

RED CROSS SWIMMING TIPS

Water is one of the great hazards to life. Every year, children and adults drown in the coastal waters and in the hundreds of lakes throughout the province.

Don't be next to lose your life. Be sure, too, that your children realize the danger of water, and that they are as well protected as possible.

Here are water-safety tips supplied by the Canadian Red Cross:

1. If you can't swim, take lessons. If you swim a little, learn how to swim better.
2. Always swim with a "buddy" who can help if you get into trouble.
3. Respect the water and know your limitations.
4. Wait an hour after eating before swimming. Do not swim while overheated or overtired.
5. Swim in a safe place and in the presence of lifeguards. Stay away from the area immediately in front of the diving board and do not swim near piers and pilings.
6. Be sure rescue equipment such as buoys, boats, and reaching poles are readily available at all swimming areas.
7. In case of trouble, assume a face-up floating position, keep your hands under water, slowly move your feet up and down, and move your hands in a gentle circular motion.
8. Whenever a storm approaches, get out of the water—it is a conductor of lightning.
9. For long distances, always swim with a "buddy" parallel to the shore or with a companion in an accompanying boat.

TWO SPECIAL EVENTS

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or the YMCA.

Have you seen the new model railroad in Stanley Park? Children are just an excuse for parents to ride it. The now famous Aquarium is continually showing bigger and better sea specimens. All over Vancouver, flowers and gardens are moving into the peak of summer beauty. There are delightful trips to take by transit bus and by Pacific Stage Line buses to points all over the Lower Mainland.

Get out and enjoy Vancouver's summer.

Coming Events

Kitsilano Showboat:

July 4—"American Night", arranged by Ted Cawker.

July 6—South Cambie Community Concert Party.

July 8—Sunset Community Concert Party.

July 10—Radio C-Fun Night.

Vancouver International Festival events:

July 4 & 6—"Stars of the Paris Opera Ballet".

July 5 & 7—"Damnation of Faust".

July 9, 10 & 11—"Merchant of Venice" (in French).

July 6 & 8—Raymond Trouard, pianist.



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TWO SPECIAL EVENTS

It's summer time in Vancouver and the city is teeming with regular opportunities for entertainment and with special events.

Two very special sports events are scheduled for this coming week.

Yugoslavia Red Stars meet Vancouver All-stars in soccer at Empire Stadium on July 5 at 2:30 p.m. Extra buses will be placed on Hastings Street to take fans to and from the game.

The 1964 Canadian Gymnastic Championships and Olympic Trials will be held July 10 and 11 at Memorial Gym, UBC. Top Canadian and U.S. gymnasts will compete. Tickets through the UBC Memorial Gym office

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