

THE BROWNSEA GAZETTE

The Newsletter of Independent Scouting

Volume 5 – Edition 3

October 2007

Federation Governance....

All Groups should have their registration into the Treasurer by now. Any group that has not yet sent in their annual registration fees should do so as soon as possible, in order to ensure that they have the proper insurance coverage.

The address to send registration cheques to is:

BPSA Treasurer
157 Brears Road
Quesnel, BC
V2J 4G3

Please do not send any registration forms or PRCs to the Treasurer. These items should be sent to your Provincial Commissioner.

Warrants of Appointment

The following leaders have been granted Warrants of Appointment:

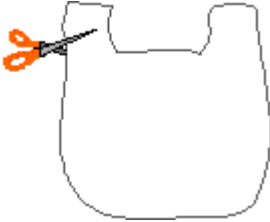
Edward Mulvale	17 th Belleville
Tom MacDonald	17 th Belleville
Sandra MacDonald	17 th Belleville
Stuart Chalk	17 th Belleville
Russ Pembleton	17 th Belleville
Diane Farra	17 th Belleville
Jeff Warren	17 th Belleville
Mohamad Hakim	1 st Ottawa
Imad Kobaissi	1 st Ottawa
kazem Nasrallah	1 st Ottawa
Hassan Dayfallah	1 st Ottawa
Fayad Abdallah	1 st Ottawa
Kamal Abdallah	1 st Ottawa
Mohamad Karout	1 st Ottawa
Ali Karout	1 st Ottawa
Hiba Herieche	1 st Ottawa
Fatima Baalbaki	1 st Ottawa
Halima Rteil	1 st Ottawa
Waffa Kaudsi	1 st Ottawa

The following Warrant of Appointment has been cancelled:

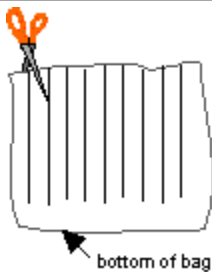
Robert Willson 14th Dragon Lake – Gone Home.



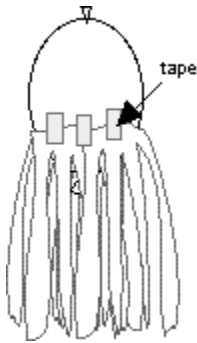
Craft Corner for our Junior Sections



Cut the handles off the white plastic garbage bags.

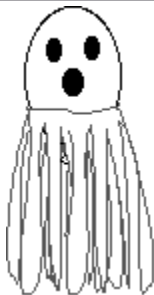


Leaving the seam at the bottom of the bags intact, cut the bags into strips.



Blow up a white balloon.

Tape the plastic bags around the end of the balloon (tape the bags in a circle a few inches from one end of the balloon). If you plan on hanging the ghost up as a decoration, tape the plastic bags around the plain end, leaving the tied end of the balloon exposed so you can tie a string to the top of the ghost.



Using a black marker, draw two eyes and a mouth on the balloon.

You now have a spooky ghost that you can use as a Halloween decoration or as a toy (but not for very young children). This ghost flies really well!



Otter Tales

An Indian chief, Rising Sun, was concerned with how the settlers were expanding across the forests, plains, and mountains. His tribe was very small, but as every tribe and nation was being overpowered and sent to reservations, he came up with a plan to save the People. His son, Falling Rock, was a strong, intelligent, and trustworthy young man and Rising Sun loved him very much. Rising Sun asked Falling Rock to travel across the whole of the country and talk to every tribe he met. He was to convince them to join forces and repel the invasion of the settlers.

Falling Rock left in the spring with 4 other Indian Warriors.

When the leaves fell in late summer, one Warrior returned to Rising Sun to tell him that they had contacted all the tribes in the desert South East. When the snow began, another Warrior returned telling of their success with the Okanogan tribes. A third Warrior arrived home just as the spring flowers bloomed and told how the strong tribes of the North Rocky Mountains were ready. Finally, the last Warrior returned in high summer from the Coastal tribes with their promise to fight. This last brave also said that Falling Rock was now racing back to all the tribes, telling them to meet at the Fraser River in the spring for the Powwow.

Rising Sun's small tribe prepared for the Powwow and, when the snow melted, they traveled to the Fraser River. They waited there through spring and summer, but no other warriors arrived. At the end of summer, Rising Sun sent braves out in all directions to track down Falling Rock while the tribe waited. By snowfall, all the warriors had reached the other tribes and returned to Rising Sun. All the tribes had waited to hear when the Powwow was to take place, but Falling Rock had not been seen by any of them so they had stayed put. This worried Rising Sun terribly since he loved his son and missed him terribly.

The small tribe was forced to wait there through the harsh winter and when spring arrived, so did the settlers. They surrounded Rising Sun's tribe. Rising Sun knew they could never win without the other tribes so he talked to the leader of the settlers.

Rising Sun promised to go peacefully to a reservation if the settlers would promise to help him find his lost son. This was a small price for avoiding a fight so the settlers agreed and Rising Sun's tribe did not resist.

To this day, Rising Sun waits for his son to return. And, to this day, the settlers have held up their end of bargain struck that day. People across the country are still searching and everyone is asked to help. That is why you will still see signs along the road when you are driving in your family's car that say, 'Watch for Falling Rock'.



Camp Recipe Corner

This month's recipe comes to us from the dusty archives of the 77th York County Rovers...this month's backpacking gourmets.....yet again.

Fabulous Camp Eggs

Eggs-on-a-Stick

Coat the bottom 3/4 of a paper lunch bag in vegetable oil. Add bacon and eggs into the bag. Roll the top of the bag over and punch a sturdy stick through it. Hold the bag over the fire and cook to your heart's content! Eggs can be scrambled or fried sunny-side up.

Eggs-in-a-Bag

Crack as many eggs as you'd like into a sturdy Ziploc bag (the freezer bags are recommended). Add onion, peppers, ham or whatever else you'd like. Cheese is not a good idea because during the cooking process the cheese gets much hotter than the eggs, and the bags may melt. Close the bag, getting out all the air you possibly can. Then the Explorers get to "smoosh" up their eggs to make them scrambled. Drop the bags into a pot of boiling water. Takes about 5-10 minutes to cook. If you are cooking with a number of Explorers, it might be a good idea to write names on the bags with permanent marker before cooking for easy identification. This is an especially good meal to make while you are camping and have to heat up your water for dishes since the pan itself never gets dirty, and you have your water already heated.

Egg-in-a-Hole

Take a piece of bread and butter it on both sides. Cut a hole out of its middle. Place bread on a hot skillet and crack an egg into the hole. When sufficiently cooked on the one side, flip over! You can fry the hole too. This is a great method of cooking an egg on a griddle.



The Backpacker's Corner

Fall Hiking

The days are getting shorter and the leaves are starting to turn. In warmer sections of the country the daytime has become pleasant. It's fall! Some people may hang their boots up until spring, but Explorers and Timber Wolves know that some of the best hiking of the year is waiting for them. There are far fewer people, more wildlife to see, including migrating birds, and the cool air means you will have an easier time on the trail. Here are ten tips that will make your time trekking during the fall even more enjoyable.

Stay comfortable. This may seem simple in itself but it comes down to two words, "wear layers." The morning chill can give way to bright sun and pleasant temperatures. That heavy jacket you're wearing in the morning can become a liability in the afternoon. Three to four layers and convertible pants will add flexibility to your hike. As you get warmer you can open and shed layers. If the wind picks up but the sun is shining, you can wear your shell while removing the insulation. If things get really warm convertible pants allow you to zip off the legs, instantly turning them into shorts. What ever you do don't forget to wear a hat. It can help keep you warm in the morning and cool in the afternoon.

Hike with the weather. In the fall this goes further than the logic of don't hike during the first ice storm of the year. Some of the finest hiking can be done in the morning after a sharp, dry cold front brings in a Canadian high. The air is clean, crisp and clear. If you live in mountainous regions the haze of the summer will be gone and the visibility will be incredible.

Get an early start. Shorter days means you need to maximize every minute on the trail. Start off early, before the first light so you can start your trek in the first hour of the morning. You will be rewarded with a symphony of songbirds and bustle of wildlife activity. Remember the sun will set earlier, so don't get caught out in the dark on the trail.

Be prepared. With the fall there is change, and the change is in the weather. Make sure you are ready for the elements. Raingear as well as clothing that will protect you from the wind is essential. If you are going on an extended day hike, especially into higher altitudes know the weather forecast.

Move quietly. As the leaves turn and start to fall off the thickets and tangles that hid wildlife in the forest disappear. Your stealthy movements will be rewarded with opportunities to see many animals closer than you normally would. If you live in an area where there are bears or cougars, then don't follow this advice. As a matter of fact if you are hiking in bear country during the fall you should make extra noise. What a great time to practice those campfire songs!

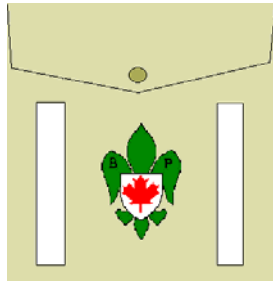
Leave the insect repellent at home. Unless you're hiking in a southern climate, most of the flying, biting, nasty insects have died off or have gone into hibernation. One could easily argue that the lack of biting insects is the single biggest benefit to hiking in the fall.

Don't forget the sunscreen and the sunglasses. Just because it is cooler out doesn't mean you still can't get sunburn. Drier air and wind also batters your skin during the fall months. Clearer, cleaner air also means brighter sunlight. Lip balm is also helpful if your lips get chapped easily.

Eat some food. Nibbling food as your hiking is like slowly putting coal into a fire, it keeps the internal furnace running nice and hot. Avoid having a heavy meal before or while on the trail. If you eat a lot the blood will pool in your digestive system robbing you of body warmth.

Take a friend on their first hike. Have your Explorers and Timber Wolves bring a friend along on the hike. What a great way to introduce a prospective member to Scouting and the outdoors. The fall is the perfect time to do it! No insects, tepid temperatures, no crowds, greater chance of seeing wildlife, and clear skies all add up to a great first time experience. If you your members are bringing their friends along try and keep it easy with an exciting destination at the end of the trail.





Patrol Leaders Corner

Dressing for the Outdoors

As a Patrol Leader one of your jobs is to make sure your explorers know how to dress for the outdoors. Explorers and Scouts have long recognized that multiple layers of clothing keep them warm in fall and winter, and from overheating in summer. Adding or removing garments is a practical way to adapt quickly to different activity levels and temperature changes during your time outside.

Many fall and winter campers wear a system of underwear, a mid layer of polyester fleece (pants and top), followed by a windproof, water-resistant outer layer (wind pants with full zips down the side for easy on/off and a high-performance wind shell with zippers under the arms for ventilation during active sports).

Underwear

While cotton was once the mainstay of long underwear and cold-weather clothing, it is no longer recommended for strenuous winter activities because it soaks up moisture. Damp clothes are heavier and, if next to your skin, can pose a chilling hazard.

Modern performance underwear, made from polyester or polypropylene, is most effective in moving moisture away from your skin and into outer layers of clothing where it can evaporate.

Underwear should fit snugly, without hampering movement. Make sure the shirt is long enough to tuck firmly into the lower half. Too loose a fit may cause chafing.

In addition to traditional shirts and "long johns," many other garments, including short-sleeve tops, bras, boxer shorts and briefs, are now made with polyester fabrics to wick away chilling perspiration.

Mid-layer

If you are performing an active sport such as skiing, or hiking in spring or fall, a polyester fabric, such as fleece, is an ideal second layer over your long underwear. It continues to trap your body warmth while wicking away moisture. Even in warmer seasons, a mid-layer is useful to have handy in your pack for those times you begin to chill (particularly during rest stops.)

Outerwear

Depending on weather conditions, you may want to wear wind-resistant, water-resistant pants and an jacket over your other clothes. How many layers you need depends on your level of exertion, personal preference and weather conditions.

Rainwear

Be prepared for severe weather. Carry a waterproof rain jacket and pants with you, even if the forecast is for sunshine.

Hat

Up to 80% of your body heat can be lost through your neck and head. Carry a hat with you for added warmth or protection from the sun.

Winter campers often carry a hat system consisting of a lightweight polypropylene liner and a nylon shell to adjust to changing winter temperatures.

Socks

For maximum comfort and blister prevention, many hikers wear two layers of socks, a thin polyester sock liner with a thicker outer sock. On overnight or extended trips, be sure to carry enough socks to be able to change into a fresh set each day.





BPSA - Ontario NEWS

A **BIG** Ontario welcome to all of our new Groups. In September of 2005 we reformed the BPSA Ontario Provincial Council. We started with two Groups, 1st Bayridge and the 77th Toronto, today we have seven strong Groups up and running.

Plans are underway for WB Training Courses and a Bronze Arrowhead Training Course for Patrol Leaders.

The Provincial Council is looking to see if there is any interest in a 7 day canoe expedition for Explorers and Rovers in Algonquin Park in August of 2008. More details on this expedition will be made available later this year. Please ask your Explorers and Rovers if they are interested, and let your Council know. It will be a "first come, first on the list" sign up due to the restriction on group numbers by Algonquin Park Management.

The Provincial Council is also looking to see if there is any interest in a 4 day Timber Wolf camp in late June (after School is out). 1st Mariposa have suggested a United Church Camp in Nestlewood, Ontario, for this event (I don't know where Nestlewood is either!). If your Timber Wolf Pack is interested in the camp, please let Rick know. Rick's email is: rollingwaves2002@yahoo.ca

If there is sufficient interest in the above two events, more details will follow in future Gazettes.

Don't forget to checkout the provincial website at: http://www.geocities.com/ontario_bpsa/ and please have a look at your Group page. If any information needs correcting please let us know and we'll get on it. We have recently built a Yahoo site for GSMs and Commissioners to use. This site had all our handbooks and other reference material stored on it and it is available for downloading. The Yahoo site can be accessed at: http://groups.yahoo.com/group/bpsa_federation/ If you're not a GSM or Commissioner please do not try to register.

Please note that there is now an option on the BPSA Ontario website QM page, which will allow you to use Ontario suppliers for your uniform requirements. This option will help save money on shipping costs which can add up.



14th Dragon Lake Girl Explorers Kettle Valley Railway Bike Trip

August 25 – 30, 2007. Seven girl explorers and three female leaders on bikes with two adults for support (drivers to take camp gear to next site).

Everyone started arriving with their gear and bikes at 8:30 Saturday morning. After some shuffling of bikes and backpacks, everything was secure and we were off. Our first stop was at Historic Hat Creek Ranch for a picnic lunch. The highlight was the horses pulling the stagecoach that stopped so the girls could take photos. We made it to Dee Lake Resort outside Winfield by 6:00 and we quickly set up camp and had dinner bubbling on the camp stove.

The girls were in bed by 10:00 and the adults swapped a few stories by the campfire before settling down for the night.

Sunday morning was grey and did not look promising for a bike ride. After breakfast and tear down we were off once again. We drove into Kelowna to purchase a small bike pump then headed for the Kettle Valley Railway (KVR) trail. The un-maintained road was switchbacks and washboards, we were tempted to put the truck into four wheel drive.

After lunch in the parking area, we gave the bikes a last check, filled up a few tires, the obligatory photos and we were off. We traveled for 1½ km north to see one of the many trestles before heading south. The Myra Canyon trestle is still closed off until next year when all the trestles will be rebuilt. (They were destroyed in 2003 when a major wildfire devastated the area.) The first seven kilometres were fairly easy and much fun. The trail then began to be an uphill ride and it wasn't long before it was a wet, uphill ride. We did not stop for several kilometres as we wanted to get to our campsite as quickly as possible. The last 3 or 4 kilometres were the hardest and it was all I could do to keep one of them peddling the last bit.

We made it! We were really looking forward to a change of clothes, campfire, and maybe a hot meal. Our support crew was nowhere to be seen. Did they get lost? No, as it happened, Penticton was hosting the Iron Man Triathlon and it took them almost an hour to get through downtown. Dinner and set-up of tents late again. After a dinner of a one-pot-wonder with salad and french bread, we prepared ourselves for Scouts Own. Two of the Explorers, Jessie and Amanda, led the ceremony and gave a message on journeys. Very fitting for our trip.

Smors and bed. Rode 25 kms today.

After a quick breakfast, take down camp, pack lunches for the trip, and we were riding. The day was sunny and promised to warm up nicely. The ride was far easier today as it was downhill most of the time. We stopped often to take photos of the beautiful scenery and interesting sites. Lunch stop at the half-way point of 20 kms. We were soon above Okanagan Lake and the view was breathtaking. As we came closer and closer to Penticton, the number of people using the trail increased and we began to see vineyards and orchards. When we passed the 'Welcome to Penticton' sign, a great cheer came from the girls. We were almost there. On the last stretch of our ride, one of the girls took a spill and landed on her arm. It looked suspicious so it was off to the hospital to be checked out. X-rays came back with no sign of a fracture just a bad sprain. They fixed her up with a splint and painkillers and to the camp we went.

Dinner late again. Everyone was tired and to bed early they went.

Rode 40 kms today.

We decided to have an easy morning after all the excitement the day before. The girls played in the lake and had some fun. Also having fun were the chipmunks. They used our tents, truck tailpipes and coolers as playground equipment. A regular jungle-gym! After lunch we took the girls to the mall for a couple of hours. One of their highlights was getting photos of themselves in a photo booth. They crammed as many as possible into the booth and came away with some fun memories. I purchased gifts for my helpers and presented them after dinner. Jeanette and Monika received fudge because they are so sweet to ride with me. Ric and Don each received a bag of nuts because they are nuts to agree to come along.

After dinner was campfire and songs with the neighbouring campsite calling out requests. It was a relaxing day, what we needed after 3 full days.

Wednesday, we were up early to head for Osoyoos to the Desert Centre. It promised to be a hot day. It was a lovely drive south, more orchards than vineyards with many signs advertising fruit for sale at great prices.

We arrived at the Desert Centre just in time for a guided tour. While we were waiting for our guide to show, the girls were approached by a girl who recognized the uniforms. She told us that she's a Girl Scout also, in Germany. It didn't take long for addresses and email addresses to be exchanged with the promises to write. Another grand idea popped up – our scouting groups should become pen pals! Talk about excitement! They are all so keen on the idea.

The Desert Centre was very interesting too. They all enjoyed the tour and the guide was very informative.

When we arrived back at camp everyone went for a swim. Too hot to do anything else. After dinner there was banderlogs and campfire before bed.

Our last day. We had a busy morning of tearing down the camp, having breakfast, in uniform and on the road by 9:30. We drove to the Kettle Valley Steam Railway for a ride on the Steam Train on the remaining 10 kilometers of track. The hour and a half ride was a wonderful way to end our trip.

We stopped in Peachland for lunch then headed home. One more stop at 108 Mile Historic Site for dinner. The girls entertained themselves by encouraging all drivers to honk their horns. Very successful they were.

Made it home at 9:30, very tired but very happy. It was a fabulous trip with many wonderful memories made. I'd do it all over again.

Scouter Tammy
14th Dragon Lake Girls Explorer Leader

P.S. Have a look at all of our pictures on our website at www.14th.bpsa-bc.org/kvr.htm





BPSA – British Columbia NEWS

BPSA-BC Chief Commissioner's Corner.

Well ok, so corner may not be the correct word!

Summer came and summer went, fall is upon us and another AGM was held in the pristine woodlands not too far from Spences Bridge, British Columbia. For those of you not familiar with Spences Bridge, it is a world famous Salmon fishing area luring anglers from all around the globe. Our AGM was held at a Recreation Site with the only amenities being outdoor biffies and we even had to supply our own wiping materials!

Members attended from Quesnel, New Westminster and Logan Lake. The Quesnel group had the farthest to drive, approximately 6 hours worth.

We set up camp on Friday evening and Quesnel prepared an excellent dinner for all. Ok, I know what we ate but at the moment cannot spell it! Quesnel actually did all the cooking and it was excellent. As the GSM of Quesnel is also the Fire Chief no problems were had lighting the evening campfires.

A lot of business was discussed and amendments made and voted on in areas of our Provincial PO & R. It was felt that as our Country is so vast and has areas of uniqueness to each Province that individual PO&R's would be advisable with a National one to address Federal Policy.

A lot of other matters were discussed and ratified which would only bore the readers of this great newsletter so I shall omit those details.

After many years of dedicated service in the area of Quartermaster for BPSA-BC our Mr. Ron Long has taken on the role of developing the ISF which is a vehicle for adults no longer involved with a section a way of keeping in touch and being a resource arm for all of our sections. The ISF can be a valuable tool in presenting our programs to the youth of Canada. We wish Ron the best in this new area.

Tammy Raynor of Quesnel is our new Provincial Quartermaster and is poised and ready to serve.

One of our Rovers, Ric Raynor of Quesnel has been working hard and long to prepare and finalize our Part 11 Woodbeads Explorer week long and 3 week end courses. Needless to say, like everything else that Scouter Ric has tackled, he has done an outstanding job. As I am also the Provincial Trainer he did not have an easy task in perfecting this challenging exercise. A former member of Provincial Council Training, Scouter Terry Blaker also had lot of input into these courses. Thanks Terry!

Tammy Raynor promised to make me a new St George's flag as my old one had a hole (Tammy repaired it) at last year's AGM. This year, after asking if I remembered what she had promised (I kinda forgot) she presented me with a fantastic new St. George's flag made my Tammy's own hand. Thanks Tammy, that is a flag I will cherish forever!

Scouter Karl has been busy on the Lower Mainland of BC and is working diligently on getting a group or groups going in that area. Karl has certainly been an asset to us here in BC and a lot of his energies will be passed on to the National Level.

We are extremely pleased to announce a reduction in registration fees this year to \$40.00 per member (youth and all adults). This is directly due to not having any claims against our insurers. For those not in the know, our coverage is quite comprehensive and is available upon request.

New badges are being designed in Canada and we thank Bill Nangle for all his efforts in his role as Badge Secretary.

We are starting to experience growth in BC, and of course Ontario is leading the way in new growth. It is a known fact that BC is at least three years behind Ontario in everything so we just need to be patient for another year and then look out!!

As is obvious I am running out of things to say, so, I shall quote Karl Pollack and say :
"Go play outside. Scouting is a Game".
Till next time!

YiTS
Mike Maloney
Chief Commissioner BPSA-BC
Vice President WFIS-NA

PEANUTS





Scouters Five

It's fall, the time when you see geese heading South for the winter, flying overhead in V-formation, you might consider what science has discovered as to why they fly that way:

As each bird flaps its wings, it creates an uplift for the bird immediately following.

By flying in V formation the whole flock adds at least 71% greater flying range than if each bird flew on its own.

People who share a common direction and sense of community can get where they are going more quickly and easily because they are traveling on the thrust of one another.

When a goose falls out of formation it suddenly feels the drag and resistance of trying to go it alone and quickly gets back into formation to take advantage of the lifting power of the bird in front.

If we have as much sense as a goose, we will stay in formation with those who are headed the same way we are.

When the head goose gets tired it rotates back in the wing and another goose flies the point.

It is sensible to take turns doing demanding jobs with people or with geese flying south.

Geese honk from behind to encourage those up front to keep up their speed.

What do we say when we honk from behind?

Finally--and this is important--when a goose gets sick or is wounded by gunshots, and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly or until it dies, and only then do they launch out on their own, or with another formation, to catch up with their group.

If we have the sense of a goose, we will stand by each other like that.

Submissions for the next edition should be sent to:
BPSA.01@GMAIL.COM

Remember that this is **YOUR** newsletter and we need
YOUR submissions and articles.

DO YOU HAVE ANY GOOD CAMP RECIPES? SEND THEM TO US AS WELL!!

TELL US ABOUT YOUR CAMPS OR HIKES.....WE WANT TO READ
ABOUT THEM!!

DO YOU HAVE ANY IDEAS THAT WILL HELP OTHER LEADERS WITH THEIR
PROGRAMS? SEND THEM ALONG!!

SEND YOUR SUBMISSIONS FOR THE NEXT BPSA NEWSLETTER TO:

BPSA.01@GMAIL.COM

