Learn rules for safe swimming

The good old summertime usually includes swimming, boating and water activities for most Michigan families. Area author Julia Grice is preparing a new book 'The Wet Book, Family Fun and Safety' aimed at making sumer a safe time.

The most important rule for families with young children according to Mrs. Grice is to, 'Never, never leave a young child alone with water.' Not only must a responsible adult be with the child but the adult must be, 'watching every minute.'

Mrs. Grice, president of the Detroit Women Writers, has had a continuing interest in children's swimming. After receiving a life saving certificate, she worked as a volunteer in the swimming in state of WGA for such special of WGA for such part of the Hills swim team.

Water safety and the need for a family suide on the subject caucht

Hills swim team. Water safety and the need for a family guide on the subject caught the author's interest when she read about an incident last summer. A non-swimming father fell out of the boat and drowned while his wife and children looked on beinlessly.

his wife and children looked on helplessly.

"If one person or one family is helped by this book," said Mrs. Grice. "It's worth it."

The book covers safety in the wading pool, home or public swimning pool and lake swimming and boating.

If you have a wading pool, you must watch your child every minute from the time you fill it until it's empty. If you have to leave, take the baby with you, she said.

MRS. GRICE thinks too many mothers become casual about wad-ing pools because they are shallow. Young children can and do drown in a few inches of water by falling

in a few inches of water by falling or panicking. Swimming pools also require constant vigiliance. Statistics reveal that two is the prime age for swimming pool drownings in the United States, children from birth to four years old accounted for 43 percent and children under 10 for 50 per cent. Three out of four victims are male. "If you have boys under 10, watch out." Mrs. Grice said. Even

Families plan pot-luck picnic

Michigan Families of Adopted Foreign Children will hold its first picnic Saturday at Lower Huron Metropolitan Park in Belleville. Hours are 8 am. to 10 p.m. The picnic will be pot luck, with admission for each family group being a covered dish or side dish sufficient to serve at least six. What guests bring depends on the first initial of their last names. Persons with last names beginning with A through I should bring a casserole or meat dish. J through Q, vegetable, salad, relishes or other condiments, and R through Z, a dessert, bread or rolls and hutter. Everyone, members, guests and interested persons — may attend. Label all dishes and serving utensils. Pup, ice cream and miscellaneous treats will be furnished by the group.

Lathrup church names speakers

Beginning Sunday, until Aug. 10, members of Community Con-gregational Church, Lathrup Vil-lage, and one guest will be filling the pulpit and leading the worship service.

the pulpit and leading the worship service.

The services will be: Sunday, Dr. John English, superintendent of Southfield Schools, with Robert Wright, worship leader, Aug. 3, Dr. Daniel Anhe, vice president of Michigan Heart Association, with Dick Purchiss, worship leader, and Aug. 10, Dr. Dorothy Frackelton, Vice president of Wayne State University, with Bill Frackelton, worship leader.

The church is at 27800 Southfield Road.



adults should never swim alone, according to Mrs. Grice. An accident, a fall or a seizure could prove fatal.

The planning of home pool must also be carefully examined for hazards. Any doors opening directly from the home to the pool area are potentially dangerous. A small child can easily sit pout un noticed.

Home pools should be fenced and the gate kept locked. If you are to be away, get soo laterm and the gate kept locked. If you are to be away, get soo laterm and the gate kept locked. If you are to be away, get soo laterm and the gate kept locked. If you are to be away, get soo laterm and the gate kept locked. If you are to be away, get soo laterm and the gate kept locked. If you are to be away, get soo laterm so he way, get soo laterm so he way, get soo laterm so he way, get soo laterm so he way get soo

helpful, according to Mrs. Grice, because they teach mothers how to handle their babies in the water and how to rescue them. They also teach babies to enjoy water and respect it. She cautions however, that parents sometimes overestimate their child's capabilities in the water and are not careful enough. Also, many pediatricians warn that your ables can pick up serious infections in public pools. partment of the university.

This year marks the 75th anniversary of the women writers organization. Mrs. Grice said the organization Mrs. Grice said the organization and annual conference are very helpful because, "Writing is a very hard, lonely, heartbreaking job and writers desperately need to talk to other writers."

The Wet Book, Family Water Fun and Safety," will soon be available in Michigan.

BESIDES ALL of the informa-tion on water safety. The West Book' has tips for fun. There are chapters on water games, competi-tive and synchronized swimming, educational chapters on how to choose the best swimming lessons for a child and how to go about preparing for and find jobs in swimming.

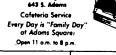


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for a child and how to go about preparing for and find jobs in swimming.

Mrs. Grice has been a writer since high school, continuing to write in college. After her first child was born, she decided to submit articles for magazines. More than 50 have been published. Her manuscript entitles, What They Don't Tell You About Having a Baby." was purchased by Paperback Library. She is now working on a romantic, historical novel set in the 1820s in New Orleans and Florida.

Mrs. Grice fits in two-four hours of writing a day whenever a spare time appears.
As president of the Detroit Women Writers, she is also involved in planning the annual conference scheduled Oct. 25, at Oak land University. The onnual conference includes a color and writers as speakers. Information is available from the conference de-

available from the conference de-

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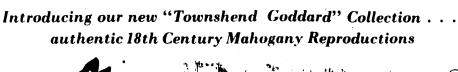
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