALL

Continued from page 14
undefeated in the season, then once again took out Orillia in semi-finals winning 15-6 in Orillia and 14-12 at Donegan for a 29-18 total score.

Dundas stunned the Ghosts in the two-game provincial championship, taking the opener 15-6 in Cobourg, then clinching the Dominion berth with an 8-3 win in Dundas.

1950: another victory

In 1950, the Ghosts looked to make amends and added a couple of highly rated linemen in Gord Burdick and Bob McNally. Also with the team was Ernie Darrah, a running back who later played for the Montreal Alouettes.

Ghosts lost just once in the regular season, to Oshawa, but also counted on some dynamic final moments to



clinch several wins as well.

In the Ontario semis, Ghosts gained a measure of revenge on Dundas Bombers, taking the opener at Donegan 3-0, with three singles points booted by Bob Cooper.

Cobourg trailed late in the game but held an 8-6 overall lead. Dundas lined up to kick the winning field goal from just 20 yards away with the final flag in the air.

But Darrah made a huge play, somehow deflecting the kick. Ghosts recovered and finally won over Dundas.

In the Championship match against the Falcons of London, Ghosts rolled to a 13-1 win at Donegan Park then clinched a berth at Dominion finals with an 18-11 decision in London.

Montreal Lakeshore Flyers claimed the Quebec championship that season, featuring a big hard-charging line and the running of Danny Johnston.

The game, played at Donegan on the same day as the infamous 'Mud Bowl,' at Varsity Stadium, saw a strong wind pushing kicks out of bounds on the west side of the field. Teams battled the elements as much as each other with the Ghosts prevailing 2-0



on two single point kicks.

1951: 'B' title won

In 1951, Ghosts played in an expanded Central League which included East York Blue Devils and Ryerson along with the entries from Oshawa, Peterborough, Orillia and Queen's.

Edminston returned as coach and new players included Bernie Flesch, Darc Campbell, Karl Lenahan, Vic Garvin and Joe Kane. Injuries played a role as the Ghosts were forced to settle for second place, behind the Oshawa squad. So the Ghosts moved to the Intermediate 'B' Championship with the Sarnia Wildcats. Ghosts won a rough contest that saw three players ejected, 13-0.

1952: top of number two

The league returned to just

four teams in 1952, Ghosts playing with Oshawa, Kingston RCME (Military College) and the Peterborough Orfuns who had picked up many of the disbanded Oshawa club.

The 1952 season saw a big turnover in the Ghosts with several players retiring.

Heading the newcomers was new coach Art West, the former Argo star who had been coaching at Balmy Beach. Red Alexander, Boyd Hendry, Don Hatt, Magee and Horvath made the move with their coach along with other newcomers, Jack Reeves from OAC, Mel Taylor, Armstrong and Brodie, the latter coming from Oshawa.

Injuries again played a role, as the Ghosts finished second behind Peterborough.

Orillia at Cobourg 1949

In the Intermediate 'B' Final, another two-game deal, Ghosts played against the Kitchener-Waterloo Rams, led by Carl Totzke. Ghosts win the first game in Kitchener 17-12 but a 6-1 win for Kitchener at the end of regulation at Donegan saw teams tied overall 18-18.

In a second overtime period, Ghosts finally clinched the berth, led by Alexander.

That was the final championship the Ghosts ever won.

1953: making history

The retirement of several locals in 1953 saw the team running with mainly out-of-town players. Ghosts missed the players and, with attendance dwindling and increased costs, Fred Dufton and the Ghosts executive decided they had to disband the team.

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Spreading their wings

Left, the 1977-78 Scotiabank Midgets tested their mettle against Norway, while, more recently, above, St. Mary's Secondary School's hockey team travelled to Germany in 1997.

Right, one of Cobourg's most famous sons, Steve Smith, is now on the roster of the Chicago Black Hawks.



Opposite page:

Cobourg Junior O.H.A. Hockey Club — Group Winners 1921-22

Back, from left: D. Haynes, trainer; C. Bowen, sub.; A. Hargraff, sub.; M. Moore, l. wing.; S. Jacobs, r. defence; W. Cavanagh, sub.

Middle, from left: P. Baker, l. defence; G. Nichols, r. wing, captain; J. Lavis, manager; W. B. Bulger, Sec.-Tres.; P. Wildbur, centre

Front, from left: R. Earls, mascot; R. Jackson, goal



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HOCKEY



**Cobourg Wholesalers
 1987 - 88 Team
 Ontario Minor Hockey
 Bantam 'BB' champs**

Back, from left: assistant manager D. Vilneff, P. Wilson, J. McKinley, S. Dawe, M. Vilneff, W. Sheridan, J. Albert, M. Robillard, J. Clarke, B. Baker, manager Bob Robillard

Front, from left: T. Clapperton, R. Bogart, B. Butler, coach Dave Tredree, G. Gibson, M. Taylor, G. Fleming, R. Grycko

Wholesalers experience supreme thrill

COBOURG April 19, 1988 — Crack open the champagne. The mission has been accomplished.

Cobourg Bantam Wholesalers turned the impossible dream into glorious reality on Sunday in the distant outpost of Mooretown as

they won only the second Ontario Minor Hockey Association provincial championship in the town's history.

The gallant gang of Dave Tredree, Bob Robillard and Darrell Vilneff defied the odds by coming from

behind to defeat the equally determined Mooretown Brigden Optimists 4-2 in the decisive fifth game of the Bantam 'BB' finals.

Wholesalers thus completed an incredible seven-month, 70-game odyssey by experiencing the ultimate

thrill that will endure a lifetime.

The Bill Rowney Trophy, emblematic of Ontario Bantam 'BB' supremacy, was also won by the 1979-80 Cobourg Bantams, the only other CCHL team ever to win an OMHA crown.



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HOCKEY

**Cobourg Wholesalers
1988 - 89 Team
Ontario Minor Hockey
Bantam 'BB' champs**

Back, from left: trainer C. Clarke, assistant manager D. Vilneff, B. Baker, C. Benne, M. Robillard, J. Albert, coach Dave Tredree, M Vilneff, J. Clarke, R. Grycko, manager B. Robillard, trainer P. Fleming

Front, from left: C. Tredree, J. Stanley, G. Fleming, S. Page, R. Line, M. Gervais, R.



Bantam Wholesalers make Cobourg hockey history

COBOURG April 11, 1989 — Mission accomplished! That magnificent obsession became ecstatic reality for Cobourg Wholesalers here Friday night in front of several hundred screaming meemies.

Wholesalers clinched their second straight provincial Ontario Minor

Hockey Association bantam 'BB' championship by whipping Hespeler Region-Wide Real Estate 8-3 in Game 4 of the best-of-five final series.

The back-to-back bonanza by Wholesalers is an historic first in the annals of Cobourg hockey. Eight

players — Marvin Robillard, Jody Albert, Brandon Baker, Mark Vilneff, Geoff Fleming, Rod Bogart, Jason Clarke and Ryan Grycko — coach Dave Tredree, assistant coach Darrell Vilneff and manager Bob Robillard — now become the charter members of an exclusive group reserved for win-

ners of two Ontario titles in a row. Some day, in the not too distant future, some others may come along, hopefully, to match the feat.

These players were picked for the OHL draft: Brandon Baker, Marvin Robillard, Jody Albert, Mark Vilneff and Jason Clarke

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SOCCER



The Cobourg Minor Soccer Club season kicked off last week. PHOTO BY JIM DEN HOLLANDER

Soccer player in high demand

COBOURG July 4 1996 — Heather Brown, 19, of Cobourg returned from her first year on a full soccer scholarship at University of Nebraska just in time to try out and make the Canadian women's soccer team. She played a role with the team at the United States International Cup held last month. While the Canadian team didn't win a game, they picked up some valuable experience against American, Chinese and Japanese opponents. Brown currently is playing with top-ranked Burlington United in the Ontario Elite under-21 ladies' circuit and training with the national team again for a "friendly" with Denmark.

Growing popularity

The Cobourg Minor Soccer Club is becoming so popular that organizers are making plans to expand.

"We will probably make a presentation to council because we need more fields," says Frank Godfrey.

"There are over 1,000 kids registered so there is a great demand on the fields."

The club has grown 100 per cent since 1993, and expects an increase to 1,400 players by 2003.

"We have upscale teams and we call them Northumberland United. Cobourg and Port Hope

clubs have merged for the out-of-town teams for ages 10 to 18. They play in the Central Soccer League, which covers GTA and area," Mr. Godfrey says.

"The Central Soccer League grew by 24 per cent last year in the number of teams. The closes team to us in that league is Peterborough."

In the central league, Northumberland United play against teams from larger areas such as Oshawa and Toronto, he adds.

"It's the biggest sport in town, no question."

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SPECIAL OLYMPICS

Local teacher started sports program

BY PAUL LeBARR

The first Special Olympics program in the Cobourg-Port Hope area was started in the late 1980s by Lillian Hopkins, a teacher at CDCI East.

Lillian registered athletes in her Room 114 class as the Cobourg Comets and began to enter them in regional swimming, bowling and speedskating competitions. Two of Lillian's athletes, Brian Schaefer and Aimee Webb, had significant successes and qualified for provincial competitions.

Lillian was also instrumental in starting the area's first team sport. Along with Carol Carr, a teacher at Thomas Gillbard Public School in Cobourg, and Estelle Nicholls, a Port Hope soccer coach, she formed the Cobourg Falcons soccer club. The Falcons, since their inception in 1988, have qualified for three Provincial Games and won bronze medals in Ottawa in 1991 and Sudbury in 1993.

In the following year, Linda Chiusolo and Bob Chatten formed the Welcome Warriors, a floor hockey team. Linda had conducted programs elsewhere and 1998 marks her 10th anniversary as a Special Olympics coach.

In 1991, Trish Clarke and Matthew Chard organized the Port Hope Rockets, a softball team that has competed throughout the region against teams from Belleville, Trenton, Lindsay, Peterborough, and Pickering.

1992 saw the formation of the Northumberland Nordic Ski Club. Jim and Lisa Daignault developed a program that has seen several local athletes advance to provincial competitions, including Michael LeBarr, Aimee Webb, Bette Jean McNab, Vicky Johnston, and Andrew Degrauw.

In 1995, graduates from Lillian Hopkin's swim program were incorporated into a new swimming club, the Baltimore Bandits. Paul LeBarr and Gerald Noland



This photo shows the newly formed Cobourg Falcons in March 1989.

Back row, from left: Carol Carr (assistant coach), Estelle Bahr (head coach), Mike LeBarr, Dan Sheehan, Lillian Hopkins (manager), Alex Brooks.

Front row: Michael Tibbits, David Lees, Mary Anderson, Marlene Bridge.

registered the club, but relied heavily on the support of Sue Yost, Aquatics Director of the Jack Burger Sports Complex, and Jorma Kortmann, a lifeguard at the pool, for pool time and technical expertise. Current coach Christine Talanow took over in 1997.

Tommy Rousseau of the Bandits earned the distinction of being the only area athlete ever to qualify for the

National Summer Games. Tommy's performance at the Provincial Games in May in Oakville guaranteed him a berth on the Provincial Team that will compete late this year in Sudbury.

Until 1997, these programs were running independently. A number of volunteers in the clubs formed a community council that year to co-ordinate efforts on fund raising and

program development. The provincial head office now recognizes Northumberland Special Olympics as the governing body for Special Olympics in the county.

From modest beginnings in Lillian Hopkin's classroom, Northumberland Special Olympics now has 60 athletes and 27 volunteers involved in six sports programs — and big plans for the future.



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TRACK & FIELD

Runner heads to Summer Games



COBOURG July 10, 1989 — Simon Fraser University in Burnaby, B.C. is designated as a Canadian national high performance centre for throws and middle distance runners.

Somebody close to home who'll attest to that is 21-year-old Matt Beedham, a Cold Springs native who's really developed into an excellent 5,000-metre runner and steeplechase competitor in his two years at SFU.

At the first of this month, Beedham qualified to compete in the 3,000-metre steeplechase event at the Canada Summer Games in Saskatoon, Saskatchewan, Aug. 14-18 by meeting the standard in the British Columbia trials for the Games. He did so with a time of 9:18, six seconds off his personal best time for the event.

The youngest son of John and Dorothy Beedham of Cold Springs, Mat got his start in track and field at Cobourg District Collegiate Institute East.



Amazing athlete

COBOURG May 1989 — Sandy Hustler says she loves sports so much, she can't stand to watch them. That's why she tries to play them all.

The 15-year-old Grade 10 student at Cobourg District Collegiate Institute East played five school sports this year, and three of them will take her to the eastern regional championships tomorrow at Trent University in Peterborough where she will face the best athletes in Ontario.

At the Central Ontario Secondary Schools Association championships in Napanee last Thursday, Hustler finished second in the midget discus and first in the javelin, earning her a spot in the eastern regionals. Should she excel there, she will advance to the all-Ontario championships next month.

Coach Cindy Westra claims Hustler is probably the best athlete in the school, and describes Hustler as "an amazing all-round athlete."



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CDCI West student Larry O'Connor placed sixth in the 110-metre hurdle final at the Olympics in Berlin in 1936.

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HIGHLAND GAMES



Highland Games — at 35 years, one of oldest in Canada

Since the earliest days of its settlement, the lands within and around Cobourg have been home to Scot exiles seeking their fortunes in the New World.

Many of the current county residents are fifth generation Canadian Scots who know what it means when they hear the words, "Still the blood is strong, the heart is Highland".

The Highland Games have long been part of the culture of the Scots who have always been a particularly martial people, and who began the events to test their strength and skills against their kinsmen and neighbouring clans in times of peace.

Even Highland Dancing, originally meant for men alone, was an early form of military calisthenics intended to increase endurance and dexterity.

As early as the year 844, it is documented that

Kenneth MacAlpine, King of the Scots, in order to keep his army in fighting shape and to raise their morale, organized a three-day series of competitive events before engaging the Picts for control of Ancient Scotland.

Throughout history, Scottish exiles have taken the Games with them around the world — and in some parts of North America, they have been held continuously for more than 130 years.

The Games were started locally by David Carr of Clan Kerr, who so strongly believed in his dream that he mortgaged his house to finance the first Cobourg Highland Games 35 years ago.

These Games are now one of the oldest continuously held Games in Ontario.

Lack of funding threatened the Games this year,

but a call for assistance resulted in donations of more than \$4,000.

Future plans and potential events now being considered include an annual Robbie Burn's Dinner and perhaps a golf tournament. And Cobourg's first Scottish Tattoo and Ceilidh was held this past weekend, on May 23, in the Cobourg Arena.

This year, the Cobourg Highland Games will be held on July 4 at Donegan Park.

Beginning with the Highland Dance competitions and Amateur Heavy Events, the Games will officially close at 5:30 p.m.

New this year will be a Children's Village, including arts and crafts, face-painting and children's "heavy events".

A variety of Scottish import goods and specialty foods will be available, as well as a beer tent.

The heavy events such as the caber toss, left, are one of the most popular attractions at the annual Cobourg Highland Games. PHOTO BY TED AMSDEN

JULES

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WATER SPORTS



Swimming for gold

Julie Zylka, 14, of Cobourg is one of about 50 youngsters from across the county who compete throughout the year for the Northumberland Aquatic Club. Above, she finishes off a gold medal swim in the 200-metre individual medley race at the NORAC Spring Invitational on May 24, 1998 at the Jack Burger Sports Complex. PHOTO BY BRIAN McNAIR

Lorenz wins Novice Water Ski Title

COBOURG AUGUST 30, 1983 — Peter Lorenz of Cobourg, Marie Plummer of Port Hope and Lisa Scholtes of Bewdley captured provincial water ski titles in the Ontario Novice Championships at Claireville on the weekend. All three are

members of the Rice Lake water ski team.

Lorenz, who's spent practically the entire summer coaching the skiers and improving his own skills, claimed the Novice open men's overall championship. The big red-head took first place in tricks

with 2,490 points, a personal best and only 110 points shy of the existing Ontario Novice record.

Peter Lorenz, Scott Plummer, Lisa Scholtes and Elliot Kirshenbaum now are headed for Sudbury for the Ontario Summer Games.



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YOUTH & FITNESS

Sporting celebration



Sports participants and supporters of all ages took part in Cobourg's 19th annual sports parade last weekend. Photo by Ruth Miles

Sports in the 90s: treat injuries before they cause permanent damage

By Dr. Wayne Woodland
Chiropractor

Professional sports today are more than just a spectator sport. With increasing competition, increasing player contracts and demands made by the sport, athletes today are pushing themselves and their bodies past the limit.

When I was growing up, I don't recall the NHL just starting conference finals on May 23. Add that to the Olympics, and it's no wonder teams are allocating players to the injury list rather than the game sheet.

Post-concussion syndrome, torn anterior cruciate ligaments and rotator cuff muscle tears, to name a few, are conditions that all seem more prevalent in today's athletes.

It is true that with increased technology, sports therapists are better equipped and educated to make injury diagnosis more quickly. There is no doubt in the medical community that Bobby Orr would have had a much longer career if he was playing in this generation.

But injuries are not restricted to the professional level; they extend to amateurs and weekend warriors, too.

Professional athletes tend to become injured from overuse injuries, doing the same activity over and over. For example, a professional golfer will hit in excess of 500 golf balls during a practice session, over and above playing 72 holes of golf on a weekend tournament.

However, amateur and weekend athletes tend to become injured by poor conditioning, poor form and technique, and by not knowing that you can play hurt but you can not play injured.

It is extremely important to diagnose and treat sports injuries early to

minimize the risk of causing irreversible damage. Keep in mind that it is normal to be sore after exertion, but when that soreness lasts longer than three days or affects how you function, then it is likely that you are injured and not just hurt.

Sports injuries nearly always jar and misalign the spinal column. In fact, almost all trauma to the body affects the spine. Chiropractic care balances the spinal column and relieves mechanical and structural stress on the nervous system, thus anyone who plays in any sport needs regular chiropractic spinal checkups.



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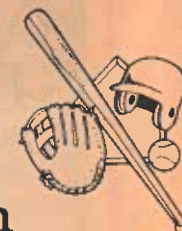
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