



# THE ANTARCTIC NITE TIMES



Volume 1, Issue 1 4 March 1990 McMURDO STATION & SCOTT BASE

## FROM THE EDITOR

Greetings to all from McMurdo's newspaper and staff. At our first organizational meeting, it was decided that the newspaper should be fun, support the community, be responsive to change, and be ready to be read at every Sunday brunch. To meet our goals, we welcome and encourage articles, poems, artwork, comics, letters to the editor, or anything one would feel newsworthy. There will be a weekly interview, television schedule, world news when available, "local news", and a classified ad section too! If you wish to include something for Sunday's paper, please leave a copy of your submission at the quarterdeck, bldg. 155. Additionally, any individuals having a computer with desktop publishing or columnar format (i.e. enable) capabilities are especially invited to participate or volunteer. We look forward to hearing from you.

## STAFF

- ADVISOR BOB "DOC" HARFORD
- EDITOR WARREN ROSS
- TECHNICAL ADVISOR CHARLES MOORE
- SPORTS DINO "BONE HEAD" KONTINOS
- WORLD NEWS JON "KNUCKLEHEAD" JOHNSTON
- COPY AND DISTRIBUTION SUE "JESSICA" HAHN
- SAFETY BOB "SPANKY" WARDEN
- ADS & PERSONALS C.D. GAGE
- B. S. er CHET T.
- SCOTT BASE BRUCE MCGREGOR
- TYPIST ACTION JACKSON

## WORLD NEWS

**President Bush** will travel to New York and the West Coast Wednesday on a five-day trip that will see him bolster Republican candidates and talk over trade issues with Japan's visiting Prime Minister. First stop for Bush is Staten Island, New York.

Japanese Prime Minister Kaifu formed his Cabinet Wednesday and promised to make improving U.S.-Japanese relations one of its' top priorities. Kaifu expressed hopes that the relationship will not be damaged by economic friction.

**CAPE CANAVERAL, Fla.** -- The military crew of the shuttle Atlantis blasted into orbit Wednesday, streaking up the Eastern Seaboard like a fiery comet in a spectacular nighttime launch visible from Florida to Delaware.

**CHRISTCHURCH, New Zealand** -- A judge Wednesday warned U.S. media covering the Hilary Foretich custody battle about legal limits on reporting about the celebrated case, and several American journalists promptly said they would not be inhibited.

**JAKARTA, Indonesia** -- Cambodian Prime Minister Hun Sen announced Wednesday his acceptance of a major United Nations role in bringing peace to the country wracked by 11 years of war. Hun Sen's unexpected change of heart left the Khmer Rouge as the only faction refusing to endorse some kind of U.N. interim authority in Cambodia.

**NEW DELHI, India** -- Former Prime Minister Rajiv Gandhi's Congress (I) Party trailed badly Wednesday in early assembly poll returns in four states, and election unrest that has left dead at least 85 people flared anew in Bihar, officials and news reports said.

**LUSAKA, Zambia** -- Black leader Nelson Mandela received a welcome befitting a head of state upon arrival to the African National Congress's headquarters-in-exile, where he starts a 17-day diplomatic campaign for the movement's return to South Africa.

**NEW ORLEANS** -- Mardi Gras ended abruptly with the stroke of midnight behind the final parade of the Carnival season -- a procession of police, street sweepers and trash haulers that swept Bourbon Street clean of tons of litter and thousands of hard-core revelers.

**MOSCOW** -- Parliament's overwhelming approval of a super-presidency for Mikhail Gorbachev moved the nation to a more democratic form of government, but critics said the expansion of power gave Gorbachev too much authority.

**MANAGUA, Nicaragua** -- President Daniel Ortega told thousands of cheering supporters he will not allow President-elect Violeta Chamorro to roll back the decade-old Sandinista revolution, and called for the immediate disbanding of the Contra rebel force.

**TOKYO** -- Bullish investing returned to the Tokyo Stock Exchange Wednesday, encouraged by the dollar's decline against the yen and an advance on Wall Street. Thanks to what brokers described as widespread bargain hunting and a belief the market has bottomed out, the Nikkei Average of 225 selected issues surged 694.04 yen to close at 34,591.99 yen, following a 576.08 yen rise Tuesday. Wednesday's gain was the key indicator's seventh-largest on record.



Hello fellow Ross Islanders. The folks next door here! Each issue we'll try to keep you informed of some of the happenings here at Scott Base and any other tidbits we may conjure up. Just to get us in the right mood, however, we thought we'd all introduce ourselves:

Hi. I'm **ALISTER PRINGLE**. During the winter season, I will be responsible for Telecoms at Scott Base. I am also the Base Manager. I've enjoyed a very hectic summer on the phones and look forward to a more relaxed winter. One of my winter projects is to attempt to learn a few tunes on an electronic keyboard ( I'm presently searching the island for a tutor with unlimited patience). If you have any Telecom related questions, or wish to make a booking, then please phone me on 2574 during normal working hours. If you have a general enquiry about Scott Base, then please phone myself or one of the Scott Base team on 2573. I wish all readers a safe and enjoyable winter and look forward to meeting you all. Thanks!

The lady you may see when visiting Scott Base, in the shop, cleaning the streets with a walkman on, and generally "appearing" like a magician, is me, **TUPPENCE LOE**. Like Alistair Gillespie, I have a radio show in MacTown. My show is 8-10 pm on Thursday nights. I may be able to help you with any queries regarding Scott base. I feel very special to be one of our adopted family wintering at Scott Base, and consider the McMurdo folk also part of our family scene. From the Beatles song "I've got a feeling..." we're going to have a good winter.

Giddyay, I'm **DAVE ROBERTSON** the communications technician. I look after our radio receivers and transmitters, do general electronic servicing, as well as being part time bar keeper and shop assistant. Over the winter I hope to have no work to do, so quite often you'll find me helping Alister with the phones ( he's my boss so I guess I'll have to . . . )

Hi folks, I'm **ALISTAIR GILLESPIE**, and I can generally be found in the Geosciences lab. looking after the science projects along with Brucie McG. I am also the Fire Chief for the base. Interests include photography and general aviation, though there hasn't been much of the latter. On Mondays I run a radio show from 8 till 10 for those that listen to the radio. I have enjoyed the passing summer months, and am now looking forward to the winter ones. So stand by for a good time!

Hi. This is **TONY OSKAM**. I'm the Base Engineer for Scott Base this season. My duties include: heating and ventilation, fuels, sewerage, water storage, refrigeration, snow clearing, rubbish removal and general maintenance. My hobbies include rock collecting, Antarctic patch collecting, and over the winter I'm hoping to get into some weight training, after I fix up some of our gear!

Hello. I'm **BRUCE CALDER**. I'm the Electrician here at Scott Base. Through the winter I would like to get out on my mountain bike and possibly into some indoor sports, like Basketball.

Hi, **WENDY STRID** here! I'm the winter-over chef. I'm really looking forward to meeting a few aspiring chefs who want to import some of their knowledge.

Hi, **PEDRO NELSON** is the name. This is my third winter-over. My job is Scott Base Mechanic. Through winter I hope to get some good camping trips in!

Hello, I'm **DUNCAN WEBB** the Engineering manager (or Facilities Engineer). I'm responsible for the overall operation of Scott Base's engineering operations as well as direct control of the power generation and water making plant. If anybody is interested in a tour of the base, then give me a call on 2573.

Howdy from **DOUG HENDERSON**. I'm the Field Storeman and Fieldperson for Scott Base this winter. I'm also in the SAR team. My interests include climbing, skiing, sailing, and woodcarving and I'm hoping to learn more German over winter.

Yeow! **BRUCE MCGREGOR** here. I came to Antarctica to play guitar!!! When I'm not doin' that you'll probably find me staring up into the cosmos from Arrival Heights, or in the lab with Al. I'm also pretty keen to get a little cold and check out some of this "magic" place. Oh yeah, I've also been conned into collecting Scott Base news items for this paper, so you'll probably be hearing a bit more from me.

Well, that's about it for this week. We'll look forward to getting to know you all over the coming months and will write again next issue. Until then...

Spot ya  
Bruce

# Feature Interview

Recently, I enjoyed the company of Darrell Sisk, OIC, NSFA. Calm, reassuring, capable, and knowledgeable, he's an easy man to speak with, or get to know. Maybe a bit of background would help. Originally from St. Louis, he received his bachelor's in environmental design, and a master's in architectural engineering. For you ladies, he's 32 and single (just don't tell him I told you). He said he joined the Navy mostly for the adventure and other economic reasons. When asked for a reason why he volunteered for Antarctic duty, he replied, "I was told it was one of the best tours of duty in today's Navy."

I really wanted to get to know Darrell, so I asked him what the most rewarding part of his job is. "...The communications between the Navy and civilians," Darrell said, "they are much better and productive than other years..." He also stated that his major goal for the season would be to help foster a close, harmonious community between the Navy and the civilians. He went on further to say, "it's important to understand it's one community; we all have rights and responsibilities as members."

I found, however, that underneath the cool exterior, Darrell is quite a philosophical man. Specifically, he mentioned such difficult topics as equality, compromise, and the difference between needs and wants. "Compromise," he said, "becomes real when all parties are equally happy and unhappy." Seems that even Mr. Sisk has had time to reflect on some higher thoughts during his stay on the Antarctic continent. He went further to mention such difficulties as having to hold foot plans in abeyance. Believe me, Darrell Sisk has a genuine concern for the safety of every Ross Island resident. I did not know it, but he pointed out that this past summer was the first one without incident. He does not plan to suspend activities at random. Just to set the story straight, some decisions will be based to a large extent with safety in mind. In sum, a little prevention goes a long way.

As I concluded the interview, I asked one final question: do you have any advice to give to the residents of Mac-town on how they can have a successful winter season, which he replied, "Why yes, ask questions!!!" I think everyone on station would like the man as much as I. He also asked me to tell everyone that his door is always open. He mentioned a messenger, but maybe that will be our secret. Till next week.....

## HYPOTHERMIA By Bob Harford, MC, USNR

Hypothermia is defined by most investigators as the lowering of the body's internal core temperature to 95 F.(35 C) or below. The traditional belief is that hypothermia occurs only in extremely cold environments. The truth is that hypothermia can occur in temperate and tropical settings. All it takes is an imbalance between heat generated and

heat lost by the body. Anytime the body loses more heat than it creates, the core temperatures drops and hypothermia occurs.

Some of the signs and symptoms of hypothermia include: weakness, easy fatigability, drowsiness, lethargy, impaired coordination, delirium, hallucination, unresponsiveness, stiff cold extremities, and appearance of lifelessness. Hypothermia is a preventable disorder. The following cold weather tips are helpful in preventing hypothermia:

A. Analyze the hypothermia threats and plan accordingly. Some days the weather may not seem dangerous. Do not underestimate the weather. Take winds and humidity into consideration; they can influence the coldness of the weather. Be knowledgeable of the current weather conditions before planning any outdoor activity.

B. Adopt the "buddy system" (travel with a friend) when you are outdoors especially for long periods. An injured person alone in the cold is at an increased risk for hypothermia.

C. Give attention to your body's warning signals. Don't be stoic! Disregard for pain can be deadly when it comes to hypothermia. Cold hands, feet, shivering, sluggishness, slurred speech, and impaired judgement are early signs. Since poor judgement is an early sign, it's imperative to take life saving steps early before you lose the ability to make wise decisions.

D. Dress intelligently. Layers of loose fitting clothes trap air for maximum insulation. Begin with a layer of polypropylene to wick away perspiration. An outer garment of Gortex or Asimilar material prevents the wind from disturbing the interior insulation. Avoid tight fitting clothing. They reduce the amount of air that can be trapped between your body and clothes. It's this warm air that keeps you warm, not the clothing. Tight fitting clothing also impairs blood circulation hence rewarming blood from your extremities.

E. Stay well hydrated. Dehydration impairs blood flow.

F. Keep a positive calorie balance. Eat plenty of carbohydrates. Carbohydrates are a source of energy and heat.

G. Avoid alcohol especially when outdoors. Alcohol is a peripheral blood vessel dilator resulting in an increase in heat loss. It also impairs judgement aggravates dehydration and interferes with the body's ability to shiver. Awareness of the preventative measures and the signs of hypothermia decrease the possibility of its development and undetected presence. Severe hypothermia is a medical emergency. All cases of hypothermia should be brought to the attention of the medical department as soon as possible.

## Important Notice

Would all residents of Ross Island please note that the the new Underground Carpark facility at the Scott Base skifield is NOT yet open to the public. Any vehicles found to be illegally parked there will be towed away.

By order,  
Penguin-in-Chief.

## Obituary

Those who were fortunate enough to meet "Tiddles", the Scott Base cat over the summer will be saddened to hear that she passed away last week. Our furry friend was already sadly missed by the Scott Base crew, and the news of her death makes us even firmer in our belief that she should have been allowed to stay in Antarctica.

Tiddles arrived at Scott Base after a late night party on board a supply vessel in the 88 - 89 summer season. The people responsible for smuggling the cat on shore were unable to retrieve her once she escaped into the extensive under-floor cavities, and so she remained at Scott Base for the 1989 winter, living on food scraps left out by the base crew.

The presence of a cat in Antarctica came to the attention of the authorities after winfly, and as this was a politically unacceptable situation (the Antarctic Treaty prohibits the importation of exotic

fauna), the return of Tiddles was demanded. After much protest by base staff who had come to regard Tiddles as a pet, she was eventually flown out on the last flight - hand carried by Mr Garth Varcoe, an official from the New Zealand Antarctic Research Program. That was a sad day, but worse news was to follow. We heard last week that Tiddles, after a weeks quarantine in Christchurch, had been killed by the Ministry of Agriculture and Fisheries. The official reason was that "the animal was destroyed under section 16a of the Customs Act, as undesirable imported livestock".

All at Scott Base will remember Tiddles with affection as a friend and a welcome sight on this, the harshest of continents.