

The Scott Base buildings are all painted green and are powered by 3 wind generators. These generators provide enough electricity for a team of 100-150 at Scott Base as well as 90% of McMurdo Base's needs who house a team of 1,000. McMurdo is 3km away facilitating the sharing and implementation of training programmes as well as a social programme.

As part of the programme all staff complete courses of how to survive in snow and the provisions taken include sufficient for Plan B. Rose thoroughly enjoyed being able to visit Scott's hut now fully restored to its original 1911 condition and Shackleton's hut which is half the size of Scott's. These pioneers of the ice made a big impression on Rose. She had moments of reflection and appreciation of their work to enable the large scale scientific and geological programmes that are housed on this ice shelf today. They have paved the way to help us understand and be educated about the importance of this area. She also visited Sir Ed's hut.

Rose went on an excursion to the Adelie penguin colony and while there encountered some Emperor penguins. The Emperor has a secret weapon - to be struck by a penguin wing can cause broken and severely bruised ribs. They are majestic birds. In October the very pregnant seals make their own blow holes in the ice. The water temperature at that time is -22C deg. The coldest temp Rose dealt with was -61C, she could only be outdoors for 30 seconds and the warmest was 0C and she donned a tee shirt to walk outdoors to have a photo taken!

As a medic, the treatments were for mostly frost burn and chilblains. She did have the unfortunate experience of a gastro outbreak. The Base is well equipped for any medical situation. For more serious medical situations Christchurch and McMurdo team up to deal with the urgency as best and the quickest that they can while giving their expertise over the radio. During the 4 months of darkness the Night Skies become a fascinating feature of the environment. The aurora's, Milky Way and watching the hundreds of satellites that cross the skies provide entertainment and wonder. The photos bring out the colours of the Aurora's.

Rose is now based in Christchurch and I'm sure it won't be long before she embarks on another adventure and throw herself into the daily life of wherever she chooses to be .

See you all next week at our end of year party.
Bev