

Sun-Tribune

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LETTERS POLICY

The Sun-Tribune welcomes your letters. All submissions must be less than 400 words and must include a daytime telephone number, name and address. The Sun-Tribune reserves the right to publish or not publish and to edit for clarity and space.

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LETTERS TO THE EDITOR

High-powered boats don't belong on lake

Re: Drownings spook lake residents, July 21.

Could the presence of high-powered, inboard waterskiing boats have been a factor in this tragedy?

According to the story on the Musselman's Lake Residents Association website, these boats were on the lake just prior to the two young women drowning.

When are these big-boat operators going to realize it is socially unacceptable to be operating these types of watercraft on such a small, shallow 125-acre lake?

Many times, we have observed paddle boats, canoes, kayaks and other small watercraft on the lake. These are much more acceptable and safe forms of enjoying the lake.

The high-powered motor boats are creating a safety

HAVE YOUR SAY, WHITCHURCH-STOUFFVILLE

► What do you think of these issues or others? E-mail letters to the editor to jmason@yrmg.com

hazard for these other forms of watercraft by producing a wake behind the boat that could cause them to capsize.

Also, this wake could be contributing to shoreline erosion and disruption to the marine life in the lake with the addition to the water of oil and gas etc. coming out of the motors.

MARY ANN & BOB JAMES
MUSSELMAN'S LAKE

You can read letters, columns and stories from *The Sun-Tribune* on yorkregion.com



Heat wave downright unCanadian, eh?

This has been one of the hottest weeks ever recorded in these parts, which is fine for some people.

They put on their bikini or Speedo and, for a few hours, it's like they're in the Dominican, sipping fancy drinks and singing tunes to each other on the beach ("I have to say I love you in a thong" and stuff like that.)

I, on the other hand, was not made for this kind of weather.

My skin doesn't have enough pigment to really do anything appreciable — I get brown here and there, like a piece of Wonderbread from a toaster that doesn't toast evenly anymore.

(I pop up but they put me back in to get the pale parts brown, so the part that already was brown gets burnt and they shrug and throw me out.)

Sometimes I'll get freckles, which seem like an odd pigment malfunction, unless you're a 10-year-old kid, which is when they're cute.

But what good do they do when you're in your late 40s?

Protect some skin while in between I still get a sunburn?

"Fortunately, he works indoors."



Bernie O'Neill

the sun says to herself as she looks down on me, an easy target with few natural defences other than an iffy lower back that was not made for strenuous manual labour, forcing me to work indoors at a desk in air-conditioned comfort.

Add to that, I don't sleep well on hot nights. I don't so much sleep as flop around like a fish in the bottom of an aluminum boat.

I sweat. I wake up several times. I check my mid-section to see if I have lost weight (as in, there must be some type of bright side to all this).

I get up. I have a glass of water. I watch late-night infomercials that later on I can't even remember.

I go back to bed and count sheep

— sheep that have been sheered of their wool coats.

I wake to start the day and have this strange urge to buy a Miracle Juicer 2000 for just three easy payments of \$19.99.

Meanwhile, I feel like I haven't slept at all.

And this is *with* a new air conditioning unit that is making a difference upstairs at our place, just not enough to make you stop wishing your ancestors had never left Ireland.

I can't imagine what it must be like for those with no access to air conditioning at all.

My son Googled some hot weather jokes that seem to originate from the southern U.S. that he shared with me that momentarily cheered me up — it's so hot out there the chickens are laying hard-boiled eggs (farmers are feeding them crushed ice to get it to stop); it's so hot out there the cows are giving evaporated milk; it's so hot out there the potatoes are being pulled from the ground already baked; it's so hot out there the birds are using oven mitts to pull worms from the ground — but many don't find this kind of heat a laughing matter.

In fact, while some of us love it — the perfect day to be down at the

beach or in the pool — others warn that certain groups can have a very rough time during hot days, especially the sick and elderly.

They run the risk of heat exhaustion or stroke if they are not careful.

The Canadian Red Cross offers these tips for all of us, but especially for the young, sick or elderly, and those caring for them:

- Avoid being outdoors during the hottest part of the day — the sun is least strong in the early morning or later evening hours;

- Fake frequent breaks (sounds like a newsroom I used to work in); and

- Drink plenty of cool fluids, like water, but avoid caffeine and alcohol.

So there you have it. Just lay low until the cooler air returns (once it drops below 30 C you'll be reaching for a sweater) and everything should be OK.

And if you know of any elderly people — especially an older person living on his or her own — a good deed would be to check on him and see if you can help him get through this crazy, unCanadian heat.

Stouffville resident Bernie O'Neill is a York Region Media Group editor.