

Life Jackets are Focus of National Safe Boating Week

Boating safety experts want to get something off their chest and onto yours: a life jacket. The importance of flotation devices and other watercraft safety tips are the focus of the 2009 National Safe Boating Week, May 16-22.

As part of the campaign, the Pennsylvania Fish & Boat Commission (PFBC) is airing a 30-second public service announcement on radio

stations across the state from May 11 through Memorial Day, May 25. The radio spot can be heard on the PFBC website at <http://www.fish.state.pa.us/promo/safeboat/00safeboatweek.htm>.

“People tend to think of boat accidents in terms of collisions—and that is the most common type of reportable boat accident in Pennsylvania,” said Dan Martin,

director of the PFBC Bureau of Boating and Access. “But the accidents that are killing people are the ones where somebody falls overboard, or swamps a small boat and then ends up drowning. Those are precisely the accidents where a life jacket can make all the difference.”

Life jackets can be the determining factor between life and death in many boating safety accidents. Each year, on average, 700 people die in boating-related accidents nationwide—eight out of every 10 victims were not wearing a life jacket. In Pennsylvania last year, eight individuals were killed in recreational boating accidents, and only one individual was wearing a life jacket at the time of the accident. Three of the victims were on powerboats, four were in canoes and one was in a kayak.

National Safe Boating Week is scheduled each year as the first full week before Memorial Day weekend (<http://www.safeboatingcampaign.com/>). Memorial Day is often thought of as the unofficial start of warm weather and boating season in Pennsylvania. Boaters should note that it is already the law that children 12 years of age and younger must wear their life jackets when underway on any boat 20 feet or less in length and on all canoes and kayaks.

For more information on boating safety, including information on taking a boating safety education course, visit the PFBC’s web site at www.fishandboat.com.

Fishin' from the Kitchen

Roasted Walleye with Strawberry Salsa

by Wayne Phillips

Bring in summer with a bang by serving a refreshing strawberry salsa over roasted walleye fillets.

Ingredients for four servings:

- ✓ 2 cups fresh strawberries, coarsely diced
- ✓ 1 Tbsp. red wine
- ✓ 1 Tbsp. balsamic vinegar
- ✓ 1 Tbsp. extra virgin olive oil
- ✓ 1 Tbsp. fresh squeezed orange juice
- ✓ Zest of ½ an orange
- ✓ 1 tsp. liquid honey
- ✓ 20 fresh basil leaves, coarsely chopped
- ✓ Freshly ground black pepper
- ✓ 4 skinless, boneless walleye fillets
- ✓ 1 onion, thinly sliced
- ✓ 1 lemon, thinly sliced
- ✓ 2 cloves garlic, crushed
- ✓ 2 Tbsp. vegetable oil
- ✓ Salt and black pepper

ground black pepper to strawberries just before serving. Drizzle a baking dish with 1 Tbsp. oil. Layer the onions, lemon slices and garlic in a dish. Rub walleye with the remaining oil. Season the walleye with salt and black pepper. Bake in a 350-degree oven for about 10 to 15 minutes, until no longer translucent.

Serve

Place roasted walleye on a plate. Top with some of the strawberry salsa. Serve the rest of the salsa on the side.

Hints

Other fruit salsas flavored with fresh herbs also work well with fish. Citrus fruits and rosemary, peaches and lemon verbena or pineapple and tarragon all add flavor to grilled or roasted fish.

Combining fruit or berries with herbs may sound strange. But once you try it, you will be amazed.



photo-Wayne Phillips

