

THE BROWNSEA GAZETTE

Volume 3 – Edition 1

September 2004

Provincial Council News -

Well, here we are ready for another year of traditional Scouting! This summer has seen the Provincial Council add three new Groups to our roster. A big hearty and traditional welcome to:

- 14th Devil's Lake BPSA Group in Quesnel
- 9th Ladner BPSA Group
- 15th "Horizontes" Burnaby BPSA Group (Spanish speaking Group)

Welcome aboard, and lets hope that this is only the beginning of a new expansion in the Province.

Registration:

Groups are reminded that Annual Registration fees are due into your District Commissioner no later than 15 October 2004. This will allow them to get the fees to the Provincial Treasurer in time. The annual registration fee has been held at \$45 again this year. This is the fourth year we have held it to that level.

Your District Commissioner has the up-to-date forms and youth and adult applications for you if you require more of them.

Annual General Meeting:

The AGM will be held on the weekend of October 16th & 17th at Chehalis Forestry Site, Harrison Mills, Please contact your DC for directions. Please plan on attending. Your votes are important to the running of the Association.

WFIS News:

The First WFIS World Conference is being held in the sunny Okanagan this September 23 – 27. Delegates will be coming from all the WFIS Regions to take part. BPSA-BC Provincial Council is delighted to be the host. More news and photos will be in the next newsletter.



Camp Recipe Corner

Here's more simple recipes for your next camp, this time they're direct from the dark and dusty archives of the 3rd Colwood BPSA Rover Crew.....our eating experts ☺

Bannock

Ingredients:

1 1/2 cups all purpose flour
1 tbsp baking powder
1/2 tbsp granulated sugar
1/2 tsp salt
1/4 cup margarine or butter
1/2 cup water (almost)

Instructions:

Mix all dry ingredients together, making sure that all are mixed well. Cut in margarine or butter, using a pastry knife. Place result in a sandwich-sized Baggie. At the campsite, pour out dried ingredients into bowl. Add enough water to make soft dough. Bake dough carefully until golden brown, using a frying pan and lid.

This recipe makes enough to split evenly between one Leader and one Explorer. To avoid incessant whining by the Explorer about him or her not getting their 'fair share', ensure that the Scout has their own Baggie of bannock, thereby making the portion that the Leader has to consume a lot larger, making them a lot more happier and a lot more mellow.

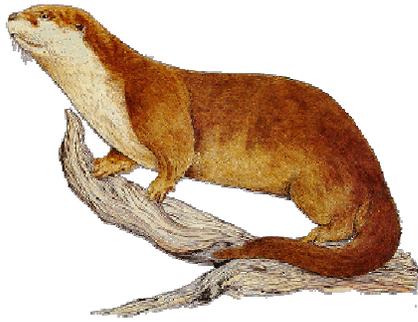
Reindeer Poop

Ingredients:

1/2 c. butter
2 c. sugar
1/2 c. milk
2 tsp. cocoa
1/2 c. peanut butter
3 c. oatmeal (not instant)
1/2 c. chopped nuts - optional

Instructions:

Mix butter, sugar, milk, cocoa together in a large saucepan. Bring to a boil, stirring constantly, boil for 1 minute. Remove from heat and stir in remaining ingredients. Drop by teaspoonfuls onto wax paper and let harden. They will set up in about 30-60 minutes. They will keep for several days without refrigeration or up to 2 weeks in refrigerator and 2-3 months in freezer.



Fun along the River Bank

Emergency Games Box

Over the years this has proved to be a real blessing to me. My box is a small plastic toolbox. In this box I have an assortment of bits and pieces with which I can make up games and other activities at very short notice. Listed below is a list of items that you could put together to make a similar emergency games box. You won't be sorry you did!

A large bag of rubber bands.

Boxes of chalk, white and colored.

Night lights, 1 per Den.

Boxes of safety matches.

A miniature baseball bat, and small nerf ball for indoor baseball.

Ball point pens.

Markers or felt tip pens.

Short lengths of soft white rope with the ends whipped for knotting games.

Round balloons.

Pipe cleaners.

A reel of cotton for making trip lines for minefields.

Roll of sticky tape.

Blu-Tak or similar for sticking things to walls.

A couple of large dice.

Blank cards or small sheets of paper for writing instructions.

Box of thumb tacks or drawing pins.

A small flashlight with spare bulb and rechargeable batteries.

4 small pairs of safety scissors.

A pack of playing cards.

A packet of Alka-Seltzer tablets or similar.

Various whistles and noise makers.

Paper clips

Safety pins

4 triangular bandages

4 orange plastic cones (highway departments also use these)

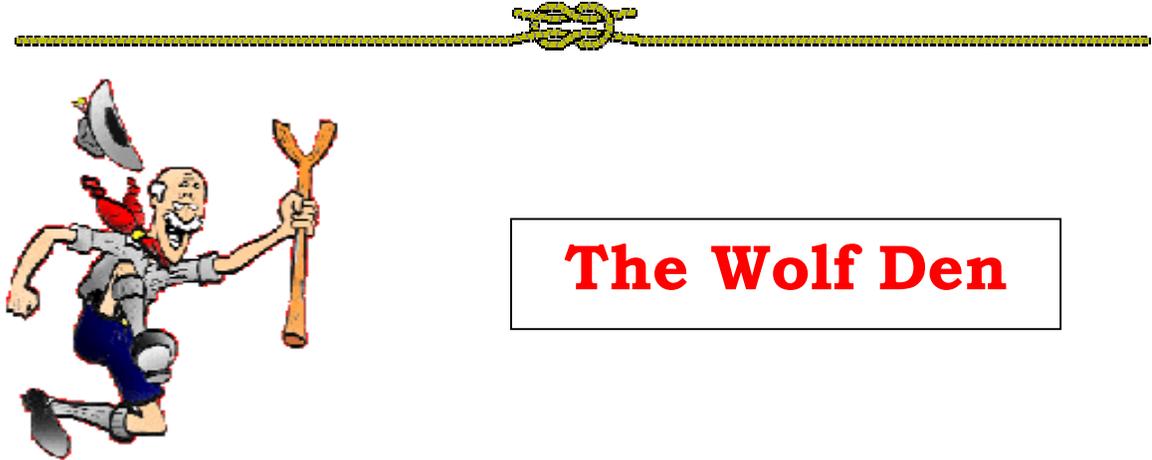
An assortment of balls (soccer, basket, Nerf football, etc)

Assorted balloons

Otter Game:

The Last Detail:

Place several simple objects in a box. Let the Otters study the box for several minutes. Turn away and remove an object, then see who can guess what is missing.



Pack Meetings

"Keep It Short & Simple - Make It Fun" (KISSMIF) and use VARIETY." To achieve this goal, advance planning is critical. As you plan your pack meeting, consider the following:

- Plan your meetings well in advance using themes or special activities as focal points.
- Confirm the time and place of the meeting. Reserve meeting places well in advance.
- Make sure that someone is responsible for opening the meeting place ahead of time.
- Assign Six responsibilities in advance; e.g. set-up, opening, skits, songs, stunts, closing, clean-up.
- Make sure that awards, badges, pins, etc. are ready for presentation before the meeting.
- Try to have displays set up before the meeting.
- Conduct an Opening Ceremony that is serious and impressive.
- Use a song, story, or other device to transition the group to a serious setting.
- Give special recognition to special accomplishments.
- Evaluate and plan an even better meeting next time.

Timber Wolf Game:

On the Journey

The Timber Wolves try to spot something beginning with each letter of the alphabet. These must be written down in alphabetical order and nothing beginning with B may be spotted until A has been noted.





Backpacker's Corner

WHICH ANIMALS TO WATCH OUT FOR

BEARS

When in bear country, bears should be your NUMBER 1 wildlife safety concern! They are DANGEROUS and UNPREDICTABLE - NEVER (EVER) approach a bear. Yes, its true that your chances of being attacked by a bear are less than being hit by lightning; but would you hike on a mountain top during an electrical storm?

Food, garbage, and their odours attract bears. Always use bear-proof facilities and techniques. DON'T hike or cycle alone - BE ALERT and make NOISE. If you encounter a bear DO NOT run or cry out. Stay calm, retreat slowly and avoid eye contact.

Remember:

- All bears are dangerous - NEVER approach or feed a bear.
- Keep children nearby and in sight at ALL TIMES.
- Know what to do if you encounter a bear

ELK

Elk can be aggressive and attack without warning. During the fall mating season (Aug - Sept) males are particularly belligerent. During the spring calving season (May - June) female elk aggressively defend their young. DO NOT approach elk in any season as they are DANGEROUS.

DEER

Deer may aggressively seek food from campers and picnickers. DO NOT feed or approach them! They may lash out with their hooves when they feel either threatened or frustrated. Dogs seem to incite the wrath of female deer, and many attacks on pets and people have occurred. Dogs are best left at home or in vehicles.

COUGARS

Cougar sightings and encounters have increased throughout Western Canada over the past several years. The Cougars are an important part of our ecosystem, helping to keep deer and other prey populations in check. Although Cougar attacks are rare, they are possible, as is injury from any wild animal. We offer the following recommendations to increase your safety:

- Do not leave pets or pet food outside and unattended, especially at dawn and dusk. Pets can attract Cougars in developed areas.
- Avoid walking alone. Watch children closely and never let them run ahead or lag behind on the trail. Talk to children about Cougars and teach them what to do if they meet one.
- Store food using wildlife-proof methods. Check out the Internet for information on proven food storage methods for campers in bear country.



Patrol Leaders Corner

For even if life takes the boys away as they grow up, the Patrol does not die. For every one that steps out another and a younger one takes his or her place ready to carry out the traditions of the Patrol.

That is the ideal to which the youth will aspire. *The Patrol must never die.* The torch must be carried on. Its name must be kept intact. But this can be done only if the old members are animated by the right spirit, if they realize what the years in the Patrol have meant to them.

The basic unit of Scouting is the Patrol. Everything you do can and should be done with your Patrol. *Real* Patrols are quite a bit more than just a group of names on a piece of paper. Unfortunately, the art of building real Patrols gets very little practice in this day and age. If you're an Explorer, chances are you're a member of a Patrol. But how *real* is your Patrol? Take a look around, read, and find out what makes a *real* Patrol and ways you can turn your Patrol into a real one.



Troop Corner

This article has been in the Gazette before. As we sink slowly into the cold weather it's worth reprinting and re-reading.

Hypothermia -- The Silent Killer

It's August now. The last of the summer warmth. Days grow shorter. Autumn is near, and then winter... This article is on hypothermia. Hypothermia is condition of general body cooling (in contrast to frostbite which is localized). It can kill you. But do not let the introduction mislead you. Hypothermia generally occurs during cold weather, but it can occur at any temperature (but generally below 60 degrees).

CAUSES:

Three factors are major causal factors in hypothermia: cold, water, and wind.

- 1) In a cold environment, the body must work harder to regulate heat; contact with cold air, water, snow, ground or clothing will cause heat losses due to conduction.
- 2) If a person is submersed in water, heat will be lost due to conduction and convection. At a water temperature of 32 degrees death occurs in 15 minutes; at 70 degrees survival for as long as 48 hours has been observed. Loss of heat by evaporation is a major contributor also. Wet skin or clothing will cool of the body quickly, especially if it is windy and/or cold.
- 3) Wind will cause heat loss due to convection, and will accelerate heat loss due to evaporation.
- 4) Hypothermia occurs much more quickly in the elderly and chronically ill.

Hypothermia is insidious. As the body's core temperature drops, more and more body systems suffer from the effects of cold. The presence and severity of hypothermia can be assessed by the signs and symptoms below. A patient is hypothermic at any temperature below 98.6 degrees Fahrenheit (rectal). 98-94 degrees is mild hypothermia; 94-84 degrees is moderate hypothermia, and below 84 degrees is severe hypothermia.

STAGES OF HYPOTHERMIA:

98 - 95 degrees - Sensation of chilliness, skin numbness; minor impairment in muscular performance, especially in use of hands; shivering begins.

95 - 93 degrees - More obvious muscle incoordination and weakness; slow stumbling pace; mild confusion and apathy. Skin pale and cold to touch.

93 - 90 degrees - Gross muscular incoordination with frequent stumbling and falling and inability to use hands; mental sluggishness with slow thought and speech; retrograde amnesia.

90 - 86 degrees - Cessation of shivering; severe muscular incoordination with stiffness and inability to walk or stand; incoherence, confusion, irrationality.

86 - 82 degrees - Severe muscular rigidity; patient barely arousable; dilatation of pupils; inapparent heartbeat and pulse. Skin ice cold.

82- 78 degrees and below - Unconsciousness; death due to cessation of heart action.

TREATMENT OF HYPOTHERMIA:

Two situations are possible. One is where evacuation to a medical facility is possible within several hours. The other is where evacuation will be delayed or impossible. The other parameter is stage of hypothermia.

Moderate hypothermia:

Get the patient as sheltered as possible (tent, snow cave, etc.) Remove wet clothing and replace with dry clothing. Keep patient laying down. Place patient in a sleeping bag with a second rescuer of normal body temperature. Direct skin to skin contact is preferable. Warm stones or bottles can also be placed in the bag (be careful not to burn patient). Make sure all extremities and exposed areas (e.g. face, nose, ears) are protected. If patient is conscious and able to swallow without danger to his/her airway, give sugar and sweet, warm (not hot) fluids by mouth. **DO NOT GIVE ALCOHOL.** If evacuation is **IMPOSSIBLE** and facilities permit, immerse patient in tub of water at 105 degrees Fahrenheit. Monitor patient's temperature rectally with thermometer if possible. Continue re-warming efforts until patient's core temperature is restored to normal. Always evacuate a hypothermic patient as quickly and gently as possible, including rewarmed patients.

Severe hypothermia:

Patients in severe hypothermia are often erroneously thought to be dead. Neither pulse, nor heart sounds, nor respirations may be apparent. Handle a severely hypothermic patient with great care - **VERY GENTLE HANDLING.** Cut away wet clothing and replace with dry clothing. Maintain an airway, but use no adjuncts (e.g. oral airway). Once you start CPR, **DON'T GIVE UP.** Get help. Do not attempt to rewarm patient unless evacuation is **IMPOSSIBLE.** Keep patient supine, in a 10 degree head-down tilt.

Handle every hypothermic patient very gentle. Rough handling can cause cardiac arrest and death. Get every patient into shelter, replace wet clothes with dry ones. Apply external heat if condition dictates. And give warm, sugary food and drink if patient's condition allows. Get help. If possible, have rescuers bring a heated oxygen unit, and administer to patient. Perhaps equipment can be air-dropped. Keep calm and do not become a victim yourself.

THE HYPOTHERMIC PATIENT ISN'T DEAD UNTIL HE'S WARM AND DEAD.

PREVENTION OF HYPOTHERMIA:

Dress properly for current and possible conditions. Be prepared for sudden weather changes especially at elevations. Have at least one wool garment for the upper and lower parts of your body. Wool is the only material with any insulating value when wet. Carry or wear a windproof, waterproof garment. Always have a wool hat and wool mittens. Have extra clothing available especially mittens and hats. A large proportion of body heat is lost through the head. Wear suitable boots, insulated if necessary; wear wool socks, and always carry extra wool socks.

Avoid getting overheated and sweating, this cools you down - fast. Wear layers and remove clothing as necessary. Better having extra than too little. Dress sensibly and expect the worst. Sit out bad weather. Better waiting than be overtaken by a blizzard or thunderstorm. Do not push on through the night. Make camp early and rest thoroughly. You can continue tomorrow with a much greater safety margin.

Do not get exhausted. Exhaustion promotes heat loss, and thus hypothermia. Besides, if your exhausted, you are probably drenched.

Do not get in over your head. If your experience is limited to day hikes on moderate trails, do not try to go out and tackle Mt. Washington in February. Be smart. Learn to use a map and compass.

Learn fire starting techniques. Learn first-aid. Be calm. Be prepared. Lastly, learn about hypothermia. Know the causes, warning signs, and treatment. Learn how not to get cold.





SCOUTERS FIVE

A Scoutmaster's Alphabet

A is for Adventure. Keep the adventure in your Troop meetings. Vary your program and throw a twist into your routine Troop activities.

B is for Boys. Remember that the program is for the boys, that they should be planning the Troop meetings. Let them have input into the program. Remember the Court of Honour?

C is for Camping. The best rule is Quality, not Quantity. Why have the same old type of camp, time after time. Throw in a different type of camp, or at a different location.

D is for Discipline. A well-behaved Troop does more. A Scoutmaster is more apt to try new things when he doesn't have to fight to control the Troop.

E is for Excitement. An excited Explorer comes back and maybe even brings a friend or two.

F is for Freedom. Give Explorers the freedom to make mistakes. They learn by doing, but be sure to back them up to prevent discouragement.

G is for Girls. Remember that they are members too.

H is for Headache. All good Scoutmasters have had a healthy share of these, but they are quickly forgotten, due to the large numbers of successes.

I is for Interest. Take a sincere interest in all of your youth. Let them know you care.

J is for Joke. Don't be afraid to joke with the youth. As long as you set the ground rules, and they know when to stop.

K is for Ketchup. The sixth food group. A must for all camp menus.

L is for Leadership. Learn how to be a good leader, and how to teach your members good leadership skills.

M is for Macaroni and Cheese. It goes great with "K".

N is for Nutella. Ever tried it with salt and vinegar chips? Nachos? Tang? Ask an Explorer or Rover.

O is for Opinions. Set an environment where everyone is comfortable stating their opinions.

P is for Parents. Keep them informed, and actively involved.

Q is for Quiet. Oh get real...you'll never get it.

R is for Routine. Be careful, for falling into a set routine instills boredom.

S is for Shorts. Does anyone really wear them anymore?

T is for Training. Trained Leaders provide a better program for our Explorers.

U is for Understanding. Don't be caught understanding a skunk.

V is for Vision. You don't need rose coloured glasses.

W is for Wilderness. You remember, the great outdoors, camping, hiking, bears, skunks....

X is for Xylophone. Got any Explorers that play them?

Y is for Youth. If we didn't have any youth, we wouldn't be Scoutmasters.

Z is for Zero. No-one has really camped unless they've experienced below zero (Fahrenheit) conditions.

