

Family camping guide

Simple Tent Camping, The Basics of Camping from Car or Canoe

by Zora and David Aiken
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BY CAROL COOPER
Correspondent

Camping with a family can be a challenge, but it doesn't have to be an eco-challenge. Instead, families can enjoy nature, each other and their dog within a 50-mile radius of home, while wearing ordinary clothes, eating grocery store food and paddling a second-hand canoe.

So say the authors of the comprehensive how-to guide, *Simple Tent Camping, The Basics of Camping from Car or Canoe*.

They offer high-quality advice about low-tech equipment that makes outdoor living accessible to the most indoor-loving families.

Husband and wife, Zora and David Aiken, have extensive camping experience and explain everything, including the camper's kitchen sink and jury-rigged shower.

They help novice campers choose appropriate equipment by describing through text and diagrams different types of tents, lanterns, backpacks, sleeping bags, kitchen utensils and clothing, always pointing out advantages and disadvantages.

After choosing equipment, beginners need to know how to use it.

How do you pitch a dome tent? How do you choose the campsite it goes on and best locate it there? How do you light a lantern and operate a tent heater? (carefully).

The authors hold your hand the whole way.

Hunger sets in after the hard work of setting up camp and nothing does more for appetites than fresh air and exercise.

Time to chow down on beans and wieners? Not for the Aikens. Try their campers, cordon bleu or fruit kabobs instead.

Their ideas for planning, packing and preparing a variety of foods in a variety of ways make the cook a happy camper.

Camping means outdoor eating and exploration.

The authors instruct in hiking, orienteering, boating and photography, and list basic survival equipment and strategies in case an outing goes awry.

Safety, especially for children, is always an issue. In text and sidebars, the authors offer sensible suggestions: walk the campground with your children and point out hazards such as rocks and fallen logs. Set boundaries for explorations.

And put a small child to sleep between two adults or, as far away from the tent door as possi-

ble to minimize midnight strolls.

What of the other creatures that might stroll, bump and buzz, during the night and day? The bugs and bears are trying to make a living just like the rest of us, say the authors.

That doesn't mean though, that campers should offer themselves or their food as wildlife fodder.

A chapter on deterring unwelcome visitors sends pests, both feathery and furry, flying.

Throughout the book, the authors honour the environment to which they are introducing campers.

They assess campfires, charcoal fires and grey water in terms of their environmental impact, describe how to minimize their impact and how to restore a campsite to better-than-you-found-it condition.

The Aikens round out their guide with advice on proper care and storage of equipment and appendices of recipes, addresses of equipment suppliers and outdoor organizations (all American) and detailed checklists.

Not everyone takes to the outdoor life. But with the help of the safe and sensible advice in *Simple Tent Camping*, beginning campers are more likely to be repeat campers.

And then, they just might want to try the eco-challenge.

Teaching work safety important

BY PAM CHIOTTI
Correspondent

As the saying goes, "If you want something done, then do it yourself."

So, without waiting for government involvement, a wise group of Ontario manufacturers gathered and in 1917 laid the groundwork for safer and healthier working conditions for future generations.

Recognizing a need to focus on issues specific to the workplace, they formed a safety organization.

The Industrial Accident Prevention Association took root and has since expanded to 14 offices province-wide. The wisdom of knowing that safe living must extend outside the home — on to the streets and into the workplace — is what may have prompted these business people 83 years ago to be so insightful.

Yet even though volumes of labour laws and regulations are

in place today regarding job safety, parents and caregivers can easily be led astray, falsely assuming their children are in safe hands while at work.

"Parents need to treat their children who are taking on new jobs exactly the same way as they deal with their kids when they teach them to walk across the street," says Peter Nixon, executive director of marketing and product development for the IAPA.

"There's a role parents must play to ensure their kids' safety."

The IAPA believes that the earlier the lessons of safe living are entrenched in a child, the better off that child will be.

The organization has an outreach program, available to both elementary and high school students, which helps raise youth awareness of health and safety issues, rights and duties at work.

"It is incumbent upon all of us to eliminate deaths and injuries," says Nixon.

"Youth workers, supervisors, employers, parents, teachers and the system at large have to work together." (The IAPA outreach program is free and interested schools are welcome to phone and request a presentation.)

Nixon, a father of two young children, uses his immediate environment as one of many ways to teach them about safety. If he sees a hazard, "like something sticking out of the wall in the garage," he points it out and removes it.

Nixon says people should observe their environment closely, noticing the hazards, and then eliminate risks from those hazards.

"It's important to understand the hazards," he explains. "If you have a garage door with an automatic door opener, you know to keep away from the door."

Sitting down and talking to your children before they go off to work for the first time is crucial to their safety.

Be a Big Brother



it's kids stuff.

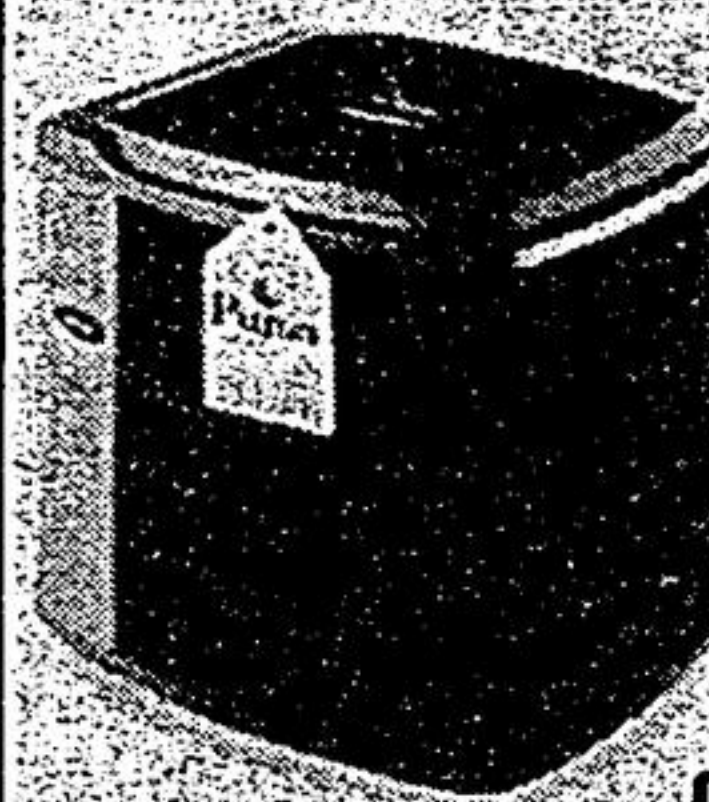
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