

Two nutritionists lauded for television series

Patricia D. Wolczuk, head of the Continuing Education Department at the British Columbia Institute of Technology (BCIT), and Janet L. Ayer, nutrition consultant for seniors with the British Columbia Ministry of Health, were awarded the 1982 General Foods Award for Excellence in Nutrition Communication in Victoria recently.

The two British Columbia nutritionists share the \$1 500 annual award for their work on *The Senior Chef*, a television series that encouraged many senior citizens across Canada to improve their eating habits.

Acclaimed by the General Foods judges

as "an innovative and thoroughly professional response to a timely social need", the series of 45 televised programs was initially developed by Ms. Wolczuk after the 1972 Nutrition Canada Survey found seniors to be among the worst nourished groups in Canada.

As senior nutritionist with the British Columbia ministry of health, Ms. Wolczuk began a series of ten-minute guest appearances on Victoria's CHEK-TV to talk about nutrition for seniors. Ms. Ayer became series co-ordinator and administrator in 1975 after collaborating with Ms. Wolczuk for two years and expanding the program to a 30-minute format.

Stamps commemorate two centenaries

The Canada Post Corporation has issued two 30-cent stamps to commemorate the centennials of the Royal Canadian Henley Regatta and the founding of the Salvation Army.

Named after its British counterpart, the Henley is the largest regatta in Canada. The International Rowing Federation recognized the Henley as a world status regatta, the only one in North America to boast this distinction. The regatta acquired its permanent location on the old Welland Canal in 1903. The site met the specifications for a one-and-a-half-mile straight stretch of water protected from the wind and easily accessible to Canadian and American oarsmen and spectators.

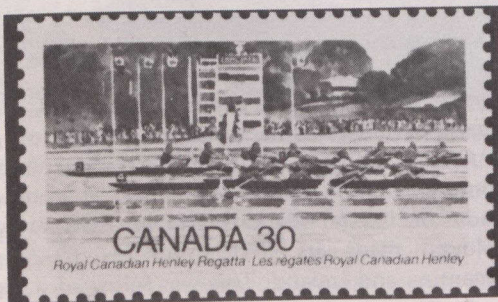
The illustration for the stamp by Tom McNeely of Toronto depicts the dramatic finish of a race of fours (four-man racing shells, one sweep oar per man) before the judges' tower on the present Henley course near St. Catharines in southern Ontario. The stamp was designed by Ottawa graphic artist Bernard Reilander.

Assistance for the poor

The second stamp pays tribute to the Salvation Army, an organization that helps those who are less fortunate. William Booth, a former Methodist preacher, founded the Salvation Army in 1865 to promote the "salvation of the masses". To achieve this task he decided it would first be necessary to alleviate human suffering.

The Salvation Army gained a foothold in Canada in 1882 and spread quickly. By 1900 it was operating rescue houses, men's and women's hostels, a children's home, a maternity home and various ventures. The Army's colonization campaign, begun around this time, attracted some 250 000 immigrants to Canada. The Salvationist's work, especially during the Second World War, brought comfort to thousands of service personnel and civilians. The Salvation Army now is widely known for its humanitarian work.

Toronto graphic designer Theo Dimson designed the Salvation Army stamp, which depicts male and female members of the Army in period costume set against an 1880s urban street scene background.



"From the start," said Ms. Wolczuk, "we tried to be practical and realistic, keeping in mind the physical and financial capabilities of most seniors. And we kept emphasizing nutrition — eating regular meals and choosing foods from each of the four food groups."

"We encouraged the seniors to develop activities around preparing and enjoying food together," Ms. Ayer added, "because our research indicated that seniors often lack interest in eating."

The show expanded from a cooking and nutrition focus to a broader lifestyle approach, with discussion on timely issues like dietary fibre and stress, and answering general questions sent in by viewers. A cookbook, *Senior Chef Cookbook*, with its many recipes for dishes appropriate to feeding just one or two was prepared and as interest in the show grew sales of the book increased from 8 000 to 70 000 a year.

Ms. Wolczuk was born in Winnipeg where she graduated from the University of Manitoba with a bachelor of arts in home economics and a master in nutrition and sociology. She is now a doctoral candidate in nutrition and epidemiology at the University of British Columbia.

Ms. Ayer has a bachelor of science in home economics from Mount Allison University in Sackville, New Brunswick and a master of public health (nutrition) from the University of South Carolina.

Ferry to be tourist attraction

Kipawo, which served as a coastal supply boat in Newfoundland for many decades, has returned after 41 years to Nova Scotia where it will become a floating tourist attraction.

Co-operation between the provincial governments of Nova Scotia and Newfoundland, the Canadian Coast Guard and the Kipawo Heritage Society saved the *Kipawo* from being broken up at Catalina, on the mouth of Trinity Bay, Newfoundland where it had been beached and vandalized.

The *Kipawo*, built in 1926 and named for the towns of Kingsport, Parrsboro and Wolfville in the Minas Basin which it served, is considered by many as a valuable cultural relic.

After being towed to Dartmouth, the *Kipawo* will be taken to Parrsboro and will be converted for use as a theatre, museum or, perhaps, a restaurant. Repairs will be made by craftsmen who have volunteered their time.