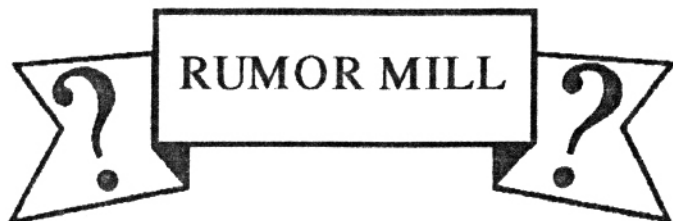




The Daniel's Headliner

SERVING THE MILITARY COMMUNITY IN BERMUDA
JANUARY 1993



HOUSE HUNTING TRIP

Ref: CFAO 209-45

With posting gradually sliding in, the big question lately is - Are you taking a HHT? Then the confusion begins. What am I entitled? Can I bring my spouse? What about the kids? Can they come?

The answers for these questions can be found in CFAO's (Canadian Forces Administrative Orders) - if you have access. If you are a dependent spouse you will have little hope of perusing CFAO's and entitlements with reference to a HHT won't generally be known.

First of all, a HHT may be authorized to any member posted to a new location to seek suitable accommodation,

making your move as practical and economical as possible.

The number of days for a HHT is 5 days (six nights) with 2 travelling days, one at each end. You are reimbursed for lodgings, meals and incidental expenses for each day of travel. Car rental may be reimbursed for 5 days of your HHT and shall not exceed the daily rate of a sub-compact vehicle. Telephone calls home may be claimed at the daily discount rate, which normally applies between 1800-2400 hrs, and under these conditions:

- a. daily for 10 min, provided the member or spouse is not accompanied by the other;
- b. daily for 3 min, if the member and spouse are on an accompanied HHT and have left dependent children at place of duty;

c. daily for 3 min, if the member is a single parent and has left dependent children at place of duty.

You are also entitled to reimbursement of child care expenses in the amount of 10 dollars for each night that children under 16 are left in the care of a friend or family member. Or, upon proof, 40 dollars for each day children under 16 are left in the care of registered child care service or individual who provides child care service on a regular basis.

This is just a quick breakdown of entitlements on your HHT. For further information read the reference or if unavailable to you contact the SOR. I'm sure they would be more than happy to answer your queries.

I hope this has resolved some of your questions or cleared up some of the bewilderment.

If you have a question about your posting just drop me a note. I will try my best to answer it. The next few months you may hear all sorts of rumors on your posting and as a military spouse this may be

confusing. So remember "The only stupid question is the one you don't ask".

Amanda MacPhail
Editor

SHIFT 4

I'd like to start off by saying I hope everyone had a very Happy Holiday Season. Seems the old man in the funky red PJ's brought everyone everything they needed and some people, things they didn't. Poor Larry Lamb was sick over the holidays. He had a bad case of the (Eds pen - he sat on the throne a lot!).

Seems everyone's been coming and going a lot lately including Rick Lalonde, who's A-L-M-O-S-T sold his car...twice!

Recently, I've just come back from cruising in the Caribbean on the Meridian. The weather was incredibly nice and warm and the scuba diving was fantastic!

Our shift then said good luck to Denis Laliberte as he left for

his junior leaders course. When speaking to his roommate, Alain Robert, he seemed all broken up about the fact he had the house to himself...without his favorite black cat.

A day later we saw Rick Stoyles off on course to Northwest, Virginia. Poor guy left just in time for the cold weather there, but that's OK, we'll fill him in on the warm weather he's left behind. Rene Ethier will be leaving us soon too. He's gone on a two and a half week course in Winnipeg on Drugs and Alcohol and it's even colder there.

Kevin Murphy came in second place over the island in darts at the Robinhood Restaurant. He didn't receive the first place trip to New York, however, he did walk away with one hundred dollars, a turkey and two cases of beer. I would sure like to know what the Murphys know about winning that the rest of us don't. They always seem to take home most of the prizes...and I for one would love their luck!

With everyone leaving we have welcomed Steve Sharpe to shift for a while and boy he's never had it so good.

As a shift we went for a beautiful dinner at the Waterlot for Christmas. Everyone was out in their Sunday best and looked first class. New Years brought with it a wonderful evening. Most went to Southampton Princess then over to Rick and Terry Stoyles for a "Moon-lit Madness" party.



MAPLE LEAF RUNNING AND FITNESS CLUB

Well, wouldn't you know it! Another year has past and it's time for New Year resolutions again.

Fitness is certainly on your mind and you should start off your fitness program by taking a look back at your own personal accomplishments. This will help you focus on exactly what you want to achieve this year.

Looking around the station I see the number of persons involved in fitness increasing dramatically and we must be proud of ourselves. So now with a positive approach we can move forward and say - "This year I will get more involved for my own good!" Remember the saying "A healthy body and a healthy mind".

Since the last article a number of things have happened. The Tour des Bermudes was a success. All starters finished in a respectable time of roughly 5 hours. It was a 100 Km bicycle tour around the islands (sore butt-city afterwards). Mike Olson, Paul Strackholder, Rene Ethier and myself started it. Rene had other plans though and left us on our own. Jim Hill and Josh Garon followed in the van in case of an emergency (thanks guys).

Paul Strackholder ran the Princess to Princess on Jan 10 (how about that hill, Paul).

Rene Ethier was named the 3rd

cyclist overall in the novice category for the Bermuda Bicycling Association '92 season.

John Gregory, Paul Strackholder and Jim Hill have officially entered the ADT Bermuda Half Marathon on Jan 17 (good show guys).

Gayle Holtby, Jean MacIntosh, Lynn Galvin, Mike Olson, Wendy and Meika Strackholder and our station visitor - Cathy Lapierre entered the 10K walk held in conjunction with the ADT 10km on Sat Jan 16.

Upcoming events are the Children's Day; sponsored by this club at the end of January. Another Tour des Bermudes is scheduled with no dates yet. Hopefully those of you who have recently acquired bicycles since our last ones race will try it out.

And last but not least our own Maple Leaf Run on Mar 28. If you're planning to run this event; now is a good time to start training. If you aren't running we can use your help to run this event (note it on your calendar).

If interested in ordering bicycle parts (even bicycles) Rene will be placing an order in mid February.

In closing, I would like to thank all those of you who continually support us. A special thanks to Josh Garon who filmed the Tour des

Bermudes. It was excellent.

Until next time keep up the good work on your personal fitness.

Mike Savard

BUTT-OUT PROGRAM RECAP

First of all, I would like to congratulate the Butt-Out participants, who graduated on the 11 Jan, for their perseverance and determination:

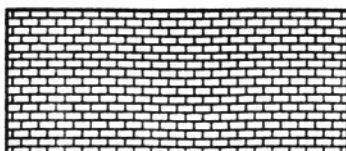
- Angela Horsley;
- Monique Mackenzie;
- Ann Hutchinson; and
- Serge Drouin.

It all started on the 26 Oct 92 with 7 die hard smokers who decided to make the big jump and go for the roller-coaster ride. By the 14 Nov (D-Day) we had lost 3 of our candidates.

Quitting smoking is not an easy task. Many people have to try this program more than once before succeeding. So, for the ones who tried and did not succeed, you should still be proud. At least, you gave it your best shot. Who knows, maybe it will work if you try a second time. At least now, you know what to expect and what the program is all about. Did you know that 95% of all people who successfully complete this program do not smoke one year later, which is a very good success rate and consequently makes this program one of the best quitting methods.

I would like to give special thanks to our Station supply section for the certificates.

Beam



frames and the audio tapes.

Now, if you are interested in trying the program, contact Rick Scally (Shift 1) or myself (Shift 4). The next course will be starting Feb 16 and will have evening sessions for the ones who cannot attend the afternoon ones. This is the last opportunity for the station personnel who still smoke to make a commitment for a healthier lifestyle before returning to Canada. see you there.

Rene Estier
Butt-Out Coord



PERSONAL PROTECTIVE EQUIPMENT

Personal protective equipment is provided to eliminate or control the danger of personal injury. Personal protective equipment must be work where required by your employer. Know what you are require to wear.



protection to be worn, contact your supervisor.

Eye Protection

In work areas so designated, safety glasses should be worn at all times, and by all personnel. For those jobs where there is an exposure to flying objects from the side, sideshields are recommended. Hardened prescription lenses are available.

Approved burning goggles must be worn when performing burning or cutting operations.

Full face shield and safety glasses should be used when engaged in grinding, chipping, drilling, buffing, sanding, sawing, and handling hot or corrosive liquids, etc.

Welders are required to wear (at all times) shaped safety glasses under their welding helmet. This provides the welder with protection against flash burns when the helmet is raised.

All employees who are assisting welders or working in the immediate area of welding operation, must have their eyes protected from flash burns by non-combustible screens or shields, or by wearing shaded eye protection.

Keep your eye protection clean. If you have any question regarding the proper eye

Hearing Protection

When certain types of work are being performed, all employees performing the work and all others in the immediate area, should wear hearing protection. (ear muffs or ear plugs).

Your supervisor will advise you as to what jobs and areas require hearing protection.

Hearing protection should be properly cleaned and maintained unless they disposable.

Respiratory protection

Spray painting, foaming, and abrasive blasting operations are examples of work requiring respiratory protection. You will be advised by your supervisor when such equipment must be worn, the correct type and where available. Proper fit of such equipment is important and it should be properly cleaned and maintained. Report any defects or ill fitting equipment immediately.

Sources from "Standard safe working practices" I.A.P.A.

WHAT IS MATURITY?

Maturity is the ability to control anger and settle differences without violence or destruction.

Maturity is patience. It is the willingness to pass up immediate pleasure in favor of the long-term gain.

Maturity is perseverance, the ability to sweat out a project or a situation in spite of heavy opposition and discouraging setbacks.

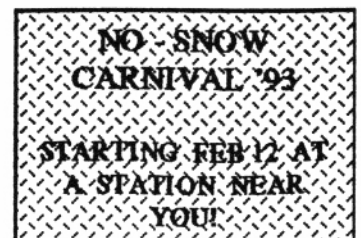
Maturity is the capacity to face unpleasantness and frustration, discomfort and defeat, without complaint or collapse.

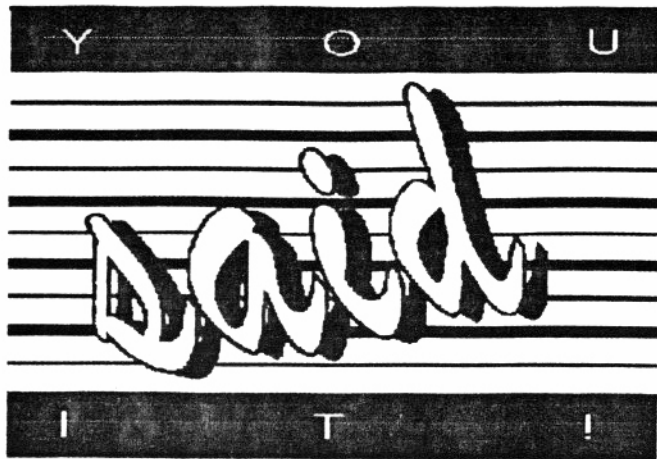
Maturity is humility. It is being big enough to say, "I was wrong." And, when right, the mature person need not experience the satisfaction of saying, "I told you so."

Maturity is the ability to make a decision and stand by it. The immature spend their lives exploring endless possibilities; then they do nothing.

Maturity means dependability, keeping one's word, coming through in a crisis. The immature are masters of the alibi. They are the confused and the disorganized. Their lives are a maze of broken promises, former friends, unfinished business and good intentions that somehow never materialize.

Maturity is the art of living in peace with that which we cannot change, the courage to change that which SHOULD be changed--and the wisdom to know the difference.





I cannot believe what happened at the Christmas Dinner that was held on the 9th of December in the Junior Ranks Mess. I've been attending dinners for 11 years now and never have I seen such a display of disrespect and immaturity.

A lot of hard work and planning goes into a special event as such and we repay the effort by throwing food. HOW KIND! I'm certain that those who had to clean up said "You're Welcome" to the nuts and chocolate as they picked them up off the floor. (NOT)

I sometimes sit in the Junior Ranks and hear comments such as - "Why are they treating us like kids, we can make our own decisions". It's obvious to me now why we get told what to do and when. I can't say that I blame the higher echelon for doing so after what I saw that day. I'm surprised we have the reign we do in our mess activities.

As for the civilians - this dinner was in part for you. It's the station's way of saying thank you and you in turn say your welcome by throwing food!

I'm not saying that every Junior Rank and every civilian employee threw food. Those of you who did know who you are and if I'm this embarrassed by just being there, I can't imagine how those of you concerned must now feel.

Ann Hutchinson

COMMEMORATIVE BOOK

The Commemorative Book Committee requests that all sections submit a write-up on/for their individual section. Deadline for this request is 15 Feb 93.

Your support on this venture is essential to ensuring a memorable and accurate commemorative book.

Address all articles to MCP1 Art Horsley - Pay Office.

BUTT-OUT BUTT-OUT BUTT-OUT

Butt-Out is a three month course designed to help people to quit smoking. Anyone interested in joining the next program should contact:

Sgt Rene Ethier (Shift 4) or
MS Rick Scally (Shift 1)
at local 217

Note: This program is available for dependants and station civilian employees.

Next program will be starting 16 Feb 93 with the introductory sessions at 1400 or 1900 hrs.

EVENING CLASSES WILL BE AVAILABLE

BUTT-OUT PROGRAM SCHEDULE

DATE	PROGRESS UNIT (PU)
16 Feb (Tue)	Introduction
17 Feb (Wed)	PU-1 - Facts and Figures
23 Feb (Tue)	PU-2 - Problem Solving
01 Mar (Mon)	PU-3 - Day of Decision
06 Mar (Sat)	D-Day (No Session)
08 Mar (Mon)	PU-4 - D-Day Plus
11 Mar (Thu)	PU-5 - Still Working
16 Mar (Tue)	PU-6 - Coping
25 Mar (Thu)	PU-7 - Blueprint
05 Apr (Mon)	PU-8 - Taking Stock
20 Apr (Tue)	PU-9 - Non-OSmokers Only

NOTE - All PU (except Intro) will be at 1330 hrs or 1900 hrs for the evening program.

- All PU (including Intro) will be given at the Community Center.

STAFF

EDITOR - Amanda MacPhail
Publisher - Ian Burdon



HOUSE KEEPING

Good housekeeping means a clean orderly workplace. It is generally agreed that a workplace is in order when things in it are arranged in some sort of logical sequence and maintained that way on a routine basis. A common cause of most fires and personal injuries from trips and falls or from being struck by falling objects can be attributed to poor operating practices and house keeping.

Floors and other work surfaces should be maintained free of protruding nails, splinters, holes and loose boards. Walking surfaces should be non-slippery, clean, in good repair and adequately lighted.

Aisles should be clearly marked and wide enough for easy flow of traffic-employees and for trucks. These should also be kept clear of objects that can cause trips and falls.

Stairways and exits should always be unobstructed and nothing should be stored on stairways and landings. Exits and stairways should be well

lighted and where necessary provided with emergency lighting.

Storage areas must be neat and orderly so that they will not create hazards. Materials piled haphazardly or strewn about increase the possibility of accidents to employees and damage to materials.

Waste disposal should be properly organized and special containers provided for broken glass, etc. It is important that waste containers be used and properly cleaned at regular intervals.

Many injuries result from improper stacking of materials. For maximum safety each pile should have a firm foundations and be cross tied. Stay within the permissible floor load. Keep the size of each pile within safe limits. Maintain adequate access to aisle ways, exits, fire equipment, safety showers, control valves and switches.

Sgt Myre

STEP AEROBICS

Step Aerobic classes are being offered in the community center starting March 1, 1993 on:

Monday, Wednesday 1900-2000hrs (7-8PM); and
Tuesday, Thursday mornings 11:00-12:00.

We offer a low and intermediate to high class. People are encouraged to do a low class at first, using no step or a 4" step to learn the routine. Then when they feel more comfortable, they can add 2" on the step and use more arm work for a more advanced class.

When using a step, there are a few things to watch out for:

- always use a heel toe motion on the step
- watch your feet at first. Look to see where you place your feet
- use a low step height (4") at first. Only highly fit people should use a high step - up to 12".
- step fairly close to the step and lower your heels to the floor each time you step down - with the exception of the lunge step.

For those of you who feel more comfortable with your own step, please feel free to bring it in to the class.

So step right up and try our class.

See you there.
Wendy Strackholder
234-2028

SAFETY TALK

Portable electric power tools are those tools which are operated by means of electric power but can be comfortably hand-held (eg. drills, saws, grinding wheels).

The chief hazards of electric powered tools are flash burns, electric shock and electrocution. There is also the hazards of personal injury through improper use or handling of the tools. electric

cords can be a tripping hazard.

Always use properly grounded tools, those with three pronged plugs or double insulated tools. (Double insulated tools are designated by a square inside a square logo).

Wear appropriate personal protective equipment such as eye protection when working at eye level or when there is danger of flying particles. Safety shoes should be worn to protect against injury should the tool fall. Loose clothing or gloves should not be worn where there is a hazard of

**NO SNOW
CARNIVAL '93
DON'T FORGET
FEB 12 & 13**



entanglement in moving parts.

Before using a tool check the cord and plug for signs of damage.

Hold tool firmly in both hands.

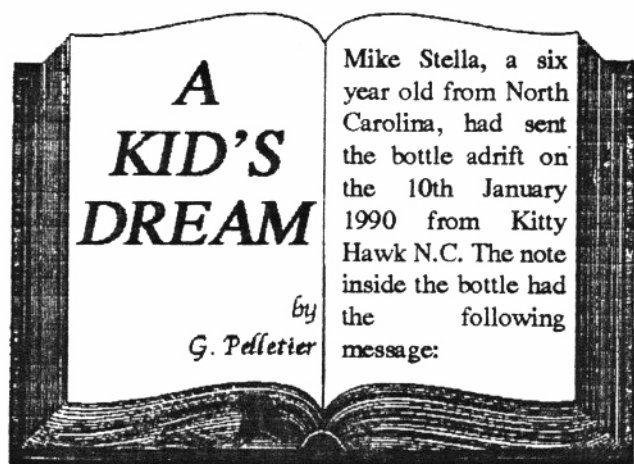
Never use the cord to lift or lower an electrical tool.

Remove plug from socket when the tool is not in use.

If a tool is defective, do not use it. Report it to your supervisor or return it to a tool crib.

Avoid hanging electric cords over nails or sharp edges to prevent damage to cord.

Sgt Myre



"My name is Mike Stella. I am 6 years old. This bottle was thrown in the ocean at Kitty Hawk, N.C. If you find this note please mail it to me with the date and place you found it. Thank you."

In November of 1992, a kid's dream came true when MWO Quackenbush found the mysterious bottle, with a sealed cork and the note inside, washed up on shore at CFS Bermuda. Unfortunately, during the Opening ceremony of the bottle, Brian had to smash the bottle since the paper was too fragile to get out of the neck.

A question went through Brian's mind, is Mike still at the address listed. With relentless investigation work

and dedicated time, Brian was able to track Mike down and obtain his new address.

On November 13th 1992, MWO Quackenbush composed the following letter to Mike:

"Hi Mike, I hope you find this a pleasant surprise. It's been almost three years since you put the bottle in the ocean, so I bet you don't even remember. Enjoy the little gifts. Brian".

Mike Stella, now nine years old, couldn't believe it when a large parcel arrived from Bermuda.

Enclosed in the package, from Brian, was several gifts depicting Bermuda, a hat, mug, a large Bermuda drinking cup, Bermuda money, a T-shirt, a

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In case of typographical errors, neither the Station Commander, or the Department of National Defence will accept liability whatsoever.

Material for submission should be sent to Station Editor, CFS Bermuda, CFPO 5054, Belleville, Ontario, K0K 3R0.

The Editor reserves the right to edit, condense, or reject

CANDLELIGHT DINNER

for
SENIOR RANKS

SAT, 20 FEB 93

Any interested Junior Ranks personnel who would like to serve for this dinner should submit their names to

Art Horsley
Local 214
NLT 6 Feb 93

souvenir spoon, a map and Mike's letter which had been framed as a keepsake.

In the Monday, Nov 23 1992 issue of the Daily Advance Newspaper, Mikes picture and article appeared in the lifestyles section. It had two pictures of him, one with all his gifts and the other with the letter framed. The Lifestyles editor, Jeffreys Hampton, quoted in his article:

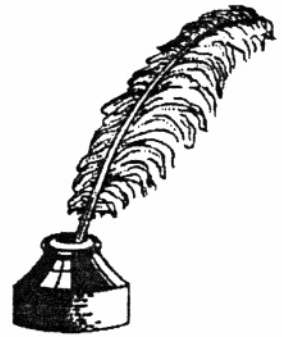
"It was better than Christmas around here, said Mike's mother, Leslie Stella. You could have peeled the kids off the ceiling."

In January MWO Quackenbush received a package from Mike. The contents of the package was very intriguing, there was a

framed picture of Mike along with the article that was in the Daily Advance Newspaper, travel information, T-Shirts and post cards.

To come to a happy conclusion to this "Dream Come True", Mike's mother contacted the Royal Gazette and a reporter contacted Brian, A very generous article with photo was put on page two congratulating a Canadian Sailor, MWO Quackenbush (Air Force). Not bowing to the pressure, Brian in turn arranged for Karine Pelletier an eight year old girl to become Pen Pals with Mike. Stay tuned to the next Daniels Headliner for any follow-up to this remarkable story. Who know in - 10 years we may have a wedding.

BEARS DON'T LIKE CHEESE!



by Vanessa June Eddy
07 August 1991

Harry Bear is a very curious bear. He always wants to try new things. He is only 6 years old and although all bears are known for being curious, they are more so when they are young. One day Harry Bear was out for a walk in the woods. He was enjoying the day. The sun was very bright and Harry found it very hard to see where he was going. Suddenly Harry bumped into something on the ground. Harry looked down and saw it was a pot. What an odd thing to be in the middle of the path, he thought. Inside the pot were pieces of cheese. Harry smelled the cheese, then he tasted it. "UM!", said Harry, "this is very good". Harry really liked the taste of the cheese.

Harry Bear ran all the way home to show his family what he had found. The first person he saw was his sister. His sister's name was Anna. "Sis try this, it's really good", said Harry. "What is it?", asked Anna. "It's cheese, and it's really good!", said

Harry Bear. "Harry Bear, you know bears don't like cheese, take that stuff away from me", she growled. "But Sis it's really good!", Harry pleaded, but Anna just shook her head and wouldn't even look at it. Harry Bear walked away with his head hanging low, he was very disappointed.

The next person he was was his brother. His brother's name is George. George is the coolest bear in the woods, and all the teenage girl bears just love him. "George look what I found in the woods, you've got to try it", said Harry Bear. George looked at Harry curiously, "What is it dude!", George said. "It's cheese, try some you're going to love it!", exclaimed Harry Bear. George proclaimed, "Like I don't think that would be a narly thing to do." "Sorry Compadre, no can do". "But why!", exclaimed Harry Bear. "Because dude", replied George, "Our bodacious Mother says Bears don't

like cheese, therefore, dude, I cannot comply with your request". George put his walkman in his ears and started listening to his music. Harry was not totally sure of what his brother had said, but one thing he was sure about, George was not going to try this delicious cheese.

Harry Bear was feeling very sad. He thought, if it is true that bears don't like cheese, then why do I like cheese? Could it be that I'm not a BEAR. that did not make sense, of course Harry BEar was a bear. He looked just the same as his brother and sister. So why is it, he thought, that I like the taste of cheese but no other bears do? He felt very confused!

He looked very muddled as he walked around the cave they lived in. He was so busy thinking that he didn't look where he was going and bumped into his father. "Ough!" Harry fell back on the ground and looked up to see his father looking at him. He

said, "What seems to be on your mind son!". Harry wondered how his dad knew that he was thinking of something. "Well", said Harry Bear, "I found this pot of cheese in the woods and it tastes very good but no one wants to try it". "Will you try it dad!", pleaded Harry. Now, Harry Bear's Dad was a very wise bear and he was well respected in the community, so when Harry Bear's Dad had something to say many bears paid close attention to what it was. Harry waited patiently for his father's wise words. "Well Harry Bear", he started to say. "Since the beginning of time as we bears know it, bears have never eaten cheese". "Bears do not like cheese", he announced matter of factly. He went on to say, "That is just the way it is". His father carried on with what he was doing as if he had just finished a chore and was about to start another. Harry Bear was left sitting on the cave floor still wondering why Bears don't like cheese. Harry

Bear stood up and brushed himself off and decided he would go and see his mother. Surely his mother would know why bears don't like cheese.

Harry Bear found his mother about to go out for a ride on her mountain bike that Harry's Dad bought her for her birthday. "Hi Harry Bear, what are you up to!", she said. "I was taking a walk in the woods today when I found this pot of cheese, I tried some and its very good, but no one else will try it", said Harry. "Well", said Harry Bear's mother, "that's because Bears don't like cheese!" "But mom", Harry protested, "I like it". "That's because your an unusual Bear", said Harry's mother. "Now run along and play, I'm going for a ride, see you at diner time", she said, and with a wave of her hand she was off on her bike.

Harry Bear was beginning to feel like he was not being taken seriously. He like everyone in his family very much but today he thought, they just don't seem to be making any sense.

While deep in thought Harry Bear took his pot of cheese and walked down to the meadow. He sat down beside the river bank and thought about what everyone had just

said. He placed his pot of cheese on the ground and layed down in the sun. While he was thinking about why bears don't like cheese, he fell asleep. He slept on the river bank all day in the sun.

When Harry woke up he wondered what time it was for he was very hungry. He remembered that his mom planted carrots in the vegetable garden beside the meadow and decided he would go and pick some. As he started to leave he thought of his pot of cheese and looked for it. When he found it, he picked it up and looked inside. The cheese had melted in the sun and now it was all soft, like his honey at home. He thought maybe now that the cheese looked like honey his family would like it. Harry Bear decided that he would take the melted cheese home and see if his family would try it now. On the way home Harry Bear stopped to get some carrots. While he was walking, Harry Bear dipped one of his carrots into the pot of cheese and ate some. Ohhh! the cheese was really good with carrots. So he ate some more.

when Harry arrived at the cave his family was just sitting down to diner. "Come and sit down

Harry, it's diner time", his mother announced. Harry sat down at the table and started to eat. "What do you have there!", his father asked. "Oh, just some carrots and...Harry paused and thought. He decided not to tell his family that it was melted cheese for fear that his family would surely not want to try it, "AH! sauce", Harry stated finally. "Would you like some!", Harry asked. "Yes thank-you", Harry's father relied. "Me too!", exclaimed his sister. "Moi too, fur sure", stated George. "Would you care for some Mom!", asked Harry Bear. "Ok, sweetheart, I'll try some", she said. The whole family seemed to enjoy the carrots and sauce very much. Harry grinned all through diner because he knew that the sauce was really cheese. After diner was over and the family was gathered around in the living room, Harry asked everyone, "How did everyone enjoy the carrots and sauce!". Everyone nodded and said it was very good. "Well I'm glad to hear that because that sauce was cheese", Harry said.

Everyone started talking at once and it became very noisy. Harry's little sister said "I thought Bears didn't like cheese!". "Well I thought so too", exclaimed Harry's

mother, as she looked right at Harry's Dad. Now everyone was looking at Harry Bear's Dad waiting to hear what he had to say about it. "Well", started Harry Bear's Dad slowly, as he looked around the room "I guess - er - maybe Bears do like cheese", "maybe we just thought we didn't like cheese", he said confidently. Harry Bear had a big smile on his face.

Harry Bear's father went on to say, "I guess you taught us all a lesson today Harry Bear". "Ever since I can remember I was told that Bears don't like cheese. I never wondered why and I never tried cheese. That seems like a foolish thing to do. From now on we bears will try things first before we decide what we like and what we don't like". "From this day forward", he said, "Bears like cheese!"

Harry Bear felt very good all evening and went to sleep feeling very important for he had just taught the wise old bear something new. He fell asleep thinking how wise his father really was, and hoped he too would someday be that wise.

And from that day on
"BEARS LIKED CHEESE!"