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Enjoy the Great Outdoors

YOUR GUIDE TO ENJOYING THE GREAT OUTDOORS!

Chalkboard marks the arrival of ships heading through Seaway locks

by Michael Bailey
Chieftain Staff Reporter

If you're thinking about a visit to the Seaway Locks Viewing Centre, but you're not sure when the next ship is coming through, don't worry!

Jennifer Deans, the owner of The Lockview Gift Shop, uses a chalkboard outside of the store to list the ships and approximate times they'll be coming through the locks.

"I have a scanner and when I hear a ship calling to make arrangements to come through the locks I go out and write it down on the chalkboard," explained Jennifer.

For tourists who would like to visit other attractions, the service is invaluable.

"With the listing on the board, tourists can plan their day around when the next ship is coming in," explained Ms. Dean.

The chalkboard has also become a bit of a focal point for residents in the small village of Iroquois.

At the bottom of the board, Jennifer chalks down a piece of friendly advice for everyone.

For example, "After you've worked hard for what you've got - take time to enjoy it!"

"It's almost become a kind of ritual," laughed Jennifer. "You wouldn't believe the number of people who take a drive up just to look at the board and see what I've written for the day".

"I'm telling you, it's almost like their obsessed!"

Always open for suggestions, Jennifer has also written down quotes that visitors have dropped off.

"One time I wrote down - Please don't read this sign it's private! - and all kinds of people got upset. I didn't do that again!"

At the start of this year Jennifer invested in a new chalkboard.

"The old one was getting worn out so I figured I'd buy a new one," she explained adding that she paid for the new board with her own money.

The chalkboard is located just a few feet south of The Lockview Gift Shop and Jennifer comes in early each morning to listen to the scanner and list the ships coming in for that day.



Serene and peaceful

There are many streams through the back woods in the country to explore by canoe. Drifting and observing can be relaxing while out for some fresh air, or casting a line or two..

Chieftain photo by R. van Noppen

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PULL-OUT SECTION

Wear your life jacket

Boating is an essential part of enjoying life for many Canadians. Each year over half the population goes out in a small boat at least once, be it water skiing, fishing, or just a quiet afternoon cruise. And every year some of these boaters end up in the water.

Unfortunately some end up drowning.

Even more unfortunate is the fact that most of these people own a life jacket, but they were not wearing it. The majority of fatal boating accidents in Canada result from falling overboard or a sudden capsize. There was no time to put on a life jacket or personal floatation device!

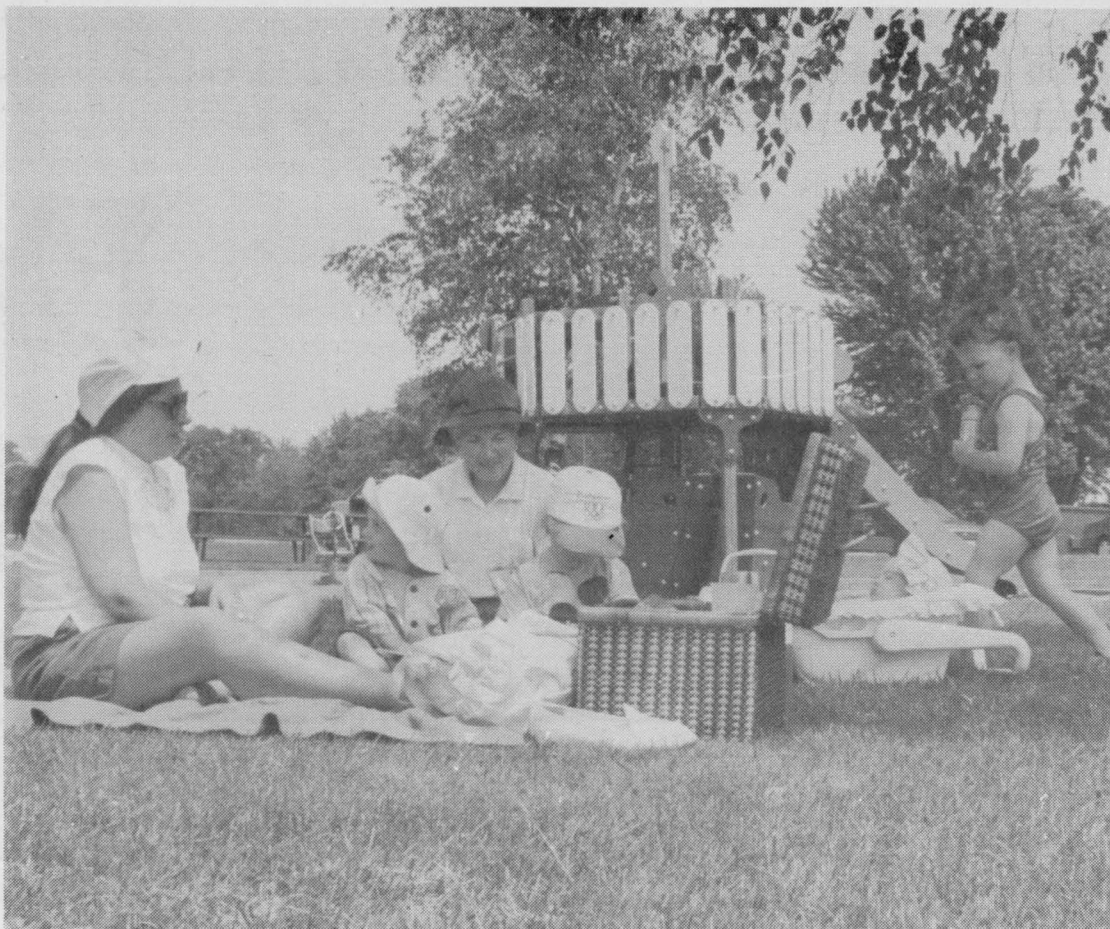
By law every boat must carry a department of transport approved lifejacket or PFD for every person on board. But if your life jacket is under your picnic lunch or carefully stowed away, it's essentially useless.

There are three basic types of floatation devices for boaters who inadvertently find themselves in the water. The most convenient and wearable are the Personal Floatation Devices or PFD's. These provide enough floatation to help a conscious person swim easily. Best of all they come in a

variety of styles ranging from the familiar vest to the tailored coats. The next type is the Small Vessel Lifejacket which most people would recognize as a "keyhole" lifejacket. The Small Vessel Lifejacket provides more floatation but is not designed to be worn at all times like the PFD. The lifejacket with the most floatation and the one which will turn an unconscious victim face up is the Standard Lifejacket. These are quite bulky but provide unparalleled support in the water. They are the best jacket if you are forced to leave a sinking boat.

The Canadian Safe Boating Council urges all boaters to wear their PFD's or lifejackets. PFD's or lifejackets help keep boaters afloat while they attend to the urgent task of climbing back on board. If you can't get back on your boat, your PFD of lifejacket will help delay hypothermia by allowing you to keep still to conserve heat until help arrives.

Be boat smart; Your PFD is your best friend afloat, but it won't work if you don't wear it! For further information contact your local OPP office.



Picnic weather

Pictured above, this family was taking it easy as they enjoyed a picnic at Mille Roche last Friday afternoon. The Long Sault Parkway is the perfect spot to take the family, enjoy a good home cooked meal and relax with nature.

Chieftain photo by M.C. Bailey.

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Physical activity -- in other words, activity that gets your body moving and expending energy -- can include everything from organized sport to housework. The advantages of regular physical activity are many: enhanced self-esteem, weight maintenance, increased energy, and reduced fatigue and risk of cardio-vascular problems. Plus, physical activity is fun and satisfying! All it takes is a 15-minute daily walk, or a 75-minute bike ride, or gardening for two hours to improve your health.

Studies show that people who switch from a sedentary way of life to a more active lifestyle show the most marked health improvements.

Remember, the 90s are a time of diversification. You'll enjoy the pleasure, value and advantages of a number of activities such as gardening, walking, biking, or simply enjoying a family activity.

Try being active daily, and adopt a pace that suits you.

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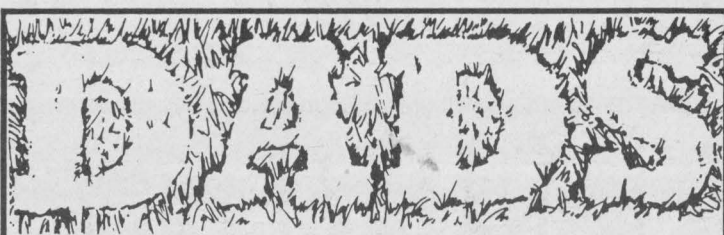
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Chiefs construct sand volleyball courts for Summer Festival tourney

by Shelley Baldwin
Chieftain Staff Reporter

The first volleyball tourney hosted by Chief's hockey team in Iroquois, was such a blast in 1994 that they got a head-start on the event in 1995. The 2nd annual Chief's Volleyball Tournament is set to go on Saturday, July 15 and 16th, on brand new sand courts located in the park, on Caldwell Drive.

The second year is new and improved. Not only have the boys made super new courts, but the tourney has been extended to two days and the prize money has been increased over last year.

Saturday marks the start of the contest of the courts and will run throughout the day. Later that evening, a dance will be hosted by the Iroquois Fire Department. If planning to attend, players may want to purchase tickets in advance from the firefighters.. they won't last long!

Music for the evening will be provided by "Running on Empty," a popular area band.

Camping facilities are also available and those out-of-town

teams requiring accommodations can call either motels, bed and breakfasts, or campgrounds. The municipal campground is located two blocks from the volleyball tournament.

Ground rules will remain pretty well the same, a minimum of six man teams (maximum of eight) with two women on the court at all times. Each team is guaranteed a minimum of three matches.

Play will be separated into three divisions. The open category will consist of some organized teams who are looking for a bit of competition. Recreational players with some experience will fall into their own category, and more than one recreational division will be accommodated if called for. The "One Timers" can come out and have some fun too, and will consist of friends strictly out for a good time, and league players will not be allowed in this division.

For more information, call Dave Cherry at 652-1269.



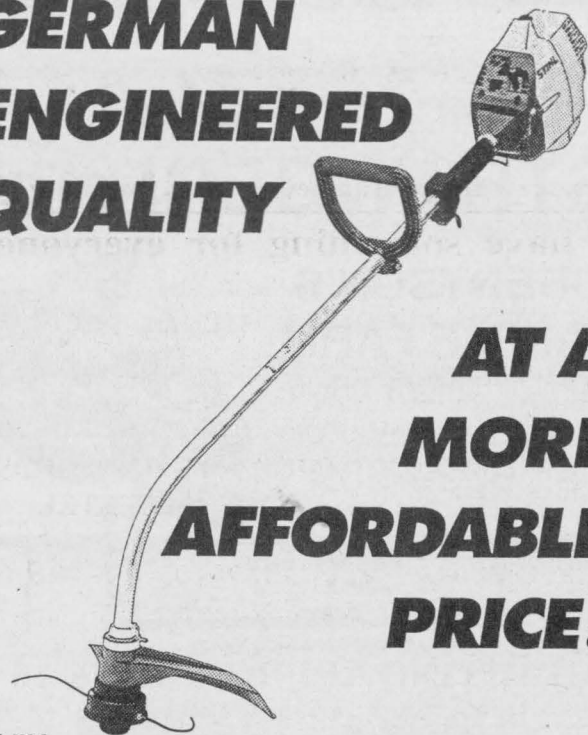
New sand courts!

Cubby and the boys from Chief's Hockey Club were busy this year building three super sand volleyball courts over by the rink on Caldwell Drive. This will be the site of their 2nd annual outdoor tournament, and so far with a net up, the court has been getting pretty good use!

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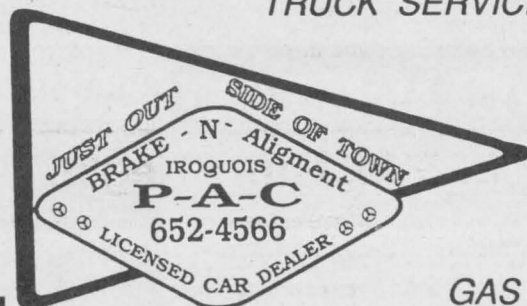
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JUNE 14, 1995/GREAT OUTDOORS/PAGE 3



Enjoy the fun of summer in your own back yard

Helmets reduce bike injuries

Along with the warm weather, so come outdoor activities and eager youngsters ready to have some fun. As they ride off to the park, or to join some friends for biking, make sure they have an approved helmet strapped on snugly.

The Canadian Bike Helmet Coalition estimates that 100 citizens, a third of which are under the age of 15, die each year as a result of cycling injuries. Of these deaths, 75 percent can be attributed to head injuries.

It is estimated that 85 percent of serious head injuries can be reduced through helmet use. Considering injury caused while biking is the leading cause of childhood head injury, helmets are a very wise investment in the lives of all youngsters.

Since helmet use will become compulsory in the not too distant future, there are a number of criteria for deciding which gear is right for you. In order for a bike helmet to be effective, it must fit properly and be worn correctly.

A helmet that fits properly should be snug and comfortable, and should not tip forward or backward. It should be level from front to back and extend down to about two finger-widths above the eyebrows.

Sometimes it is necessary to use the foam pads provided and adjust the chin strap. The front and rear straps should meet just below each ear, and the chin strap should be snug without pinching. Don't buy the first helmet you try on, and sometimes it helps to let the kids pick out their own.

Look for endorsement and approval by CSA, ANSI or Snell, either inside or outside of the

helmet.

Appropriate helmets start at about the \$25 mark for adults, said Bill Morrow of Swenssons in Morrisburg, and at about \$19 for youths. Most parents and cyclists look for a well ventilated helmet that is light-weight and not to confining, he added.

Protective helmets are available in a variety of colours, from neons to prints. Although there are more children wearing hel-

met than not wearing them, the Coalition offers tips to get your children into the habit: start the habit early; wear a helmet yourself; let your children pick out their own helmet; explain why it is important to wear a helmet; reward your children for wearing a helmet; don't allow your children to ride their bikes unless they wear a helmet; and encourage your children's friends to wear a helmet.

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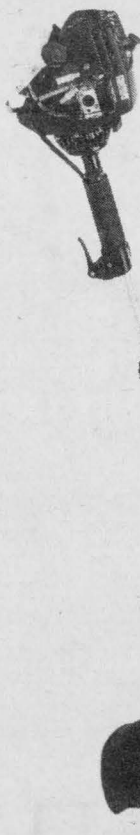
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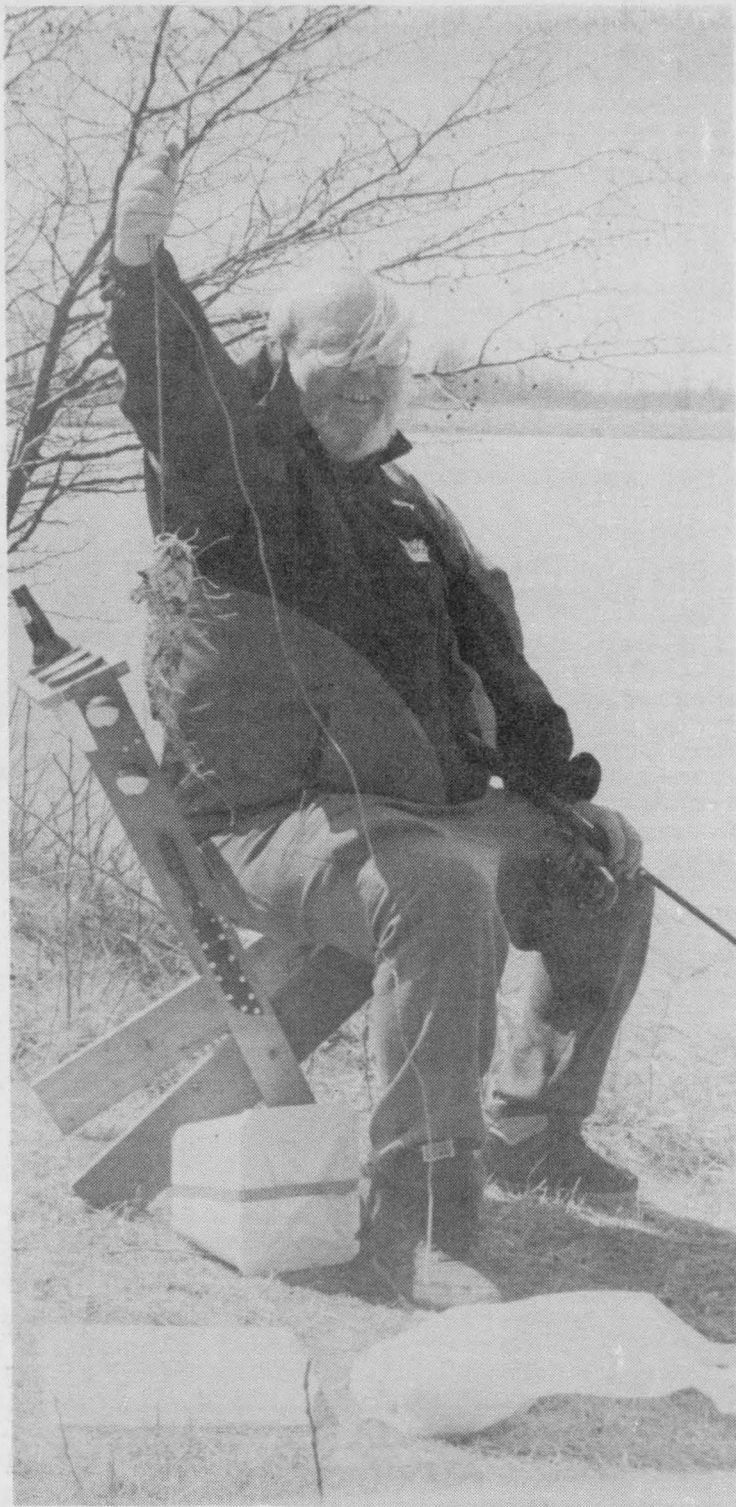
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Mutant mudpout

Pictured above Bob Bailey hold the catch of the day! It's not actually a mutant mudpout... the extra spines are really grass! By the way, the custom built seat was designed by Mr. Bailey and he's taking orders right now!

Chieftain photo by M.C. Bailey.

Boating and boozing

Nature presents boaters with a wonderful world to explore. And in Canada we have an unparalleled boating resource in our myriad of lakes, streams and sea coasts. Nature also presents many challenges to boaters such as changing weather, waves, currents and the ever present need to navigate around tough spots and other boats.

All of these challenges mean that smart boaters must be alert at all times. And the biggest enemy to smart boating is one boaters can control. Research in Canada shows that at least 40 % of all boating fatalities are related to alcohol consumption.

Alcohol affects one's sense of balance and reaction time. On the patio or in a restaurant this may not cause much harm but on the water, it can spell disaster. Drinking on a boat is twice as dangerous as drinking on shore.

Coast Guard studies detail the effects of sun, wind and wave motion on a sober boater; reaction times decrease and other senses are dulled. And drinking alcohol while boating more than doubles these effects. The risk of falling overboard increases dramatically and judgment in critical situations becomes impaired.

If that's not enough of a warning, boaters should be aware that impaired boating is just as serious of an offense as impaired driving. A first offense results in a \$300 fine and a repeat offence involves a minimum 14 day jail term. Maximum penalties for impaired boating include 14 years in jail and a lifetime ban on boating.

The Canadian Safe Boating Council urges all boaters to think before you drink.

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Ships coming soon!

The Lockview Gift Shop at the Seaway Locks west of Iroquois is a great place to pick up something special for any family member. The owner of the shop also provides visitors with a valuable service. Each morning she lists the ships that are travelling through the locks and the approximate time they are expected.

Chieftain photo by M.C. Bailey.

Hints for packing a tackle box

Rod? Check. Line? Check. Lures? Check. Ready to roll, right? Well, not quite.

The well-equipped angler carries more than just tackle in his tackle box. Pack these afterthoughts along with your gear. You'll be glad you did. And in fact, there may be times when these little necessities save the day.

•Spare line. You never know....a

big fish might tear most of your line off the reel, then snap it. If you haven't got another spool of line, you're through for the day.

•Lougnoise pliers. There is no better way to free a hook.

•Jaw spreaders. If you need your fingers, you need these...especially if you're fishing for toothy pike or muskie.

•Nail clippers. Useful for cutting

lines, trimming knots...and keeping your nails short and clean.

•First Aid kit. A small one, with a few band-aids, antiseptic, ASA, gauze and adhesive tape.

•Sunscreen or sunblock Bring it. Use it. You'll regret it if you don't.

•Insect repellent. In May and June, this isn't optional...it's a necessity. Look for the one with the highest concentration of DEET. Some outfitters sell light nylon mesh jackets that can be soaked in DEET. They're not expensive, and once you've tried one, you'll be afraid to leave the house without it. Major convenience.

•Fishing regulations. You should know them by heart for the area you fish anyway, but bring a copy of the summary along for handy field reference.

•Knife. Repeat after me the outdoorsman's oath: I Will Not Go Out In The Woods Without A Knife. Or two, even: a good, multi-purpose buckknife and filleting knife. Spend as much as you can afford and get good quality.

OPTIONS

These are handy little day savers you should pack if you've got room.

•Small cooler. Even the cheap styrofoam ones are good for a day out. It keeps your lunch and drinks fresh and cool...then does the same for your fish. And cool bait stays lively longer.

•Camera. Don't want to risk the \$2,000 Nikon? Pick up a disposable camera. They now come in an array of formats: regular, flash, panoramic, waterproof, telephoto...If you're planning to take pictures of your catch out on the boat, use the regular format (or flash for dawn and twilight conditions). They have a fixed focus lens, so you'll have to stand at least about five feet away.

•Sharpening stone. For hooks and knives.

•Screwdriver. Get one of the sets with interchangeable bits. Always handy.

•Wrench. Small and adjustable.

•Repair kit A few small screws, nuts with matching bolts, nails, reel parts, etc. And you'd be amazed at the number of uses for elastic bands of various sizes.

•Notebook or fishing diary. Log the big ones, how you caught 'em, what lure you used, weather conditions, etc.

•Fishing guide. One of the best is Tackle Box Fishing Guide, by Ray Hines, Greg Herringer and Cec Jensen, published by Ontario Outdoor Publications. On those days when your usual tactics don't work, this book will have something to pull you out of your slump.

Defense against exposure

Condensed from the St. John Ambulance Official Wilderness First Aid Guide by Wayne Merry, published by McClelland and Stewart Inc.

On a lazy, early summer day out on the water, the last thing you're likely to think about is freezing to death. But hypothermia—the cooling of the body core—is a threat even at temperatures well above freezing. Shipwreck victims have been known to die of hypothermia after 12 hours in seas at 20 degrees Celsius—room temperature. Boat-ers are especially at risk.

The body's core need only drop in temperature a few degrees to cause serious problems. If the core cools to 34 degrees Celsius—only three degrees cooler than normal—a person will shiver, slur his words, and become clumsy and disoriented. Dropping core temperature to 32 degrees causes a slowing of pulse and breathing and the inability to think clearly—especially dangerous because the body often stops shivering, perhaps leading the confused victim to think he is recovering. In fact, he is close to death. At 30 degrees, the victim slips into unconsciousness and at 25 degrees, the heart will stop.

Water immersion hypothermia is probably the greatest exposure threat to summer anglers. The shock of plunging into very cold water steals the breath, contracts muscles and reduces coordination. Arms and legs soon become numb and useless. If you aren't wearing a life jacket, you are in serious trouble.

If your boat is swamped and you are plunged into the water, you must react immediately—before your cooling core robs you of your reason.

•Get into or on top of the boat,

keeping out of the water as much as possible. If the boat is overturned and cannot be righted, try to lash yourself to the boat to keep from falling off.

•Bail or splash water out of the boat to increase freeboard. Throw heavy objects overboard.

•Put on all the clothing you can find and fasten it tightly. Cover your head and neck. Do this immediately—before your hands become numb.

•If you can, paddle the boat to shore and build a fire. Try to warm the neck, face, chest and groin first—these are the areas where heat loss threatens the body core most. Numb extremities aren't an immediate danger.

•If you can't get ashore and must wait for rescue, huddle to preserve heat. Keep your arms pressed against your sides and legs bent to protect the groin.

•Get behind a windbreak. Use whatever is available—tarp, plastic bags, sails, floor boards, etc.

•Eat whatever food is available. This provides sugar the body can burn to maintain core temperature.

•Do not try to swim to shore unless the water is not excessively cold, you have something to keep you afloat, the distance is less than one-half mile and the current is with you. Swimming speeds heat loss enormously.

The best defence is to be prepared. Many firms make survival jackets and suits which act as insulation as well as flotation devices. They can prolong cold water survival by hours. Carry a knife and waterproof matches or lighter to build a fire if necessary. Always wear at least a life jacket; it not only keeps you afloat, but provides a small degree of insulation from the cold.



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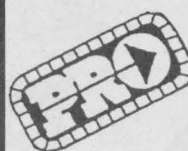
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2nd annual bass derby planned for festival

by Rebecca van Noppen
Chieftain Staff Reporter

The first Summer Festival small mouth bass fishing derby was such a hit, organizers are planning for another successful tournament.

To be held on Saturday, July 15 and Sunday, July 16, the derby is expected to draw even more people than last year. About 30 participants were involved in the first annual event.

Summer Festival committee co-

chair Shelley Baldwin says they broke even in last year's derby and had some great prizes.

"This year we're hoping for a bigger turnout," she says. "We're going twice as far with advertising."

Organizers are hoping to attract people from Prescott through to the Winchester area.

The derby is open to individuals and families. However, there won't be separate categories for children.

Whoever catches the biggest fish will win.

Organizers hope that interest in the derby continues and grows through this year's Summer Festival.

An assortment of prizes and cash will be awarded to the top derby winners.

"We have some great sponsors this year," Mrs. Baldwin says.

Sponsors include Canadian Tire, Cooper Sport Trophy, Al's Taxi-dermy (who will mount the winning fish), Summer Festival committee, Cardinal Fish and Games Club and several others.

Weigh-ins will take place at Iroquois East Marina each day between 8 and 8:30 p.m.

The registration fee is \$5 for a single and \$10 for family. Tickets will soon be available through organizers and local businesses.

Participants are responsible to have their outdoor cards or fishing licences for the event.

The derby is one event among many planned during the Summer Festival days that runs from July 14 to 23.

The untanned look

Planning to get a tan this summer? Think a tan is attractive and healthy?

We need to revise our idea of beauty. Tans really indicate sun damage and reduce the lifelong beauty of our skin.

We tend to think that the wrinkles and blotches ("liver spots"), which appear as we get older are the inevitable result of the normal aging process. In fact, these are signs of photo aging, premature aging of the skin caused by the sun!

In photo aging, the sun's rays cause the skin to lose moisture and elasticity resulting in wrinkles and sagging. Pigment changes such as age or liver spots develop and the skin becomes sallow and dull.

Thickening of the skin or leatheriness is part of the picture.

The process of photo aging can start showing up in your early twenties. The eyelids, where the skin is especially thin, are prone to show the effects of aging first. Photo aging not only ages the skin

prematurely but it goes hand in hand with an increased risk of skin cancer.

To see the difference between photo aging and natural aging try this: Compare the skin on your face or chest with skin which has had no sun exposure (assuming you haven't been sun bathing au naturel). The skin which has been protected from the sun is just as old as the rest of you, but is much more likely to be smooth, unwrinkled and unblemished.

Both photo aging and skin cancers are almost totally preventable!

Appreciate and care for the beauty and health of your skin. Slip on a cover-up, slap on an attractive hat, slop on some sunscreen. Avoid sunbathing and tanning parlours. Choose comfortable shade rather than baking in the sun.

Remember the beauty of that unblemished skin hidden away under your clothing. Make "The Untanned Look" your beauty ideal. It's the healthy way!

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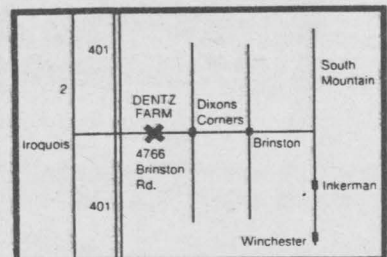
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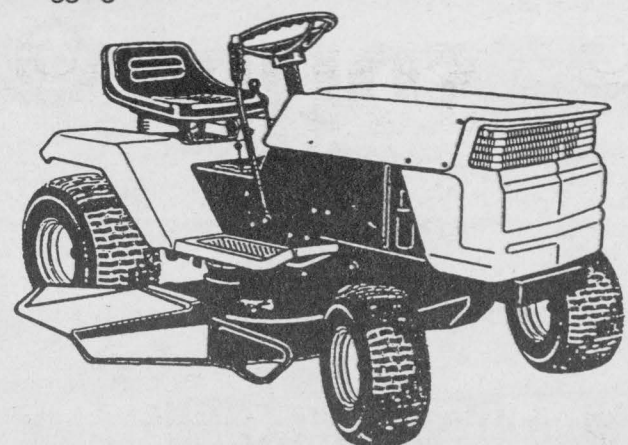
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LAKESIDE SCREEN DOOR

1-1/8" clear fingerprint pine frame. Ready to finish. Complete with aluminum framed screen. Hardware extra.

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Save \$140 to \$560

*Defiant Encore
High Efficiency
Wood Stove*

*Save
\$210*

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From January 7th through February 11th save from \$100 to \$400 on an energy efficient stove, fireplace or fireplace insert from Vermont Castings.

So visit our showroom during this fabulous Winter Sale to see how easily you can add a hearth to your home. Save on your stove today, plus on your heating bills for years to come.

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The best and easiest way to load your stove, just let gravity do the work for you.

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Optional spark screens provide for the incomparably romantic sight and sound of an open fire.

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Unique swing-out ash pan comes with handled lid for easy removal and disposal.



Defiant Encore Wood Stove

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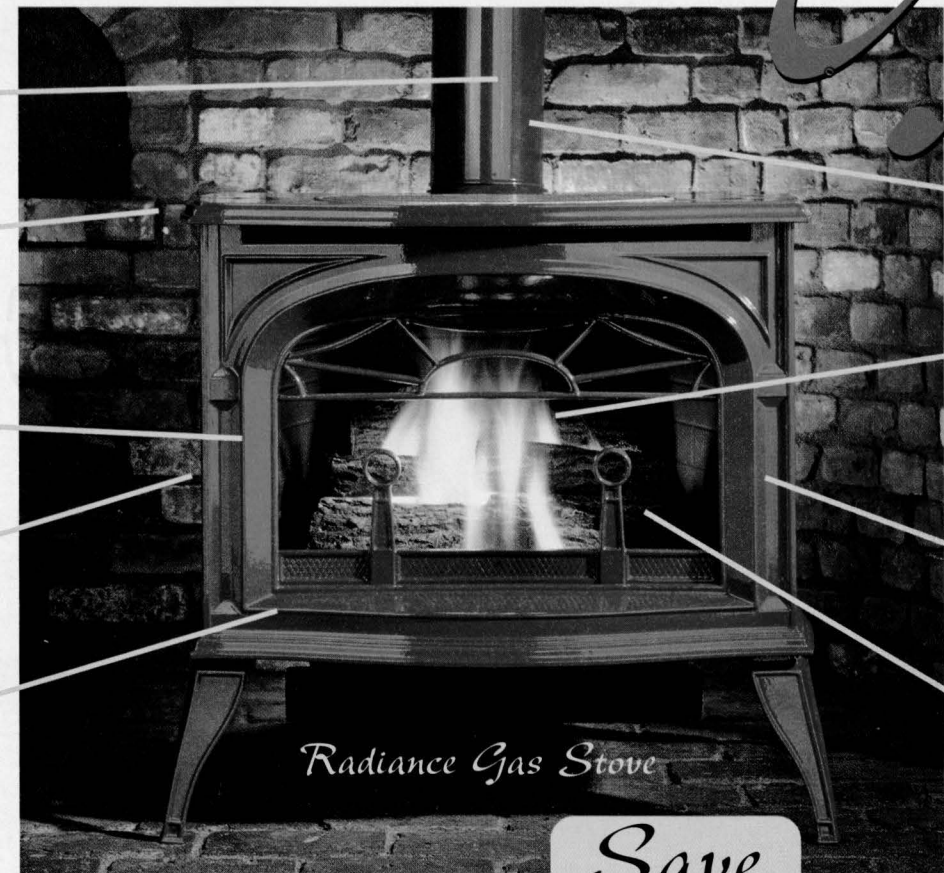
Enamel Chimney Connector
Matching porcelain enamel chimney connector puts the finishing touch on your installation.

Warming Shelves
Warming shelves are perfect for warming an apple pie and come with two mitten drying racks. (Not pictured on Radiance.)

Porcelain Enamel Finish
Lustrous and colorful porcelain enamel finish complements your home's decor.

Thermostatic Control
"Set it and forget it," is a saying you can apply to Vermont Castings stoves.

**Quality Cast Iron
Made in the USA**
Durable cast iron absorbs heat and distributes it evenly, continuing to radiate after the fire is out.



Radiance Gas Stove

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\$180 to
\$210

Installation Flexibility
Available in B-Vent and chimney-free Direct-Vent models. See below right.

**Most Realistic
Woodlike Flame**
Vermont Castings products create the most realistic woodlike flame of any gas appliance on the market.

Efficient Gas Room Heater
Delivers up to 24,000 BTU/hr. of comforting radiant gas heat with matchless convenience.

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Ceramic logs and embers glow like a real wood fire through a large 22" x 15" fireviewing area.



Resolute Acclaim Wood Stove

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Heating With Wood

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Intrepid II Wood Stove

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\$140



Small Winter Warm Fireplace Insert

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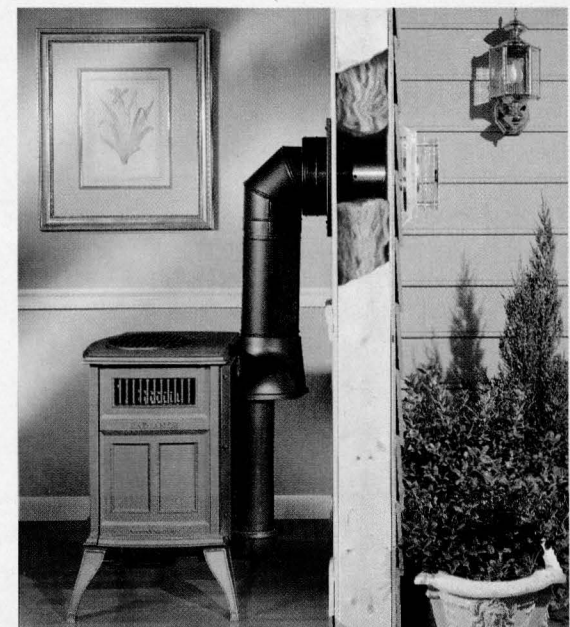
Nothing can match the convenience of gas heat, which turns on with the flick of a switch. To that Vermont Castings has added easy installation, real heating capability, natural gas or propane fuel flexibility, plus a gas flame that duplicates the ambiance of a wood fire. Of course all models are certified by the American Gas Association and the Canadian Gas Association.



Golden Warm Gas Fireplace Insert

Save
\$210

Vermont Castings concentrates on making its products easy to install. For instance, this photo illustrates an innovative "direct-vent" system for the Radiance Gas Stove. It eliminates the need for a chimney altogether! ▼



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