



HEADQUARTERS GAZETTE

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Provincial Council News -

The Provincial Council has a “new and improved” resource page up and running for all Sections. We will continue to add to the site as time goes on, and if there is anything you would like to see there, please let us know and we will try and accommodate you. The URL for the site is: <http://www.geocities.com/tradscouting/>

Tired of getting spam in your mailbox? Craig Brown, the Chief Commissioner of the Rover Scout Association in the USA, has made available to us “Rovermail”. This is a free email service for traditional Scouters and Groups. The URL to sign up for this free service is: <http://roverscouts.mail.everyone.net/email/scripts/loginuser.pl>



WFIS News –

Two items to report on this month:

In 2006, the WFIS-Europe Region will be hosting a Regional Jamboree in Switzerland. Information, dates, costs, and requirements for the Jamboree will be made available late February. WFIS-Europe will not entertain direct contact, all enquires MUST be routed through your Regional WFIS Council. Information will be posted in future Newsletter's as it becomes available.

In 2007, WFIS will be holding their own Jamboree to celebrate the Centenary of the birth Scouting. The world will be coming to British Columbia!! We have been asked to host the World Jamboree! This will cause a lot of work for us, but I am confident we can do this. We are expecting between 2500 - 3000 Explorers to attend.



Group News

From 1st LOGAN LAKE:

In the (last) Newsletter you asked us to think of all those in far off places. One of our past Chief Scout Award winners, **Chris Hardy**, is in Bosnia right now on a Peace- keeping mission with the Royal Canadian Dragoons. As a Christmas parcel to Chris we had the three Patrol Leaders, Derek Hensens, Meagan Gullickson and Tasia McLean shop with Charlie & myself for gifts for Chris' Troop and for the children of Bosnia where Chris is, he says there's lots. Then we had several of the Explorers prepare the fruit for Christmas Cake and on Wednesday all the groups got together to take a picture for our calendar and at that time each member from Otters to Explorers took a stir of the cake and made a wish. The cake was then taken home, cooked and sent to Chris with several toys, Kinder Eggs (that each member brought) and many, many candies. We are hoping it all gets

there safely and we know that Chris will share it with all the children around them. I understand that Chris is a liaison officer over there and goes to many towns to talk to people. Such an honour, we are so proud of him and we think of him often.

From 1st BC ROVERS:

The Crew will be putting on the Second Annual "Moot on the Trail", April 9th to 12th, over the Easter Long Weekend. Once again the "Moot" will be held on the Juan de Fuca Marine Trail. All Rovers, from all Associations, are welcome to attend. 1st BC Rovers can be contacted at: bpsa@rovermail.org

From 3rd COLWOOD:

Our Rover Crew is still working on the plans for the Bowron Lake canoe trip this coming September, the dates will be from the 7th to the 16th. There are still **6** places to fill, so if you get the "urge" to spend ten days immersed in some of BC's finest wilderness, canoeing one of the top ten canoe trips in the world.....let us know, we'll save you a paddle!

3rd Colwood can be contacted at: 3colwood@rovermail.org



Camp Recipe Corner

Here's another couple of simple recipes for your next camp, direct from the dark and dusty archives of the 1st BC Rover Crew.....our foil dinner experts ☺

Fish in Foil:

Any kind of fish that you catch and are willing to eat. Cut into filets (we have used trout, salmon, trout, flounder and red snapper) set filets in heavy duty foil which can be wrapped up add tablespoon of butter or olive oil, add juice from half a lemon, seasonings to taste, salt, pepper, and others such as dill, or oregano, basil, or herbs d'provence, red pepper, etc.... wrap completely closed in the foil cook over hot coals or in oven for about 30 minutes

We have also added shrimp and scallops, and have added onions, garlic, & julienne of vegetables. Mmmmmmm Good ☺

Foiled Chicken:

1 small chopped Green pepper
½ small chopped Red pepper

10 chopped mushrooms
4 large Chicken breasts
1 can Pineapple slices (8oz)
Non-stick cooking spray *or* 1 tsp butter
Garlic powder, salt and/or pepper to taste
4 Squares heavy-duty foil (16x16 inches)

Divide the bell peppers and mushrooms into 4 equal parts. Coat a small area in the center of the foil with cooking spray or a small amount of butter. Place a portion of peppers and mushrooms on the greased area of the foil. Top with a chicken breast and a pineapple slice. Season with garlic powder, salt and pepper to your taste.

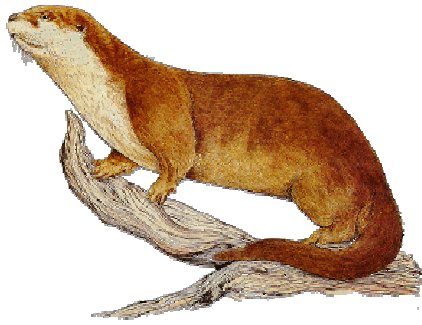
Fold the foil securely and check for leaks. Place on the coals for 10 to 15 minutes per side. This recipe feeds four.

Druids Brew:

1 litre Apple juice
1 ½ cup Canned, unsweetened pineapple
2 tablespoons of Fresh lemon juice
3 cinnamon sticks

Mix all ingredients together in a saucepan. Heat over low heat until ready to serve. Remove cinnamon sticks. Ladle brew into serving cups.





Fun along the River Bank

Here's some good program ideas for the Otter Raft:-

MAKE STRING TELEPHONES: An old favourite, all you need is a piece of string approximately 1.5 metres in length (longer if you like) and a pair of empty food cans with one end removed (ensure there are no sharp edges and the cans have been cleaned thoroughly) pre-pierce a hole through the bottom end of the cans and bang down rough edges (the hole needs only be big enough to pass a length of string through). You can have your Otters decorate the outside of their cans. Push one end of the string through the can from the outside and tie a large knot in the end so it doesn't come out, repeat with the other end. To use the telephones, ensure the string is kept taut, one Otter will hold their ear to their end of the phone while the other will talk into their end of the tin can.

NATIVE DRUMS: Plastic ice-cream container or similar, feathers, felt shapes, coloured electrical tape etc.

What to do:

- 1) Turn the container upside down
- 2) decorate the sides of the drum with feathers, shapes etc

Ideally leave the top of the drum with minimal decoration to make it easier to play, without destroying all the hard work put into making it look good.



Otter Game:

Hit the Penny:

This is a game for two Otters. They stand facing each other about five feet apart. In the middle a penny is placed on the ground. The Otters take turns throwing a ball at the penny. A hit counts one point; if the penny is turned over (heads becomes tails or vice versa), score two points. The penny stays wherever the ball moves it throughout the game. Eleven points wins.





The Wolf Den

Our Motto:

Do Your Best is the Timber Wolf Motto. It is one of the most important things for the Timber Wolf to learn. Often they become so interested in earning Badges and Stars that they fail to see the importance of doing the best they can at everything.

One Cub's best might be quite different from another's best. Help your Timber Wolves see that no one can find fault with them if they always do their best in everything they tackle. As a leader, you can see that the Timber Wolf Promise, the Law, and the Timber Wolf Motto are related to everything a Timber Wolf does. These are not just tests to be passed in order to qualify for investiture. Take advantage of every opportunity to mention how the Promise, Law, and Motto fit an activity or service project in which the Timber Wolves are involved. Help them see this is a good way to live.

You can explain this to your Timber Wolves this way:

“To Do My Best. Your best is not the same as someone else's best. Try to beat your own record, rather than merely trying to do better than someone else. It makes you feel good to do your best.”

Hints and Tips For New Timber Wolf Leaders:

Plan your meetings far enough ahead to allow time to gather materials needed. Set goals that you want to accomplish during the year. Outline your program for the year and plan ahead to involve as many people as possible. Plan each meeting ahead of time. You might find it valuable to plan next weeks meeting after just completing a meeting.

Always have a Plan B, each group will be different and activities that thrilled one Pack may bore another, and when they get bored they get rowdy. If they are showing signs of boredom drop the activity and go to Plan B and you will rarely have discipline problems.

If you plan an outdoor activity, always have an indoor alternate planned.

Transitions from one activity to the next are easiest if the meeting is planned so that the next activity is always preferred to the current one. For example we begin with opening ceremonies that reinforce the values of Scouting then go to Star Requirements but not as much fun as games which come next. At the end of the evening their parents arrive to take them home, and it doesn't hurt that parents also hearing the announcements and reminders, it also helps to keep those impatient parents from grabbing the Timber Wolf and leaving before the closing ceremony, since they intuitively understand that they should not take their child away during announcements.

Don't try to carry the entire load yourself. Get the parents involved. Help them realize it is their program and then depend on them to lend expertise on aspects of the program. Invite them to attend by determining their interests and using them.

Leadership is developed and learned. You can become an effective Timber Wolf Leader if you will prepare yourself and take the time to learn. Remember to be flexible in your planning. There are no set answers to handling youth. Don't be afraid to experiment.

Get trained! Start out with the Introduction to Traditional Scouting. It is very short course, one day in length, and then move on to the Woodbeads 1 Course.

Understand the Timber Wolf program so you can help the members grow throughout the program. There are a lot of resources available to help you, both on the Internet as well as on paper.

Do your best, and, above all, have fun!

Timber Wolf Game:

Bean and Straw Relay -

Semi-active, indoors.

Equipment: Per Six: 15 beans, 2 containers, 1 straw per Timber Wolf.

Formation: Relay.

Have the first player in each line pick up a bean with a soda straw, carry it across the room and deposit it in a container. The first team to have all its beans deposited, wins.





Backpacker's Corner

Too Much, or Not Enough?

About one hundred feet from the trailhead you begin to feel the weight of your pack and start to wonder, why is my pack so heavy? There are many people out there who try to convince you to pack as little as possible, but I am here to tell you that weight is OK. Let's not go overboard, there is a limit to what you should take on a trip, but you can also make your trip a little more enjoyable by packing some things which you might otherwise have left at home.

A friend of mine was telling me about a trip where he decided to go ultra-light. To conserve weight he even cut the handle off his toothbrush. This proved to be a big annoyance every time he wanted to brush his teeth. That was the last time he conserved weight to that degree.

Clothing is one place where you can save a lot of weight and space. Clothes may not weigh that much, but they are pretty bulky. The easiest way to make more room for clothing is to pack all your clothes in a compression stuff sack. That takes care of your space, but your weight hasn't changed. If you have a good rain jacket, it can double as a windbreaker. The jacket is already windproof and in case of bad weather you will be prepared. Rain pants are the same way. Your rain pants should already be pretty light, but if you wanted to you could wear them as your pants while you are at your campsite. The only problem with this is that your pants may begin to wear out easier in the seat and knees. Trail clothes always get dirty, so why not wear the same ones every day? This may sound pretty disgusting, but this will save you a lot of extra smelly clothes. Wear one pair of clothes to hike in and once you get to camp change into another pair of camp clothes. This way you will always have semi-clean clothes while you are in camp. And this gives you a chance to wash or air out your trail clothes. Socks can follow this same principle. For a trip less than 2 weeks you will only need three pairs of socks. Some people say that since one of the main rules of backpacking is to take care of your feet, only one pair of socks would get awfully dirty and make your boots a bacterial playground. This is why you should let your socks air out every night and you can even rinse them out by using a nearby stream.

Now that I have convinced you to leave all that extra gear at home, I will really confuse you by telling you to pack in those little goodies. Most people who take trips do it to relax and enjoy themselves out in the wilderness. If you want to relax, why would you want to be uncomfortable? In the past, people have said that sleeping pads were for city folk. Today, the majority of backpackers carry a pad with them. You will never realize how much comfort a pad can add to a night's sleep. I am one to carry a full-length pad. I do not see how people say that a $\frac{3}{4}$ length pad saves so much weight. The difference in a $\frac{3}{4}$ length and a full-length thermarest is about $\frac{1}{2}$ a pound. That extra $\frac{1}{2}$ pound can add that extra hour of sleep.

Shoes to wear in camp are not just a way to be more comfortable, but also to help the environment. By changing out of your boots and into tennis shoes or sandals once you get into camp, you do less damage on the ground. This also gives your feet a chance to relax and enjoy some softer soled shoes. Books, journals and card games are great ways to relax and wind down from a hard day of hiking.

When you pack your gear for a trip, I say you need to weigh your options. To start out with, if you think you will use it, why not pack it? The worst thing that could happen is that you would carry it around your whole trip and never use it. But then you would know for your next trip that you don't need to pack it. Balancing your weight is a thing that you learn overtime; expect some trips to be too heavy and others to be too light.



**"We do not inherit the earth from our ancestors,
we borrow it from our children."**

--Haida Indian Saying



Lord Baden-Powell of Gilwell



Patrol Leaders Corner

One of the many skills that a Patrol Leader needs to be able to do, to a high standard, is select a campsite. Here are a few tips to help you:

Choosing a Campsite:

Some hikers throw their tent down any old place. Others spend as much time choosing a campsite as a couple of newlyweds spend choosing a house. The comfort of your Patrol isn't the only issue to consider when choosing a campsite: You also need to follow minimum impact guidelines that will help protect the area for future users. This article will focus on picking a comfortable site.

Choose even surfaces. It might surprise you to learn that the most comfortable sleeping spot isn't a soft meadow (which can be bumpy, wet, and mosquito-infested). Instead, look for forest duff or pine needles—or even mineral soil, sand, or gravel. On a mattress, you'll find that it's more comfortable to be camped on a hard flat surface than a soft, bumpy one.

Spend a little time. Sometimes it's hard to find a flat spot. The ground might be too rocky or hummocky or densely vegetated. Once you've spotted a possible home for the night, lay out your ground cloth and lie down to check out the slope and whether there are big protruding rocks that will poke you all night long.

Look for overhead dangers. These include the possibility of rock-fall from a scree-slope and widow-makers (dead trees that have started to fall but are held in place by other trees).

Drainage. Choose sites that will drain well, even in a downpour. This means avoiding flat areas that lie in slight depressions— especially on non-porous hard-packed soil. In dry country, avoid flash-flood zones, like the sandy creek bed of a canyon.

Bug-free sleep. Mosquitoes are worst on a warm, humid night, especially if there is no breeze. Heading for an exposed knoll or a wind tunnel (look for a saddle between two hills) might find you a breezy spot.

Windy nights. On very windy nights, you'll want your wind at the back of your tent. If possible, hide in a clump of bushes, behind a rock redoubt. When storms threaten, give up comfort for protection—choose a protected spot over a flat one. Batten down. A calm evening can become a windy night. Set up your tent right the first time, with firmly planted stakes and taut guy-lines. When the weather changes at 2 A.M., you can roll over and go back to sleep, rather than having to get up and fix things.

Campsites and water. Be sure that your campsite is at least 200 feet from water to prevent inadvertently contaminating the water or scaring wildlife away from their nightly drink. Also, avoid game trails: animals might not be willing to approach a campsite, and that could mean they'll go thirsty if you are camped between them and the water they depend on.

Avoid fragile areas. Don't camp on meadows, especially in alpine areas, where several years of growth can be destroyed by the stomp of a Vibram sole.

Use established sites when possible. It's more aesthetically pleasing to come to a lake with ten or twelve heavily used sites than it is to come to a similar lake with signs of a hundred different sites scattered every which way, sometimes only a few yards from each other.

Practice leave-no-trace. When camping in pristine areas, try to remove all traces of your camp so that the next party that comes through sees no evidence of your site.

Camp shoes. Once you choose a campsite, change into camp-shoes right away. It's easier on your feet and on the earth. DON'T go barefoot.

Avoid making fires. In fragile country—alpine areas, deserts, and the like, avoid making fires entirely. They leave scars and remove wood that is used for shelter by animals. In forests, fires are okay in areas of abundant downed wood. Use only dead, downed wood, and always use existing fire rings. Making a new fire ring creates an impact that may last for generations.



Patrol Day Hike



Troop Corner

Safety at Camp

Accidents on camps and hikes account for over half of all Scouting accidents. Many of them could be avoided with a little extra care.

Litter

Bottles, cans, and plastic bags are not only dangerous to you but also to animals that may be grazing on the land. Therefore a clean site is one way of preventing accidents with these types of rubbish.

Ropes

Ropes hanging from trees are a favorite way of breaking arms, legs and acquiring other injuries, as Timber Wolves and Explorer's fall from them, branches break; ropes break or knots give way.

Ropes lying on the ground are an excellent way of tripping people up. The most lethal use of ropes on campsites, which cause many accidents, is the fencing off of the Patrol sites and kitchen areas by sisal strung a few inches from the ground. Guy ropes are another favorite.

Things in the ground

Tent pegs left in the ground are not only dangerous but also an unnecessary waste of money. You are less likely to lose them if:

You paint them brightly so they are easily seen. You count them. You teach your Patrols how to lift them from the ground correctly.

Holes

Pits are very useful for disposing of waste liquid however we need to mark these pits carefully and fill them in properly when you leave.

Fires and stoves

Fires too close to tents, placed in cluttered areas, and built too high are all causes of accidents.

Altar fires should be built not more than 450mm (18 inches) above ground level and built correctly. Under no circumstances should white gas be used to start or revive fires.

Stoves filled with the incorrect fuel (e.g. alcohol instead of white gas), knocked over, incorrectly assembled or having their cylinders changed inside tents or near naked flames have all been the cause of accidents - be warned and act sensibly. If you can avoid it, never use a stove in a tent.

Axes, saws and knives

Remember the rules for these tools and enforce them in your camp. Extra care should also be taken if the weather or timber is wet.

Woodpiles

Woodpiles should be kept tidy. Extra care should be taken if the wood being used on site contains nails or metal spikes such as packing cases or pallets.

Program

The program on offer in camp can present its own opportunities for accidents. Pioneering, hiking, games, etc. You cannot avoid all accidents the best that all of us can do is to take as much care and attention to safety as is possible without taking the enjoyment and adventure away from the activity.

The golden rule is act sensibly and don't put people at risk.



Isaac Lake on the Bowron Circuit.



SCOUTING HISTORY

The Stetson Hat

Have you ever wondered where the hat, so identified with the Scout Movement, came from? Well, contrary to popular belief that Baden-Powell adopted a British Army hat, it is actually a hat with North American cowboy origins. First worn by American, and later Canadian cowboys, it was adopted by the Canadian soldiers who fought in the Boer War (1899-1902) and shortly thereafter the Royal Canadian Mounted Police. The following story will give you a bit of its influence on Baden-Powell.

In the late 19th century the John B. Stetson Company of New Jersey was established as a successful provider of country and city headgear. Even today, the Stetson Company is synonymous with high quality western hats. The style issued to the Canadian's serving in South Africa was first introduced in the 1860's and was one of the company's most popular models. It was made of wool felt with a large brim and an oval-cylindrical crown. Its trade name "Boss of the Plains" reflected its western American clientele. This cowboy image was apparently in place before the Canadian soldiers left for South Africa because the listing of materials recorded by Lt. Col. D.H. MacDonald, Superintendent of Stores, describes the headgear as "Hat, Cowboy."

At this time period, Canadian military uniform mirrored the dress of the British Army and it is of interest that the hat represents a departure from this influence. Nowhere in the Dress Regulations of 1900 did the British mention the Stetson hat. The only felt hat that they issued was the Terai hat. This was the famous slouch hat with puggaree cloth around the crown and side turned up, which over time has been identified with the Australians. To understand the Canadian attachment to the Stetson, one has to look at the role played by the North West Mounted Police.

Prior to the NWMP's official adoption of the Stetson in 1903, it had been worn as unofficial working dress as early as 1895. The cork helmets adopted by the force were considered to be inadequate for duty in the Canadian West and many officers and constables affected a variety of comfortable "prairie hats." The American-made Stetson was a favorite, and it was also produced expressly for sale through the Hudson's Bay Company. This use of the hat by the NWMP would be the most important factor influencing its adoption by Canadian units serving in South Africa.

The connection was quite straightforward. The British asked Canada to provide mounted infantry to contest the Boers at their own type of warfare. This notion appealed to many members of the NWMP and they volunteered for African service. Many of the new unit's officers were also members of the NWMP. It was most certainly their influence that resulted in the hat being chosen as the new units' official headwear. It had already proved itself to these men on the Canadian prairie and it was commercially available.

When the hat was issued, it was provided with a silk ribbon hatband and a leather lace. An optional leather hatband was available and was buckled and worn over the ribbon. Many of the men also made their own homemade versions from belts and straps, which gave the hats an individualistic touch. Tooled leather bands were also common. The distinctive peak was formed, by pushing in the crown, and the indentations formed a comfortable hand hold for grabbing the hat. The placement of the indentations also forms rain gullies to direct water away from the crown and off the brim.



Troopers of the 1st Canadian Mounted Rifles wearing both a neckerchief and the Stetson.

So, how did this versatile hat become a Scout hat? Well, let's look at the Canadian connection. If you are familiar with the story of Baden-Powell, you will know that he commanded the British forces during the Siege of Mafeking and successfully defended the town. But, if you look closely at the pictures of B-P taken during the siege, you will notice he is seen in his Terai hat and small wedge cap. However, the picture published of him after the town was relieved, shows him wearing a Stetson. I do not think that many people know there were soldiers from the Canadian Field Artillery, wearing their Stetsons, in the relief column. Apparently B-P had a great admiration for Canadian troops, so it would not surprise anyone if he liked their hats.

After the Siege of Mafeking, Baden-Powell was commanded to form the South African Constabulary. This was a military unit intended to serve as a police force and it also included 1500 Canadians. Well versed in the needs of a broad-brimmed hat for the open spaces, and having seen Canadian soldiers wear them at the relief of Mafeking, Baden-Powell ordered 10,000 directly from the John B. Stetson Company to outfit his policemen. This practical "prairie hat" was the style he recommended for the Boy Scout Movement. The broad-brimmed scout hat has been worn by millions of scouts around the world and it is still in use today. In Canada, the Stetson's legacy can still be seen in the uniforms of the Royal Canadian Mounted Police, the Ontario Provincial Police, and yes, members of Canadian Scouting who smell the smoke of B-P's fire.



Lord Strathcona's Horse on the march, South Africa 1900.

Scouter Eric Fernberg
1st Ottawa BPSA