

Local firefighter to teach in Nepal



Glen Edwards does not plan to get into turn out gear while in Nepal as he does with Halton Hills Fire Department

By Jamie Harrison

A Halton Hills firefighter is planning an excursion to Nepal that could teach him as much about that country's firefighting techniques as he hopes to teach.

Glenn Edwards will be travelling to Katmandu, Nepal to act as a rig-rescue consultant to the Katmandu Fire Department, while learning a bit about how firefighting is done in that part of the world.

Edwards and his wife have been planning the excursion for about two months.

From the outset, Edwards is not sure how much his Nepalese counterparts know about rig-rescue procedures, admitting that they may know more than he does about rig-rescue operations.

The rig-rescue crew is called in when a situation has occurred making it difficult for rescuers to get to the victim's location because of a cliff or steep hills.

"How much they know is hard to say. Plans (for the trip) are still in progress, and yet to be finalized," Edwards said.

Edwards added that he is there to learn just as he is to teach, should his services be required.

The Edwards will be in Katmandu for seven months, probably staying with a 'Sherpa' that Glenn met on a previous trip to Nepal.

A "Sherpa" is Nepalese nobility

who acts as a guide to visitors. Glenn has kept in contact with him since his first trip.

Edwards' trip has been fully ratified by Halton Hills Fire Chief Bill Cunningham, affording the Katmandu fire department a chance to exchange rescue information with a Canadian firefighter.

Chief Cunningham wrote a letter to the fire chief in Katmandu endorsing Glenn's abilities as a firefighter and rig-rescue technician.

While in Katmandu as a rig-rescue expert, Edwards does not plan on fighting any fires, but said he would help out if his services were needed.

In preparation for his trip, Edwards has taken extra rig-rescue courses to supplement his knowledge of the gear and how it is used, since he joined the Halton Hills Fire Department.

Edwards plans on bringing some of Halton Hills Fire Department's shoulder badges with him on his trip to give to his counterparts.

Edwards said he has no apprehensions about going to Katmandu, saying that owning his own roofing business has afforded him the opportunity to undertake such an endeavor. As the summer season ends, so does much of Edwards' business until the next spring.

Edwards' flight to Nepal will be a five day affair, with stopovers in

Vancouver, Hong Kong, Bangkok, and then on to Katmandu. Some of the journey will be done on land, as well.

While Edwards is teaching firefighters about rig-rescue, his wife will be teaching English in a school in Katmandu, affording her the opportunity to live and work abroad while her husband demonstrates his expertise.

From the kitchens of Weight Watchers

COUNTRY PASTA WITH BEETS AND WALNUTS

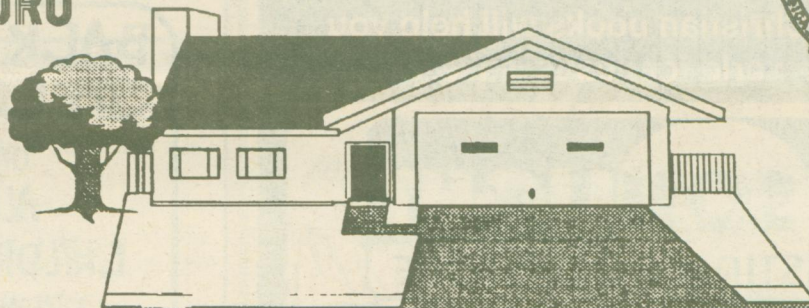
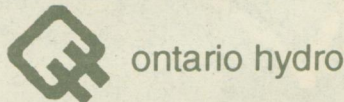
MAKES 4 SERVINGS

- | | |
|---|--|
| 2 teaspoons olive oil | 2 cups fresh cooked or drained canned julienne-cut beets |
| 1 cup diced red onions | 2 cups cooked penne or ziti macaroni |
| 1 ounce walnuts, chopped | |
| 2 garlic cloves, minced | |
| 1 teaspoon all-purpose flour | |
| 1 cup low-fat milk (1% milk fat) | |
| 3 ounces Camembert cheese (rind and paper removed), cut into small pieces | |

1. In 10-inch nonstick skillet heat oil; add onions, walnuts, and garlic and cook over medium-high heat, stirring frequently, until onions are translucent, about 1 minute. Sprinkle flour over onion mixture and stir quickly to combine; cook, stirring constantly, for 1 minute.
2. Remove skillet from heat and stir in milk. Return skillet to medium heat; stir in cheese and cook, stirring frequently, until cheese melts and mixture thickens, about 5 minutes.
3. Add beets and pasta and toss to coat; cook until heated through, 1 to 2 minutes.

EACH SERVING PROVIDES: 1/4 MILK; 1 FAT; 1 1/4 PROTEINS; 1 1/2 VEGETABLES; 1 BREAD; 3 OPTIONAL CALORIES
PER SERVING: 298 CALORIES; 12 g PROTEIN; 34 g CARBOHYDRATE; 13 g FAT; 191 mg CALCIUM; 254 mg SODIUM; 18 mg CHOLESTEROL; 4 g DIETARY FIBRE; REDUCED CHOLESTEROL.

Recipe from "Simply Light Cooking 250 Recipes from the Kitchens of Weight Watchers", ©1992 Weight Watchers International, Inc.
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