



THE BROWNSEA GAZETTE

The Newsletter of Independent Scouting

Volume 5 – Edition 1

August 2007

Governance....

I guess the good news I must report on is the fact that our annual insurance rate fell by \$20.00 per person for the 2007-2008 Scouting year! This means that the annual registration fee for that period will now be \$40.00 per person.

The following long service awards have been approved by the Federation Council:

15 Years Long Service:

- 1) Al Murdoch – 1st Bayridge Seafarers
- 2) Glenn Haire – 1st Bayridge Seafarers

Cancellation of Warrant of Appointment:

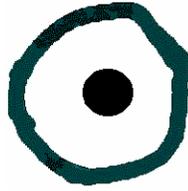
- 1) Glen Matthews – 1st Mariposa

WFIS News:

The WFIS World Council elections were recently held. Each association was required to cast a vote for those persons running for a Council position. The new World Council will sit from August 2007 until August 2012. Our new WFIS World Council is:

President – Klaus Tegeder, Germany
Vice-President – Bill Nangle, Canada
Secretary – Ernie Esajas, Surinam
Treasurer – Soeren Joergensen, Denmark
WB Training Coordinator – Craig Brown, USA

On a personal note – Craig Brown deploys for 12 months to Iraq with the US Army this month. We all wish Craig a safe time there, and hope he comes home to us safely and in one piece. Helmet and Flack Jacket on at all times Craig !!



Gone Home

Remembering Bob Willson

Scouter Bob, Fireman Bob, Racer Bob or "Slider", Biker Bob, Pilot Bob, Big Brother Bob, Little Brother Bob, Son Robby, Uncle Bob, Dad, Grandpa Bob, Bobby, Baby or..... just plain... Bob. Whatever name you knew him by, Robert Allan Willson was born in Smithers, B.C. on November 27, 1953.

Bob first became involved in the Scout Movement in September 2000, joining the 11th Lakeview Cub Pack in Quesnel, B.C. to teach his step-son Joe about the outdoors. That's where I first met Bob. Our Dragon Lake group had invited the Lakeview Group to come join us at a camp at Little Big Hill, a small cabin just above the SPCA. There must have been at least 30 youth there and everyone laid out their sleeping bags on a narrow foamy due to the limited floor space. Bob showed up with the mattress out of his motorhome and plunked it down in the middle of the room. I guess after his motorcycle accident, Bob liked his creature comforts. We camped together often and Bob eventually joined the Dragon Lake group in September 2003 when Joe turned 11. We had one camp where we paddled down the Blackwater River and Bob offered to bring the steaks. We set the campfire and had the potatoes wrapped in foil in the coals, the pot of water on the side for the corn on the cob and a grill over the fire for the steaks. Bob brought out these huge, no, massive moose steaks that he had marinated for days. The steaks overflowed our dinner plates leaving no room for anything else, but they were delicious none the less, for dinner, for breakfast and even for lunch the next day.

Joe lost interest in the program and didn't join in 2006, but that didn't deter Bob. He carried on his duty as Assistant Explorer Leader, much to the joy of the Troop. Bob was diagnosed with pancreatic cancer in January this year and quickly lost weight and strength. The Chemotherapy does that to you. The cancer spread to his liver and then his spleen and on April 11, Bob went home.

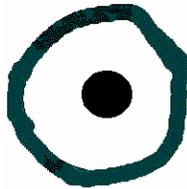
Bob was a great friend, a true Scouter and a strong family man. We all miss Bob dearly, but know he suffers no longer and that he is in a better place. A celebration of life was held at the Northstar Baptist Church in Quesnel on April 14, followed by a community wake. Both were attended by over 300 people.

The following is an excerpt from his eulogy:

"The only real legacy you leave behind is the lives you have touched while you are in this world.

Bob was every little boy's hero – he was a fireman, a race car driver and a Boy Scout – everything a boy wants to be. Maybe that's it. Bob lived the boy in all of us. Enjoying life to the fullest, giving it all he could and being the man we will all remember – being Bob."

Rest well Bob, your tasks completed, your duty well done.
Scouter Ric



Gone Home

Remembering Lou Nangle

1933 - 2007

Lou Nangle is the mother of our Federation Chief Commissioner, Bill Nangle. She passed away on the 8th May after a long three year battle with Lung Cancer.

Lou was a member of the Girl Guides of Canada for 38 years. She rose from being Brown Owl to the Area Commissioner of Lions Area, North Vancouver, BC. Never a member of the BPSA, she was to become one of our biggest supporters.

She strongly believed that the traditional programmes were the way to go, whether they were for Scouting or Guiding. She was never happy with the new Guide program, especially after they removed "Duty to Queen" from their promise, and then completely changed their traditional uniforms and programs. She was a true traditionalist at heart.

It was Lou who counselled us to go ahead with the initial formation of the BPSA. She proof read our very first handbooks, and reviewed our proficiency badge requirements and the PO&R. She sewed our first neckers, and gave encouragement when things looked like they would never happen, or even get off the ground.

Lou passed away with much grace and dignity, never giving up hope for a cure. Her ashes will be spread in the Rose Garden in Vancouver's Stanley Park in July.

Go n-éirí an bóthar leat
Go raibh an ghaoth go brách ag do chúl
Go lonraí an ghrian go te ar d'aghaidh
Go dtite an bháisteach go mín ar do pháirceanna
Agus go mbuailimid le chéile arís,
Go gcoinní Dia i mbos A láimhe thú.





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.....

Chicken and Tomato Stew

Ingredients:

- 2 Chicken Breasts
- 1/2 red onion, chopped
- 2 cloves garlic
- 1 small zucchini, chopped
- 1 red bell pepper, thickly sliced
- 4-5 cremini mushrooms, halved or quartered
- 1 can diced or crushed tomatoes
- 1 can low-sodium chicken broth
- Herbs and spices (We used fresh sage and red pepper flakes)
- Salt and Pepper
- 1-2 T Olive oil

How to prepare:

If desired, marinate the chicken in a balsamic vinaigrette or Italian dressing and put in a ziploc baggie in your cooler.

1. Saute chicken in olive oil in your dutch oven until cooked through. Remove from pan and shred or cut into bite-sized chunks.
2. Add onion, garlic, and red bell pepper to pan and saute until softened.
3. Add zucchini and mushrooms and saute for a few more minutes.
4. Add chicken broth, tomatoes, chicken, herbs & spices, and anything else you wish.
5. Cover and let cook until the vegetables are at the desired level of "doneness."



The Backpacker's Corner

The Importance of Hydration.....

Your body is like an engine, and it requires fluids to keep it cool, lubricated, and performing well. It doesn't matter what you are doing, you need water, lots of it. It is essential that you keep yourself well hydrated before, during and after each and every activity if you want to maintain good performance. Good hydration will also help to avoid early fatigue during outdoor activities.

Even slight dehydration can produce a serious downturn in performance through an increase in body temperature. Your body needs adequate fluid stores to produce sweat that evaporates and cools the body, and to keep your vital organs functioning properly. As a quick rule of thumb, expect to consume at least 16oz of water per hour, more in very hot weather or if you are big person. In addition to drinking frequently during any outdoor activity, you should drink plenty of fluid before any extended outdoor activity. Unless you haven't been working too hard or been outside for too long, you should plan on drinking at least 16oz as soon as possible to replace any sweat loss.

As your body will still be producing sweat and also urine you actually need to replace one and a half times the volume of sweat that you have lost. You can check this by weighing yourself before and after your activity. For example, if lose two pounds during your activity, this means you have lost about one quart of sweat that you have not replenished (each quart of sweat weighs about two pounds) and you actually need to drink 1 1/2 quarts of fluid to rehydrate fully.

If you have lost a lot of sweat, it is important that you have a drink that contains some salt (sodium) to help to rehydrate the body. You will continue to feel thirsty until you are completely rehydrated. Plain water, however, can actually switch off the thirst mechanism; but having the presence of sodium in the water prevents this. It's not essential to worry about the other minerals and electrolytes that are contained in commercial sports drinks. Although they are lost in sweat, there is not an immediate need for them unless you are out in more extreme (hot) environments, in which case an electrolyte drink with minerals is a good idea.

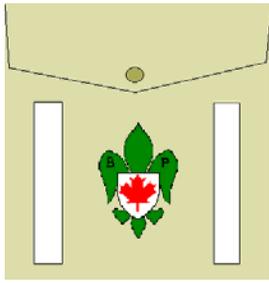
Drink before you feel thirsty. Let me say that again, do not wait until you feel thirsty before drinking as thirst is a poor indicator of the need for fluids. A feeling of thirst usually means you've waited too long and you're already dehydrated. Signs of dehydration include headaches and fatigue. Keep yourself hydrated by drinking small, frequent amounts of fluid during any outdoor activity (two or three gulps every 20 minutes) even when you are not thirsty. You'll still be generating heat, and perhaps sweat, and losing moisture from your body through your breath. Your body can usually process between 28 and 32 ounces of fluid every hour, so you should drink same amount every hour. Unfortunately, you're unlikely to want to drink 32 ounces per hour which is why you'll need to drink before and after.



One Quart Canteens



Camelbak Hydration System



Patrol Leaders Corner

A Long Life For Your Stove

Properly cared for, a backpacking stove can last a lifetime, according to Harold Wray, consumer service manager for Coleman/Peak 1. Wray notes that a little care and routine maintenance will keep a stove working smoothly for years. The keys, he says, are keeping the stove clean and well lubricated, and occasionally replacing a worn or clogged part. Some other tips: Clean your stove after each use. That means scrubbing out the spaghetti sauce you spilled on the burner and wiping off excess soot or dirt that accumulated around the base. The spilled food and dirt can clog the holes in the burner/flame distributor, causing uneven cooking.

Worse, if the clogged holes are near the gas generator or jet, the fuel may not fully vaporize. Lubricate the pump cup with a few drops of mineral oil or light motor oil before each season and at least once or twice during the season. This neoprene or leather cup is affixed to the bottom of the pump shaft and must be lubricated for smooth pumping and to provide the airtight seal necessary for pressurizing the fuel bottle.

Lubricate the O-rings in the pump body with the type of lubricants recommended by the manufacturer. The pump contains most of the stove's moving parts and therefore requires the most care and maintenance. Burn the cleanest fuels possible. White gas oxidizes when it comes in contact with air, causing impurities to build up in the fuel. These impurities can hasten the clogging of the stove's fuel line and jet. Buy only enough white gas for six months to a year of use, and store unused fuel in a cool place.

If you are storing a stove for more than a week or two, empty the fuel tank or remove the pump assembly from the fuel bottle to prevent a build-up of lacquer in the fuel line. Carry a spare generator and/or fuel line in case the impurities build up and block the line. Store your stove in a dry place to avoid condensation, which can lead to corrosion.





BPSA - Ontario NEWS



1st Bayridge Seafarers have just finished a very successful recruiting drive. The Troop is now 18 Seafarers strong. Rumour has it that Scouter Lorne is going to have to “float” a loan so the Troop can get bigger boats !!

The Seafarers have spent the past few meeting nights learning how to paddle and control canoes, and are preparing for a summer of sailing around Lake Ontario.



The 77th Toronto Rovers laid a wreath on behalf of the BPSA at the Toronto D-Day Remembrance Parade in North York. This event is sponsored by Branch 66 of the Royal Canadian Legion, and this is the third year that the 77th have taken part in this ceremony.



1st Mariposa has had a very active first year with us. They held a fantastic end of year camp, and are looking forward to a good recruiting campaign in Kawartha District. I would be amiss if I did not take this time to recognize Rick Box, their intrepid GSM – who has done an outstanding job bringing this Group up to the standard of the BPSA Federation in such a short period of time. Rick was faced with a very steep learning curve last September, and has done a great job.



BPSA – British Columbia NEWS

Well here it is almost summertime and what do we think of when school is about to let out till the fall?

Here in Beautiful British Columbia we are looking forward to our 2nd Annual Provincial Camp from July 7th through 14th.

This year the Provincial Camp is being hosted by the good folk of 14th Dragon Lake in Quesnel which is located in the Southern Cariboo Region of our Province roughly between Williams Lake and Prince George.

From what I have seen of the program plans it will be nothing short of fantastic. The Explorers and Sr. Explorers will be able to put the skills learned during the past year or so into use and at the same time an element of fun is built into the programs. I am certain that any Explorer or Sr. Explorer taking part in this camp will come home enthused for what can be learned in the following year in the Explorer/Sr. Explorer programs.

Kudos to Ric Rayner and his gang at 14th Dragon Lake for putting together what looks to be like a great camp.

In case you thought this camp is for Explorers and Sr. Explorers only, no, there are programs planned for Timberwolves and Otters also. Otters staying overnight must be accompanied by at least one of his/her parents.

Speaking of Ric Rayner, he is also a member of the 14th Dragon Lake Rovers and he has been very busy putting together a Wood Beads 2 course which when completed will be adopted by BPSA-BC. Other councils within BPSA will be encouraged to adopt our training policies. As a WFIS certified Wood Beads Trainer I am of course biased as to the value of our training courses.

Summertime conjures up pictures of Merry Olde England and of course Europe, and yes, soon members of 1st Logan Lake will be making their way to England and then Europe where 'our Klaus' of Germany has made plans to make their visit in Europe memorable.

I am sure that they will be totally spoiled and that they will have a most enjoyable time.

Best wishes to Charlie and Sandy as they will be staying on and touring Europe as a celebration of their retirement (from their full time jobs!).

It is exciting to receive inquiries from interested parties expressing a desire to join ranks with BPSA. This tells us that we are offering a program that appeals to them.

This year 2007/08 we are pleased to announce that membership fees will be \$40.00 per member and individual groups are allowed to add a surcharge to this fee to add to their coffers.

I would be remiss if I didn't take a moment to thank Karl Pollack who has been a fantastic help to our Provincial Council in ways in which mere thanks just don't cover it.

Karl we appreciate you and your efforts on our behalf in ways beyond printed 'thanks'

Our AGM will be held in Burnaby, home of the 15th Horizontes Group the second weekend of September.

Until next time,

YiTS

Mike Maloney
Provincial Commissioner
BPSA-BC
Vice President WFIS NA





Scouters Notes

We have a new proficiency badge for Explorers, the Electricians Badge.



The requirements for this badge are:

1. Demonstrate that you know how to respond to electrical emergencies by doing the following:
 - a. Show how to rescue a person touching a live wire in the home.
 - b. Show how to render first aid to a person who is unconscious from electrical shock.
 - c. Show how to treat an electrical burn.
 - d. Explain what to do in an electrical storm.
 - e. Explain what to do in the event of an electrical fire.
2. Complete an electrical home safety inspection of your home. Discuss what you find with your Examiner.
3. Make a simple electromagnet and use it to show magnetic attraction and repulsion.
4. Explain the difference between direct current and alternating current.
5. Make a simple drawing to show how a battery and an electric bell work.
6. Explain why a fuse blows or a circuit breaker trips. Tell how to find a blown fuse or tripped circuit breaker in your home. Show how to safely reset the circuit breaker.
7. Explain what overloading an electric circuit means. Tell what you have done to make sure your home circuits are not overloaded.
8. On a floor plan of a room in your home, make a wiring diagram of the lights, switches, and outlets. Show which fuse or circuit breaker protects each one.

9. Do the following:

- a. Read an electric meter and, using your family's electric bill, determine the energy cost from the meter readings.
- b. Discuss with your Examiner five ways in which your family can conserve energy.

10. Explain the following electrical terms:

volt	ampere	watt
ohm	resistance	potential difference
rectifier	rheostat	conductor
ground	circuit	short circuit

11. Do any TWO of the following:

- a. Connect a buzzer, bell, or light with a battery. Have a key or switch in the line.
- b. Make and run a simple electric motor (not from a kit).
- c. Build a simple rheostat. Show that it works.
- d. Build a single-pole, double-throw switch. Show that it works.

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:

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