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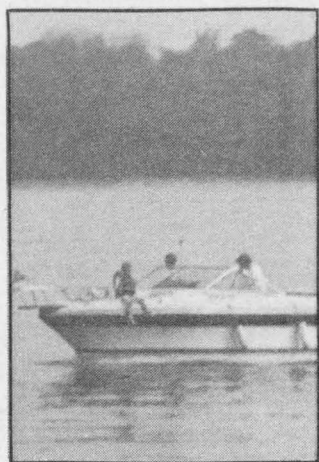
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Enjoy the Great Outdoors

YOUR GUIDE TO ENJOYING THE GREAT OUTDOORS!

Warm weather, sunshine right mixture

The outdoors beckons and the response is always the same. Each of us anxiously awaits the arrival of those long, lazy days of summer.

Whether loafing in a hammock in the backyard under the spreading maple tree is your idea of a perfect afternoon or not does not really matter, as long as you enjoy some R and R.

With the coming of summer also come the longer hours of daylight in which to enjoy more and more of the things we like.

The balls and gloves, bats and caps come out of the closet as the season heats up, and no matter if you are a major league or minor aged, the excitement is there. Almost any weeknight, Iroquois has a minor team playing a home game against someone at one or both of the diamonds at the west end of town. There are some pretty good players in these ranks and they love to hear the cheers of the fans! As the ball is delivered across the plate and the batter swings, the ball is sent flying through the air and the magnetism that draws people to this game can be found in our own town. The umpire calls each pitch as he sees them and the batter hopes he or she can anticipate when best to swing, each fielder is ready to catch that ball should it come his/her way. The speed the runner can summon and the snap as the ball is caught are familiar sounds in the great outdoors.

If the water is more a haven to

you then you know what fun can be had there. The brilliance of a pure white sail on the horizon, especially as the wind billows it; the roar of adrenalin as a speed boat zooms past with an energetic skier in tow; sailboarders attempting to remain upright, and small fishing boats drifting about in bays and indentations along the shoreline all add up to fun for many in the outdoors.

Youngsters splash about in the shallow waters while elder children swim and frolic in deeper places, beaches are dotted with colourful umbrellas and towels are spread upon sandy ground as tanning, visiting and fun are the order of the day.

Something as simple as a walk can be invigorating and refreshing at the same time. Good for your health, walking is a great way to enjoy the scenery and get that exercise too.

If swimming is what you crave, the local beach will be supervised by qualified personnel this summer starting next month. Lessons are available and the water awaits you.

A cool dip in the St. Lawrence is guaranteed to sharpen your senses.

It is not difficult to realize that summer's warmer temps will bring folks outdoors. Everyone waits all winter long for the sunshine and when it arrives are set to get out there and enjoy it, no matter how

short the season is.

Whether you golf, play ball, swim, boat or have a hobby that takes you into the outdoors you will be glad to know there are many things waiting for you.

Fishing rods come out, along with nets, tackle and bait and the pull of the water is just too much to resist...riverbanks and shorelines will be dotted with them daily and even into the night they will dangle lines into the murky shallows or cool, dark depths in search of that "big" one.

Golf clubs and bags come out of the basement and muscles are toned and stretched in preparation for the first round of golf. The greens and fairways entice like no other, those who are smitten by the golfing bug. The mighty St. Lawrence river acts as a beautiful backdrop to those who play in Iroquois. A stiff breeze ripples the water and the flags on the hole markers wave a cheery welcome to "swingers" who tee off on the 6,339 (men) and 5900

(women) yard course. A par 72 course, the challenge of water is there on six holes. The cost is \$12. on week days and \$15 on weekends. Those who enjoy playing after supper, the green fees are reduced after 5:30 to \$9. something new this year.

There are those who find they get enough exercise mowing their lawn and raking up the debris. The sun and fresh air are enough to invigorate them and keep their waistlines in tow.

Summer is a fun time and no matter how you spend it things will fall into place and if we all strive for a safe one, we'll be the better for it.

Picnicking is a great way to have a fun feed. Watching the ocean going vessels as they ply the St. Lawrence, checking out the scenery, snapping a few photos for memories of the warm weather can provide more than enough fun.

No matter what your recreational activities are this is the time to get outside and enjoy!

Common sense for fun in the sun

When the sun comes out, people naturally head for the great outdoors to soak up the rays or indulge in a favourite sporting activity. With growing incidence of skin cancer and premature aging due to over-exposure to the sun, people are coming to realize that when enjoying the sun, it is important to enjoy the sun carefully.

Some common rules apply...before going out into the sun...

Check the sun's strength, powerful UVB rays are most intense from 10 a.m. to 3 p.m. Don't be fooled by hazy days either, the UVA rays pass through the clouds and can still burn you.

Protect yourself with a sunscreen, one hour before going out and reapply every couple of hours to bring SPF back to its original strength.

Be wary of phototoxicity. Certain prescription drugs can react

with the sun to cause a burn or rash. Check with your pharmacist.

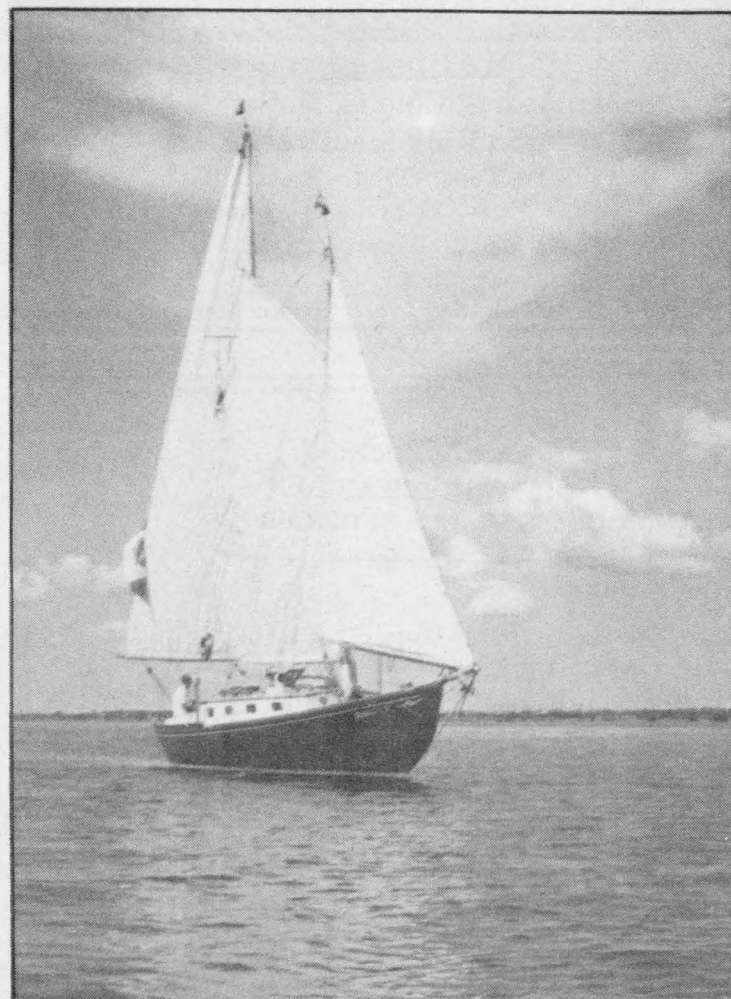
There is also sun sense;

Choosing a sunscreen designed for your type of skin makes good sense. Make sure it has a high enough SPF to avoid burning. Look for sun care products that block both UVA and UVB rays.

Protect children with sunscreen. They are just as susceptible or more so than adults. Babies under the age of six months should not be left in direct sunlight.

Take precautions to avoid sunburn. The effects of damage done to skin are irreversible. Excessive sun can cause sagging, wrinkling and premature aging.

Safe sun does wonders for health and well being. Combining common sense with sun sense will provide all that's needed to enjoy happy days in the sun.



Chieftain photo by S.L. Johnston

Summer sailing

Summer offers up a full platter of activities on, in and under the water. Get outdoors and find a way to enjoy what is available. Local sailor extraordinaire, Guy de Puyjalon, manouvers one of his favourite ladies, Tradition II, across the St. Lawrence.

PULL-OUT SECTION

Bird watching great pastime

There are no words to explain the thrill of sighting your first great blue heron, or loon.

While this area is not the best for sightings, we do have within driving distance some mighty fine bird watching opportunities.

Allowing your children the

chance to see birds close up is a terrific learning experience.

The renowned bird haven to the east of us, Upper Canada Migratory Bird Sanctuary where more than 150 species have been logged is great spot to test your binoculars.

The Canada Geese have been known to be in excess of 10,000. Seeing the babies when they take to the water for their first test run, is neat...and these birds allow you to get fairly close for observation. About 2,000 take up residence each summer and from mid-September to mid-November, the transients are fed corn at 2:30 each day.

Ducks are plentiful as are four legged creatures, white tail deer, foxes, raccoons and others as one gets exercise walking the nature trails that criss-cross swamps and forests throughout the extensive grounds. A wonderful way to spend a day...take the family into the great outdoors and enjoy!

The 1000 Islands are not too faraway and provide quite a show in themselves. The birds that stop over on their way north in the spring can be breathtaking.

It is possible to see 10 to 15,000 ducks and geese on the waters at any given time. The migrating birds provide an impressive show each spring and autumn when they take a breather enroute to distant nesting places.

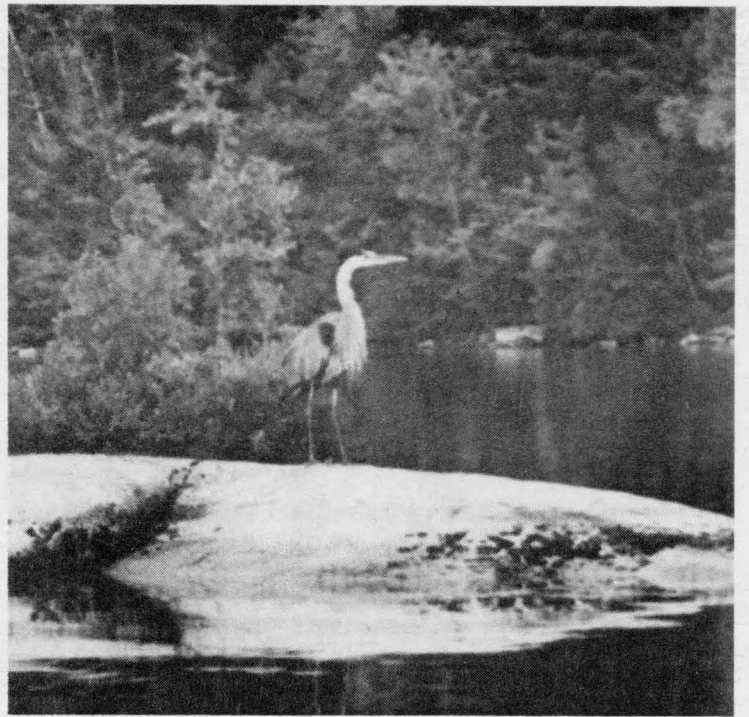
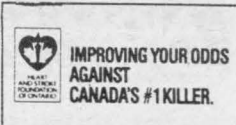
When the warmer weather comes along, birds like the warbler, tanager and oriole arrive.

During the hotter summers, loons, osprey, herons and a flock of wild turkeys flock to Hill island. On shore near Westport and Perth, the blue-bird trail of 500 boxes give ample opportunity to turn blue!

Cruising in a small boat, or canoe on a river, it is fun to see the great blue heron take flight, or to see him stand in the shallows looking for food.

The hawk population is in evidence and the picture opportunities are endless.

Have fun watching nature!



Alone on a rock

A large Heron stands solitarily on a rock contemplating his future...sightings like this make bird watching fascinating and enjoyable. Grab your binoculars and see what nature has to offer.

Chieftain photo by S.L. Johnston

Camping growing in popularity

More and more people are looking towards the wilderness as a way to get away and truly relax. The big push today is towards nature conservation and the more people that get out and enjoy the natural beauty and fun of the wild, the more they will want to protect it.

Camping is not expensive and most people have things they can use right in their homes. Equipment is readily available for rent too.

In the last few years, the equipment has improved so much that "roughing it" is not nearly as rough as it used to be. There are new designs and better quality in sleeping bags, tents, sleeping bags and stoves to make going out into the wilderness less uncomfortable than ever.

Something to think about is that if the family has older children included, two small tents will be better than one larger one to hold everyone. Better against the wind, and designs more suitable to inclement weather come in smaller sized tents. An added bonus comes when the children are ready to venture out on their own to camp, they have their tent ready.

If bedding down on the ground is not your idea of a fun time, there are options available that may suit you better. Motorhomes can be rented

and are just like home away from home. The tent trailers now on the market also keep the camper off the ground and comfortable as being at home, some setup time is required here.

The number of campers seen at local grounds and enroute during the summer months tells the tale of just how popular camping is.

An experience not to be soon forgotten, camping can teach everyone something and whether with the family or a community group there is fun for all. Rising with the sun and going to bed shortly after it does makes a heartier breed. The smell of a wood fire, the charred remains of dinner and the walk through the trees to the well to pump water is invigorating for sure.

The camaraderie of camping where others do makes for evenings of solid comfort, no worries and few distractions...sharing adventures and stories of other camps and other neighbours met are what memories are made of.

As the sparks dance and streak skyward, marshmallows cook and laughter fills the air, as another camp season comes to an end, as now it is just beginning and some who have not ventured to try will find new pleasures and excitement ahead.

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To N.Y. State Skyway Bridge
St. Lawrence River

Bicycles are making comeback

With the warmer weather, they are back on the road again, and in ever increasing numbers. Whether travelling long distances or just up the street, whether to save gas, the environment or the tires on the family car, bicycles are indeed popular again.

The choice is varied and the amount to be spent can be determined by the needs of the rider. One thing to remember about purchasing a bicycle is that it is vital that the vehicle fits the rider. A poorly fitted bicycle will cause handling problems. The person buying a bicycle must try it first for size. With both feet flat on the ground ensure that the person can straddle the frame and that toe tips touch the ground while sitting on the seat.

Used bicycles must be in good, safe, working order. The saddle is the seat of biking comfort and the potential source of much pain. Trying different styles will ensure you have the best for you. Using lower gears to improve fitness and stability. Bicycling is a great way to enjoy the outdoors and get some great

exercise at the same time.

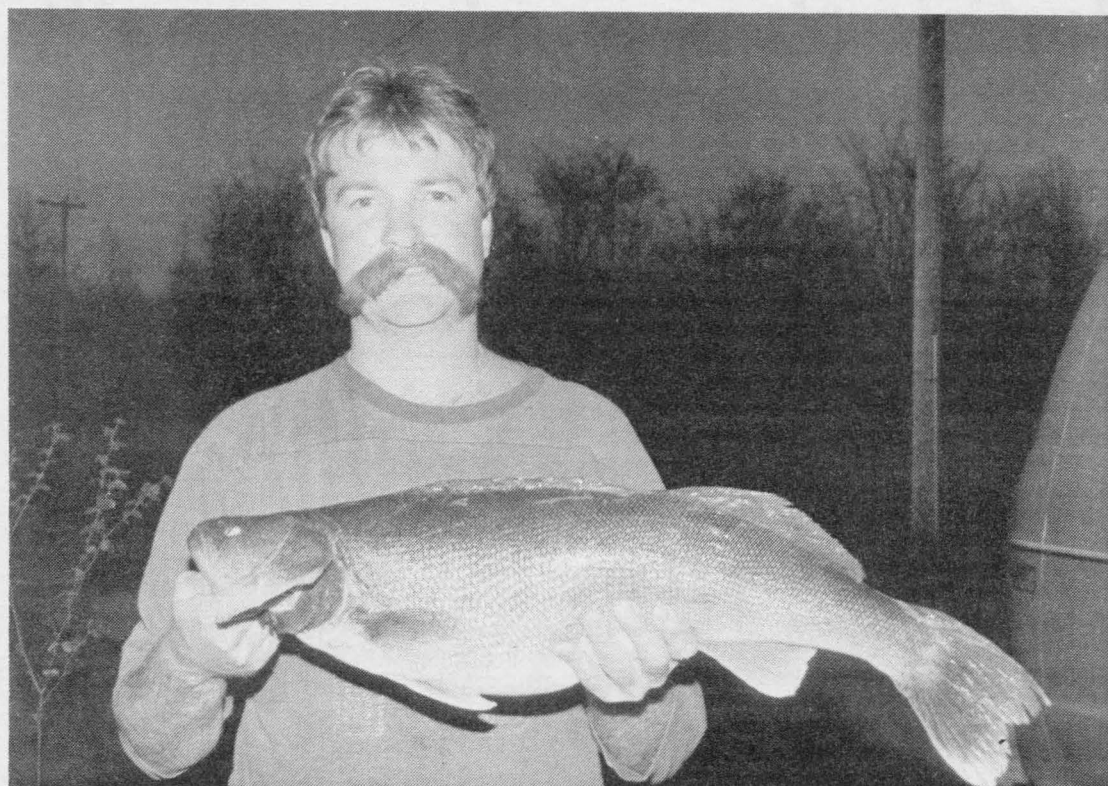
No matter your age, bicycling can be fun and whether you go flat out or travel at a leisurely pace, this makes good sense, during the warmer months.

Helmets are becoming more popular every year, and the safe way is the best way is sinking into minds as folks take to the peddles and travel the highways and byways.

There are brave souls who even take their bicycles along on holiday and with their equipment strapped to the back and front venture into new and unvisited before places. A great way to see the countryside, leisurely taking your own time and enjoying that rest where and whenever needed seems like a grand way to spend a vacation.

Bicycle Clubs are forming as larger and larger groups decide to get together and have fun up on two peddle power wheels.

Whether touring or just biking down the street, it is a sport enjoyed in the warm weather by all ages.



"Minnow" and his catch

The St. Lawrence is full of these Mamas. A marvellous spot to catch and release, the mighty river is home to numerous species and sizes of fish. Snapshots will keep the memory alive.

Chieftain photo by S.L. Johnston

We're lucky to be living by the St. Lawrence

There is something wondrous about flowing water that is unequalled by any other feature of the land. It calms our spirit and thrills our heart at the same time. Even as we are enchanted by their splendours, rivers often take us to places we couldn't reach otherwise.

Living in this part of the country, we are very fortunate to have the mighty St. Lawrence River running past our very doorsteps. A veritable playground during the warm weather, the River is a centre of numerous community activities.

Boating, swimming, fishing, windsurfing, waterskiing, or just

enjoying the sights along the banks of the River can bring endless hours of enjoyment.

The wind rustling the sails as a sailing craft meanders down the River, the ripples as the craft skims over the water, and the sun shimmering on the water all add up to a great summer treat.

Rowing your way along the River, the relaxed atmosphere will bring the true meaning of R and R to the forefront. Whether canoe or boat, the mode of travel is not too important, the feeling is what truly counts...and it is not to be equalled.



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Is this the year for a pool?

Once the decision has been made to install a backyard pool, all that is left is to decide what type to buy... And you thought the plunge had been made!

Outdoor pools come in just about every size and shape imaginable. Your pool can be rectangular, oval or shaped like a kidney or teardrop...it could have a vinyl liner or be lined with concrete, and it could be inground, onground or aboveground.

Before making any plans, it is best to check with the local building and health authorities. regulations and rules concerning the size and positioning of swimming pools, fences and drainage lines vary from one local to another.

When choosing the spot for the pool it is usually best to be thinking of the side of a yard rather than the middle. This leaves room for other recreational activities. It can also help with the resale of your property, especially when the potential buyers have young children and

need the extra space for their playing.

The general rule is that the most expensive type of pool is the inground variety. This can have a vinyl liner or can be lined with concrete (gunite) and trimmed with ceramic tile.

Concrete is the most expensive version of an inground pool. At one time all pools were made of this material since it could allow the purchaser to custom design any shape they wanted.

The vinyl-lined pool is the biggest seller today. It was developed as a means for people in the middle-income bracket to be able to afford backyard swimming pools.

It is estimated that there are close to 60 different shapes of vinyl lined pools available, including various versions of the rectangular, kidney, oval, tear drop, keyhole and L-shaped. The smallest pool available is about 12x24 feet.

When deciding on the pool, after cost has been dealt with the

decision is whether to go concrete or vinyl. Although concrete can crack in the winter, it can still be cheaper to maintain in the long term. Replacing a vinyl liner on the other hand can be slightly cheaper than having to resurface a pool. A vinyl liner has a life expectancy of 15 to 20 years.

There is another type of pool on the market, although not too popular, the fiberglass shell which comes in one or two pieces. Difficult to manoeuvre into small backyards, these allow a faster installation time than the other two types. They have one disadvantage in this part of the world, as they tend to heave and shift when the frost leaves the ground...

Onground pools are about one half the price of the vinyl inground pools. They are usually built on property that is rocky or has a severe water problem. While sitting on the ground, they usually have deeper end that goes into the ground.

Most onground pools are rectangular and they come with decks. The shallow end of the pool is about four feet deep and the deep end about 7.5 feet. In comparison, inground pools can be 8.5 to 10 feet deep.

Above ground pools are completely raised above the ground and are usually oval or round, a shape that provides structural strength. The metal shell has a vinyl liner and a frame of aluminum or steel.

They make it affordable for a young family to have the pleasure of water in their backyard when they are ready.

A 12-foot splasher starts around \$700. Aboveground pools are usually a maximum of 4 feet deep.

Good luck in your decision and enjoy your pool. Be prepared for work even once the installer has left...the landscaping and getting things back to normal in the yard can be time consuming unless you can afford a landscaper to do the work for you.



Sharing the sunshine

Nature can act as a catalyst in bringing family members closer together, such is the case with Dale Lefebvre and his son Jonathon. Taking a "swing" break, or so many other simple activities can make for some special memories in the great outdoors.

Chieftain photo by S.L. Cumberland

Decks are special places for family

Your deck or patio occupies a unique space in your yard. Not belonging to the house entirely, it does not belong wholly to the garden or yard either. It is your private indoor/outdoor living space and it should serve as a transition area between indoors and out. The deck or patio adds immeasurably to your enjoyment while at the same time increasing the value of your home.

Your deck or patio is a logical extension of your home. As you look out your large glass patio doors, you should see the inside of your home reflected there. This outdoor space gives you the feeling of openness and spaciousness which otherwise is impossible to achieve.

You can choose both plants and ornaments to compliment those you have chosen for the inside of your house. For example a country look in your kitchen can extend to your patio or deck by using appropriate benches and containers with the same look. An elegant living room can be drawn to meet a carefully manicured garden with perhaps some wrought iron benches, containers and even a rose arbour. Wicker is quite popular now-a-days with coloured cushions that compliment the indoor colours of your home. Sweet smelling flowers or herbs will make it a most inviting space for everyone.

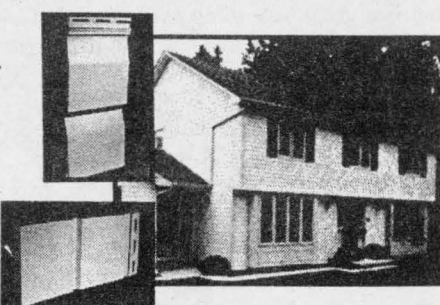
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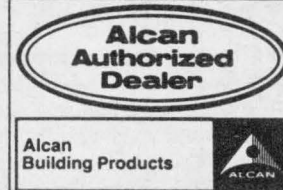
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Gardening a hobby that most can enjoy

Outdoor hobbies provide some exercise and enjoyment all at the same time. The longer hours of sunlight allows those aspiring green thumbs some extra time to enjoy what they like best, playing in the soil. Gardening can be a most re-

warding way to spend time and gain satisfaction from the labour at the same time.

Designing a flower garden is really no more difficult than decorating a room or choosing the correct colour for your wardrobe.

Once the shape of the garden has been chosen, whatever your personal taste dictates, it is a matter of deciding whether a formal or informal garden will best serve your needs and wants. Items which must be taken into consideration is whether a hedge will be incorporated into the garden and if so what flowers can best accent it.

When choosing plants, it is best to know what colours plants are, when they bloom, the overall shape and height of the plants and what special care is necessary to healthy garden plants.

Colours can be used to define space in a garden. Stronger colours should be closer to the viewer while the paler and more subtle colours need to be farther away.

When thinking of gardening in the outdoors, remember that the fresh air and the activity is good for you and the fact that you and all passersby can admire your work, it is well worthwhile.

When those autumn leaves fall and raking is completed, a fast source of compost can be made by adding two gallons of water, and five or six

pounds of high-content nitrogen commercial fertilizer (20-10-5). Place the bag in a sunny spot and turn it over every other day. In three or four weeks...you will have good quality compost which can be stored for future use.

For those who like to try more than one summer activity, fishin' and gardenin' very definitely can mix well. Instead of tossing back that trash fish (sucker), why not pop it into the freezer and then use when you plant the veggie garden. By placing a fish into the hole dug for your tomato plant for example, with a few inches of soil on top of it and then the plant you will witness growing will be larger and bear more fruit than the one that was not fed the fish....measure the results and you will be pleasantly surprised.

Doing it yourself can be a rewarding experience. There is lots of help out there and with information and some planning, coupled with enthusiasm, you can and will have a very successful garden.

Be informed about the space you plan to plant. How much sun does it get? What is the soil like? How about the drainage? What will the primary use be for this area? (entertaining,

playing, children, adults???)

There are numerous books on the subject, and your local greenhouse or garden centre can fill in any gaps for you.

Rest assured that nature is on your side...her greatest zest comes from sprouting, pushing, and probing through sidewalk cracks, over lattices and climbing fences. She loves to reforest and re-jungle and if possible to repatriate so-called civilization into a wilderness.

To be willing to work at the task of growing plants is the true secret to successful gardening. Persistence may be necessary at times, your failures will turn into learning experiences and you will have a hobby that can be fitted into your schedule while providing personal satisfaction and beauty to your surroundings, not to mention food if a veggie garden is your forte.

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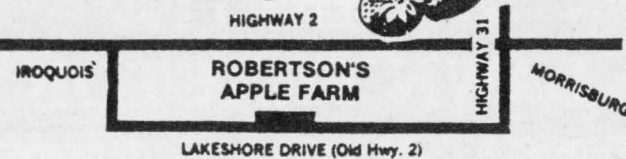
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Pictures make great memories

That magnificent sunset, the picturesque scene on the river as boats dot the shoreline, or the youngsters tossing mud at a sandcastle...the outdoors provides many and varied picture taking opportunities.

When outdoors, always have your camera ready and snap away. Experiment with different techniques and effects, make great shots come to life.

The early morning light, the last rays of daylight as dusk closes in, the bright sunlight, the dull and hazy day...all challenges for the photographer...know what your camera can do and what you are capable of doing with it.

The total outdoor experience can be captured on film. Not only are there still cameras, but the move today seems to be toward video equipment. Lower costs and more

sophisticated people in the buying public has led to a great, easily operated piece of camera. What better way to save the feelings???

The fish story will be truthful is a photo accompanies the tale. Memories made during the warmer temps keep us in tune during the long cold winter.

Whether holidaying or just having a family day in the outdoors, hiking, biking or just relaxing, a picture is indeed worth a thousand words.

The home video can allow the fun times to be relived over and over, all winter long. Even the most inexperienced camera buff can learn to operate a video camera in a very short period of time. It is almost as easy as aim and take.

Opportunities crop up when least

expected so keep that camera handy, and don't miss a moment of the outdoor excitement your family has.

Young people adapt readily to new situations and the video is no exception...your children can run these marvels with an adeptness beyond their years.

Making movies in the outdoors can provide hours of entertainment while being made and afterwards being watched. Youngsters enjoy hamming things up when mom and dad are not around...give them the camera and you'll be pleasantly surprised at the results.

The modern, compact cameras available today allow even the most amateur photographer to have excellent results to show for the effort. There is no need for lessons, or expensive equipment to have great shots of the outdoor scenery or the fun had in the outdoors.

Photos are almost fool proof since the focusing and automatic exposure systems do most of the work and take the guess work out of the entire process.

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Fishing a great way to enjoy great outdoors

The warmth of the sunshine brings out the "angler" in many of us. It may well mean a lawnchair beside the small pond or stream, unaccustomed sun shine, a can of garden worms, a fishin' pole and schools of hungry fish...

There are species of fish that are legally caught every weekend until summer. Most of the varieties found in Ontario are close by us in the Iroquois area. All that there is to do

is equip oneself with tackle to match the conditions and size of quarry.

Catfish for example inhabit nearly every lake and their numbers are staggering in the St. Lawrence River, not to mention the Ottawa and Rideau. They are synonymous with Spring. But Perch, Sunfish and Crappie should not be overlooked for early season action. These types come into warmer water close to

shore and up creeks to spawn. They are abundant and so if there is a young fisherman in your family he should have good luck catching these. They make great eating when fried fresh too!

When the rod tip bends and the tug on the other end of the pole is substantial, the fun really begins. The challenge of fishing has nabbed more than one unsuspecting person.

With the pro BASS tourney coming to Morrisburg this summer, everyone will get a chance to watch the correct way to snag a fish. Those who have witnessed these gents fish before warn that one must pay careful attention since these flows can catch and release a fish quicker than most of us have time to think about it.

Walleye are a favourite of many as a table fish. Relatively abundant in local waters, they can be caught in most lakes and rivers around.

Muskellunge, the biggest fish around with a reputation to match, some lucky fishermen or women will grab up wards of 40 pounders swimming in the St. Lawrence and Ottawa. If you do fish for these big ones, and do not want to mount your fish on the wall, you should release it safely as a conservation measure.

The bass season provides plenty of angling excitement. Large and smallmouth bass can be found in a lot of places. Some of the best large-mouth fishing can be found in Rideau Lakes system waters. The spunky smallmouth bass is found just about everywhere in our region. It prefers deeper, cooler water during the summer than its cousin the large-mouth, but both are agreeable to being caught on a variety of live

bait, artificial lures and flies.

A licence is required to be able to fish in Ontario. Available at most tourist outfitters, lodges, sport shops, hotels and summer camps. Those under 18 or over 65 do not require a licence but are treated as though they did in fact hold a valid licence. Thus limits apply to them too.

Good fishing and have fun whether fishing from the shore or the boat.

Water levels above average in St. Lawrence

Recreational boaters can expect Lake Ontario water levels to remain above the long-term average over the next few weeks, according to Environment Canada's seasonal advisory on water levels on Lake Ontario and the St. Lawrence River.

On May 24, the level of Lake Ontario was 75.02 metres, this elevation is about 17 centimetres above the long-term average for this time of year, and 10 centimetres above the level recorded a year ago.

Assuming average water supplies, the level of Lake Ontario is expected to decline about 6 centimetres by the end of June. Although remaining slightly above average for that time of year, the level is expected to be about 15 centimetres lower than the level recorded at the end of June, 1989.

Currently, water levels in the Thousand Islands area of the St. Lawrence River are slightly higher than those recorded a year ago. As in Lake Ontario, levels in this area are expected to remain slightly above long-term average over the next few weeks but, by the end of June, be below those of one year earlier.

Further downstream in Lake St. Lawrence in the Iroquois-Cornwall

area, water levels are 30 to 40 centimetres lower than a year ago. Although remaining below the levels of last year, boaters can expect levels in this area to be near average at the end of June.

Water levels on the western end of Lake St. Francis, Cornwall to Summerstown are currently several centimetres higher than those recorded at the same time last year, this the result of higher overflows from Lake Ontario. Through early summer, water levels in this area should remain slightly higher than those last year. On the eastern end of Lake St. Francis, water levels should not differ appreciably from those of previous years.

Currently, water levels on Lake St. Louis, upstream from Montreal are about 60 centimetres higher than one year ago and over the next few weeks are expected to remain 20 to 30 centimetres above the levels of last year. In Montreal harbour, the water level is about 1.7 metres above chart datum. Although the harbour levels are expected to decline during the next several weeks, they should remain 30 to 40 centimetres higher than those recorded during the same period last year.

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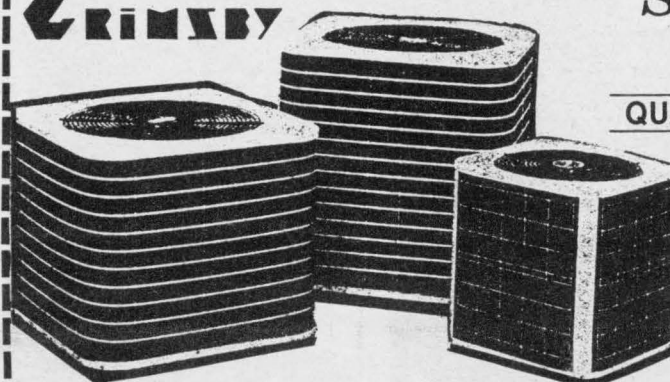
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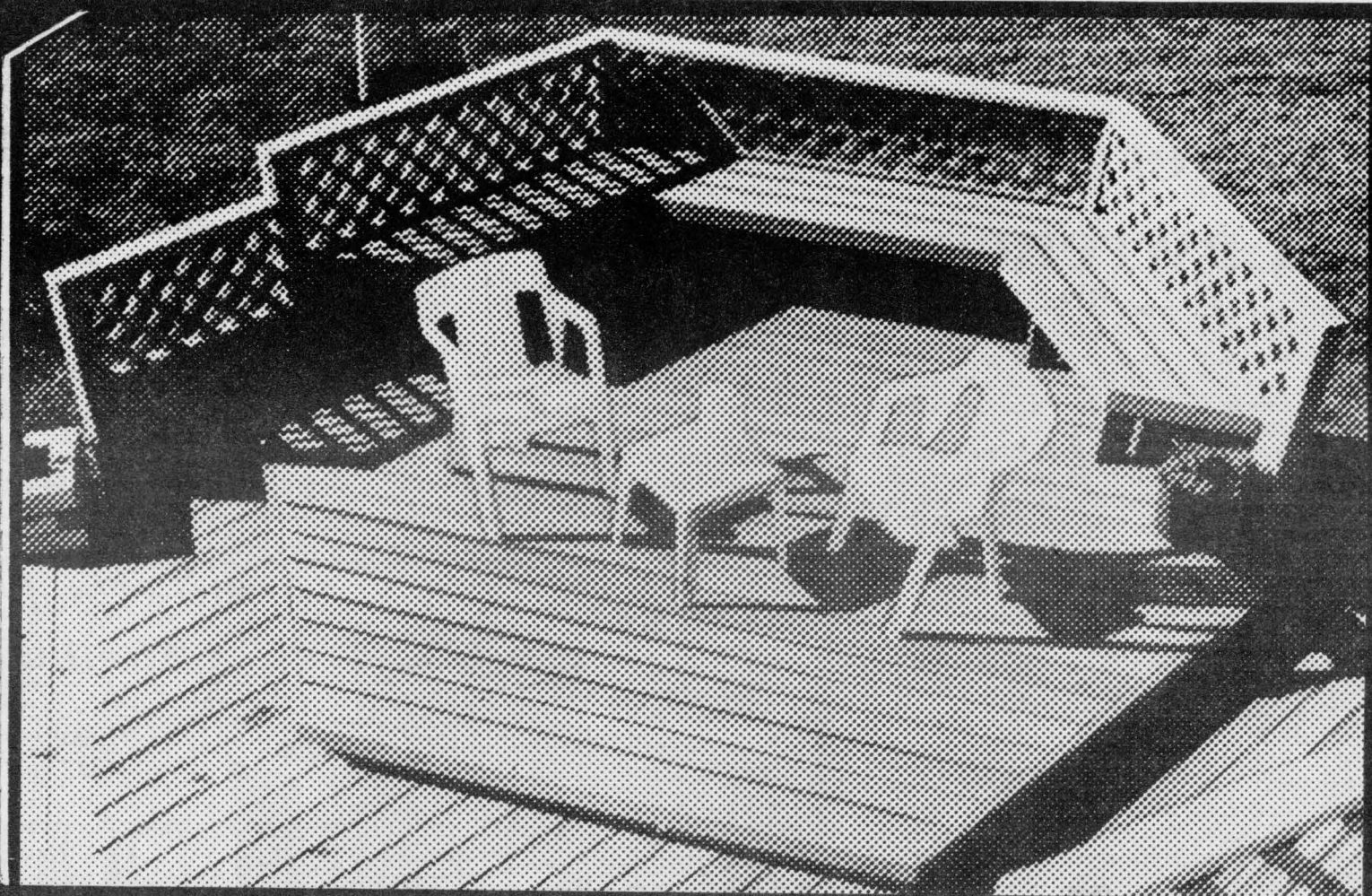
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