Safe Boating Week — July 1 to 7

boating accidents which take hundreds of lives a year can be prevented by safe operating procedures, the Canada Safety Council says

Campaign running from Transport and the major

The aim of the campaign, being conducted in co-operation with the

Lifejacket - Most Important Item A board A Boat

important item of personal safety equipment aboard a boat. It is not only required by law but statistics prove that nearly always the survivors of a boating accident were wearing lifejackets - the victims neglected this precaution. The Ontario Safety League stresses the fact that lifejackets must have the Department of Transport approved label to be legal for use in boats. Approved jackets are also superior in performance and material, and range iprice from about \$4 to \$13.

Lifejackets should be tested every year to make sure that the buoyancy of the material has not deteriorated and the strength of the covering and straps are sufficient to bear the strain of a person jumping into the water with the lifejacket strapped on.

Children are the most difficult of all to perperly fit with a lifejacket. There are two sizes for children. up to 45 lbs. and from 45 to 90 lbs. It is important that the child be fitted with a lifejacket that corresponds to his weight. Undersized and oversized jackets are both dangerous. All jackets should be tested to see that they perform properly especially for children. Put the jacket on and strap it firmly to the body and lie face down in the water. If the jacket performs normal listening channels.

automatically turn the wearer over onto his back and hold the face out of the

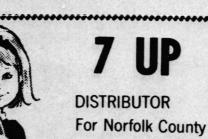
There are two basic types of lifejackets, one that uses kapok as a floatation material and the other that utilizes styrofoam. The styrofoam jackets usually have a much longer life than the kapok as styrofoam will jackets, particularly the vest comfortable for children.

Approved lifejacket s navigation. may be purchased at most department stores, sporting goods stores or marinas. Be sure to look for the DOT approved label sewn to the covering of the jacket.

Weather Information

Small Vessel operators and boating enthusiasts in general are reminded of the importance they should attach at all times to the obtaining of information on the weather that may be expected in their areas.

Information on weather is widely disseminated throughout Canada by the daily press, as well as by radio-broadcast on the



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in its Safe Boating Week Federal Ministry of voluntary boating organizations in Canada, is to alert the public to the magnitude of the problem and what steps should be taken to solve it.

In 1969, the last year for which figures are available, lives in boating accidents. There are in excess of 1,000,000 pleasure boats in the country.

"By promoting safe operating procedures and stressing the need for better training in boat-handling, we believe the campaign will increase efforts being made to reduce the toll taken by boating accidents," J. C. Thackray, president of the Canada Safety Council, said

Jamieson said the increased not become water-logged the increasing congestion of when immersed. Kapok the nation's waterways. His department is responsible type, are usually most for the administration of federal laws regarding

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practices, consequently, can have far-reaching results that affect the lives of the careful as well as the foolhardy," he said in a message endorsing the

By far the greatest number of victims drowned when the boats in which they were riding capsized. This category of accident

can be caused by overloading, overpowering, venturing into dangerous unknown waters, sailing in poor weather, the sudden movement of passengers and lack of necessary operating skills. 15, weather forecasts before sailing. Small boats should keep reasonably If boats look overloaded,

especially vulnerable to capsizing in choppy water. Overpowering makes boats extremely unstable, especially on turns, resulting in many capsizings. The law requires that every pleasure boat 16 feet long or under, powered with an outboard motor or motors totalling

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they generally are and are

shall carry a plate issued by with lifejackets appropriate the Federal Ministry of the Ministry of Trans. Transport stating the for every passenger. maximum load and four out of five horsepower recommended

life jackets. waters subject the boat passengers to dangerous currents, rapids or tides which can quickly capsize the craft. Boaters should Canada Safety (inquire as to local dangers which looke cece before taking such trips. Only the foolhardy, often Canada Safety Or

reinforced with the false bravery provided by capsize to stick with alcohol, venture out into storms. Other boaters get they are in cold water caught in bad weather by failing to listen in to marine danger. and local weather forecasts before sailing. Small boats precautions again should keep reasonable close to shore so they can make it to safety if a squall

Passengers should stay put once they are seated to Boat operators must know use of nightime m how to deal with the bow waves and wakes of bigger and faster boats to prevent

drowned in bo accidents were not we

Many of the drowned because they which looks dece close across the water craft is drifting to

correct starting and de unnecessary toll take

NGSTON, Ont. - It's baker at Old Fort Henry. He modern bakeries can along with the regular first time since the Fort's

unlikely there's even Canadian housewife care to bake in an

ankly, it's a man's job. nd that is exactly how a year old Dutchman d Gerry Brouwer looks

down in the late 1800's to produce fresh bread daily. Already his visitor customers are lining up. "There's something about

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He believes the secret is The bake shop itself is in the ingredients and the

not the least hesitant in showing how it's done. Each morning at 6 a.m. a member of the famed Fort

The night before Mr. Brouwer prepares a carefully selected combination of soft and hard woods. All the sleepy young guardsman has to do is light the fire and let it burn slowly for the next

At 8 a.m., Mr. Brouwer arrives and begins to make his dough for the first batch of up to 40 loaves of bread.

"I use only the best whole wheat flour, mixing it with bakers yeast, water, and salt," he explains. "Then I let it cook for from one and a half to two hours and take it out."

While the first batch cooling, he starts the second, and by mid-day all his bread is ready for cents a loaf.

The baker tries to strike a balance between batches of the regular shaped loaves and the round loaves. Mr. my grandfather check the Brouwer says however that three quarters of his customers prefer the round shaped bread "because it looks more old fashioned."

quantity of dinner rolls started to curl at the edges,

Certainly, Mr. Brouwer a retired civil servant - is troops who staffed the Fort

Old Fort Henry Bake Ovens Open

Henry Guard heads for the ovens deep inside the Fort's

equipment includes a

clean and whitewashed and is in the original location used by garrisons of British down, in the 1870's.

> Originally, a sergeant cook was in charge of serving a full regiment of 11 officers and 327 men, ncluding many of dependants

The ovens could produce 150 loaves of bread daily and the regulation ration was one pound of bread per man per day. Today, Mr. Brouwer

makes a loaf of two pounds weight and his capacity is up to 80 loaves daily. Part of his cooking

"dough box" which was capable of holding dough to make bread for 390 men. "It's too big for my requirements so I generally use a smaller dough box

now," he says. In a sense, Mr. Brouwer is "I am the fourth

generation of my family to

be a baker," he says

He started in his fathers shop in Nykerk, Holland, as

temperature of the ovens to see if they were right for

"He used to take a piece

then the ovens were ready,"

Canada with his wife and seven children.

College in Kingston as a

has returned to his old profession since he came to

serving at the Royal Military

an interest" he says. "Most of them remember baking bread over a wood fire so they know exactly what I am doing. But the younger style of baking before."

Mr. Brouwer to ask him if he would give her some

hadn't had any for years."

that his bread will stay fresh much longer than its modern equivalent.

"Bakeries today don't use the old ingredients anymore they take all the bran out and that's a mistake," he

But at home, Mr Brouwer leaves most of the cooking to his wife. Except for bread.

"She never bakes bread at home," he says and adds, "I think she has a pretty good opinion of mine."

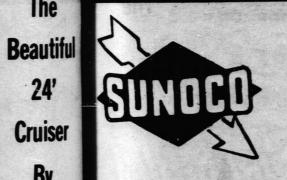
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