

LAKEHEAD UNIVERSITY

**Hor'Westers**

P. E.  
90-91  
YEARBOOK

ALMA MATER BUILDINGS

16/06/91





## Message from Norman LaVoie

The 1990-91 school year has come to a conclusion and, upon reflection, the year has been a very positive one for the School of Physical Education and Athletics. As Director of the School, I am indeed proud of the four areas that are ultimately my responsibility. The undergraduate Physical Education program, in the very capable hands of Dr. Jane Crossman, is still one of the best physical education degree programs in the Province of Ontario. The enrolment numbers keep increasing and I strongly believe it is directly related to our reputation in the field. Our graduate program in Applied Sport Science and Coaching has also continued to grow. Dr. Moira McPherson, the newly appointed Coordinator of the graduate program, has added a fresh and new approach that will only help the program to grow. The Athletic program was a rewarding one for the student-athletes, coaches, and supporters of the Nor'Wester program. All varsity and club teams provided highly competitive and exciting athletic entertainment. The only downside for the year was the resignation of Clyde Tuyl, Athletic Coordinator. Finally, but not least, I am very happy with the development of our Sports Medicine Clinic. Dr. John Porter, Chief Physician and Mr. Al Marantz, Head Therapist, have indeed committed themselves to sports medicine at Lakehead, and I am confident that in the years ahead we will have one of the best, if not the best, sports medicine centres in the country.

As Director of the School of Physical Education and Athletics, I am also very proud of our students and student-athletes, especially those who have graduated from our Physical Education program, or another excellent program in the University. All the faculty, staff, and coaches extend to you congratulations and best wishes, and at the same time welcome back all of our other students and student-athletes in September.



PROFESSOR & DIRECTOR  
OF PHYSICAL EDUCATION

Dr. N.F. Lavoie

## Message from Jane Crossman



ASSOCIATE PROFESSOR  
AND CHAIRMAN  
OF PHYSICAL EDUCATION

Dr. J.E. Crossman

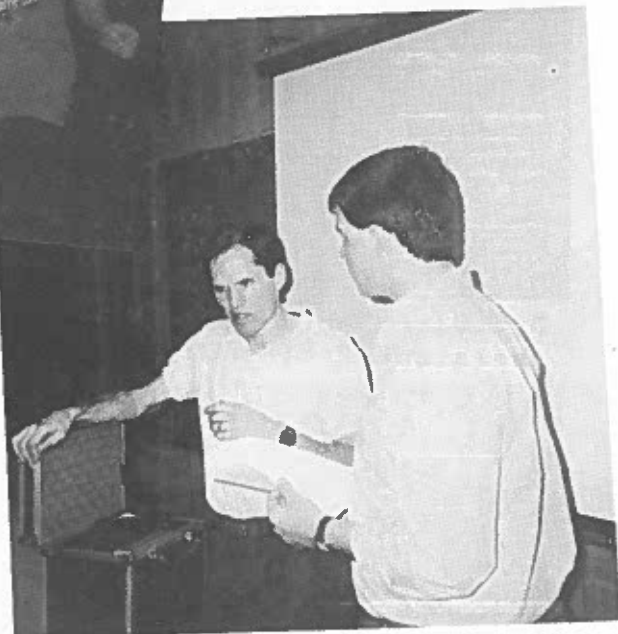
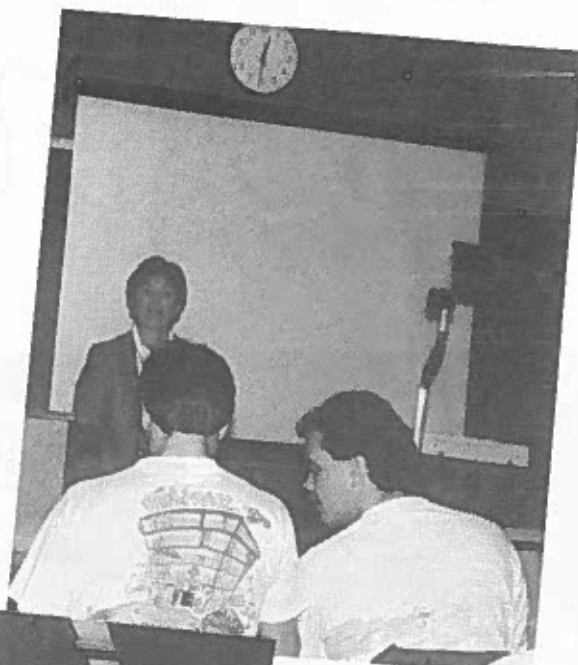
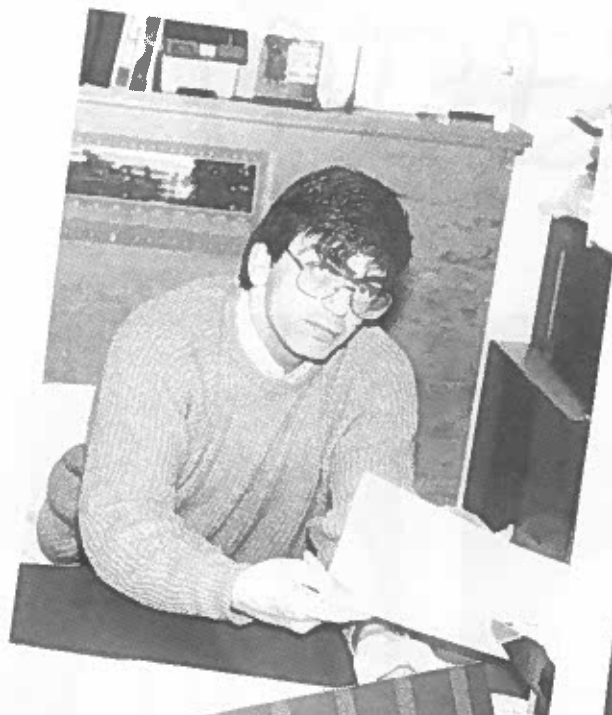
I would just like to commend the students who put much time and energy into putting together the 1990-91 edition of our School's yearbook. A great deal of satisfaction comes from not only completing the task and seeing the final product, but from the realization that Physical Education students will have a vehicle to remember this school year by. For example, first year students, some of whom are away from home for the first time, might remember the excitement residence life and new found independence bring. They might also recall registration - that never-to-be forgotten experience - what classes to take, how to make-up a timetable, what theory courses are compared to practicals. Everyone undoubtedly remembers the first day of classes and that sea of unfamiliar faces, many of whom develop into lasting friendships.

Second year, I am told, can be rather trying for even the most stalwart soul. Courses in Biology and Chemistry and the labs associated with both prove challenging to some students.

By third year, students are told that the tunnel does have an end and that if you look hard enough, you can see some light. This is perhaps the year some students begin to think about career directions and options. For some students, extra motivation to press on for two more years is needed.

Characteristically, in the fourth year, our students take electives across campus and are not seen looming the halls of the Field House as often as in previous years. It is research project time and time to apply to graduate school, schools of education, or consider entry into the job market. Only when the last exam is written and the last assignment handed in, will the realization of what has been accomplished over the past four years sink in.

I wish all students continued success in your academic pursuits, and hope you always remember your days as a student in our programme with fondness.



# FACULTY



Dr. Tony Bauer  
Associate Professor



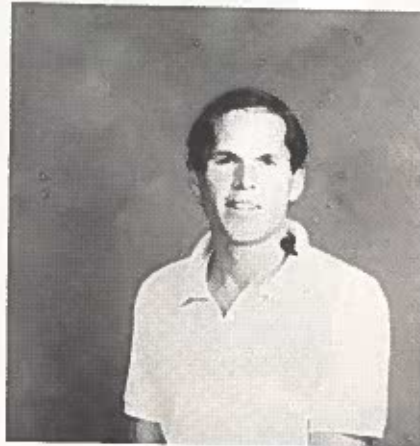
Dr. L. Facey-Crowther  
Adjunct Professor



Dr. Ron Lappage  
Associate Professor



Dr. Moira McPherson  
Assistant Professor



Dr. Ian Newhouse  
Assistant Professor



Dr. John Porter  
Head Physician

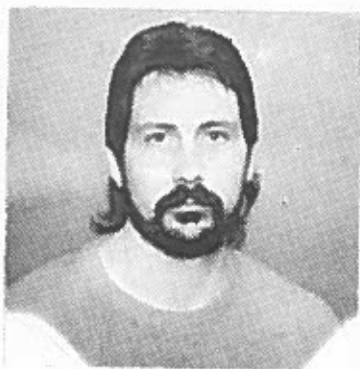


Dr. Tom Song  
Professor

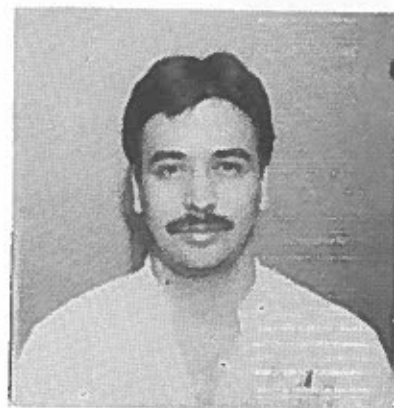
Dr. Jane Taylor  
Assistant Professor



Dr. Bob Thayer  
Associate Professor



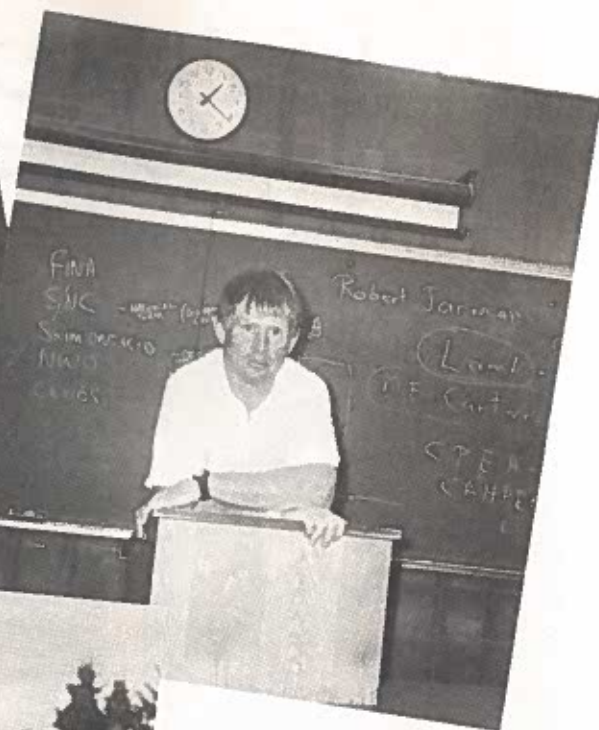
Dr. Dan Weeks  
Assistant Professor



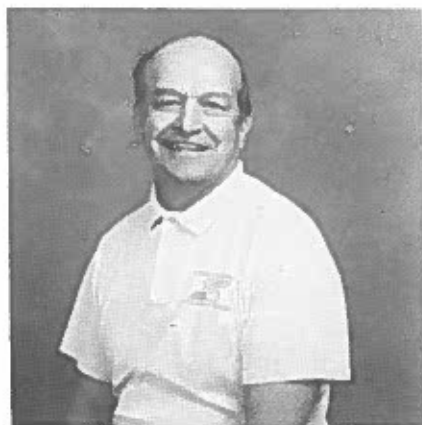
Mr. Al Morantz  
Athletic Therapist

Mr. Carlos Zerpa  
Lab Technician





# STAFF



Mr. Peter Dika  
Pool Supervisor



Mr. Bill Keeler  
Facilities Manager



Ms. Sharon Kozak  
Secretary



Mrs. Chris Wreszcak  
Secretary



Ms. Darlene Yakimoski  
Ass. Pool Supervisor



## CHILDREN LEARN WHAT THEY LIVE

If a child lives with criticism,  
He learns to condemn.

If a child lives with hostility,  
He learns to fight.

If a child lives with ridicule,  
He learns to be shy.

If a child lives with shame,  
He learns to feel guilty.

If a child lives with tolerance,  
He learns to be patient.

If a child lives with encouragement,  
He learns confidence.

If a child lives with praise,  
He learns to appreciate.

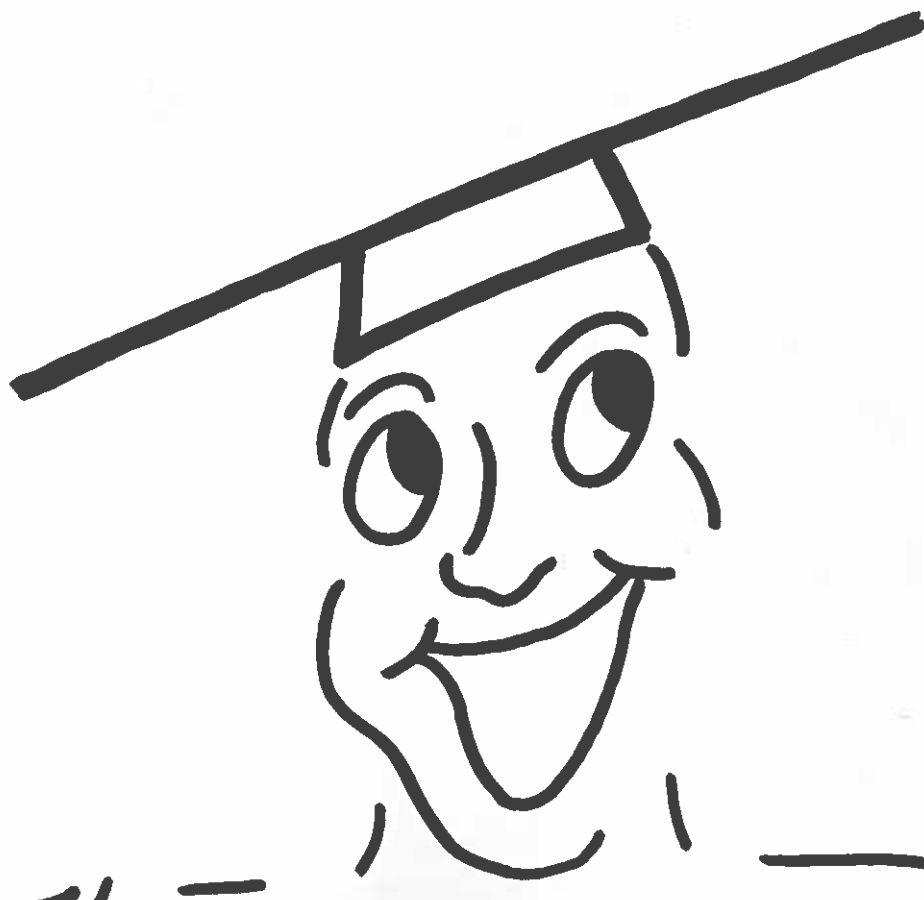
If a child lives with fairness,  
He learns justice.

If a child lives with security,  
He learns to have faith.

If a child lives with approval,  
He learns to like himself.

If a child lives with acceptance and friendship,  
He learns to find love in the world.

# MASTERS



The cream of  
the crop!

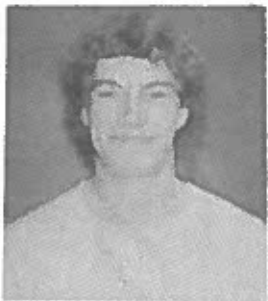


Sandy Brundle  
Greg Gannon  
Bart Guthrie

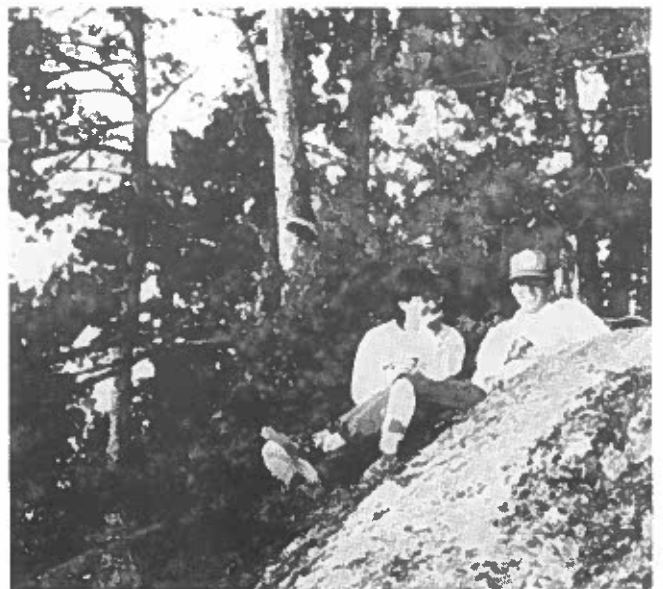
Bill Humby  
Kelly Lockwood  
Donald Nault



Donna Newhouse  
Ma Ming  
Hans Schulz

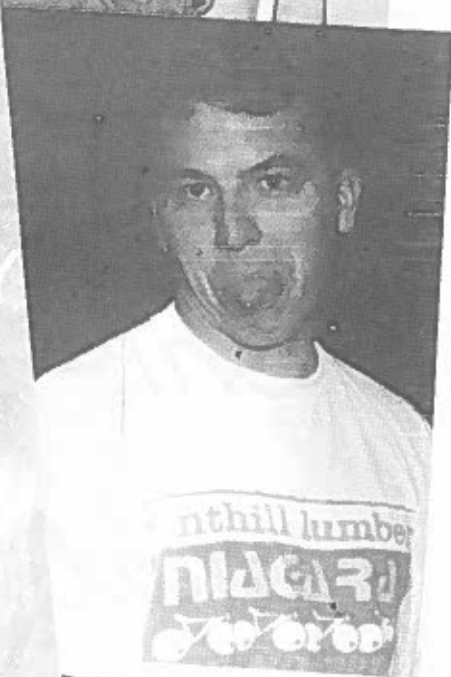


Jim Urquhart  
Kim Williams

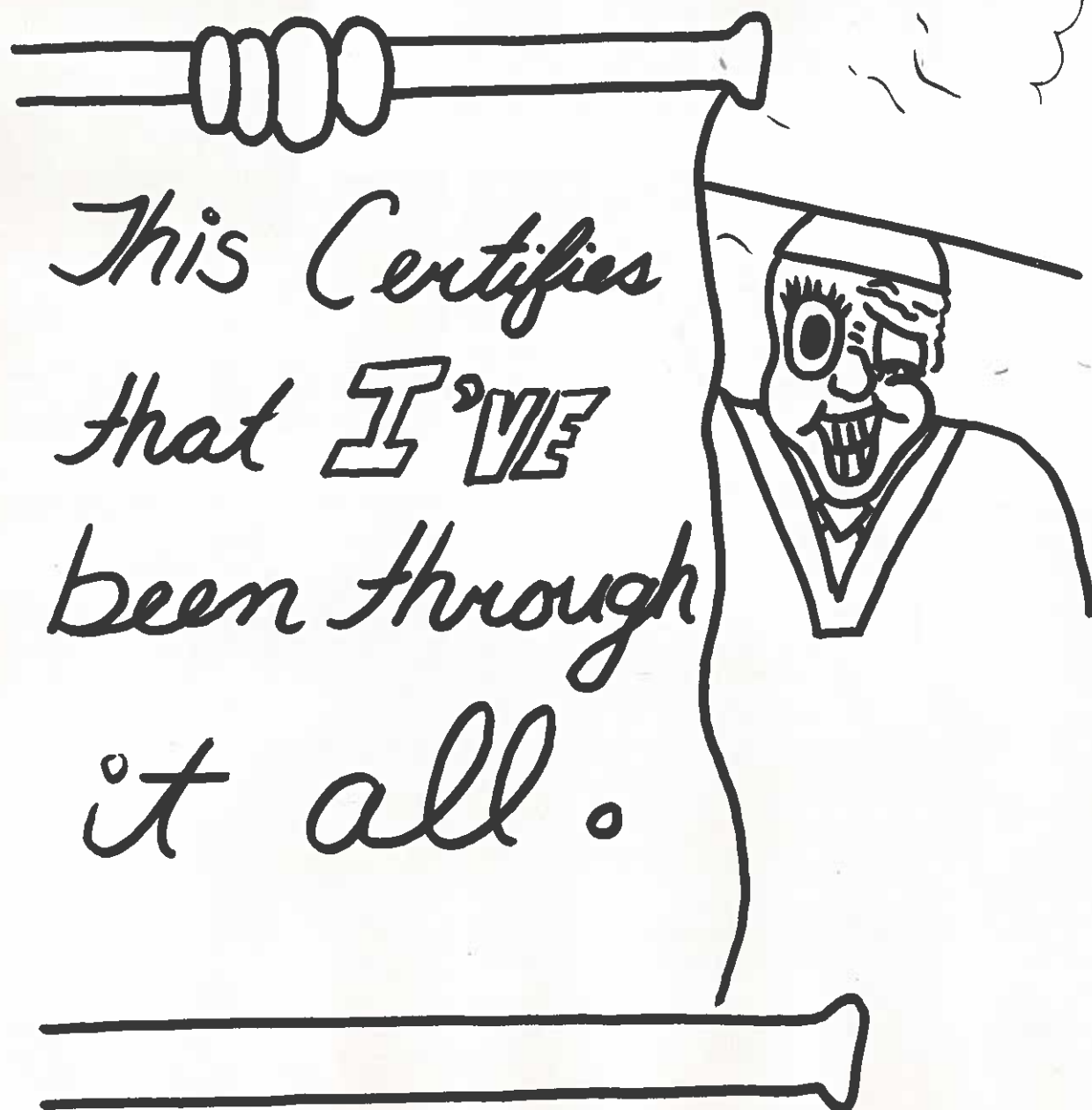




THIS WEEKEND  
IS THE EXAM  
YOU'VE BEEN STUDYING  
FOR 5 1/2 MONTHS  
TO PASS. BE THE  
BEST YOU CAN BE...



4<sup>TH</sup> Year





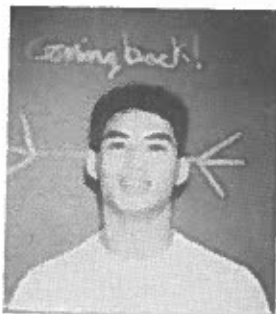
Elizabeth Beane



Jennifer Burns



Troy Cordingley



Michael Dela Cruz



Sheila Doney



Neal Gibson



Judith Harris



Louise Hyatt



Mark Johnson



Royston Kempton



Pamela Leitch



Cheryl Mathieu



John McGill



Ruth McKay



Charlene Myllari



Jamie Oltsher



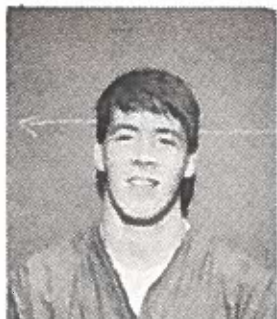
Steve Roslynski



Jennifer Remus



Jamie Sumi



Malcolm Sutherland



Barbara Thomsom



Lori Vidotto



Dave Woods

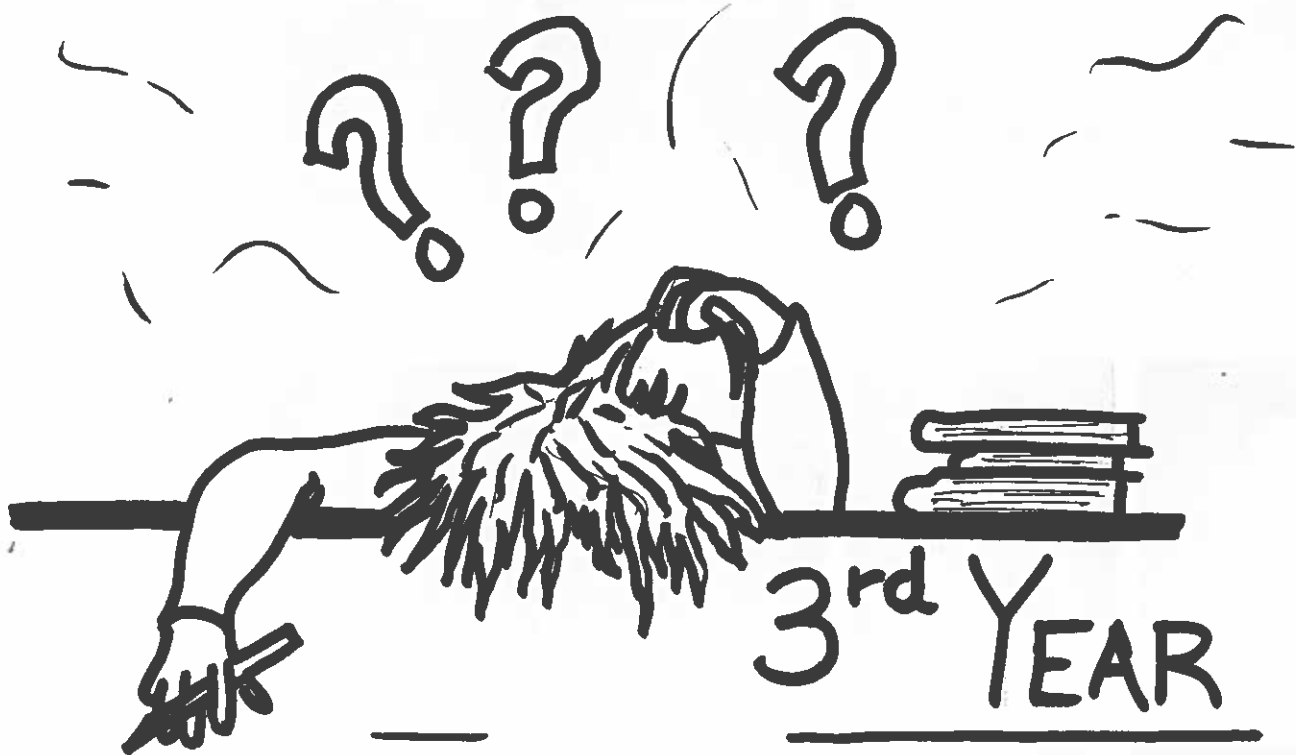


Greg Zeleny



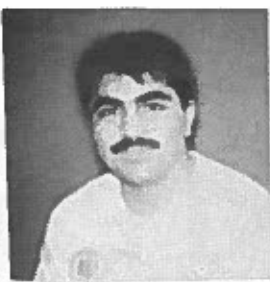
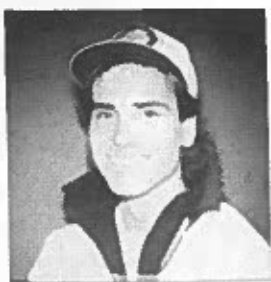


# STRESSED



ONLY ONE

MORE YEAR!



Paul Alexander  
 Craig Bradshaw  
 Frank Carpino  
 Marlene Cole



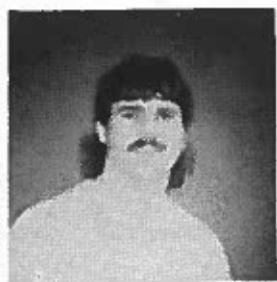
Daniel Curtis  
 Dave Debergh  
 Leesa Dowell  
 Dez Forget



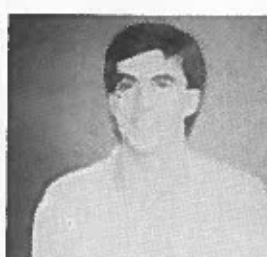
Sean Goforth  
 Rory Hygaard  
 Sue Jenkins  
 Renee Johnstone



Michael Kirlew  
 Cliff Konrad  
 Roxanne Kyle  
 Herb Lamba



Brian Leahy  
 Bryan Leger  
 Derek Little  
 Stephen Mangoff



James Marrinan  
 Scott Marshall  
 Steve McKague  
 Nicole Medwechuk



Michael Miller  
 Lisa Negus  
 Kelly Papich  
 Linda Pittarelli



Dino Pugliese  
 John Pulcina  
 Julie Rae  
 Allan Ramsay



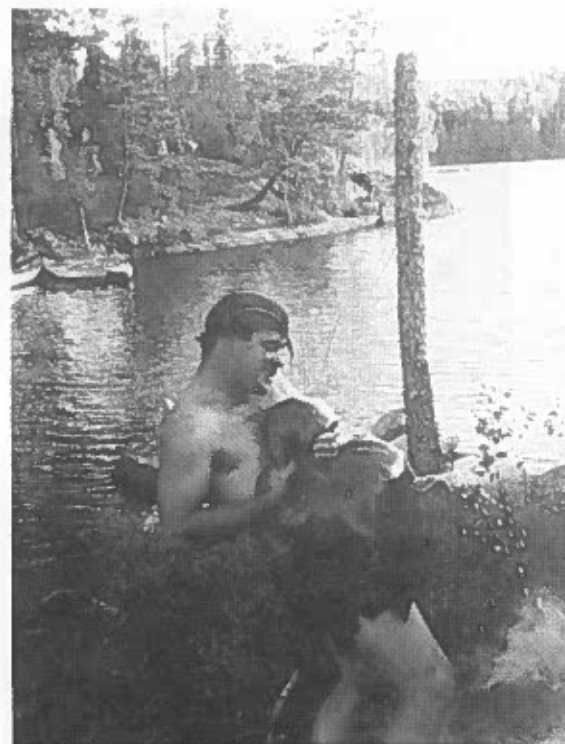
Margaret Reid  
 Tom Reynolds  
 John Rissanen  
 Tracy Sainsbury



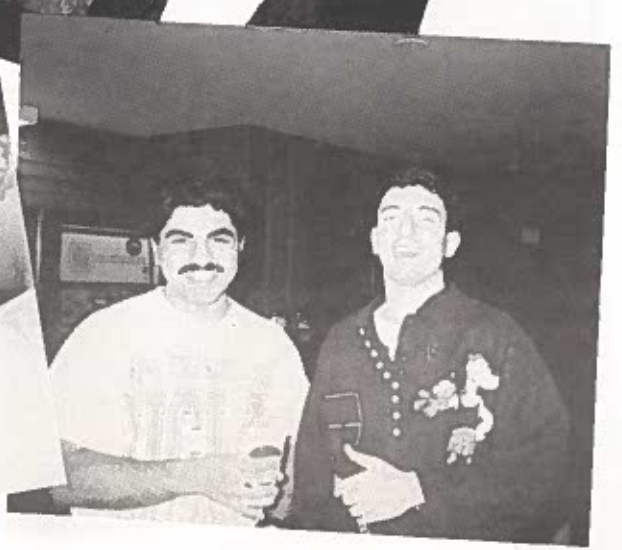
Rhonda Sawicki  
 Martin Short  
 Steffi Tinneberg  
 Jim Trotta



Len Untinen  
Kelly Williams  
Laura Vermette  
Eddie Zinger







Anatomy?  
vs. ?  
B-ball?

YEAR



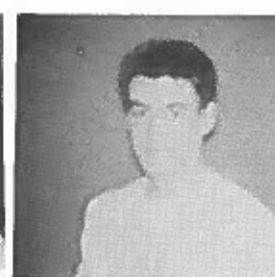
Andy Aitken  
 Dan Armstrong  
 Jeff Bartlett  
 Darlah Belanger



Tim Best  
 Steve Boyd  
 Kelly Breutigam  
 Jeff Brown



Darrah Brownlee  
 Chris Bulley  
 Tracy Burrows  
 Mike Carter



Dawn Coulson  
 Lyle Cross  
 Louise-  
 Dalingwater  
 Paul Danku



Len Dunkley-  
 Popovitch  
 Carl Embro  
 Carlo Fanti  
 Jennifer Fellows



Rob Forrest  
Lorraine Galloti  
Eric Haapa-Aho  
Kennith Hamblin



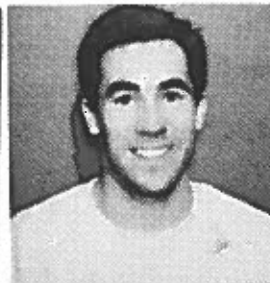
Tammy Heaney  
Penny Henderson  
Pamela Hupalo  
Angela Kane



Kathryn Keyes  
Mike Krasey  
Robert Kupec  
Julie Leedham



Pete Lessard  
Warren Neicharz  
Peter Oyler  
Kevin Paradis



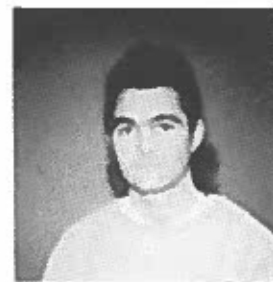
Gary Parcels  
Alan Phyllis  
David Pineau  
Chris Pizziol



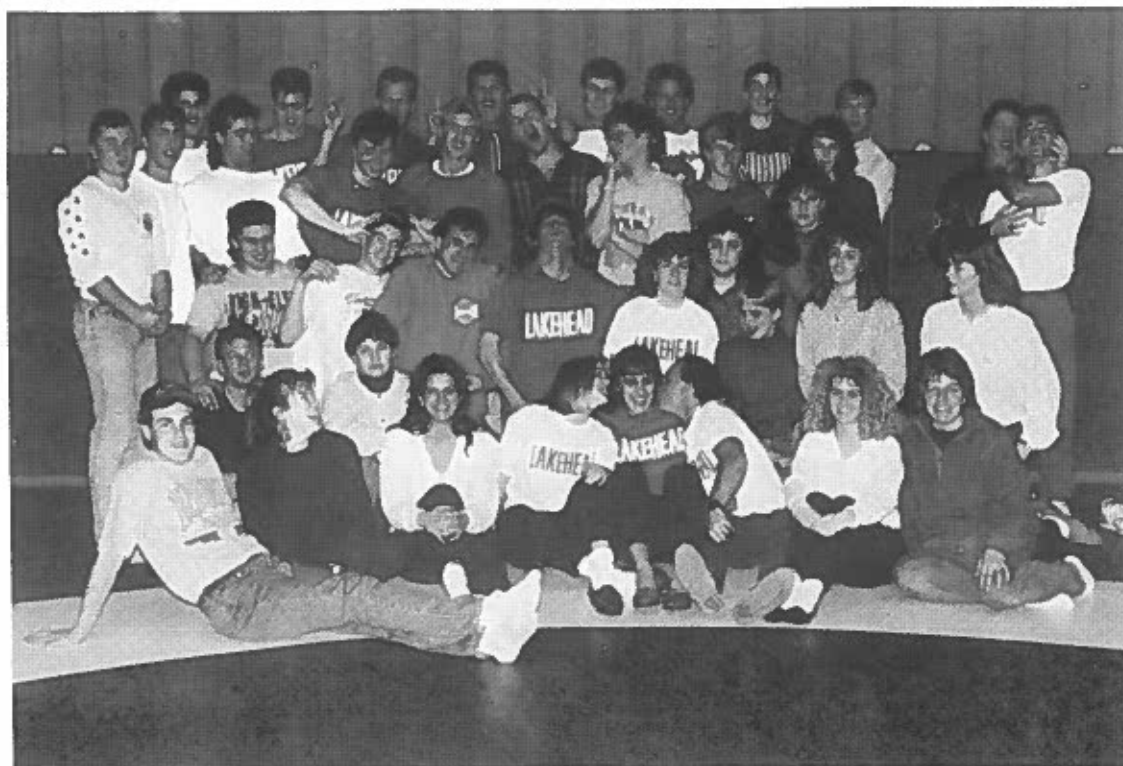
Michael Poling  
Jennifer Reid  
Bobbi June Santavy  
Alison Sekoloski

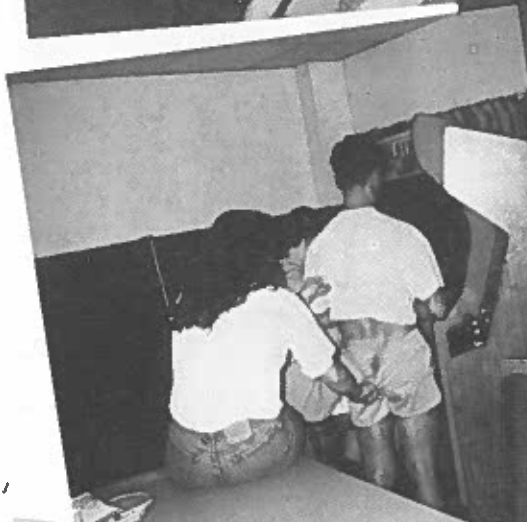


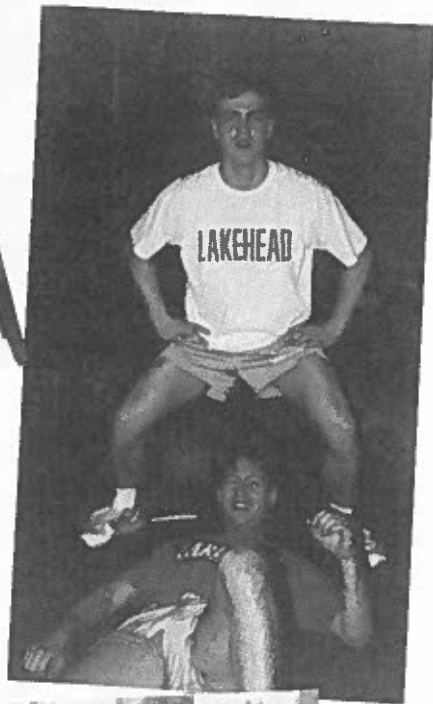
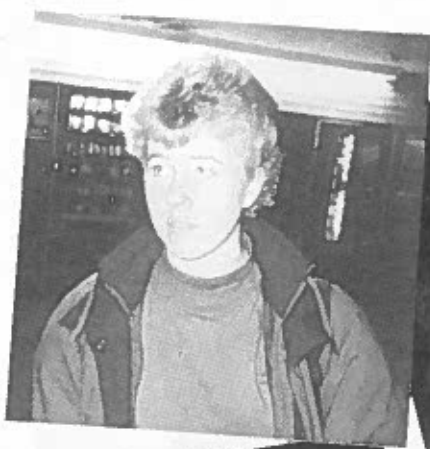
Jeff Stiles  
Tara Thompson  
Cheryl Weldon  
Chris White



Jeff Wilkins  
Sue Woosnam  
Tania Mash







WHAT'S  
GOING  
ON?

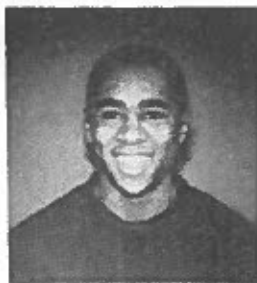


1<sup>ST</sup> YEAR

YOU'RE HERE!



Daniel Armstrong  
Andrew Bailey  
Stephen Bergin  
Nick Blazevic



Steven Boardman  
Grant Brown  
Peter Brown  
Michelle Brownlie



Bob Cheyne  
Wendy Coburn  
Lisa Corsaut  
Daphne Dalton



Dean Demers  
Steve Doyle  
Bryan Dumanski  
Sharon Eckel



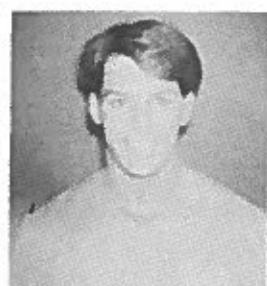
Tracy Eriksen  
Kyle Ferguson  
Myles Field  
Jamie Foster



Burt Frechette  
Cory Gentes  
Shelly Giles  
Laura Gulley



Derek Haines  
Susanne Hansen  
Craig Hardy  
Patricia Hogan



Steve Hope  
Gregory Horne  
Anita Imhoff  
Rita James



Peter Jordan  
Cynthia Kaplanis  
James Klassen  
Joanne Kuzoff



Brock Lambert  
Simon Lampi  
Rob Lennie  
Angela Lockman



Brock Madill  
Bonnie McAlpine  
Gwen McKnight  
Gareth Morgan



Dean Morken  
Suzette Morrow  
Noreen Mott  
Chantal Mousseau



Kristi Neely  
Heather Newton  
Tanya Opyc  
Gillian Parsons



Raymond Petrie  
Christa Petz  
Stephen Freddy  
Terence Robinson



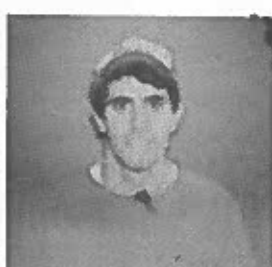
Sandy Ross  
Kim Rubra  
Frank Ruberto  
Rob Russell



Trina Slivinski  
Silvia Speck  
Jenny Spence  
Lyllian  
Stravropoulos

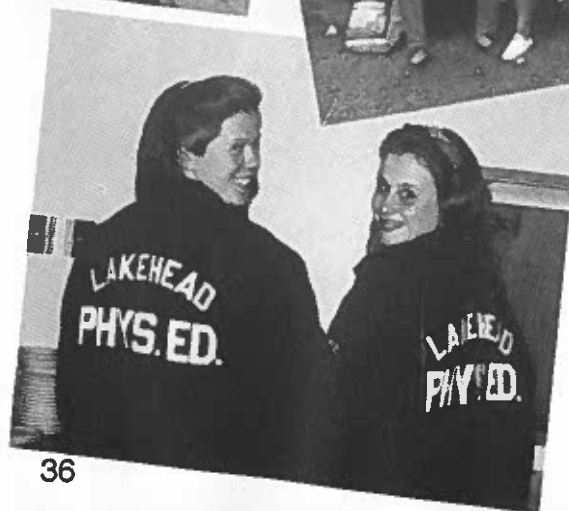
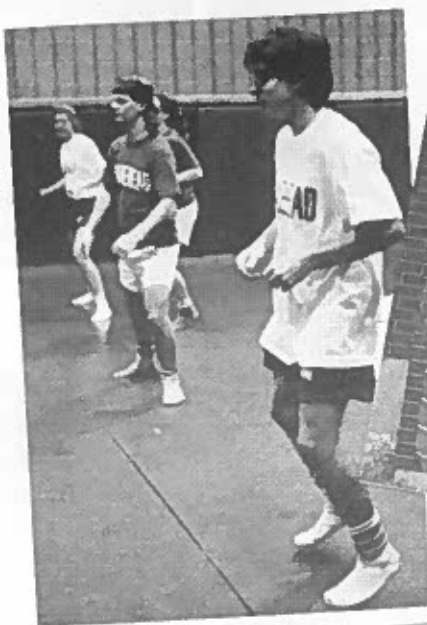


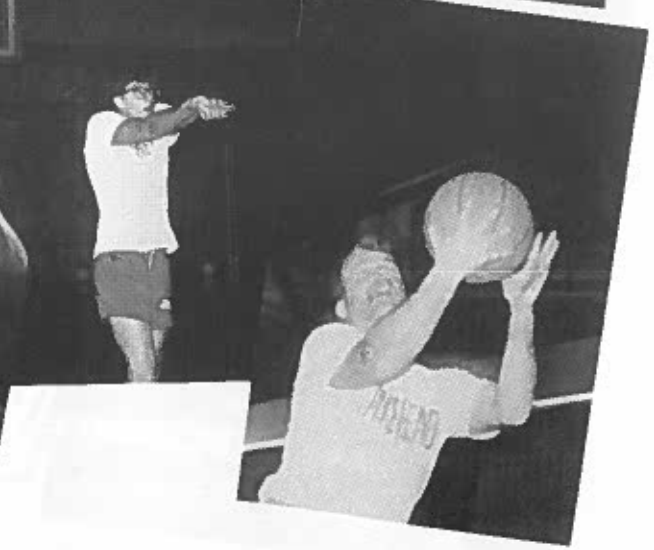
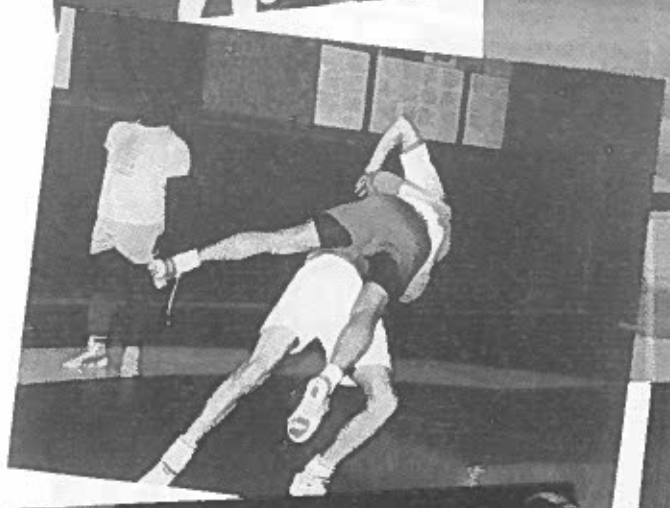
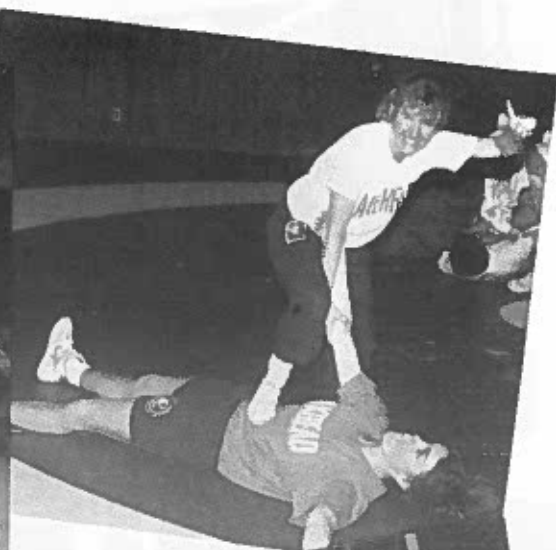
Brent Sutherland  
Todd Thomson  
Cameron Tuck  
Kimberly Voege

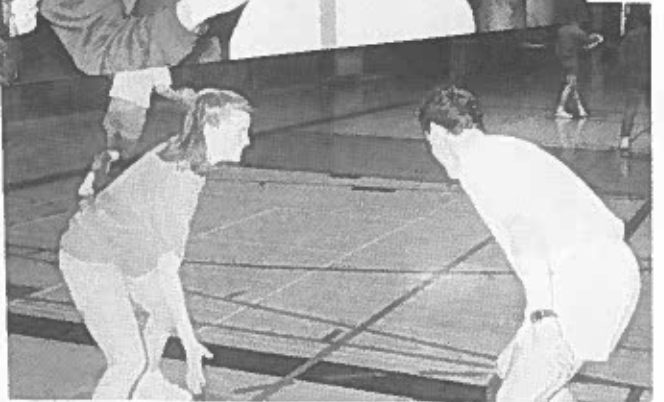
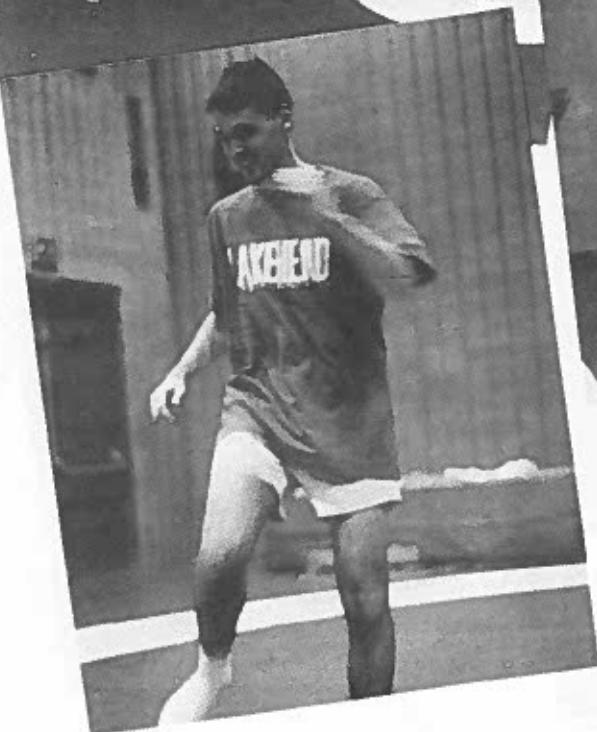
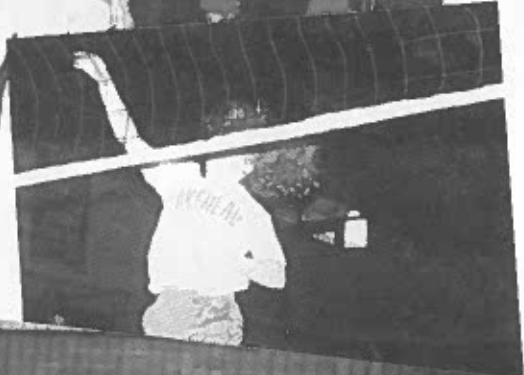


Ryan Wheatley  
Sarah Wilson  
Steven Wolst  
Claire Miller









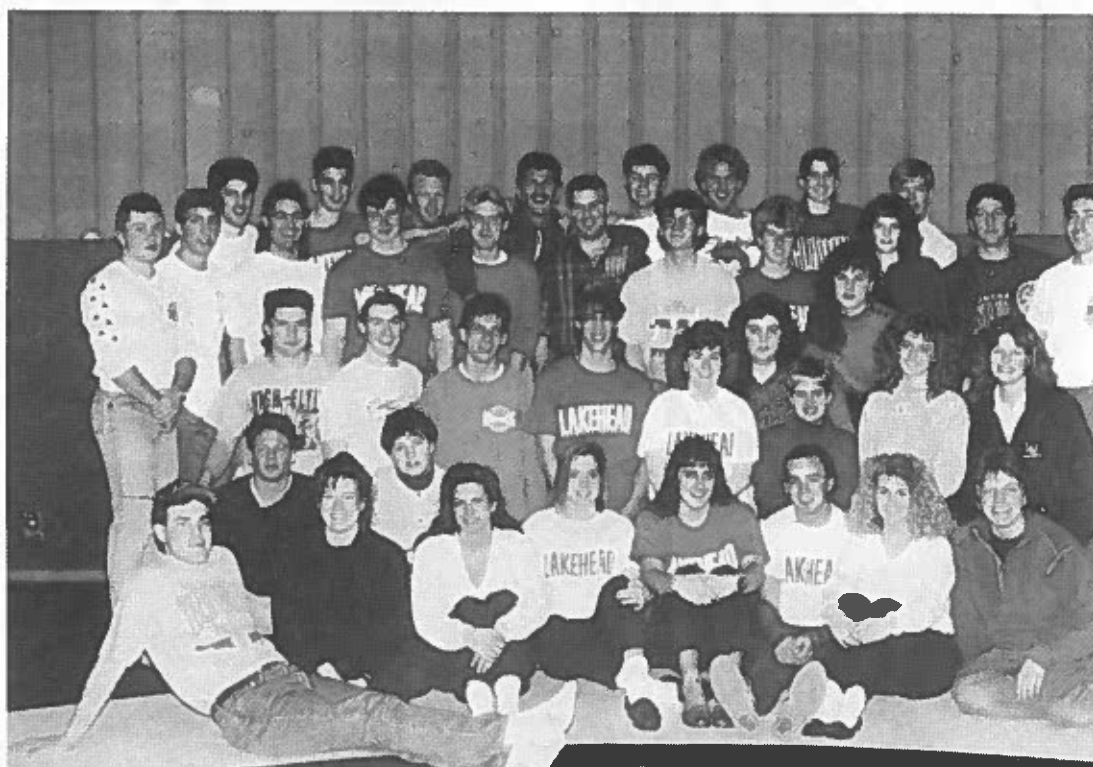
Smile!



# CLASS PICTURES



# FIRST YEAR



# SECOND YEAR

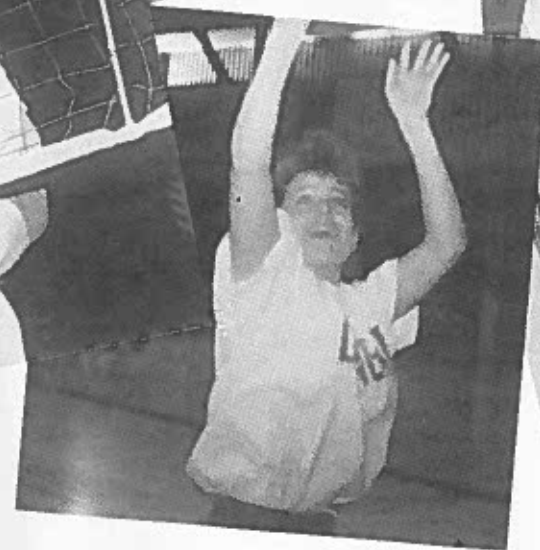
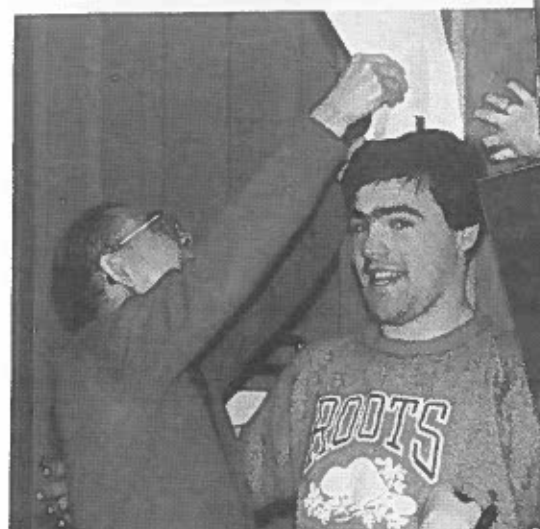
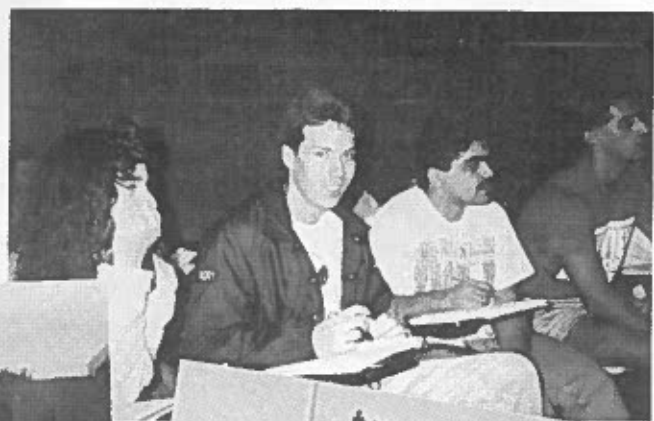


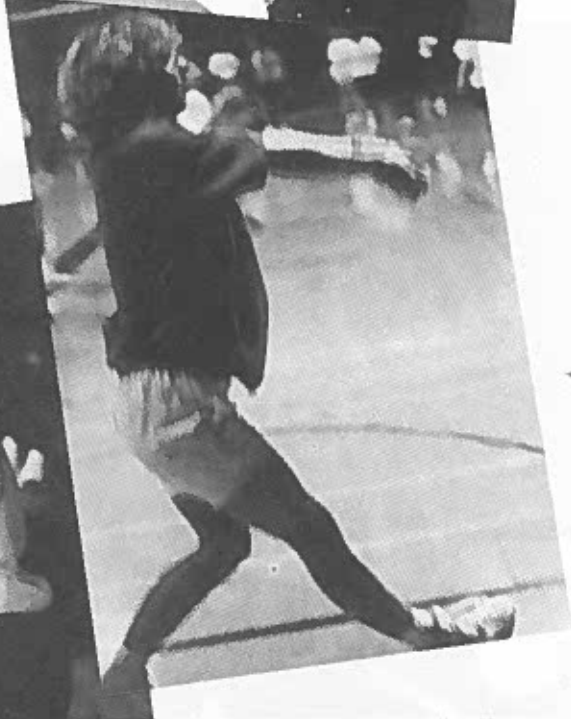
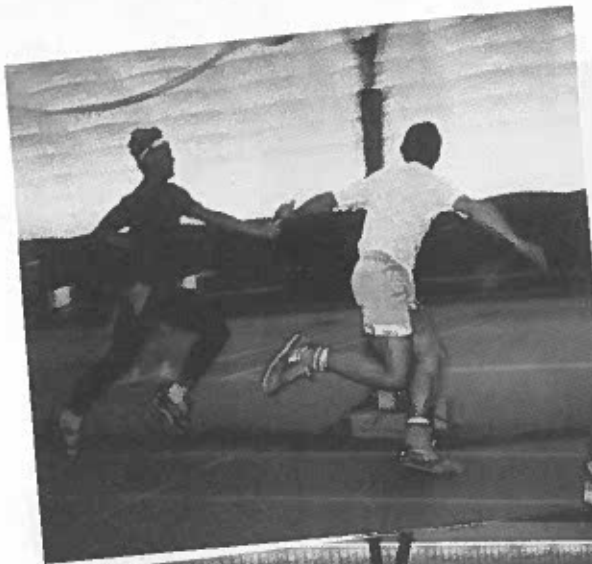
# THIRD YEAR



# FOURTH YEAR









## IN MEMORIAM



John Zanatta was tragically killed in an automobile accident August 12, 1990 at the age of 33. John was a former player with Lakehead University from 1978 until 1981. He had an outstanding career finishing 3rd in all-time scoring with 13 pts/game. He went on to coach the Nor'Westers from 1985 until 1987. He left university coaching to go into teaching where his constant pursuit of excellence provided St. Patrick High School with its first SSSAA basketball championship in 1988-89.

John left Thunder Bay last year, moving to London Ontario to accept a teaching position at Regina Mundi College in London. John was committed and dedicated to his family and friends. It is in his memory that the Alumni games take on a deeper meaning. All proceeds from these games, will be donated to the John Zanatta Memorial Scholarship. As always, even in his legacy, he is giving back to the game by providing us with an avenue to assist student-athletes through this scholarship.

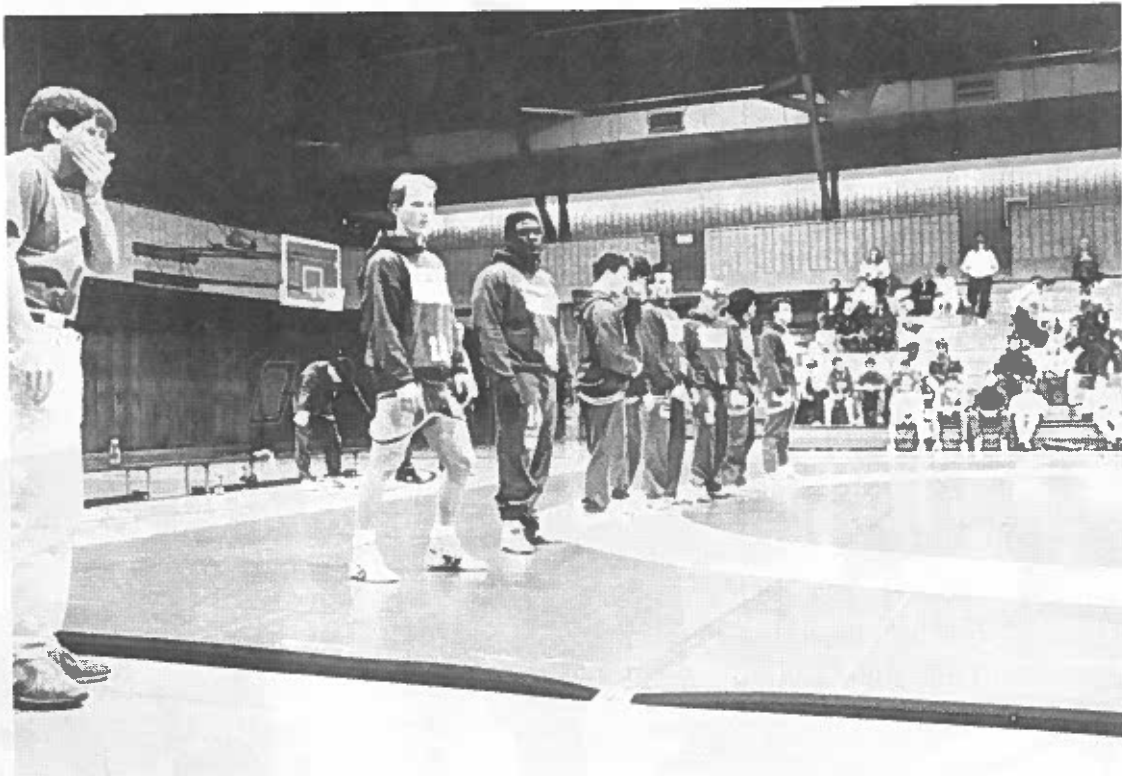
I know John is in good hands now, as he was a special person, a good father to Lindsay and Andrew, and a good husband to Mirella. He is also survived by mother and father Arlene and Enzo Zanatta and brother David Zanatta. I'm sure, in one way or another, if you knew him, he touched your heart and you too know how special he was.

We will miss him, but his memory will live on through the Alumni games and this scholarship.

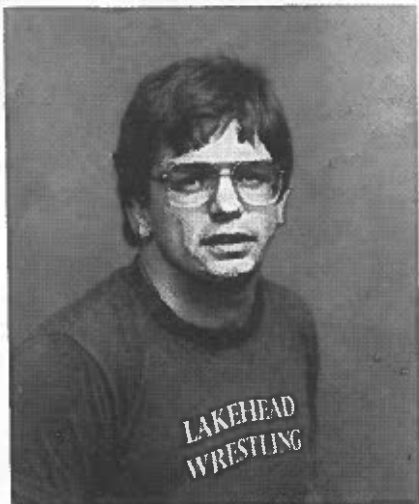
Stu Julius

October 20, 1990





## Wrestling



**HEAD COACH  
FRANCIS CLAYTON**

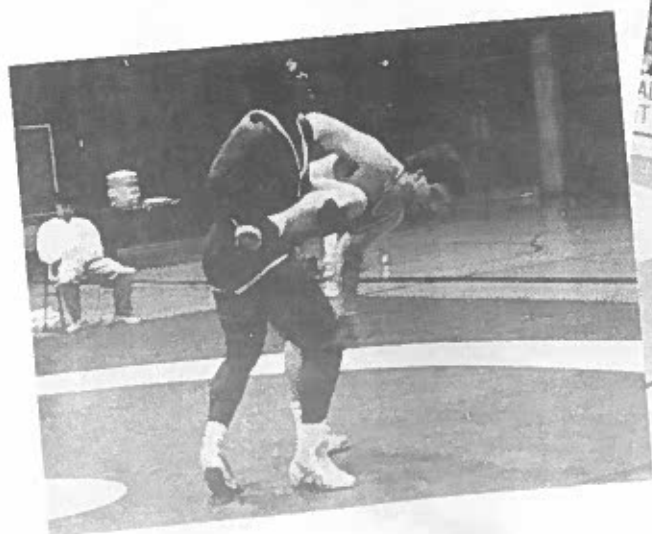
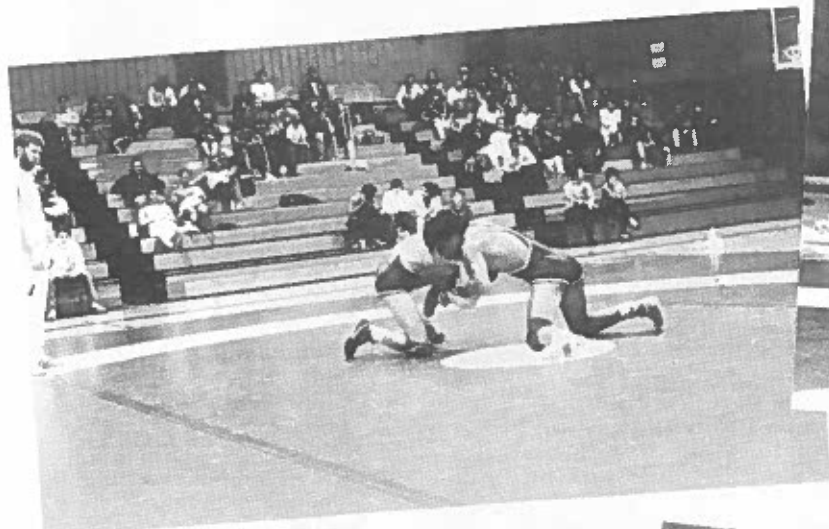
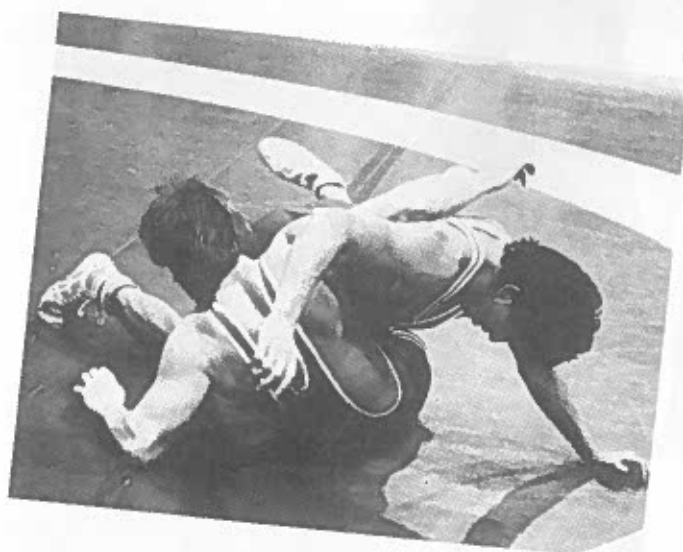
The L.U. Varsity Wrestling Team had a good year, placing fourth at this year's OUAA Championships. This marks their best finish since joining the OUAA League back in 1988.

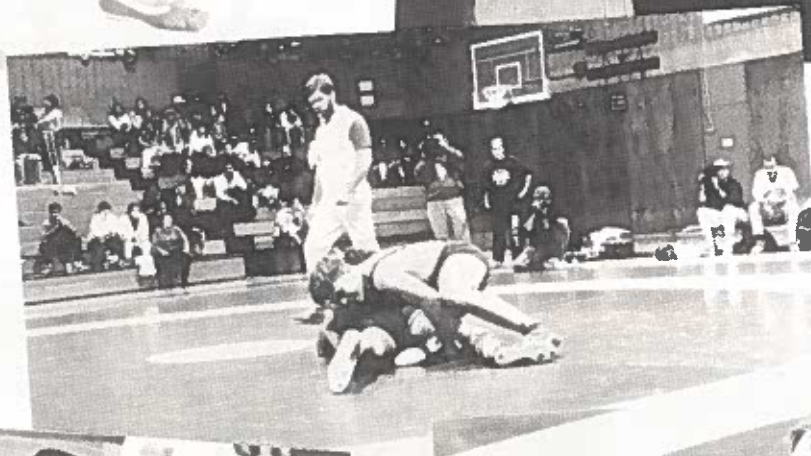
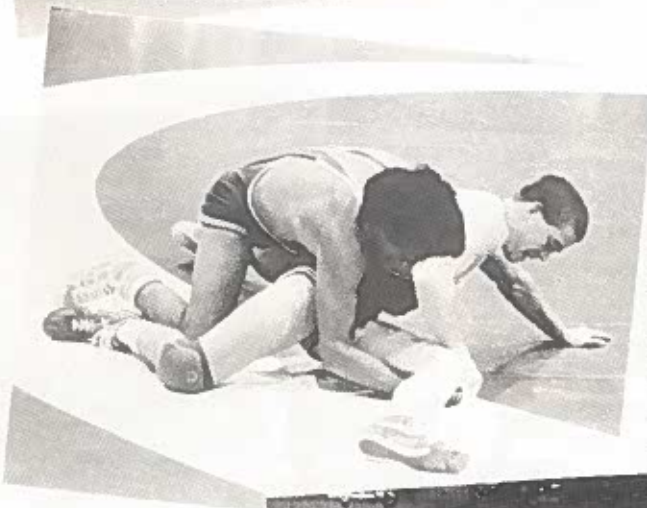
Along with this strong team finish, the team had some excellent individual performances as well. Craig Hardy and Mike Kirlew placed second in their weight classes at the OUAA's and Simon Lampi finished third. At the CIAU Championships, the Nor'Westers failed to

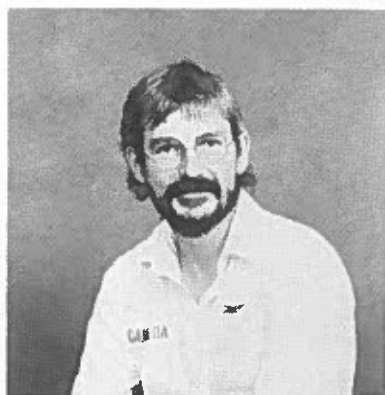
bring home the medals, with Michael Kirlew coming in fourth, Craig Hardy fifth, and Simon Lampi taking sixth.

With six freshmen, two third year team members and a fourth year, along with the addition of a couple of young recruits, the future looks promising for next season.

We are looking forward to seeing the L.U. varsity team crack the OUAA top three and win some gold at the CIAU's in the years to come.







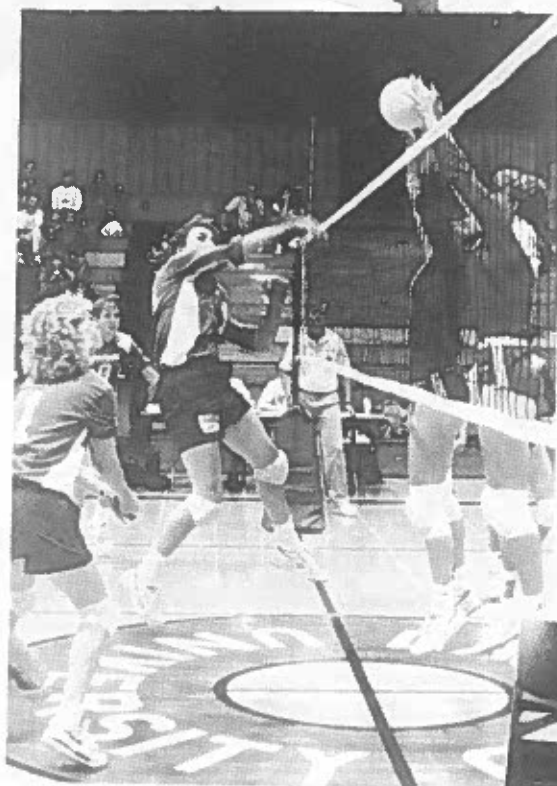
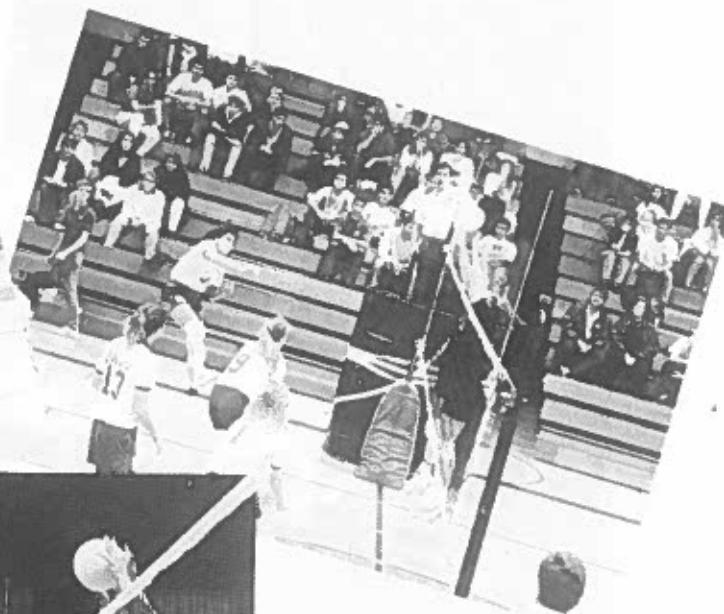
## Women's Volleyball

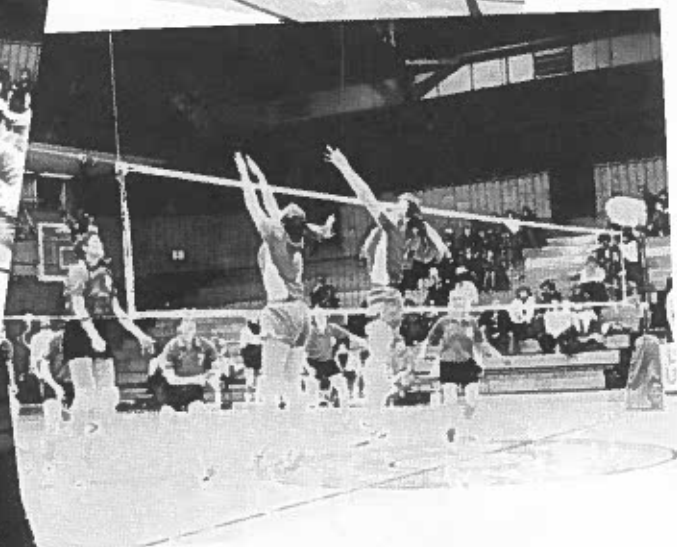
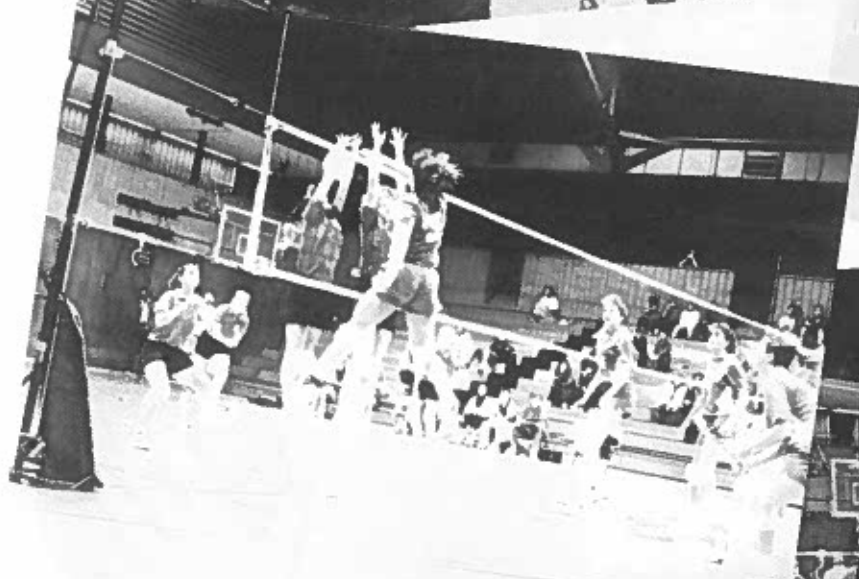
**HEAD COACH  
CLAUDE LAPRE**



All year we were told how young our team was. Often we were reminded of our injured teammates. Never did we let one or the other serve as an excuse. Every player pushed herself a little harder to bring our OUAA season record to 9-5, only one win short of last year's performance.

This has been a most satisfying season for players and staff alike. It has been a season of development for the team, while we still managed to win matches. This Year's work will surely pay off, and things look most promising for years to come.



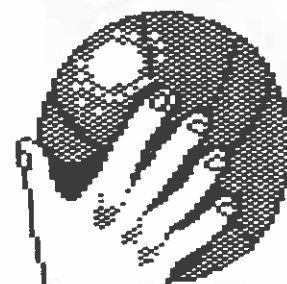




## Men's Basketball

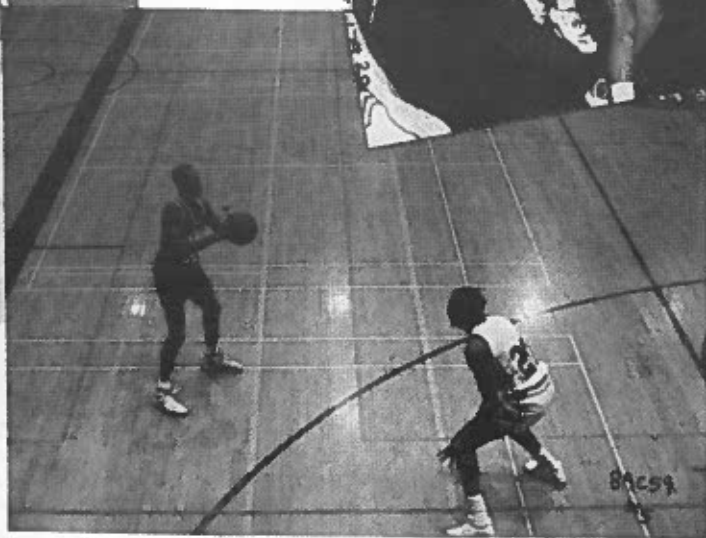


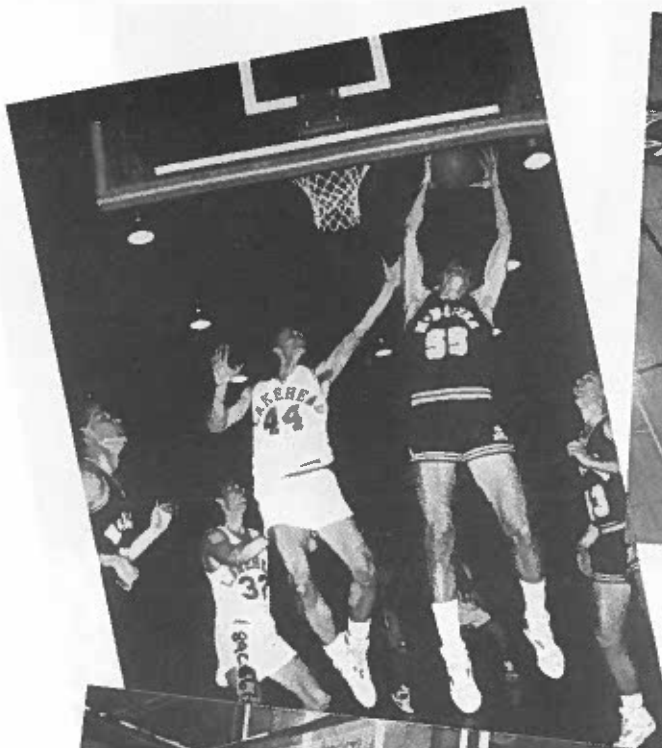
**HEAD COACH  
LOU PERO**

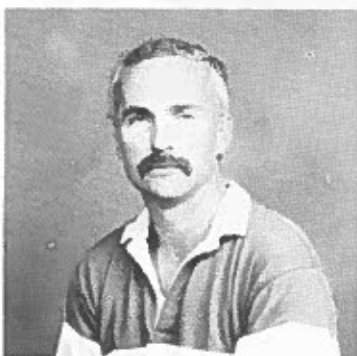


The Lakehead University Men's Basketball team finished the 1990-91 basketball season tied for fourth spot with Brock and Waterloo in the tough OUAA West Conference with a 6 and 8 won-loss record. The Nor'Westers overall record for the season was 14 and 16, which included a tournament win in the New York Life Tournament in Winnipeg. The "Thunderdome" continued to rock as the Nor'Westers entertained the local fans with an exciting brand of basketball. With the present excitement in the community and 12 of the 13 players returning for the 1991-92 season, the future augurs well for the Nor'Westers.

Although coach Lou Pero was disappointed that the Nor'Westers did not finish in fourth spot alone and provide local fans with a home game in the playoffs, he was satisfied with his team's development in the 1990-91 season. If the Nor'Westers secure a few key recruits Pero feels that this, in addition to the team's renewed confidence and quality of play, will make the 1991-92 season their most productive in 10 years.







# Women's Basketball

**HEAD COACH  
STU JULIUS**



The month of February had its ups and down for the Lady Nor'Westers. The first weekend of February saw us playing in front of the home crowd, hosting the University of Brock.

Friday, we had a slow start and struggled to a 66-58 victory. Saturday was a carbon copy with us coming on top 58-51. Although we won both, I was not pleased with the games. Our shooting was poor and we lacked intensity. Unfortunately we carried this into Western, losing Friday 80-64 and Saturday 82-70. Both nights we closed the gap to six points, only to have Western hit back to back 3 pointers. Barb Hill and Kelly Fitzgerald did a good job on the boards, and Kathy Harrison did an excellent job offensively.

The third weekend, we travelled back home to host Wilfred Laurier. We came out flying Friday night, winning 78-53 and Saturday 75-59. Defense was the key, combined with full court pressure-we finally put two games back to back together. The highlight of both games was that everyone played and contributed. Scoring was distributed between Harrison, Burgess and Fitzgerald, with Pam Leitch hitting some big shots.

Going into the last weekend, we found ourselves travelling to Guelph. Interesting enough, all we needed was to win one game to guarantee us third place. Finishing in third place would put us against the University of Toronto on Tuesday in quarter final action. If we defeated Toronto, we would then travel to the final four in Brock.

As usual, we do everything the hard way and the first night we lost to Guelph 65-61. This made Saturday a very stressful day and shooting practise was very intense. Saturday, we came out very aggressive and jumped to a 22-4 lead going on to win 68-50, and clinching third place.

The regular season was over, and we finished in third with a 9-5 record. Overall I was pleased. We had lost two games to Mac by one and four, and the two games to Western by ten and twelve-not too bad. For a team with five first year players, I felt we

had done a good job.

We travelled back to Thunder Bay on Sunday, only to return to Toronto on Tuesday for a playoff game. Monday we had two key players missing from practise-Pam Leitch and Barb Hill. Both had a very severe type of flu, with Pam going to the hospital Monday morning.

Tuesday at 5:00 p.m. I was not sure if Pam and Barb would be travelling until we picked them up. However, both of them really struggled in the game and it was evident in their shooting. Kathy Harrison had an excellent first half, scoring 18 points and we were only down 3 at the half. At the start of the second half, Toronto could not miss and we found ourselves down by 12. Forced to call a time out, we managed to pull in back to six points with 2:36 left on the clock.

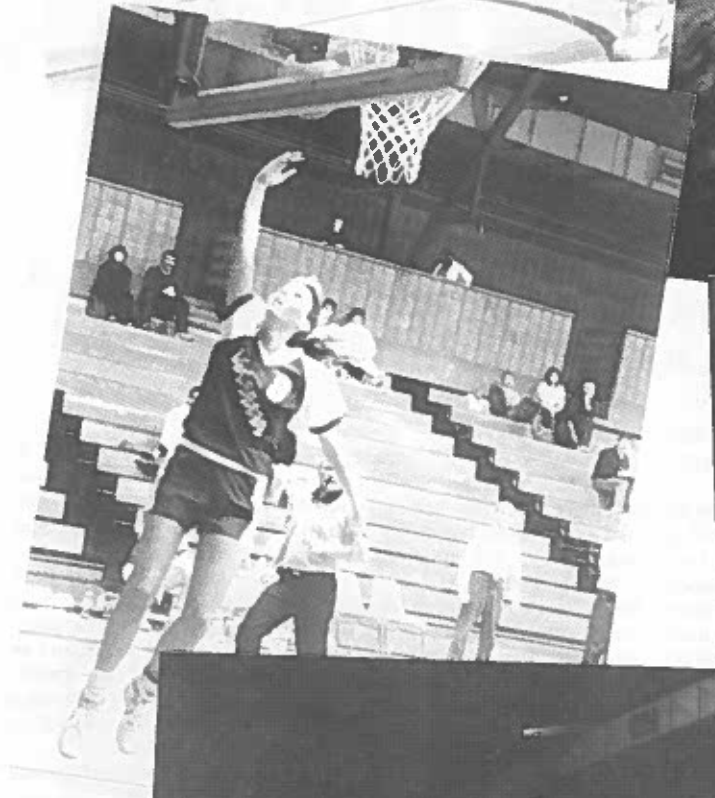
A couple of violations, and a missed shot, turned the ball once again back over to Toronto, who converted at the other end. Final score was 77-63, and once again we are knocked out of the playoffs by Toronto.

## KEY HOOPS

- The improved play of Bonnie McAlpine was a positive note for the future.
- The play of all freshmen was inconsistent but also very encouraging and should be something to look forward to.

I would personally like to thank all the fans for their fantastic support during the season. As coach, we tend to forget the people behind the scenes who make our jobs easier - Bill Keeler, Peter Dilka and our student booster group. I would also sincerely thank Coach Pero and Norm Laviole who gave me a great deal of support after the death of John Zanatta. When we lose someone we love, we tend to forget the people we have. Thank you Norm and Lou, without you I couldn't have made it through. To my wife Lynn and the boys, thank you again for being there always.

- Stu Julius



89C59  
#1









# Message From the Editor



We, the yearbook committee, hope that you will enjoy the 1990-91 edition of the Physical Education and Athletics yearbook. This year has seen great involvement and participation in all the athletic activities by the students, and we hope that this yearbook has captured some of the more exciting, interesting, and just plain silly moments for everyone to enjoy. In the future, however, this book will help everyone to remember the more serious things that we have learned here: friendship, sportsmanship, individuality, and most important of all how to enjoy yourself while working for that ultimate goal.

The yearbook itself is the product of the energy, enthusiasm, hard work, and dedication of a number of individuals: Dan Armstrong, Leesa Dowell, Sue Jenkins, Joanne Kuzoff, Nichole Medwechuck, Allan Ramsay, Marty Short, Jamie Sumi, and all others who contributed time, pictures, and ideas. Special thanks to Jim Leithead for the artwork, and to Kelly McGlaughlin for her time spent putting the book together. Most of all, thank-you to the students and staff, because without your support this yearbook would not have been possible.

Good luck in everything and we hope to see you back next year.

Yours Truly,

Michael Kirlew  
Scott Marshall,

Yearbook Editors



The 1990/91 Physical Education Athletics Club would like to thank the faculty and student body of Physical Education for their outspoken enthusiasm and genuine support throughout the year. P.E.A.L. during this time has grown to one of the largest active clubs here on campus. A special thanks to the following Executive and Class Reps. for making the 1990/91 term one of the best building years yet; Sue W., Jen R., Laura V., Mike K., Scott M., Dave W., John R., Derek L., Mike C., Steve H., Chantel M.. It was our intention at the beginning of the year to bring the bodies of Physical Education together; in and out of the academic setting.

It is clear that Physical Education at Lakehead University is growing rapidly; thus the need for a strong cohesion is second to none!

On behalf of P.E.A.L., the best of luck to all graduates, and those returning students. We hope that everyone was able to participate in the growing trend of events; and that this year has been a memorable one. Thanks for coming out!



Len Dunkley Popovitch

P.E.A.L Executive,  
90/91

# FROSH

scum.

LARGE  
SUNGLASSES  
TO STOP  
ALL SUN  
FROM GETTING  
TO  
"RED  
EYES"

WATER  
BUCKET TO  
COOL OFF  
"HOT HEADS."

ANIMAL BIO.  
"DEATH  
TEXTS"

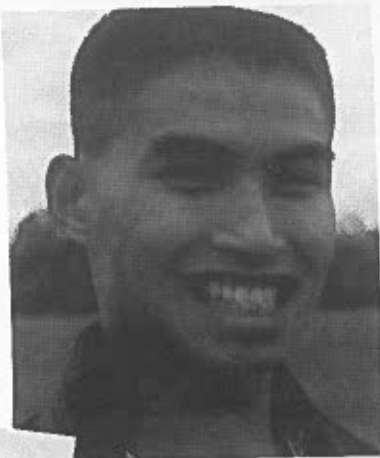
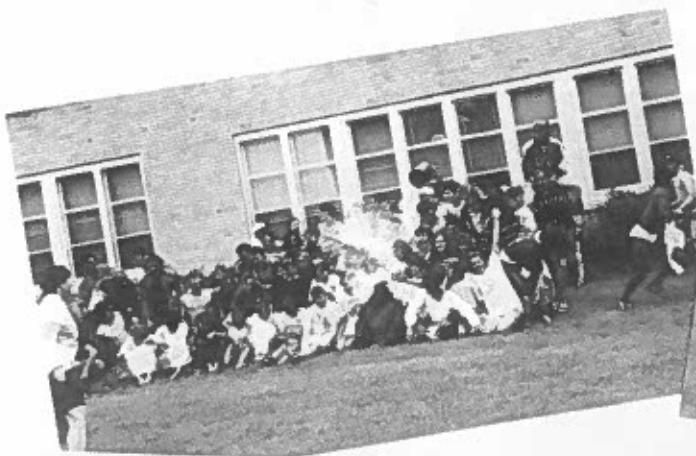
SOON TO  
BE LARGE  
PROTRUDING  
"BEER GUT"

FRIENDLY NOTES  
FROM SECOND  
YEAR STUDENTS

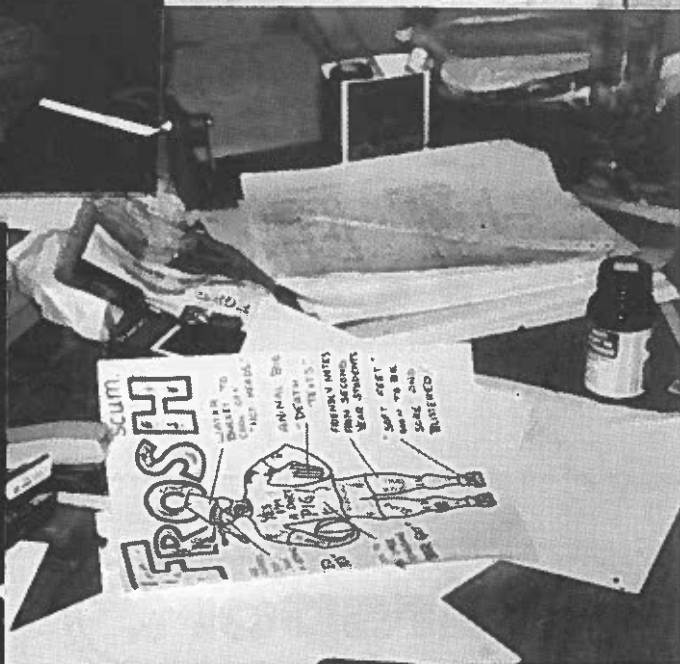
"SOFT FEET"  
SOON TO BE  
SORE AND  
BLISTERED.!











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