

THE BROWNSEA GAZETTE

Volume 3 – Edition 3

December 2004



From the Chief Commissioner:

It seems only a few months ago that I was writing a Christmas message to you all. This year has gone extremely fast, and I'm assuming it's just another sign I'm getting old! BPSA-BC has had a great year, and we would like to welcome into the traditional Scouting family our many new members and Groups.

Last year I asked that you keep in your thoughts over Christmas the Canadian Forces and RCMP members who are currently serving overseas, and once again I ask you to do the same. This year our service men and women are in Afghanistan, Bosnia, Haiti, the Middle East and the Arabian Gulf.....but wouldn't it be great if next year there was no need for our Peacekeepers, and they could all be home?

Mary and I wish for you peace and joy, and all the best the season can bring. From our house to yours - Merry Christmas!

Bill



Major Annette Snow, a Canadian Forces doctor at the Children's Orphanage, Kabul, Afghanistan.

Photo by Corporal John Bradley

Provincial Council News -

Warrants of Appointment

The following Warrants of Appointment have been issued and the appointments confirmed:

Mario Mazariegos – 15th “Horizontes” BPSA Burnaby
Luzzara Mazariegos – 15th “Horizontes” BPSA Burnaby

Group Charters

The following Group Charters have been issued by the Provincial Council:

15th “Horizontes” BPSA Burnaby Scouting Group

Registration:

Groups are reminded that all registrations, both youth and leaders should now in to the Provincial Treasurer and Provincial Secretary.

Groups are advised that effective 01 January 2005, new registrations will be \$50.00 per person.

Annual General Meeting:

Thanks to all those who made it to the AGM, it was great turnout.



The Chief Commissioner with
Nico Grisafi, President of the WFIS



WFIS News:

The WFIS World Council is pleased to announce a new international award.

The Pfadfinder Belt

Introduction:

The Pfadfinder Belt is the challenge of a lifetime, which is open to Explorers aged over 16 and members of the Rover Section. It is a chance to take part in a ten-day expedition that brings a real understanding of a different country, its people and way of life.

The Pfadfinder belt is described as 'the antidote to the package holiday'. It is designed to help young people develop a real understanding of another country by travelling through that country, completing surprise projects, working as a small team and meeting local people.

The Requirements:

To complete the Pfadfinder Belt, an Explorer or Rover must:

- Be over 16 years old
- Plan and train for an international expedition as part of a small team
- Travel to another country and travel through that country over ten days
- Complete a self selected major project
- Complete about ten smaller projects
- Keep a Logbook during the expedition
- Take part in a debriefing after the expedition
- Make a presentation about the expedition

Travel:

Most Pfadfinder belt expeditions are undertaken on foot, although other forms of transport including canoe, boat, bicycle and horseback are equally acceptable. Some teams may wish to use local public transport as part of their expedition and, as long as this provides real opportunities to meet and talk with local people, then it is acceptable. Teams may wish to mix forms of travel. Please note that hitchhiking is not permitted by the WFIS.

Duration:

The expedition should last for at least ten days. The Pfadfinder Belt is more of a marathon than a sprint! During this time, the team should spend at least 30 hours travelling from place to place and visit at least four different towns or villages. For a typical team travelling mainly on foot, this would suggest a route of about 100 miles (160km). However, it is important that the route and distance take into account the local geography, methods of transport, physical ability of the team members, daytime temperatures and likely weather. Time spent travelling to and from the country of the expedition should not be included.

Training:

Teams must complete training appropriate to the expedition they plan. For most young people, completing projects while on the move will be a new experience. A 'mini- Pfadfinder Belt' in which teams undertake a journey over a weekend, near to home and with two or three surprise projects is excellent preparation. Training should cover expedition safety and emergencies, physical preparation and some considerable discussion about the best ways of approaching and meeting local people for help with projects.

It is essential that, by the end of the training, teams understand that the aim of the Pfadfinder Belt is to 'develop a better understanding of another country, its people and way of life'. Teams that approach the Pfadfinder as a purely physical challenge are unlikely to achieve the requirements.

Where and When:

Many Pfadfinder belt expeditions are organized by a country or association. These expeditions benefit from the cost savings of group travel and the extra support that an experienced country or association team can offer. In this case the team may not have much influence over the destination and dates for the expedition. However, decisions about the precise route will always remain with the team.

Alternatively, Explorers and Rovers can organize their own Pfadfinder Belt expeditions as a small team, perhaps as part of a larger trip or camp.

Route:

The route should be chosen with the following in mind:

- It should pass through at least four towns or villages
- It must not include any wild country
- It should support the major project and provide opportunities for completing smaller projects

In many countries, it will be easier to meet local people in villages rather than larger towns.

Equipment:

You will be on your own for at least 10 days, so all the gear must be reliable. Boots must be broken in, while adequate clothing for the conditions anticipated and suitable lightweight tents must be obtained.

Check what fuels are readily available in the country.

While you will be living largely on the food of the country being visited, ensure that you have dehydrated foods available as a reserve.

You should aim to carry no more than 17kg each or one fifth of your own body weight.

Safety and Team Size:

The safety of teams is essential. Pfadfinder Belt expeditions should not be undertaken in adventurous country. Where it is necessary to pass through rough areas, the adventurous activity rules must be followed. Because it is essential to meet local people in order to complete the projects, it is much more effective to travel in semi-populated areas and in small groups. Teams should consist of no fewer than four people, but the size of team will depend on the hazards likely to be met.

In most areas where Pfadfinder Belt expeditions take place, there should be good access to a mobile telephone network and this should be seriously considered as one of the emergency contact options, but not the only option. Teams should be clearly briefed about what to do in an emergency. Common-sense advice, appropriate to the country being visited, should also be given about approaching and meeting local people.

Many teams have reported that wearing an Explorer uniform at all times provides a quick and effective way of being recognised as an Explorer. Therefore, uniform shall be worn at all times during the expedition.

Budget:

Most Pfadfinder Belt expeditions operate on a tight budget. In practice, this helps because it encourages teams to eat local food, avoid large commercial campsites.

Projects:

Each team should choose a major project. The assessment team should approve the project before departure. A good major project is one that:

- Survey's of the leisure and recreation interests of young people and the facilities available to them.
- Investigates typical rural industries and crafts
- Makes a comparison of lifestyles in the villages and uplands
- Follows the course of a river and investigate the different communities it serves, their industry, agriculture and lifestyles

Another good major project is one that:

- Looks at the culture of the country or region being visited.
- Discovers the folk music of the people.
- Discovers the politics of the country or region.
- Discovers what the history of the country or region is.

Each team should also complete ten smaller projects. Five of these should be surprise projects set by the other members of the Network or Unit. These projects should be given to the team 24 hours before departure. Teams should be able to choose projects from a longer list of around 20 projects, in order to provide flexibility and choice based on local circumstances.

A good project is one that:

- Needs help or information from local people
- Will prompt the team to try or do something that they might otherwise have missed
- Takes an hour or so to complete
- Is based around something unique or special about the area being visited.
- For example 'chat to the oldest person you can find in a village about the changes they have seen in the area during their lifetime' or 'in the UK, many people use the Internet every day. How important is the Internet to people in the area you're visiting?'

Debriefing:

As soon as the expedition is completed and, if possible, before leaving the country being visited, the team should hold an informal debriefing with a Leader. This is designed to help the team reflect on:

- What they have done
- The people they have met

- How their views have developed about the country visited
- How they worked as a team
- The appropriateness of their planning and training
- What they have achieved

The debriefing is not an assessment and no judgements should be made.

Logbook:

The logbook is assessed. Its purpose is to help teams keep personal notes about their expedition and to support the debriefing and presentation. The logbook could be kept on paper, dictated or completed as a video diary. Photographs or slides are also useful and can help to support the presentation.

Assessment:

The Pfadfinder Belt is assessed by a team who will base their decision on:

- How much the team have developed their knowledge of the country, people and way of life
- How much the team members have developed personally and as a team from the experience
- The quality of the expedition

The members of the assessment team will normally include:

- Any expedition leaders.
- The Network Co-ordinator.
- Another person appointed by the District, Country or Association.

The debriefing, the presentation and a discussion with the team normally help to make the decision. Successful teams receive a certificate and the Pfadfinder Belt, which is a belt with a special buckle and is available from the WFIS Supplies.

Pfadfinder Belt expeditions may count towards the 'Other Adventurous Projects' requirements of the Duke of Edinburgh's Award Gold Expedition, provided that a notification form is sent to the appropriate Association Headquarters at least four months before the expedition. The Pfadfinder Belt can also be used to fulfil the requirements of the St George Award expedition or parts of the other Awards, but it may not be used more than once.



German Wolf Cubs



Camp Recipe Corner

Here's more simple recipes for your next camp, once again they're direct from the dark, damp and dusty archives of the 14th Dragon Lake BPSA Group.....our new Camp Cooking experts ☺

Chicken Quesadillas

(Commissioner approved for camp kitchens!)

Ingredients:

1 chicken breast per person
1/4 c each grated cheddar and mozza cheese per person (more if you are a cheese lover!)
2 - 8" tortilla shells per person

Instructions:

Dredge the chicken lightly in salt and pepper and seasonings to taste.

Fry over medium heat until cooked through remove from pan and cut into slivers.

While the chicken is cooking, cover one of the tortilla shells with the cheeses to within 1" of the edge.

Place the chicken slivers evenly over the cheeses and cover with the second tortilla shell.

Return the shells to the frypan and cook over medium to low heat to melt the cheese and the tortilla shell is a golden brown. Flip the shells over and fry the other side until the shell is golden brown.

Remove from heat and cut into wedges.

May be served with salsa, sour cream or other favourites.

Garnish with a green salad for a full meal.

(The Chief Commissioner gives this recipe FIVE thumbs up !!!!)

Explorer Chili

Ingredients:

6 lbs lean hamburger
3 cans red kidney beans (1.36 l, 48 fl. oz.)
3 cans beans in tomato sauce (1.36 l, 48 fl.oz.)
2 cans tomatoes with herbs and spices (796 ml, 28 fl. oz.)
3 medium onions, cut up
6 cloves garlic, cut finely
chili powder to taste

Instructions:

Brown the hamburger in a very large pot until cooked through. Drain off the fat.

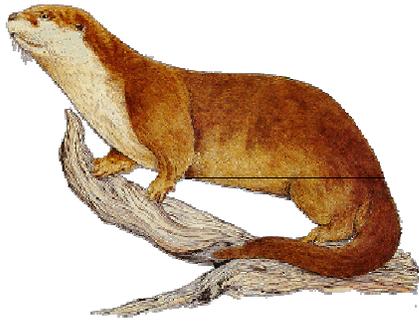
Add all the rest of the ingredients and ¼ cup of chili powder.

Bring to a boil and let simmer for at least ½ hour. Stir and taste frequently and add more chili powder if necessary.

Serve with mopping bread or buns.

If it's too spicy for some, tone it down with ketchup!

Guaranteed to keep you warm on cool evenings.



Fun along the River Bank

Winter Outings For Otters

During the winter months a little extra attention will have to be paid to the health and safety of the Otters. For short periods outdoors, ordinary winter clothing may be sufficient. On the other hand, for a full evening, Saturday morning or afternoon, you should pay special attention to avoid unnecessary hardships and possibly, Hypothermia.

If the weather conditions are going to be too cold, too windy, or may lead to the Otters getting wet, then you should consider postponing the outing to another time, or have an alternate plan. Layers of light clothing are more effective than a single layer of heavy clothing. Mittens and hats are essential.

Winter offers various opportunities for creative expression. You've all seen youngsters spread eagle in the snow, waving their arms to make snow angels. Consider making snow sculptures. They don't have to be complicated.

Have the Otters look at snowflakes under a magnifying glass. At another meeting, have them make snowflakes.

Glitter Snowflakes

This is a super easy craft to make. Simply draw a snowflake with glue, sprinkle with glitter, and that's it! Place a piece of wax paper over a simple snowflake pattern. Using super tacky glue, squeeze a line of glue very carefully, following the pattern. The thicker the line, the fatter your snowflake. Sprinkle the glue with the glitter of your choice. Let dry, then peel the finished snowflake from the wax paper.

On a winter hike, observe animal tracks in the snow. Talk to the Otters about hibernation, and which animals remain out in the winter. Make a colony snowman and sprinkle bird seed over it. Talk about which birds fly south and which ones stay. While standing around the snowman, do "The Snowman" finger play.

Here's a prayer for winter:

*Thank you God, for the snow.
It make our cheeks and noses glow.
It turns the world all clean and bright,
And gives the plants a long, safe night.
It lets us slide and skate and ski,
And build our snowman 1, 2, 3.
It sparkles under moon and sun.
Thank you God for so much fun.*

Being outdoors often make one feel special. A greater awareness of the changing seasons and the cycle of living things, can impart a greater appreciation of all living things.



The Wolf Den

The Outdoor Code

As a Timber Wolf, I will do my best to -

- **Be clean in my outdoor manners.**
I will treat the outdoors as a heritage.
I will take care of it for myself and others
I will keep my trash and garbage out of lakes, streams, fields, woods, and roadways.
- **Be careful with fire.**
I will prevent wildfire.
I will build my fires only where they are appropriate.
When I have finished using a fire, I will make sure it is cold out.
I will leave a clean fire ring, or remove all evidence of my fire.
- **Be considerate in the outdoors.**
I will treat public and private property with respect.
I will use low-impact methods of hiking and camping.

and

- **Be conservation minded**
I will learn how to practice good conservation of soil, waters, forests, minerals, grasslands, wildlife, and energy.
I will urge others to do the same.





Backpacker's Corner

Snow Shoeing

The concept is simple: A larger surface area will keep your foot from sinking in the snow. (It's why a boat floats, too.) Our native peoples discovered this idea thousands of years ago as a way to walk through deep snow to traps and fish lines in the winter. When you wear snowshoes, you become one of nature's select creatures, able to move across deep snow with minimal sinkage. In fact the big feet of the snowshoe hare and lynx use the same principal to distribute their weight in the snow. Snowshoes are a great winter activity for all Sections, allowing them to visit the forest in search of nature's mysteries. The following are key points to discuss with the youth about the activity, the equipment and techniques.

Technique

Climbing: To climb a slope, kick the front of your snowshoe into the snow and press down to compact it into a step. Make sure that each new step is sufficiently above the last one to avoid collapse. You can incorporate some cross-country skiing techniques into your snowshoeing. On steep hills, the herringbone technique is useful. To do this maneuver, point your toes and snowshoes outward as you climb the hill. On short, moderate slopes you can make climbing easier by leaning forward into the hill, so the toes of your boots stick through the snowshoes for better "purchase" on the snow.

If the hill extends more than a few feet, you should traverse, traveling diagonally up the face of the hill. You increase the distance you cover in your "switchbacking," but cut down on the steepness of your uphill climb.

When you traverse, edge your snowshoes into the slope to reduce the risk of slipping sideways down the hill. If you do fall and start sliding quickly down a steep slope, lie on your back and keep your snowshoes up in the air until you slow down. This reduces the chance of catching a tip or tail and twisting an ankle or knee.

Descending: Heel cleats are the key to an easy descent. Keep your knees slightly bent, lean back, and keep your weight on the heel cleats to maintain control. Proper binding adjustment is important. If your binding isn't securely fastened or strong enough, your boot toe will slide under the cross piece or toe of the snowshoe, possibly causing a face-first spill. The best approach is to hold back your full weight and put pressure on the tail or heel of the snowshoe first as you step down the hill.

If the snow is firm and the pitch of the hill is steep enough for sliding, place one shoe slightly ahead of the other and slide down, as if you were on telemark skis. This works best if your snowshoe has an upturned toe.

Resist any temptation to jump off a small hill or drop-off while in snowshoes. The snowshoes will land on their tails, where they are most prone to breakage. Jumping in snowshoes also puts undue stress on the frames.

Edging: The best way to traverse a slope. Kick the side of the snowshoe into the hillside, engaging the cleats. Swing your heel hard towards the uphill slope, then stomp down, securing the snowshoe edge in the slope. Poles are also helpful.

Breaking Trail: When snowshoeing in a group, walk in a single line behind the leader who's breaking the trail. When it's your turn to lead, take consistent, even steps that are easy for everyone to follow.

Getting Up: If you're wearing a pack, take it off. Untangle your shoes, place your poles in an X-shape, and push yourself up while leaning into the cross of the "X." If you're on a slope, position your shoes so they're parallel to each other and pointing across the slope. Hold your two ski poles as if they were one, with one hand holding the top and the other holding the poles near the basket. With your shoulder and poles towards the uphill slant of the slope, push yourself up into a standing position. If that doesn't work, loosen your bindings and use your snowshoes as leverage platforms to perform a push up. Position your two hands on one snowshoe's tip and tail and use the other snowshoe as a platform for your feet. Then, slowly hoist yourself up.

Backing Up: Most people who are just starting to snowshoe find backing up difficult. The "tails" of the snowshoes tend to be heavier than the front of the shoe, so they catch and drag in the snow when you try to back up. To counteract this "tail drag," push down on the tip of your snowshoe with your ski pole and step back.

What to wear snowshoeing?

In a word, layers. It may be cold outside but once you start moving and having fun on your snowshoes you'll be warm before you know it. Snowshoeing is an aerobic activity. You are going to generate plenty of warmth and you're going to cool down quickly while resting. The ability to add and remove layers is vital. Some clothing to consider:

- Lightweight, breathable long underwear
- Waterproof, supportive hiking boots
- Gaiters
- Gloves
- Neck warmer or scarf
- Hat
- Wool or fleece insulation layer
- Wind resistant outerwear
- Sock liners (silk, or similar material)
- Wool socks keep feet warm and dry

What equipment to take?

You've heard it before...Be Prepared! You never know what may come in handy when you're outdoors in winter. Also to remember, the more you carry the more you have to support on the snowshoe and lift through the snow. Make sure you size your snowshoe to your carry weight. Here are some items to think about tossing in your pack...

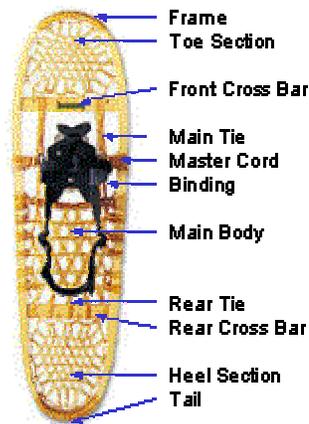
- Sunglasses or goggles
- Sunscreen/map/guide book
- Compass
- Ample water and food supply
- Flashlight
- Waterproof matches and lighter
- First aid kit (including bandages, tape & ointments)
- Duct tape as an emergency snowshoe repair
- Notebook and pencil
- Whistle

- Plastic bags for keeping gear dry
- Camera and film
- Binoculars
- Toboggan to pull gear if necessary

Other tips for the trail...

- Be sure to carry a day pack for essentials including water, food and emergency first aid supplies
- Always tell someone where you are going and what time you plan to return
- Dress in layers
- Be sure to check the local weather forecast before heading out
- Always take a map and compass
- Leave no trace of your adventure
- Don't jump on snowshoes as doing so could damage the frames

Snowshoe tracks are the only thing a snowshoer should leave on the trail. Avoid groomed and/or track set trails when snowshoeing at cross country centers. Snowshoeing can be enjoyed in many ways but it can present risks and hazards. Conditions that warrant special caution include avalanche danger, thin ice, and extreme cold. Regardless of how and where you snowshoe, always show courtesy to others and be aware that there are elements of risk that common sense and personal awareness can help reduce. Stay in control. Observe all posted signs and warnings. Keep off closed trails and out of closed areas. Inspect your equipment regularly.





Patrol Leaders Corner

Why Carry a Scout Staff?

IT WILL HELP YOU KEEP YOUR BALANCE

- Crossing Creeks, Streams, Rivers
- Traversing Hillsides
- Crossing Shale, Scree
- Carrying Heavy Loads
- Resting En Route

IT WILL HELP YOU MANEUVER

- Crossing Downed Trees Over Trails
- To Break or Prevent a Fall

IT WILL REDUCE STRESS ON BACK, KNEES, LEGS, & FEET

- Provides Extra Power & Balance, Going Uphill
- Reduces Shock on Knees, Going Downhill
- Takes Pressure off Back & Hips (mainly uphill)

OTHER USES

- Centre or Side Pole for a Tarp
- To Prop Up Your Pack
- To Lean on When Resting
- Pushing Aside Spider Webs & Brush

Learn the correct drill for Staff use as well. It looks smart on Parade!

