

# Keeping fit is big business

by Ray Baker

How do you keep fit.

That's the burning question, sparked off by a couple of news items that emerged recently.

1) Miss Finland 1930, now in her 74th year, has retained the same vital statistics that won her the title decades ago. Her secret: Drink water, exercise, and 'think slim'.

2) The incidence of overweight babies under one year old is on the increase. Reason: - too many fond mothers pushing too much solid food down Junior, too soon.

So what will we get. A nation of females getting wolf whistles at three score years and ten. Plus a generation of 'Samurai Warriors' force fed from birth. What are the options.

Keeping fit is big business.

As an impressionable youth in England I was drawn to the "Don't let the bully kick sand in your face" kind of deal. Unfortunately our beaches were so crowded you could not find room to lay down and wait for the bully. Like Ontario 'A place to stand'.

Some of the alternates tried were mountain climbing, pot-holing, hiking, weight lifting, judo and wrestling. But these were basically for the females.

Seriously, have you tried a 'water diet'. Drink 10 glasses of water a day, plus steak, cottage cheese, eggs and cheese with an occasional shrimp cocktail. If you

can't stand it, settle for cocktails and a water bed. Health foods for fitness, that's the thing, plus exercises. Sunflower seeds and contortions, or yogurt and yoga, give it a try. There are excellent chiropractors in the area.

A war time diet will sharpen you up. Minimum butter and excessive carrots. Meat at Christmas and Thanksgiving, with candies on ceremonial occasions only. At the end of the 39-45 people had never been as fit (once you got used to the fainting spells).

A friend of mine swears by karate. 45 minutes of calisthenics that would kill a Spartan, and the work brings. He has never been as agile. He is also so deeply tanned that the bruises hardly show.

Another rides a (single speed) bicycle to work. My own personal secret is an aggressive, violent game of badminton every other night, with my two sons and a neighbour's boy (Grades 8-12). All it's cost to date is as follows: one broken racket, two dead 'birds', three holes in the net, four bald patches on the lawn and five pound weight gain. You have supper, rest, play violent badminton, rest - and eat supper again.

Every other day you recover. "173 lbs. lost by will power alone" said the ad, "lose 10 lbs. a day without diet, exercise or will power," says another (what do you do, go into a coma). How about the skinny ones though who need fat to be fit? Aha...here it is "increase your bustline from 32" to 45"

overnight, send \$25 for kit". I note the kit includes chrome bicycle pump.

For the same \$25 you could have an exerciser that is attached to a door knob. But that is fraught with possibilities, either A) fasten it the wrong way ... the door flies open. B) Fasten it the right way ... the door knob flies off. C) Fasten it securely and the door ... wall combination falls down. D) Fasten it with too much tension ... you fly to the door knob.

Dynamic tension is the secret. You push and pull against yourself, so if your back goes out, you put it back in. It can be used anywhere, anytime. Of course if you are 'doing your thing' at the supper table it looks ridiculous when a pained expression crosses your face every ten seconds.

How about 'fit as a fiddle'. The problem there is that a human stradivarius would reach his or her prime at around 400 years old.

Or 'as fit as a lop' (definition LOP, a minute creature living in human hair, similar to 'nit'. Very agile and hard to catch). Which reminds me of the story of a pair of lops living on hairy man on a desert island.

His name was Robinson Crusoe, whom, you may recall was very hairy indeed.

So anyway. One lop said to the other lop "Gotta go now, see you on Friday".

Ray Baker is a manager at Midland's R.C.A. plant and a freelance writer for Markle Community Newspapers. He and his family live in Penetanguishene.



## Wishful thinking

As the thermometer creeps slowly but surely into the 30's this week, summer lovers and winter haters had the same thing in mind. Thoughts of swimming in the Bay, sipping a tall drink in the shade, relaxing in an air

conditioned room, and yes, thoughts of snow and ice entered our minds. On April 2nd, when one of the worst spring blizzards to hit the area dumped 20 inches of snow, how many of us thought we'd wish for it again!

### Project encounters temporary difficulties

## Bay Search and Safety Force has run aground

by Rob Ludlow

The proposed Nottawasaga Bay Search and Safety Force modelled after the highly successful Oakville Water, Air Rescue Force was run aground temporarily as a result of financing and organizational difficulties. Co-ordinator of the project, Alistair Lessels, has been working on the program for the past eighteen months and indicated last week that the planning has gone too far now to be abandoned. The proposed force has advanced to the point where mooring facilities have been made available at the Collingwood Yacht Club Dock and office accommodation has been provided at the Collingwood Terminal Office Building.

Oakville Deputy Police Chief Fred Oliver, who founded TOWARF, the Town of Oakville Water Air Rescue Force, and Harold Bartman who currently commands the force have visited Collingwood to offer their expertise in setting up and operating such a force.

The Blue Mountain Power Squadron and the Collingwood Yacht Club have been attempting to organize a similar patrol which would encompass Nottawasaga Bay and involve the Coast Guard, the OPP, local police, private boat owners,

scuba divers and radio operators in the event of a boating accident or tragedy which would call for an air-sea search.

Mr. Lessels emphasizes that the project is far from operational in the way it has been ideally planned and even the target for next year may have to be revised.

Last year the Collingwood Police Department was

provided with a rescue boat by private contributions and donations but it has yet to be completely paid off. Because of this, Collingwood Council is reluctant to release any funds for further development of a co-ordinated search and rescue operation in the Collingwood-Nottawasaga Bay area.

Ever since 1954, when the Oakville patrol was initiated as a result of the drowning of two Sea Scouts and their Scout Leader, financing problems have not been a stumbling block for the worthwhile project. In the early days, funds were provided by service clubs and private donations, but more recently Oakville Town Council has supplied annual budget funds as a matter of course.

Other Centres in Ontario such as Mississauga, Grimsby and Pickering did not wait for a boating tragedy before setting up an organization to handle marine emergencies.

At present in the Nottawasaga Bay area, the only facilities of this type are a Coast Guard cutter in Meaford, the Collingwood Rescue Boat and the Wasaga Beach OPP vessel which operates out of Sturgeon Point.

It is obvious that an effective communications system is of vital importance to the effective functioning of such an organization. Private vessels can provide the much-needed coverage in a search but radio communication must be tied in with other craft involved in a search.

The Oakville Force works closely with private boat owners, private pilots, citizens

band radio operators and in extreme cases, the Coast Guard and the Canadian Forces Air-Sea Rescue Unit at Trenton.

Currently, the Collingwood Rescue Boat has no built-in communications equipment. Rescuers would use only hand-held low-power walkie-talkies tuned to the Collingwood Police frequency.

The OPP boat at Sturgeon Point is only equipped to communicate with OPP aircraft and police vehicles. A co-ordinated communications network for emergency use is the foundation of a successful search force.

All vessels must be linked to a central command if each function of a rescue operation is to know what the others are doing and where they are.

Time is of utmost importance and valuable time is wasted transferring information from one communication system to another via conventional methods such as telephone.

In addition, two or three search vessels have an almost Herculean task ahead of them in searching the vast expanse of water in the bay. The TOWARF is equipped to comb about 1500 square miles of water extending from the Scarborough Bluffs along the shore of Lake Ontario to the Niagara River.

Central to this efficiency is the volunteer participation of private boat owners, radio operators and aircraft.

Collingwood Mayor Harry Bell is Chairman of the existing Collingwood Safety Boat Committee. He says that even though

of \$6800 was allotted to cover operations, maintenance, insurance and training, Mr. Lessels has tabled a tentative figure of approximately \$3,000 which would get the Nottawasaga Bay Search and Safety Force off the ground.

Mayor Bell agrees that the financing will not be as much as Oakville's but is looking at a \$1,000 figure as more realistic from Council's end.

The present rescue boat is staffed by police and fire personnel but the Mayor agrees that volunteers are going to be needed. "We've had assurances from the Collingwood Yacht Club and other volunteers," he said, "and we realize that they've done and what they can do. I feel better now that we have this available." The Mayor says it is not yet been

decided whether a organized search, safety and rescue force should be a Committee of Council or a Committee reporting to Council as is the case in Oakville.

In any case, there are no regular patrols of the Bay areas as there are in Oakville, especially during races and regattas and when boating activity is heavy during the summer. Mr. Lessels has suggested that it is possible for even the most experienced sailors and yachtsmen to be subject to the vagaries of rapidly shifting winds and currents.

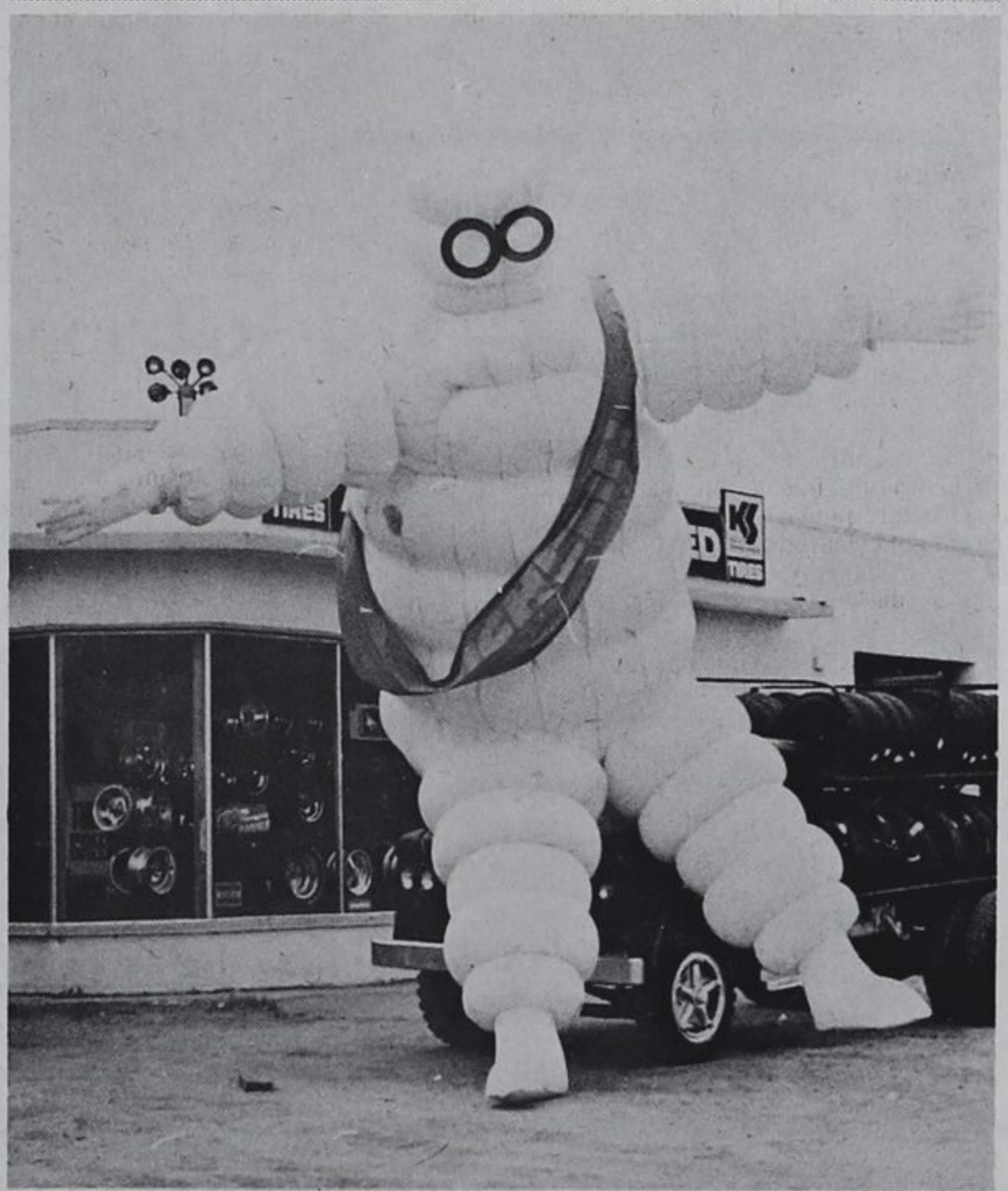
"Safe Boating Week" which runs from July 1 to July 7 seems like an ideal time for public concern to be focussed more closely on the need for adequate emergency preparations to protect boaters in the Nottawasaga Bay area before a needless tragedy underlines the need.

We appreciate what they've done and what they can do. I feel better now that we have this available." The Mayor says it is not yet been



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a series of manifestations of the character "Bib" who dates all the way back to 1898 in Paris, France, when Andre Michelin saw the possibilities of Bib as a trademark.

Staff photo

### Expect some caterpillars

This year we can expect the forest tent caterpillar to be active again. If you now have the familiar fuzzy caterpillar on your hardwood trees and don't want to have the leaves stripped off, here's what the Ministry of Natural Resources says to do about it.

The forest tent caterpillar feeds openly on its preferred species of trembling aspen and oak or hard maple. When high numbers are present, caterpillars leave their favourite host trees after stripping them of foliage and feed on other broad-leaved trees.

When caterpillars run short of food or when they are full grown they wander and it is at this time that they become a real nuisance for bush-workers and campers. Residents in areas wooded with trembling aspen may also be

pestered by caterpillars crawling on their buildings and premises. The egg bands of the tent caterpillar, each containing about 140 eggs, overwinter on the small twigs of host trees. In the spring when leaves are about to appear, eggs hatch and tiny black caterpillars begin to feed on the opening buds.

Usually by mid-June the caterpillars become full-grown and the results of their feeding becomes noticeable as trees appear stripped of their foliage. However this year the recent warm weather has accelerated the pace of even this.

In late June larvae construct silken cocoons and pupate. The pale brown moths are in flight during July. Complete loss of leaves will not kill the trees and releafing, which also takes place in July, will restore much of

the foliage. However, diameter growth in the trees is greatly reduced.

Control begins with knowing a potential problem exists. This can be determined for a specific location by examining small trembling aspen trees until you recognize the egg bands, then by searching the branches of larger trees for eggs using binoculars to ascertain



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PAGODA	EVEN	ETAH	RIBALD
IV	NEAR	HEAD	NETO
ASA	ER		
NOB	NEVERMORE	SPECK	WAO
YAM	SEA	SWORD	PAT
FUSS			
OTHEL	VA	SPEAKER	BOXES
NUM	AND	ENTER	MAR
SCHEMES	AND	DAY	CONCERT
WHEN	ON	AMA	NEAR
FRIG			
ON	AS	DEPICT	DRAMA
SME			
ADDICT	AND	CIA	OVERHEAD
LUNK	ARRESTS	FARGO	
SMELTING	VIN	THE	COGGIE
POX	PERRY	STREAK	EL
SON			
AVID	AMAM	SUN	EN
HARD			
RETIRE	RES	APT	UPWARDS
GUM	SANTS	YOU	ORD
UNFIT	ATHLETE	OAS	YEAR
NEAR	HIT	OPTIC	LOU
SHOA			
FEN	BOAT	DRAG	LONG
AUM			
ID	BUY	NATO	CREE
TOA	YE		
LENURE	GROW	TERS	INDEED
DOSES	EARN	STAT	LEADS

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