

Number 35

- 25¢ -

August 1978

## '104' CREW HONOURED

by Caroline Swanky

The program reads:

"Coastwain David Christney, Robert Amos, Clifford Charles and his son Martin, all crew members on board Canadian Coast Guard Lifeboat 104, saved three fishermen and three members of a helicopter crew from drowning on the reefs off Cape Seale, British Columbia, on the night of 28 February 1976. In a fine display of seamanship Mr. Christney sailed his craft along the rugged shoreline,

in driving snow and gale-force winds, to reach the fishermen. Two were found on a life raft, a third perched on the reefs. An American Coast Guard helicopter was called in to assist and airlifted the lone fisherman from the rocks while the others boarded the life-boat. The helicopter, however, while returning to shore, ran out of fuel and then fell on the reefs. Mr. Christney and his men promptly answered the call for help and at great risk plucked the

cont p.3

# The Bamfielder

"The Bamfielder" is put together each month by the following volunteers:  
Managing Editor-

- Typist-
- Layout- Marilyn Dixon and Caroline Swanky
- Arts/Production- Bill Dixon
- Administration-
- Printing-

## ad rates

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1 page	28.00
classified	.75

## Editorial

by Caroline Swanky

The Predicted Log Boat Rally was very well organized, extremely well attended (at least the shore activities), a lot of fun for the participants, and appeared to make money for the Community Hall Society. Well done!

But there is one major criticism. And this is in the area of prizes given to the winners. And I think of the top

boats, especially in the Junior and Intermediate over

I strongly believe that when you are giving prizes to children, when both children are members of a single team the prizes should at least have the same value. Preferably, the prizes should be identical.

Awarding a camping lantern or roller skates to the "skipper", who has that exalted position because his family happens to own the boat, not because of greater experience, and giving his or her crew a gift certificate for a milkshake is highly unfair.

Both kids worked very hard. They should get the same prize. That kind of discrimination leads to fights and the break-up of friendships.

Aside from this, however, the Committee did a fine job. Maybe they could take this as a suggestion for next year.

## Letters

Dear Editor:

During the past month my husband and I have been cruising in the Barkley Sound and Clayquot Sound area. On our way up the coast we stopped at Bamfield for supplies.

On our return we made a very nice trip. We were very happy. Going down Trevor Channel

hit an unknown object and holed our boat. The Bamfield lifeboat responded quickly to our call for help. Once in Bamfield many people offered to assist us. Carl at Ostrows was able to repair our damage and send us safely on our way.

To all those who helped or showed concern our heartfelt thanks. As always we left Bamfield with a warm feeling in our hearts and a desire to return.

We read of your Bamfield Settlement Plan and it appears to be a well thought out and forward looking document. Good luck in your attempts to keep Bamfield's face to the sea.

Enclosed find a cheque for a subscription and a little extra for the kitty.

Good Luck.

Yours Truly,  
 Peggy & John Mita  
 Yacht Sorana  
 Victoria, B.C.

104 from p.1

men from the aircraft moments before it was wrecked on the rocks. The victims were taken to shore and for several hours afterwards the crew of the lifeboat 104, though cold and tired, searched vainly for a fourth fisherman."

Except for the fact that it should read "Martin Charles and his son Clifford", that is what happened that night two-and-a-half years ago.

The crew of the "104" received awards for bravery from the American Coast Guard and citations from the Ministry of Transport.

On August 2nd, 1978, at Government House in Victoria, David Christy was invested with the Star of Courage and Bob Amos, Martin Charles and Clifford Charles were invested with the Medal of Bravery. The Star of Courage is the second highest honour given by Canada, the Medal of Bravery the third. The highest, of course, is the Cross of Valour.

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The Right Honourable  
Julien Lévesque, Governor General,  
made the presentations at a  
luncheon reception at Govern-  
ment House. This was the  
first time a large investiture  
was made outside Ottawa.

Seven other investitures  
were made, two posthumously.  
The only other Island recipient  
was ten year old Todd Mackay  
of Port Hardy, who received  
the Medal of Bravery for  
rescuing his three-year-old  
brother from a culvert.

Well done, David, Bob,  
Martin and Clifford. We're  
all proud of all of you!

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## REGIONAL BOARD MEETS IN BAMFIELD

by Caroline Swanky

The regular monthly meet-  
ing of the Alberni Regional  
District Board was held in  
Bamfield on July 26th, at 2:00  
p.m. in the Community Hall.

Port Alberni area rep-  
resentatives and Regional  
Board staff flew down for  
the meeting, while Colviolet  
representatives came by boat.

A small group of about  
twelve residents attended the  
meeting as spectators.

### Settlement Plan

#### Passes 1st Read

The Bamfield Settlement  
Plan was given First Reading  
at the meeting and now goes  
to Public Hearing. The date  
for Public Hearing has not  
been set, but we understand  
it will be sometime in mid  
to late September. We'll try  
to keep you posted.

After the Public Hearing  
it has to pass Second and  
Third Readings and then it  
goes to the Minister of  
Municipal Affairs and then  
back to the Regional Board  
for Fourth and final Reading.  
**Receiving Passes 1st Reading**

#### & Public Hearing

A rezoning application,  
brought by Mr. and Mrs. W.  
McDemott, passed both First

Reading and a subsequent Public Hearing. The rezoning will allow the McDermott to apply for a permit to subdivide the land which is located up Bamfield Inlet across from the north end of Burlo Island.

The subdivision would allow eight lots having water access as primary access, with an internal road system allowing access along the back of the parcel of land.

The rezoning by-law will be on the agenda at the Aug. meeting of the Reg. Ed. for Second and Third Readings.

**COAST GUARD NEWS**  
by David Hegstrom

The Coast Guard Boating Safety Detachment will be in the Bamfield area Aug. 23rd to conduct courtesy inspections for required safety equipment on all pleasure craft.

Inspections for the public will take place at the Bamfield Life Boat Station.

Just in case you have forgotten, the following items are required safety equipment on all small boats.

- 1. One approved small vessel lifejacket or approved personal flotation device or lifesaving cushion

- for each person on board.
- 2. Two oars and rowlocks or two paddles,
- 3. One bailer or one manual pump,
- 4. If equipped with an in-board motor, permanently-fixed or built-in fuel tanks or a cooking or heating appliance that burns liquid or gaseous fuel, one Class B1 fire extinguisher.

And, if your pleasure craft is over 13' but not over 26' in length, you also need:

- 5. One throwing device that may be either:-
  - a) an approved lifesaving



**T. Christian**  
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\*\*\*\*\*

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**CLOTHING**  
by *Caroline*  
728 3300

- cushion; or  
 b) a buoyant heaving line;  
 or  
 c) an approved lifebuoy of  
 20", 24", or 30" diameter.

If you have a small boat, and you don't have these items on board, at all times, you are in violation of the law. It would be a good idea to update your safety equipment BEFORE the Boating Safety Inspection date.

If your pleasure craft is not covered by the above two categories, pick up a copy of the 1978 Boating Safety Guide, available at Gyvers Store, Ostrome Machine Shop and the Samfield Life Boat Station. In fact, if you don't have a copy of this publication, it would be a good idea to pick one up.

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even if your boat is covered above. The safety tips are for everybody.

In Coast Guard News:- There have been 65 call-outs so far in 1978. Most of these have been inshore, as opposed to offshore incidents.

Seventeen of these call-outs occurred during the month of July, which is just a little slower than last year.

So pick up your manuals, practice boating safety, and reduce our call-out rate even more.

## Community Hall

by Bev McInerney

On Sat. July 29th, the Community Hall Society sponsored the first Predicted Log Boat Rally.

This event, suggested by John Boom, had 13 entrants with crews, competing in three events.

The winners were:

Junior event - Doug Robinson  
 Carey Robins

Intermediate event -  
 Geoff McInerney  
 Darren Westwood

Senior event - Leslie Parvo  
 Warren Nagata  
 Dorothy Young

Locating the check points made the race more of a challenge than most entrants

# AUG

Sun	Mon	Tues	Wed
6	7 B.C. Day	8	9 Fire Pra
13 Church	14	15	16
20 Church	21	22	23 Pleasure Inspect Fire Pra
27 Church	28	29	30 Fi Pra

# JUST

Thurs

Fri

Sat

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	10	11 ☾	12
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## Here's to Your Good Health

by Margaret Parry

A simple exercise anyone can do has been found to be remarkably effective in reducing blood pressure.

Zena Burkholder came upon this article in the May issue of Prevention Magazine and has suggested that excerpts be shared.

"It is very important to do the exercise correctly. The most important thing to remember is to maintain normal breathing while you're doing it. It is also important to observe the time limit: six seconds per exercise. Counting out loud from one to six while doing the exercise not only helps you keep track of the time, but it helps you breathe properly, too.

To perform the exercises:

1. Stand in a relaxed position.
2. Tense all your muscles as tightly as possible for six seconds, while breathing normally and counting out loud. (until you get used to tensing all your muscles, you can practice with one leg, both legs, buttocks, then one arm, both arms, abdomen, back, and chest, then all.

and face--one muscle group at a time until you can tense

all at once,

3. Rest several seconds.
4. Repeat exercise twice more.
5. Do this three times a day.

6. Do not stretch fists, bend elbows or other joints. Tighten your muscles in the position they assume with the least amount of motion.

It takes from five to eight weeks of doing the exercise for the blood pressure to drop significantly. And the results will last if you keep up with the program. Even if you don't have high blood pressure, performing these exercises should prevent it from developing.\*

This exercise program was first used to help patients who were experiencing severe pain in their legs when walking and those who were awakened at night by leg cramps. So if you suffer from one or both of these problems, do the exercise. It will help you too.

The above advice comes from Bruno Kiveloff, M.D., Olive Huber, Ph.D., and Jerry Friedman, R.P.T., Dr. Kiveloff is director of physical medicine and rehabilitation at the New York Infirmary. Dr. Huber and J. Friedman are his co-workers.



Communities across Canada have just completed celebrating energy week which has promoted conservation of energy and alternate energy sources.

At the time this valuable discussion was being stimulated, Jack Horner, the Liberal Minister of Industry announced a program in which Gulf Oil and Denison Mines will be exploring for coal sources in British Columbia and Alberta.

Considering the price we pay for oil as a result of Canadian and International manipulation of oil prices, we should work toward controlling the influence of the giants in oil and our alternate energy sources.

A key to Canada's economic recovery is in good resource management.

*Jack Miller*

RDP Candidate for  
Nanaimo-Alberni.



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## Poets' Nook

### TROLLER

by Chris Lobban

Winter I was busy, fixin' up  
the boat for the spring;  
Urethaned and fibreglassed  
the hold, the whole damn  
thing.

Check the engine, check the  
wheel.

Gurdies, Moran and the lines;  
There's a bullsnit-grinder on  
the chandler's counter  
To pass away the time  
While you're stuck for a  
part's

S'posed t'a been in the  
freight last time.

And it's rain, rain, rain,  
Blowin' across the dock;  
Rain, rain, rain --  
When's it going to stop!

Now it's warch and the  
serving boats are making  
their nets in the bay,  
But the salmon trollers have  
still got a long wait for  
pay.

They say another sod-buster  
fresh from the Prairies  
Has gone up on the rocks.  
He come out in a chartered  
boat from Steveston  
To fish the fast bucks.  
He's learning how to fish,  
And dying in the school of  
hard knocks.

And it's rain, rain, rain,  
Blowin' across the dock;

...included a motor fire, a broken shear pin and an Alberta entry temporarily diverted by two nude sun-bathers.

Carolyn Robinson, David Hegstrom and John McInerney formed the race committee and the check pointers included:  
Hedy & Roger Demontigny  
Jean & Val Fletcher  
Pat Garcia  
Mitch McPhee  
Phil Rhynas  
Tim

Ten dozen Nitnat crab in a herring skiff became the afternoon Marketplace.

Salmon, donated by local fishermen and expertly barbecued by Kirk Robins, was added to the outdoor menu of potato salad, coleslaw, rolls, and crab. There were some hot dogs for sale, but these ran out quickly.

A large crowd enjoyed the fine weather and good food.

Thanks to all who participated, especially the industrious kitchen staff. \$282.00 was raised.

Our aim is a new Community Hall furnace. We now have 45 single & 15 family memberships. If you haven't joined please contact Dorothy Robins or Bev McInerney.

The next event is the

Fall Fair - Sept. 9th.  
WATCH FOR POSTERS.  
See you there.

**RED CROSS NEWS**

by Valerie Tvait

Please let us know if you will volunteer to give blood at the Red Cross Blood Clinic in Port Alberni the last week in August, as the transportation must be arranged. Call 3365 or 3252.

We are pleased to report that during the in-service conference this spring, Margaret Pardy and Jessie James (who is the nurse at the Atlin Outpost) were presented with service pins in recognition of service of over 15 years. Jessie has done 18 years of Outpost work and Margaret has done 16 years. Our congratulations to both ladies.

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--

Rain, rain, rain --  
When's it going to stop!

In less than a month we'll  
be out on the bank for  
the spring.

A dollar-ten a pound, they're  
saying that's all it will  
bring.

Well, if you know the water  
well, and your gear,  
the plugs, the spoons and  
that all,

And you stay out all the  
time

You can make a pretty good  
haul.

But if the stocks keep going  
down we'll all have our  
backs to the wall.

And it's rain, rain, rain,  
blowin' across the dock;  
Rain, rain, rain --  
When's it going to stop?

Copyright © 1978.  
C.S. Lobban

## Library Service

by Cathy Greengrass

As the long days of summer  
give way to boredom,  
or you just yearn for a change,  
here are some canning and  
craft options from the Van-  
couver Inland Regional Lib-  
rary.

Sunset - Home Canning, '73,  
(641.42)

Farm Journal - Freezing &  
Canning Cookbook, Revised  
'73, (641.4)

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'70a, (640), Priting, G.  
Garden-to-Table Cookbook,  
'70a, (641.35)

Complete Book of Stencil-  
craft, '74, (745.73), Day,  
Joanne.

How to Dry Flowers the Easy  
Way, '75, (745.92), Buzbee,  
Audrey B.

Pooh Craft Book, '76, (745.  
592) Friedrichsen, Carol.  
Woodcraft, Basic Concepts  
& Skills, '76, (684.08)

Everybody's Weaving Book,  
'76, (745.14) Lewis, Alfred A.

### COOK'S CORNER

by Kerry Benton

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In a large bowl cream:  
1 cup butter  
1 cup sugar until light.  
Then add  
3 egg yolks, one at a time.  
Into a bowl sift together:  
1½ cups flour,  
¾ tsp. baking powder  
¾ tsp. soda

Add flour mixture to  
butter mixture alternately  
with

1 cup sour cream and beat  
until smooth.

Divide batter between  
two bowls and into one stir  
the grated rind of one  
orange.

Into the other stir 2  
ounces unsweetened, melted  
and cooled chocolate.

In another bowl beat 2  
egg whites with a pinch of  
cream of tartar until they  
hold stiff peaks. Fold ½ of  
the egg whites into orange  
batter and fold remaining ½  
into chocolate batter.

Pour both batters into  
a deep 1½ quart baking pan,  
which has been greased and  
lined with greased wax paper.

Bake at 350°F for 1 hour  
and 10 min. (approx.) Let  
cake cool in pan for 5 min.

In a bowl combine ½ cup  
strained orange juice and  
1½ cups sugar and pour over  
cake, while still warm. Let  
cake cool completely, remove  
paper and slice.

## Weather

by Peter Janitis

July is the driest month of the year, in any case, but this July was the driest and hottest on record.

The normal average rainfall is 2.33 in. This year, I could only register .21 in. of the precious moisture.

Looking back over the records, I had to go all the way back to 1922, when there was no rain at all during July in Bamfield.

The total rainfall so far for 1978 (to end July) is a meagre 44.31 in.

We had 24 days with a temperature of over 60°F and two days over 80°F. The hottest day was July 25 at 81°F. The lowest temperature was on July 30 at 45°F. The ave. max. was 64.61°F. Ave. min. was 51.48°F. And the ave. temp. was 58.05°F.

## SALMON DERBY

by Peter Janitis

This year's Derby is off to an exceptionally good start. At the end of the 5th week we have 53 members and 19 of them have entered fish, eight over 30 lb.

The fish to beat is a 38 lb. spring entered by rookie Cam Scott. Frank Webb's 36 lb spring is a close 2nd. ~~Harvey Scott's 35 lb fish with a 30g lb. fish and Randy Robert-~~  
out in 1st with a 29 pounder.

## MARINE STATION

by Phil Rhynas

The Marine Station #78 Summer Programme is now nearly over. It seems like yesterday when we were worrying about getting it started.

The next major academic undertaking is the Simon Fraser Fall Programme starting Sept. 10. SFU (as 2 yrs. ago) will move a complete semester of courses to BMS. Along with this, BMS will continue to provide a field trip programme for high schools, community colleges and the member universities.

A substantial capital development programme has also been approved by the Society. This will include renovations to the old COYC building on the waterfront, construction of a physiology lab in the Quonset hut, a new dormitory, conversion of two more residences into apartments, and the construction of a Director's residence.

The Station will also be providing services and part of the plant for Louis Bruehl's new algal culturing facility.

BMS's wells (like many others) have been taxed to the limit this summer, but somehow we seem to be hanging in. Wouldn't it be great if we could have some night along with this fabulous weather!

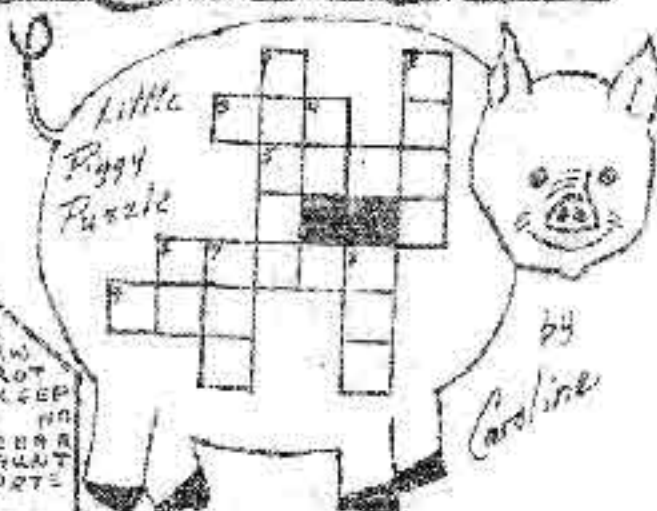
# THE KID'S PAGE

## ACROSS

1. This animal gives milk
2. Don't make believe
3. This animal gives wool
4. Farm tool

## DOWN

1. This animal pulls a wagon
2. Stubborn animal
3. You and I
4. In such a way
5. This lays eggs
6. Farm animal



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