

Around the Campfire

Keeping you alive, well

By Rocco Losole

1. FIRST AID—FROSTBITE

Best treatment for frostbite is to gradually warm the affected area by body heat. Apply hands to face or ears; place hands inside jacket under armpits. **DO NOT RUB AND DO NOT APPLY DIRECT HEAT.** Wear protective clothing for winter activities. Don't explore unfamiliar territory alone. (St. John Ambulance)

2. FINDING THE NORTH STAR

To find the North Star, first look for the Big Dipper star constellation. These are seven large stars that form a pattern like a dipper.

A line extended from the two end stars (called "Pointer stars") of the Big Dipper will point to the North Star ("Polaris").

The distance between the North Star and the Big Dipper is five times the distance between the pointers.

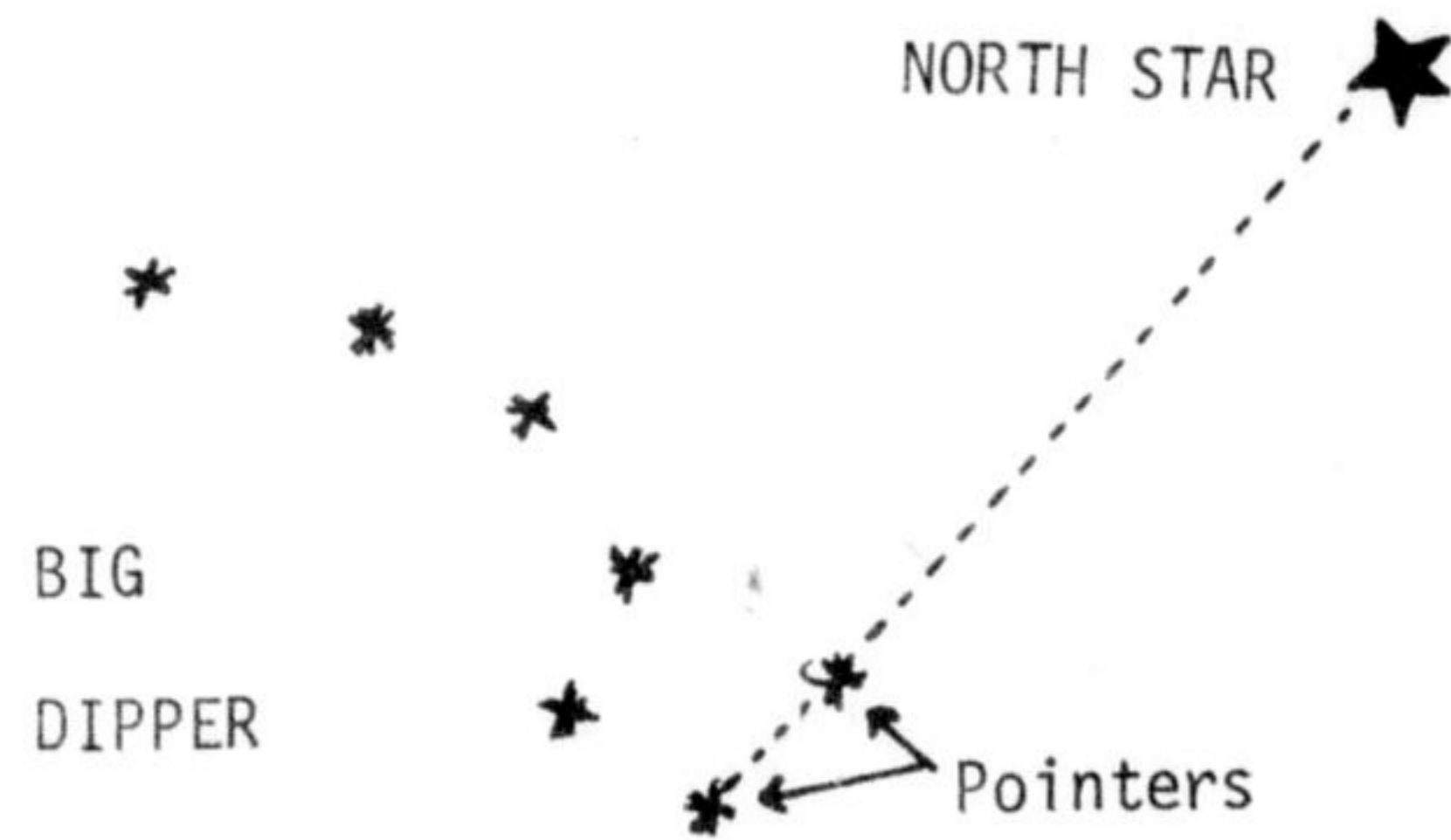
3. A QUICKIE LUNCH IDEA

Preheat your frying pan over a campfire or camp stove. Make cheese sandwiches buttering the outside of the sandwich.

Toast sandwich on both sides in the frying pan, flattening the sandwich frequently with a spatula. Serve with soup and juice.

4. PRESCRIPTION FOR PHYSICAL ACTIVITY

- a. MOVE: walk, climb, ride a bike. —dosage: every day as often as possible.
- b. STRETCH AND DEEP BREATHE: take a fitness break and relax. —dosage: daily, as needed, when tense.
- c. PUSH, BEND, TWIST, SWING: use your body as it was designed to be used.



—dosage: At least three times each week.
d. RUN, SWIM, CYCLE, SKI: 15 to 20 minutes of continuous aerobic activity, vigorous enough to increase your heart rate, and make you breathe deeply.

—dosage: At least three times each week.
e. ENJOY LIFE: spend time at sports, hobbies or outdoor activities.

—dosage: two hour period at least once a week. Keep this prescription within reach of all children and adults. (Health and Welfare)

5. POLLUTION

Garbage: 8,000,000 tons of it are produced in Ontario homes, offices, stores and plants each year.
Sewage: 300,000,000,000—that's 300 BILLION—gallons flow down the pipe in Ontario each year.
Air Pollution: 6,000,000 tons of gases and particles pour into Ontario's air each year. (Ministry of the Environment)

Between the Willows

Metric has me in a muddle

By Don Byers

I don't know whether I'm about to put my foot (30.480 centimeters) in my mouth—but here goes.

Driving to and from Conestoga College, Kitchener, I felt the first impact of the conversion to the metric system.

Zapping along one of this continent's longest drag-strips, commonly called Highway 401, I saw, out of the corner of my eye, a speed limit sign.

In large numerals it read "100". Tucker almost invisibly into the lower right-hand corner were the letters "k/mh".

I took a fast glance at the speedometer of my new Olds Cutlass which has miles-per-hour in white numerals in the outer ring and k/mh in light blue in the inner ring.

On the 401, if you want to survive, you don't take your eyes off the road for more than a split second. As a result I never did get a fix on the numbers on the inner circle.

Instead, I held to what I remembered to be the old maximum speed and drove 60 mph in the right-hand lane.

At the same time, enormous trucks and cars of all sizes were flashing by me as if I were parked.

I've read that the Ontario Government has set aside almost \$100,000 to educate us poor boobs on the new system through an extensive advertising program.

They had better get to it while there are enough motorists alive to see the ads.

And what of the thousands of American tourists who drive on 401 and other Ontario highways? What is k/m to them? "Look at that, Martha, they've jumped the speed limit to 100. Let's let 'er rip!"

I shudder to think of it. Of course, this is just the beginning.

What happens to one of my favorite sports—football? Can't you hear the play-by-play announcer? "Argos have the ball on the 18.280 meter line with only 0.914 meters to go for a first down..."

Good grief! Hell's Bells, even after a year's exposure to Celsius I'm still trying to figure out how hot or cold I am.

Sure, I can understand the change to the metric system for the production of parts, equipment and products for export to foreign markets. (Despite the fact that the USA continues to be our largest trading partner and has NOT gone metric.)

To me it is just more confusion for Canada—a country, God knows, that has enough confusion already.

Then again, if you have a ruler, yardstick or tape-measure in the house hang on to it. Before long you'll be the proud

owner of an antique. As for me, I've decided to play it foot-loose and fancy-free! I find metric too hectic.

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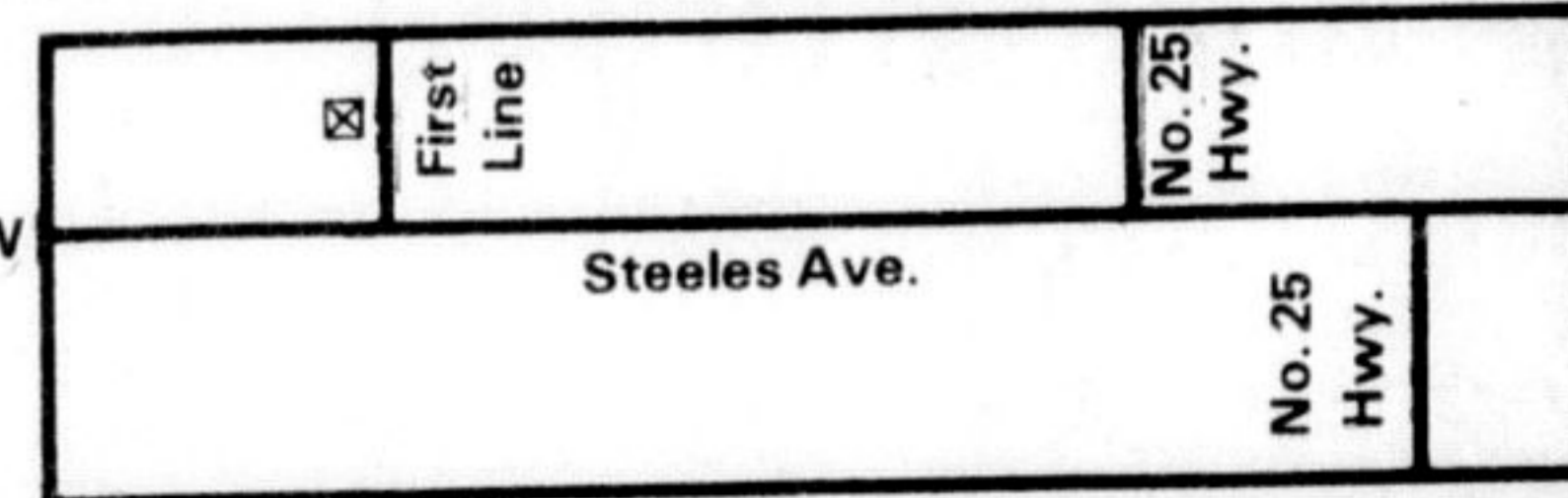


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A walk in the fall woods

The fall woods are not all quiet these days, where I live... the salmon run is on! It's hard to even steer your car past all the ones lining the roadside.

The afternoon I stopped to see it all, two ladies from Aldershot were doing large canvases in oil-paints, the leaves were twirling gently down around them, and they were wondering aloud if there would be any chance of trading one of their canvases for a nice big fat salmon?

I saw one fellow sagging under the weight of one enormous brute, and he was putting it back into the water on the other



side of the bridge! Maybe he had already eaten his quota of whatever the particular poison is that these salmon contain... Anyhow, everyone seemed happy. Maybe it's just the "getting back to nature" that does it.

The ladies with their paintings were having fun solving the problems involved in putting the three dimensional view before them onto their flat one-dimensional canvases. One lady was finding it necessary to "face lift" her whole picture, as she had become so enamored of the dashing colors of the trees, that she had forgotten they grew out of a hill, and had painted them all on one level.

Anyhow, she had managed to get such a lovely, misty-

purple haze around them all and her friend and compatriot also had mixed such a soft and gentle facsimile of nature's original that I'm sure it will cheer them all the long, cold winter. I did a quicky pastel, and though it is not true to life, it brightens the kitchen already!

Silky, our Welsh pony, has her furry winter coat, and I notice the sparrows are twitting me for something better to eat these days. There was a really white frost this morning in our valley. Brrr... I have the thought that winter's coming!

In a walk back to the woods in our own little "Burr Valley", things are quiet. The fields are foamy-looking with the furry grey heads of the bowing goldenrod. Back in the woods amongst the almost bare branches, the Jays screech. I round a bend and am shocked by the sheer webbed beauty of a thorny Hawthorne tree, shining like some silvered cobweb, but of some sturdier stuff that looks like a filigreed wrought iron.

A brown furry-bear makes its slow progress from one side of the rutted path to the other. Among the bare branches, the bird's nests that were hidden all summer among the leaves, now give up their secret. A lost few leaves cling to the tops of some of the trees, and where the raspberries grew their curled leaves are crimson and dark green. Dark green also are the strawberry leaves already begun for next year. Only the odd bit of purple from the wild-purple asters shows here and there through the milk weed and teasies. They all scratch against each other, and the crickets' voices are reduced to a rattley-chirp!

At home there is a fragrant smell of roast in the oven, and baked potatoes and squash, and a cinnamon apple pie to be served with golden cheddar cheese. We are so blessed!

To you ladies who phoned me about the "recipe" last week... many, many thanks! It was so good to hear from you. I don't feel so alone anymore.

And to the rest of you, my apologies for omitting the temp. It is 425 for 10 minutes.



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