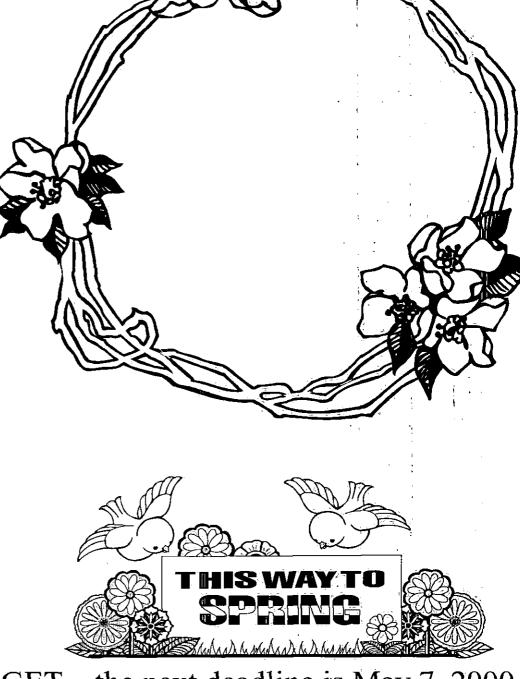
# April/May 2000



DON'T FORGET...the next deadline is May 7, 2000

# The Canadian Rover EH!

# Magazine Staff

E ditor Stan Kowalski Jr. *and* Michelle Currie Subscription Manager Kathy Starr

Advertising Coordinator Carolyn Symons

> **Promotions** Kirby McCuaig

# Advertising

Submissions to the Editor MUST include a copy ready print [a computer file (in MS Word/MS Publisher format – or a format agreed to by the magazine staff) would be really helpful, and can be sent to our e-mail address as an attachment] and a contact person's name and phone number. If payment is not received, the ad will not be printed. All advertising must be received by the 7th of the month prior to printing. Staff reserves the right to change submissions for content and appearance.

> Send Submissions to: The Canadian Rover EH! c/o Scouts Canada 844 Frederick St. Kitchener, Ontario N2B 2B8

> > **Ouestions ? Problems ? contact:**

EMAIL US! canadian rover@hotmail.com

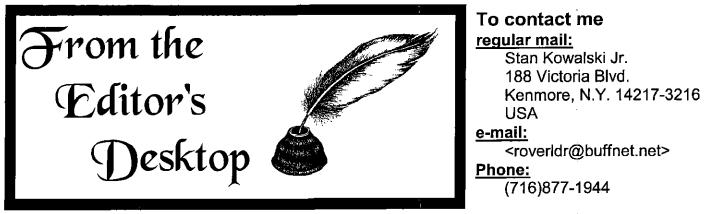
Kathy – 1 519 742 1029

The Canadian Rover Eh! is published on a bi-monthly basis. Its main objective is to keep the Rovering community informed. Any questions or concerns may be directed to the editor. This magazine has been made possible through the enthusiasm of the Rovers and Rangers throughout the world!

# Advertising Rates

Rates for the Scouting and Guiding movement are as follows: \$10.00 per single side page (1 issue)

	RM Rates:	1 Year	2 Years
Group Name:	Canada	\$15.00	\$28.00
Name:	U.S.A.	\$25.00	\$48.00
Address:	Overseas	\$30.00	\$58.00
City:			
Postal Code:	Country:		
E-mail:	Phone:		
	LEASE PRINT !!!!		
Р	LEASE FRINT		
P New Subscription [ ] Ren			



Have you ever heard the phrase "be careful of what you wish for, because you may get it"? It translates into meaning that what you envy as being better, sometimes isn't.

While our outlook at "the Canadian Rover EH!" hasn't been one of envy, it has been one of feeling somewhat frustrated with a sense of not meeting our goal — to foster communication amongst the Rover community. Our self-criticism said we didn't do the best job we could, because we had lost some of our subscribers this past year, we didn't have a lot of varied articles and frankly, we didn't have enough advertisers.

After some serious soul-searching among the "permanent" staff, we came up with the conclusion that we needed **MORE**! MORE contributors.....MORE advertisers.....and, most importantly, MORE subscribers. They all seem to interlock — more articles means more subscribers; more subscribers means more advertisers; more advertisers means..... well, you get the idea.

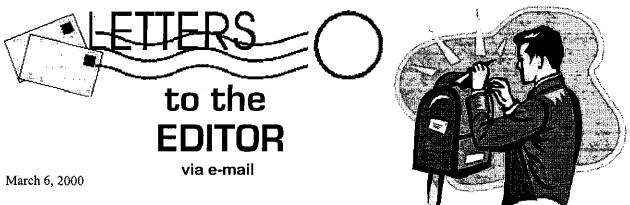
We've been actively recruiting new contributors; we've just gone through a "promotion copy blitz" to get more subscribers (which seems to be working); and this issue has a pretty good count of advertising pages.

What's the downside, you ask? Well, we're a non-profit organization, charging subscription fees and advertising rates to cover expenses. Everyone on staff is a volunteer, so our only concerns are printing, postage and some misc. expenses. Guess what!!!! Our drive to improve may be pushing our total page count into a higher postage bracket. That's not necessarily bad, if....we can attract enough new advertising to cover the extra expense.

Who would have thought that success would create problems? "Be careful of what you wish for....." Well, these new problems are just an exercise for new ideas, right?

All of us on the staff agree that it's just as hard to put together a magazine for 10 people as it is for 10,000 (well, we're not <u>really</u> aiming that high) and that the quality of the magazine should go up with more quantity and diversity in articles. That means we have to reach out to our Rover public to ask you to seriously consider advertising your events with us. It should help increase your attendance, and will help cover the expenses that we are anticipating as we try to grow in size.

Keep on Rovering, Stan Kowalski Jz.



Dear Editor;

Congratulations! The Canadian Rover EH! now promotes sexuality. Wow, what a load taken of our shoulders. We aren't the only Rover Crew creating safe places for young people to meet. "The Rovers of Ontario would like to congratulate ORC Chair Neil Looby and his girlfriend Colleen Bradley on their engagement."

We would like to add our whole hearted congratulations to this couple, for falling in love. I hope as members of our crew fall in love, and establish life long relationships that you'll write as wonderful an article.

Marriage is a very political issue. I guess that means Scouts are getting used to the fact that the personal is political, and that's unavoidable. As Scouts we care about the environment, we camp in it. Oh, yeah that's political too. We'll I guess we have lots to talk about, and lots to read about in up coming editions of Canadian Rover EH!

Many people have criticized our Rover Crew, for flaunting our sexuality, solely based on the fact that our members are gay or bisexual. Mr. Editor, this type of announcement is the exact same thing - the flaunting of sexuality

"Spring is coming up, and the same way girl meets boy, boy will meet boy, and girl will meet girl, or both, or neither. The process of human coupling will continue to go on around us, and we have created rules that only boy/ girl couples can hold hands, kiss, and meet in public spaces. It is important that non traditional couples can do this too." (The Queer Scouter, February 2000)

For further information, or to download some entertaining program ideas, in addition to general education, please visit our website at http://www.queerscouts.org

Sincerely;

Bonte R.S. Minnema, Chair 129th Toronto Group Committee

1714-77 Huntley St. Toronto, Ontario M4Y 2P3 Canada (416) 935-0272 bonte@queerscouts.org

"We were moving mountains, long before we knew we could" - The Prince of Egypt

Queer Toronto Scouting Group queer-scouts@canada.com







May 26-28, 2000 Two Creeks Conservation Area

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Brought to you by: 2nd Learnington Rovers Contact us at: (519) 733-5888 rovers2nd@hotmail.com

OUT & ABOUT

Number 6!!! One Year of "OUT & ABOUT"



### Looking Back:



'Time flies when your having fun' is one of those old clichés, but the cliché aside, I can say that it doesn't seem like I've been writing this column for a full year yet. I have to say that writing this column has pushed me to be more active then I have been in the past. The pressure of having to have something ready for each column does that to a person. In some ways I'm still back at the beginning as in "OUT & ABOUT" #1 when I wrote: "Welcome to my first column. I'm going to need help since I've never done this kind of thing before. No, really!" In other ways things have changed, I can no longer say, "... I've never done this kind of thing before..." but I can say I still do really want your input. My premise for writing this column has never changed since the beginning. I'm still interested in providing the Rover Community with alternatives to just getting outside to go to Moots, so I am still dependent on you to share your great outdoor experiences.

In my second column, I told you of completing my first century (100km ride) on my loaded cycle tour across Manitoulin Island. Thanks again to Paul Stockton of the Toronto Bicycle Network of for organizing a great trip and a personal triumph for me. Check of out <www.manitoulin-island.com> if your planning your own trip across the island this year.



perience, I have concluded two things. It is tough at

don't let that stop you from going back to it again and

destination but the journey itself that is the most



"Out & About" #3 contained two great day trips I took in BC. First, hiking/climbing in the area around the Shannon Falls and the Stawamus Chief and secondly a ride to the Othello Tunnels on the Kettle Valley Rail Trail. I would ask that anyone who has visited either of these areas to send in a photo and a brief description of their experience. I highly recommend two books for going "OUT & ABOUT" in BC: "Classic Hikes of the Lower Left-Hand Corner of British Columbia: Altitude Superguide" by Anita Cancian, published by Altitude Publishing Canada Ltd. and "Cycling the Kettle Valley Railway" by Dan and Sandra Langford by Rocky Mountain Books. They contain enough great trips to fill this column for years and I hope you'll try them and write in about them.

"Out & About" #4 began with my request that every Rover Crew consider putting the Rambler Badge into the forefront of its programme. In the planning and execution of great trips, experience is passed on to younger Rovers and the bonding of members occurs. Great shared experiences create long lasting friendships.



It concluded with three cycle trips on the same theme (a long quiet ride next to a large body of water). A rail trail ride along the pacific coast (north of Seattle) from: "The <u>Mountain Biker's Guide to the Pacific Northwest</u>" by Laurie and Chris Leman, published by Menasha Press (one volume of Dennis Coello's America by Mountain Bike Series) and two trips on the islands in the eastern end of Lake Ontario from: "<u>Bicycle Guide to Eastern Ontario</u>" by

Gary Horner, published by Outdoor Press of Markham, Ontario.

"Out & About" #5 was a complete change of pace for me. Not having cross-country skied since my high schools days, I didn't know what to expect. My prediction that my crew would dust off their skis and go skiing did come true, but then I always felt that advisors have these kind of clairvoyant powers.

From my brief excursion into the cross-country skiing exfirst; you will learn just how out of shape you are, but **\*** again. It also confirmed my belief that it's not the important part of any trip.

### Looking Forward:

Since the great thaw of February, I've given up on skiing and now eagerly await the beginning of the cycling season. Last years milestone of 2500 km gives me something to shoot for. In August, I hope to take the ferry from Black's Harbour, in

southwest New Brunswick to Grand Manan Island. The island in known for its sea kayaking, whale watching, cliffs and seabirds. Then, maybe push on to PEI —I'm developing this thing for riding across islands. And speaking of islands, of course, there's my cycle club's ride across Manitoulin in July.

I hope to see many of you at our crew's Yeoman Hike in June, our crew hopes you find it's a change of pace from going to moots. It's part of a back to basics approach for Rovering, I think we need to keep it fresh and provide events that appeal to everyone.

In Out & About #5 I spoke of my crew having "cross-country skis tucked away in their closets somewhere and it was time they dusted them off", I'm getting the same feeling about the canoes up at my cottage in Haliburton. You may not be able to see the dust right now with the snow covering them, but trust me as an advisor, I know its there. Whether it's the Irondale, the Grand, the French, or the Restoule, there's nothing like a river to wash the dust off a canoe.



### What You're Looking Forward To:

The crew's annual canoe trip on the Restoule River...Michael MacDonald, 3<sup>rd</sup> Newtonbrook Rovers (Northern Contingent), Willowdale, Ontario Scuba diving off Tobermory...Brent & Kathy Starr, 1<sup>st</sup> Wilmot Greyhawk Rovers, Kitchener/ Waterloo 2000 World Moot in Mexico...Knights of Cerberus, Calgary, Knights of Excalibur, Edmonton, Knights of Amikeco, Calgary, Knights of the West Wind, Lethbridge, Knights of Loch, Calgary

Hiking on the West Coast Trail ... Knights of Amikeco, Calgary

Eastern beaches of northern Australia for sun, surf, sand, and watching cute surfing guys on the beach...Leesa Watkin, 3<sup>rd</sup> Newtonbrook Rovers (Southern Contingent), Brisbane, Queensland

### Final Comments:

It's the time of year when everyone and every organization is giving out awards; even this magazine has the **Roger Awards**. Personally it reminds me of my receipt of my Scouts Canada 2000 catalogue last fall. I normally check out the page of where Scouts Canada presents the recipients of its highest awards. To my surprise I noticed a fellow Rover Advisor, Brad Anderson, and his crew (Venture Company at the time of the rescue they performed) from Pickering. When other organizations are giving out awards for best song or dramatic performance, we shouldn't neglect two things: First we are foremost a service organization and we should therefore recognize our own whether through a nomination or a simple thank you. And second we should not neglect our own training so that we can provide service (as Brad's Ventures did) when it's most needed. On this second point, in whatever you're most looking forward to doing this year, please consider more than just who and what to bring, but take the time to know how to do it safely.

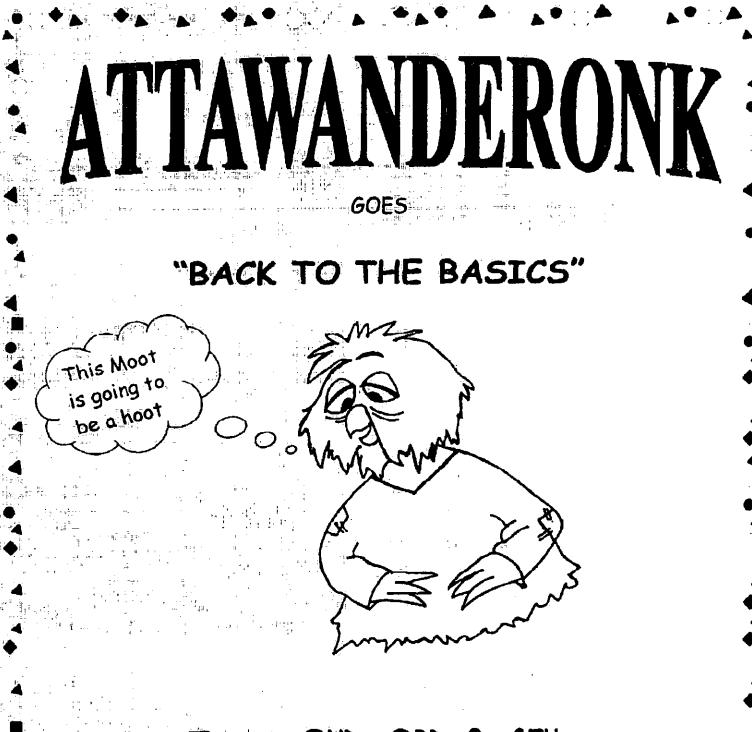
Feel free to write in from time to time and tell our readers "What You're Looking Forward To". I only ask one thing of you, don't keep us in suspense too long before writing to tell us all about your "Out & About" experience after you come back.

Finally, its time for me to send out a thank you from myself, my crew and this magazine's staff. Stan Kowalski has contributed to this magazine as an editor and columnist for well over a year, but to Stan this past year of service in Scouting/ Rovering is merely represents a personification of the phase "so what have you done for me lately". Stan achieved two great milestones in the past year. 20 years of service as an advisor to my crew (3<sup>rd</sup> Newtonbrook) and 50 years of continuous service to the same group with the Boy Scouts of America in the Buffalo area. I can say that playing chess and sharing a cup of coffee at our Olympic Moots with Stan make up some of my earliest memories of Rovering.

Thanks for the good times, the advice and the memories, Stan.

Yours is Rovering

Kirby McCuaig



JUNE 2ND, 3RD & 4TH

This year we are going back to our basics.....Scouting & Guiding style!

# ATTAWANDERONK MOOT

## OPRE-REGISTRATION PREFERRED MAIL TO: ATTAWANDERONK MOOT BOX 41 ELMIRA, ONTARIO N3B 225

- PRE-REGISTRATION : \$12.00
- GATE REGISTRATION : \$15.00
- SATURDAY-SUNDAY REGISTRATION : \$10.00
- DANCE REGISTRATION : \$5.00
- IF YOU WISH TO USE ANADIRONDACK THEN YOU MUST RESERVE IT BY CONTACTING HEADQUARTERS
- · MAKE CHECKS PAYABLE TO : ATTAWANDERONK MOOT

### PRE-REGISTRATION FORM

CREW NAME:	<u></u>		
MAILING ADDRESS:			
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CONTACT PERSON: PHONE#:_(	<u> </u>	s	
	NAMES OF CR	ew members	
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NO. OF PEOPLE \_\_\_\_ X \$12.00 =\_\_\_\_ GENERAL PROGRAM 3:00 P.M. - REGISTRATION BEGINS 9:00 P.M. - EVENING GAMES (IN PAVILION) 1:30 A.M. - CURFEW 2:00 A.M. - ALL QUIET

SUNDAY

8:30 A.M. - WAKE UP CALL 10:00 A.M. - CAMP CLOSING - ROVER/RANGE OWN 1:00P.M. - CAMP CLEAR 8:00 A.M. - WAKE UP CALL 9:00 A.M. - OFFICIAL OPENING 9:30 A.M. - MORNING EVENTS START 12:00 P.M. - LUNCH 1:00 P.M. - AFTERNOON EVENTS BEGIN 4:00 P.M. - AFTERNOON EVENTS END 9:00 P.M. - DANCE 1:30 A.M. - CURFEW 2:00 A.M. - ALL QUIET

# INFORMATION

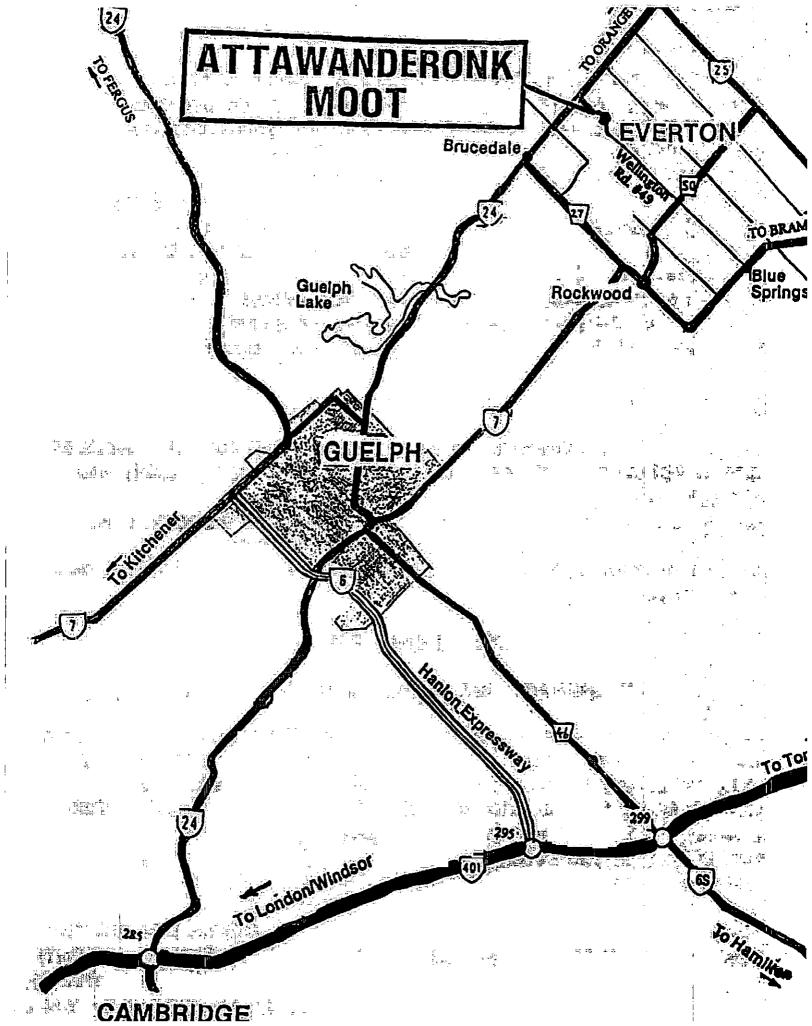
- THERE ARE NO TRAILERS SITES, UNLESS EXTENUATING CIRCUMSTANCES OR MEDICAL REASONS ARISE. EACH CREW SHOULD COME LIGHT WEIGHT AND SELF CONTAINED
- A LIST OF FESTIVITIES AND A MAP WILL BE PROVIDED AT REGISTRATION.
- SWEETS WILL BE PROVIDED FOR A SMALL FEE AT CANTEEN.
- VENTURE COMPANIES ARE WELCOME IF ACCOMPANIED BY AN ADVISOR, OR A ROVER CREW.

# RULES & REGULATIONS

- I. RULES OF THE EVENTS ARE THAT OF THE SCOUTING AND GUIDE ORGANIZATIONS.
- II. ALL PARTICIPANTS MUST BE MEMBERS, IN GOOD STANDING WITH THEIR UNIT.
- III. ALL ACTIONS OF YOU GROUP REFLECT BACK ON SCOUTING AND GUIDING!
- IV. NO ALCOHOL, DRUGS, FIREARMS, FIRECRACKERS, OR FIRE WORKS ARE ALLOWED OR TOLERATED. VIOLATION OF THIS EVENT WILL RESULT IN THE DISMISSAL OF YOUR GROUP FROM THIS EVENT.
- V. \*NO PETS PERMITTED IN CAMP!!\*
- VI. CURFEW WILL BE ENFORCED!

IF ANY OF THE ABOVE RULES & REGULATIONS ARE BROKEN DISCIPLINARY ACTION WILL BE TAKEN AND MAY RESULT IN EXPULSION FROM THE EVENT! THANKS

ELMIRA ROVERS AND RANGER





By "The Old Rover"

Back again eh? Pull up a chair and get comfortable.

This time I want to talk about the most important member of a Rover Crew. Many Rovers overlook this vital individual, who may have Scouting experience or none at all. The individual who brings fresh ideas and a clean outlook to a Rover Crew. You may have guessed by now that I am talking about prospective members to a Rover Crew, traditionally referred to as Squires.

I was looking through some of my Scouting resource books and I came across a chapter in *Ideas for Rover Scouts* by Jack Cox (John Gardner Printers, Ltd. Liverpool, 1955). Please do not look at the date the book was published, but at what Mr. Cox has written about Rover Squires almost fifty years ago. The following paragraphs are from Chapter 11, pages 36 to 43. I have altered the writing of Mr. Cox to adjust for gender and I have left emphasis in the writing as Italics.

"One point is quite clear – the Rover Squire is the most important person in Rover Scouting. Why? Because Rover Squires mean that new [people] are coming into Rover Scouting and that more and more trained Rover Scouts are going into the world after they have reached age 23 or so."

"So there can be a steady influx of new Rover Squires passing through the Crew's training to the distinguished rank of *trained* Rover Scouts, and the word "trained" is most important."

"Raw material for the Crew – which is what Rover Squires really are – comes from two main sources...[the] Senior Scout who comes from the Troop, and the Youth who comes from the "outside" – in the sense that [he or she] has never been in Scouting before, or may possibly be an Old Scout."

"The Crew's duty to a brand-new Rover Squire is to give him a cheery welcome – to show him right away, and then for all time, that there is something solid and worthwhile about Rover Scouting, that Rover Scouting is based on rock-like ideals and that the new recruit is expected to anchor on to them. The Crew may impress [him or her] with their enthusiasm for Scouting, their never failing cheerfulness, their zeal for a job on hand, their respect for their Rover Scout Leader [Advisor], and Rover Mate, their appreciation of one another and their variety of character."

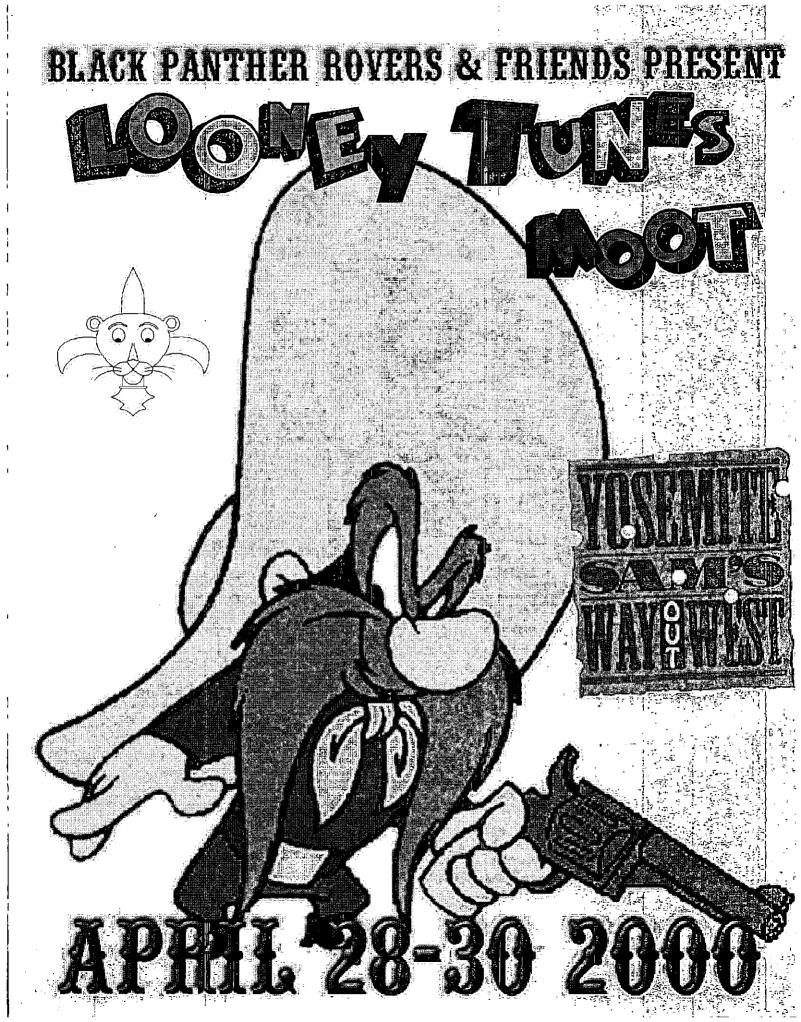
"But never take any Squire for granted. [He or she]'s got to prove [his or her] worth and show the Crew that [he or she]'s determined to make good as a Rover Scout. So the Squire is not "judged" until he has been to two or three Crew Camps, has been in the Crew for six months or more, and has worthily proved him [her] self on hike and in the Crew Meeting. (Note: These are part of the original requirements for a Squire to be accepted and knighted into a Knighthood Crew. Requirements vary from Crew to Crew)"

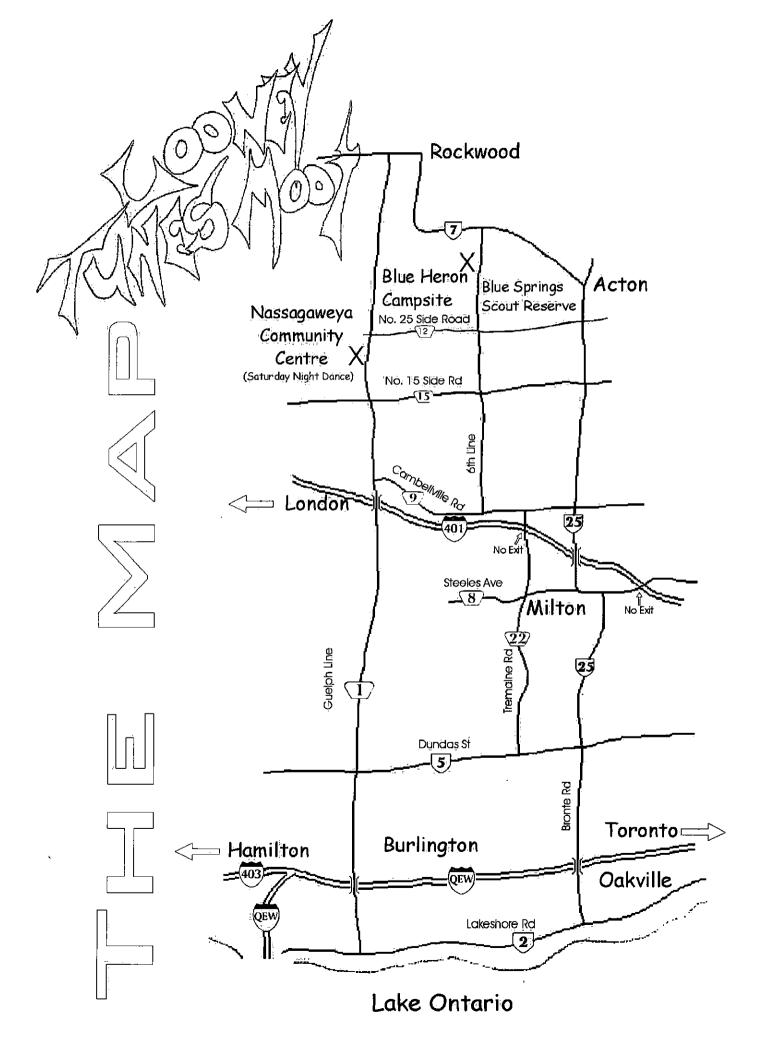
"With this thought we can leave the young Squire in the capable hands of [the] sponsor (s), but in our notebook we put one or two jottings. (One is) [t]he reminder to read *Rovering to Success* over again. I dare say you will have all your own problems with your Squires, for no two Crews are alike."

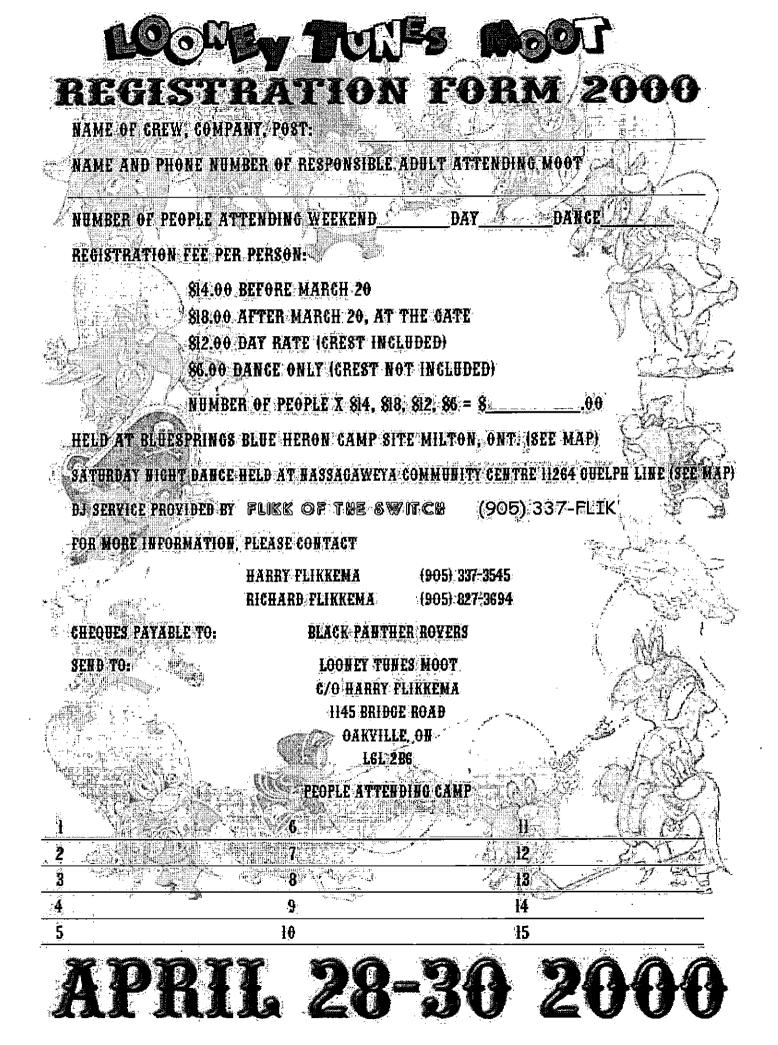
The age of Mr. Cox's writings are apparent with the use of gender tenses and references to old pamphlets and general Rover requirements. The underlying premise is clear: Squires are vital to a Rover Crew and should be embraced by a Crew. However, Squires have a role of their own to learn and understand Rovering traditions and their roles as Rovers.

Ideas for Rover Scouts has excellent Crew tips and suggestions that can be used by any Crew to ensure longevity and fun for the Crew's Rovers. If you can find a copy of *Ideas for Rover Scouts*, I suggest you read it, albeit with a grain of salt.

You can e-mail The Old Rover at gilwell@home.com with any questions or comments you may have.







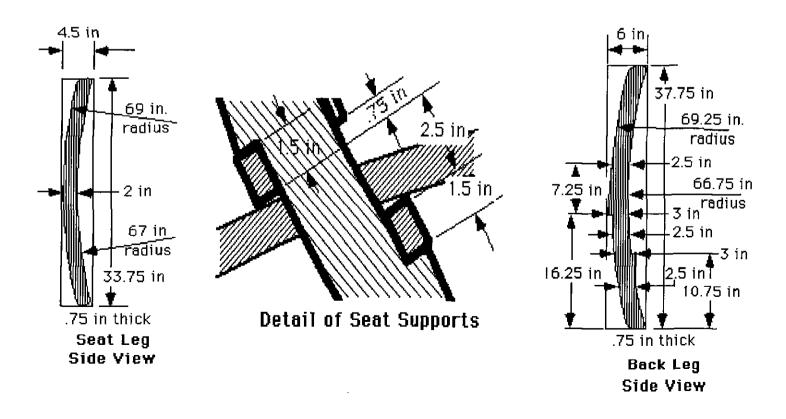


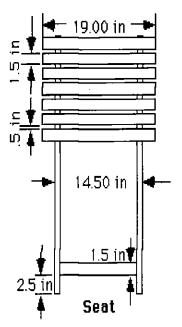
In looking for an interesting, but useful, project for you to sink your teeth into, we came across this handy-dandy little item to make your time around the campfire (or visiting your friends at the next campsite) at Moots or Crew camps a lot more comfortable. The hardest part of this job is doing the layout work prior to cutting the legs.



These plans are based upon several designs used by scouts. Some people call this a scissors chair. The chair is composed to two pieces: the seat and the back. The two pieces slip together and require no fasteners when used. When carried the seat stows between the sides of the back for a very compact package.

Note: the legs are cut out of larger pieces so they can be curved.





All pieces are cut from a strong hardwood like oak. The Seat Legs and Back Legs are cut from these pieces to formed curved pieces. The Seat Leg is 2" wide. The Back Legs are 2.5" wide except for regions that taper to 3" wide to form 1/2" backstops for seat supports. See the seat support detail.

If a softwood or plywood is used it is best to increase thickness of the legs from .75" to 1" and increase the thickness of the slats from 3/8" to 1/2". All parts are glued with water-proof glue and fastened with 4d galvanized finish nails or rust resistant screws.



Chair nested for carrying.

Assembly Notes:

- 1. Choose strong pieces of wood for the chair.
- 2. The slats for the back and seat are 3/8" (actual dimension) material mounted on 2" centers.
- 3. The other pieces are 3/4" (actual dimension) material.
- 4. The back has 1/2 inch notches as shown in seat support detail to back up the two seat supports.
- 5. Sand all pieces to prevent splinters.
- 6. Use rust-resistant screws and water-proof glue.
- 7. Use water-proof glue and screws to fasten the seat supports and spreaders to the legs.
- 8. Use water-proof glue and 4d galvanized finish nails to fasten the slats in place.
- 9. Finish with a nontoxic penetrating exterior finish.
- 10. For the light version:

Item	Quantity	Dimension	Notes
Seat Legs	2	$3/4$ x $4^{1}/2$ x $33^{3}/4$	10.5" apart on outside to outside
Back Legs	2	<sup>3</sup> / <sub>4</sub> " x 6" x 37 <sup>3</sup> / <sub>4</sub> "	11" apart inside to inside
Back Slats	11	3/8" x 1 <sup>1</sup> /4" x 15"	spaced on 2" centers
Seat Slats	7	$3/8" \times 1^{1}/2" \times 15"$	spaced on 2" centers
Seat Support	2	$3/4$ " x $1^{1}/2$ " x 14"	
Seat Spreader	1	$3/4" \times 1^{1}/2" \times 9$	
Back Spreader	1	$3/4$ " x $1^{1}/2$ " x $11$ "	



The 64th Knights of the Lake Rover Crew are proud to present

# THE QUEST OF THE MILLENIUM

This once in a lifetime event will be held on May 27, 2000, at the Scout Service Centre 508, 12 Street East in Saskatoon, Saskatchewan. Participants are asked to be at Saskatoon's Scout Service Centre no later than 12 Noon for marshalling and instructions.

Pre-registrations are due May 12, 2000 accompanied by a cheque for \$5.00 per participant.

Registrations will be accepted at the door, but will cost \$7.00 per participant.

Pre-registrations are important because participants are given supper, prizes, and a badge for their efforts.

Information on THE QUEST OF THE MILLENIUM can be obtained by contacting:

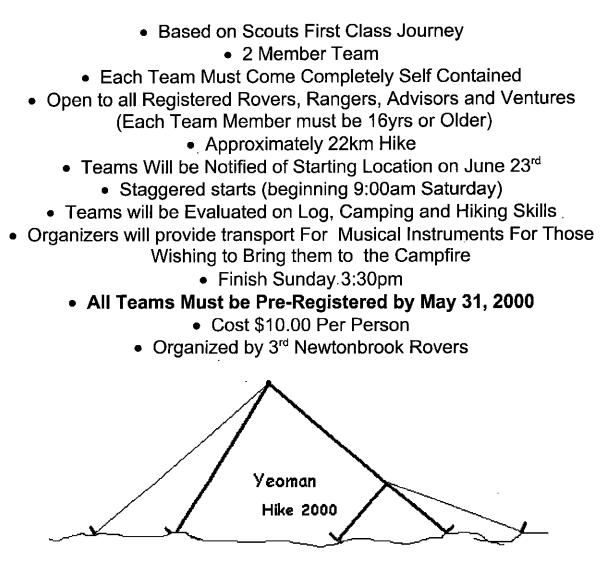
Scott Nesbitt: e-mail <u>nsn116@mail.usask.ca</u> Amy Morose: e-mail <u>agm210@mail.usask.ca</u>

S. C.

See you there!

# **YEOMAN HIKE 2000** June 24<sup>th</sup> and 25<sup>th</sup>

# Fun/Competitive 2 Day Hike



For More Information or to Register Call or Write:

Kirby McCuaig (Advisor) 3<sup>rd</sup> Newtonbrook Rovers H-(416) 226-2296 jmccuaig@pre-con.com 3<sup>rd</sup> Newtonbrook Rovers 211 Churchill Ave Willowdale, Ontario M2R 1E2 Nicola Bone 3<sup>rd</sup> Newtonbrook Rovers H-(416)398-3380

# YEOMAN HIKE RULES

- 1. This is a Scouting event. By-laws, Policies and Procedures must be adhered to.
- 2. Do not put your name anywhere on the log or any other material to be turned in. Use only your team number!!
- 3. Team numbers will be provided. Please have team numbers clearly visible at all times. Return team numbers with log.
- 4. You will be provided with an **emergency** envelope, if opened you will be disqualified. Return the envelope with the log.
- 5. You will be allowed 50lbs, maximum per team. Weight should be evenly distributed between the members of the team.
- 6. You must have a tent or some form of suitable shelter.
- 7. With respect to co-ed teams or youth/adult teams, if the team elects to sleep in separate tents, the organizers will transport the lighter of the two tents. The weight of the lighter tent will not be counted in the 50lbs.
- 8. You must each have suitable sleeping equipment..
- 9. You must have a repair kit.
- 10. You must have a First Aid Kit.
- 11. You must wear your Scout or Guide Uniform (waist up) and neckerchief while hiking.
- 12. Cooking fires are not permitted on your campsite. You must be equipped with a stove and fuel.
- 13. Each team must be self-contained. Sharing tents, stoves or other equipment with other teams is forbidden.
- 14. All food and equipment must be carried from the starting point. Teams are on their honour not to make any purchases of food or equipment along the hike route, nor use any conveyance unless so directed by the officials.
- 15. Camping is to be **NO TRACE**. Points will be deducted for any noticeable evidence of campsite use.
- 16. Saturday dinner must be cooked and consist of:
  - 1 protein
  - 1 vegetable
  - 1 starch (potato, rice, noodles)
  - a dessert
  - a drink
- 17. Log must contain:
  - a) a hand drawn overall map of the route
  - b) sketches of interesting sites
  - c) a complete list of equipment being carried
  - d) a complete menu
  - e) solutions of challenges, if such materialize
- 18. Notebook for final log will be supplied by the organizers. Log must be turned in as you cross the finish line.
- 19. No drugs, alcohol, or firearms permitted.
- 20. Teams will consist of two members, with each member being 16 years of age or older.
- 21. No Global Positioning Systems (GPS) are permitted.

# **TEAM REGISTRATION FORM**

Name:	Name:
Address:	Address:
Phone #:	Phone #:
Age:	Age:
Health Card #:	Health Card #:
Crew:	Crew:
Address:	Address:
Emergency Contract:	Emergency Contract:
Name:	Name:
Phone #:	Phone #:

I certify that the above named competitors are currently registered members of Scouts Canada or Girl Guides of Canada. (Hikers may be requested to produce proof of registration).

\_\_\_\_\_Phone #: \_\_\_\_\_

(Signature of Leader)

This form MUST be returned to the Yeoman Hike Committee post marked no later than May 31st

ς.

The entry fee of \$10.00 per person must accompany the registration form.

Please make cheques payable to: 3<sup>rd</sup> Newtonbrook Rovers

# Meet the Crew

### The Queen's Rovers



Lord Baden-Powell considered Scouting an education in life. Therefore, it only seems to make sense that Scouting should be an integral part of a university experience. This philosophy was the main driving force behind the establishment, in April 1999 of *The Queen's Rovers*, in Kingston, Ontario.

We are a new Scout Group sponsored by Queen's University. Currently there are ten Rovers in the Crew ranging from first to fourth year in all faculties, and

Chris, Allison, Will and Ian bowling in Ottawa. to fourth y

recruitment prospects are great! In our short existence, we have already become quite involved in the local Scouting communities both within Kingston and in Voyageur Region.

Its exciting to be part of a group with so many people with diverse backgrounds and Scouting experiences. Although most members are from Southern Ontario, Stephen comes to us from as far away as Boston, MA and both Ben and Lexa from Kirkland Lake, ON. Allison and Chris are former members from Burlington. Duane is a former Venturer from Stouffville. Will is a Troop leader from Tillsonburg, south of London. Mike is a Rover from Hamilton. Andrew and Ian are Rovers from Mississauga and



Andrew, Allison, Mike and Duane at Snow Moot Frontenac Scout Group.

North York respectively. Miraculously, we have come together to be excellent friends.

From 1972-1983, the 25<sup>th</sup> Kingston *Frontenac* Rovers were a very successful and active Crew affiliated with the University. They were active in the Ontario Rover Round Table, and organised Moots in the local area. The Crew's claim to fame came when they succeeded in making the world's largest pancake! To reflect this heritage, *The Queen's Rovers* are chartered as the 25<sup>th</sup> Frontenac Scout Group.

In keeping with the active tradition of the *Frontenac* Crew, our first event was the Voyageur Region white water canoe course in Petawawa. We've also helped with the Hallowe'en Harvest food drive, one of Kingston's most successful, and we have

participated in Voyageur Rover weekends in both Ottawa and Petawawa. As hosts for the October Regional meeting, we organised a haunted tour of the old city and other events. We attended our first Moot in February (where we won the car rally yay!) and plan on many more activities in the summer and during the next academic year.

Our Crew already has quite a reputation around Voyageur Region. Not only for having kilts as part of our official Crew uniform, but also for packing <u>way</u> too many people into cars for road trips (6 into a Cavalier and 9 into a Caravan so far.) We held our first investiture ceremony at Mt. Nemo Scout Camp in Burlington, ON during Snow Moot - we even had a broadsword! The four members who have previously been Rovers reaffirmed their promises that time, but everyone else will be knighted sometime this summer! We're just working on our Squireship programme now...



Lexa, Ben and Stephen.

Upcoming activities include attending Moots around southern Ontario during the summer, and the World Scout Moot in Mexico during July. A Venturer-Rover transitional activity is already in the works for next year.

For more information about *The Queen's Rovers* see our web page at: http://www.ams.queensu.ca/rovers.

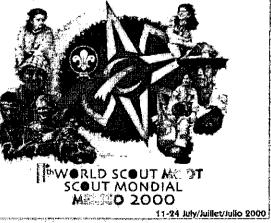
Yours in Scouting Allison Daley, Michael Logan The Queen's Rovers



Bill Holden, the Canadian contingent leader to the World Moot scheduled for Mexico this July, reports that a few extra spaces have opened up.

Spaces for all country contingents had been allocated at the beginning of the registration period, and some countries found that they didn't fill their quotas. These slots have been released for use by countries that had more people than openings.

If you're interested, contact Bill at: <holden@oanet.com>





# Camp Attawondaron Scout Camp Grand Bend, Ontario

Pre-registrations Due by July 7, 2000 \$15.00 Pre-Registration, \$15.00 at the Gate With Pre-registration includes the Pig Roast, Gate Registration does not include the Pig Roast

·	
Group Name:	
Group Contact:	
Group Address:	·
Group Phone Number:	
Number Pre-Registered:	x \$ 15.00 =

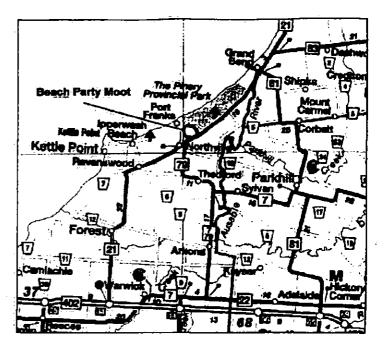
Please mail registrations to:

Kyle Winter RR#3 Petrolia ON, N0N 1R0

email: beachpartymoot2000@hotmail.com

phone: Kyle @ (519) 331-7619

Registrations to be received by July 7, 2000



**Rules of Conduct** 

- Follow the Guidelines of the Scouting and Guiding Movement.
- You must registered members of the Scouting or Guiding Movement.
- No drugs, firearms, alcohol, explosives permitted.
- No cars allowed over the hill, unless you are injured, pregnant or other medical reasons permit.
- If rules of the Moot are not complied with the Staff of Beach Party Moot 2000 will ask you to leave for the remainder of the weekend (with no refund).
- Venturer and Ranger Advisors must be present and responsible for there groups for the duration of the Moot.

You must be at least sixteen years of age to attend.



Personal fitness does <u>not</u> mean having a sculpted body and posing for weight lifting magazines. It <u>does</u> mean getting your body into a healthy state with a reasonable weight for your height and body structure, a firm muscle tone and being able to do some physical activity without wheezing. This column is *NOT* intended to replace your doctor, nutritionist or a certified trainer. It */S* intended to give some common sense suggestions concerning exercise, nutrition and keeping fit.

# **Opposites Attract** Antagonist Dumbbell Workout Builds Upper Body Muscle Fast !

In the past few years, my work schedule has become so hectic that my workout schedule sometimes suffers. Although I primarily lift weights in a gym near my office during lunchtime, I've also had to invest in a set of dumbbells for my home. In truth, I picked up a set of Power Blocks selectorized hand weights, but they're technically dumbbells, anyway.

Home training, I've found, can be both invigorating and excruciating. It's invigorating to go out to your garage or backyard and pump iron whenever the mood strikes you, but exercising alone can be excruciatingly boring. As a result, I've experimented with a number of methods to spice up my training sessions while providing significant musclebuilding benefits. In other words, I don't go for something different just to add a change of pace. If it doesn't work, it isn't for me.

Fortunately, I've rediscovered a workout methodology I've often used in the gym when time was short and applied it to home training. The result has been spectacular: My sessions are fast paced and extremely effective, providing a significant pump and adding to my strength. Best of all, workouts last less than an hour and I can hit my entire body.

The key to my newfound progress is *antagonist training*. No, I don't work out with one of my neighbors who antagonizes me, nor do I get angry at the weights. Antagonist in this sense means an opposing bodypart. By exercising one region (chest, for example) for a single set and then targeting the opposing bodypart (back) on the following set, you can stimulate both regions and work the body evenly. The result is greater power in both muscle groups, a quick alternating set and improved symmetry over time. (Agonist, on the other hand, means a like bodypart, as in the chest and triceps.

The best way to perform an antagonist workout is through supersetting, where you do both exercises without any rest in between. Pump out a set of bench presses, get up and begin doing bentover rows. Ten or so reps of each is sufficient, provided you feel the muscles working. Only then do you rest for 1-2 minutes before launching into the next superset. About 3-5 antagonist supersets are all it takes to work two opposing bodyparts. At this point, rest for 3-5 minutes and move on to the next exercise pairing.

Aside from blasting your muscles into submission and growth, superset training helps burn more calories than traditional programs. Because you are in an almost constant state of motion, you'll soon be huffing and puffing and sweating your brains out. This bolsters your metabolism and will allow you to torch bodyfat stores. It also enhances your muscle endurance, which is beneficial if you play any sports in your spare time.

A word of caution, however: Just because you are utilizing a fast-paced regimen doesn't mean you should per-

### by Steve Downs C.S.C.S.

form the actual movements fast. Utilize a 2-2 speed, taking about two seconds to perform both the positive and negative motions of each individual exercise. Remember, exercise form is critical for not only making substantial gains, but also avoiding injuries. And, if you're training at home without a spotter or partner, the last thing you need to do is strain a shoulder or pull a muscle by practicing poor technique.

Finally, schedule your antagonist upper body regimen on three alternating days per week (i.e., Monday, Wednesday, Friday). Be sure to do the legs on Tuesday and Thursday and take the weekends off completely. When setting up your leg program, use the same opposing technique as described above. Such movements can be done with free weights at home or in the gym using weights or machines. Good examples are leg extensions/leg curls; forward lunges/ reverse leg kicks; slow negative squats/ power squat jumps; and calf raises/tibialis flexion.

Do you need a quick fix for home training that forges upper body muscle while burning bodyfat? Antagonist training provides everything you need.....and fast!

While this article appeared in the December 1998 edition of "Exercise for Men Only", women should not consider themselves barred from doing these e<sup>1</sup>/<sub>2</sub>ercises.

# **DUMBBELL BENCH PRESS**

Lie on your back on a flat bench, holding a dumbbell in each hand over the chest in a palms-down grip, with the ends of the weights a few inches apart. Bend the arms and lower the weights until they are beside the shoulders. Press back up to the straightarm position and repeat. After 10 reps, move without rest to One Arm Dumbbell Rows.

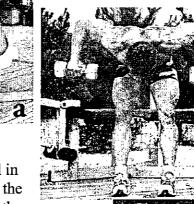


# ONE ARM DUMBBELL ROWS

Position yourself on a flat bench with the right hand and knee on the bench. The left foot should be on the floor, Hold a dumbbell in the left hand and let it hang near the ground, with the palm facing the bench. Pull the weight up to chest level, keeping the elbow out to the side. Pause briefly and lower the weight back to the starting position. Perform 10 reps and switch arms for an additional 10 reps to complete the superset.

# BENT-OVER LATERAL RAISES

Grasp a dumbbell in each hand and begin standing. Bend forward at the waist, flexing the knees slightly and hanging the weights down toward the floor with the palms facing rearward. Without jerking the torso upward and keeping the elbows only slightly bent, lift the arms up and out to the sides until the weights are even



with the chest. Lower back down under control and repeat. Perform 10 repetitions to complete the superset.

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### **DUMBBELL FLYES**

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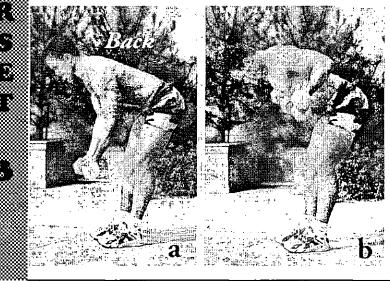
Lie on your back on a bench, holding a dumbbell in each hand over the chest in a palms-in grip, with the weights close together. Lower the weights out to the sides in a flye motion, stopping when the arms are even with the torso. Reverse direction and return to the starting position. Perform 10 repetitions and move without rest to Bent-Over Lateral Raises.

### **TWISTING (ARNOLD) SHOULDER** PRESS

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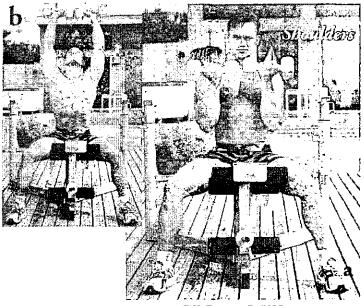
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Sit or stand upright, holding a dumbbell in each hand before the chest with the palms facing the shoulders. Without arching the back, push the weights upward, twisting the weights on the way up so the palms face forward at the top, with the dumbbells close together. Pause briefly and lower the weights back down to the



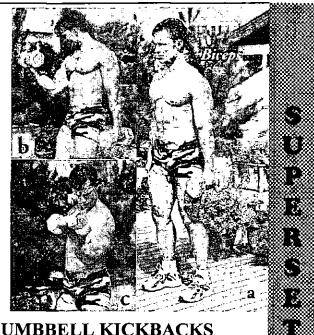
### ALTERNATING DUMBBELL CURLS

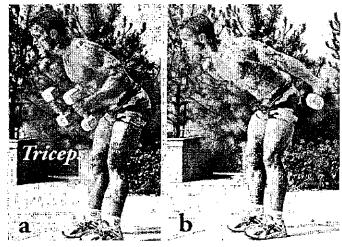
Stand upright, grasping a dumbbell in each hand at the sides so that the palms of the hand are facing your thighs. Starting with the right arm, curl the dumbbell upward slowly, keeping your upper arm stationary. As you curl the dumbbell upward, turn the dumbbell so that in the fully contracted position the palm faces your chest; do not relax the biceps in this position. Lower the dumbbell slowly, reversing the motion Until you have returned to the starting position. Repeat the exercise with the left arm to complete one repetition; repeat with both. Perform 10 repetitions per arm in an alternating fashion and move without rest to Kickbacks.



# BENT-OVER CURL-GRIP ROW

Hold a dumbbell in each hand and bend forward, hanging the weights beneath the shoulders in a curl (underhand) grip. Keeping the head up and torso parallel to the floor, pull the weights up along the outside of the chest in a rowing motion, keeping the elbows close to the body and pulling them back and in. Pause briefly and lower them back down to the straight-arm starting position. Perform 10 repetitions to complete the superset.





### **TWO-ARM DUMBBELL KICKBACKS**

Hold a dumbbell in each hand and bend forward, keeping the upper arms against the sides but bending the elbows so the forearms hang toward the floor. Keeping the head up and torso almost parallel to the floor, straighten both elbows so the arms are rigid alongside the body. Pause and bend the elbows to lower the forearms back to the hanging starting position; repeat. Perform 10 repetitions to complete the superset.

# SEATED CONCENTRATION CURLS

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Sit on a bench with the legs spread, grasping a weight in one hand. Bend forward at the waist and begin with the back of the working arm against the inside of the same leg. Starting with the arm almost straight, bend the elbow and curl the weight upward to fully flex the biceps. Pause and lower back down under control; repeat. Perform 10 repetitions and move immediately to Overhead Extensions With the same arm. Then return back to Curls to work the opposite arm, finishing again with Extensions.



# **OVERHEAD TRICEPS EXTENSIONS**

Stand upright, holding a dumbbell in one hand behind the head with the elbow bent and facing skyward. Keeping the upper arm motionless, extend the weight overhead fully by straightening the elbow. Pause briefly and lower back to the starting position; repeat. Return again to Concentration Curls for the opposite arm and finish the two-superset series with Extensions for the opposite arm.

# Jamboree on the Trail.....in Alberta

nielsen@calcna.ab.ca

The 2nd Annual Jamborce On The Trail was a smashing success, at least out here in the West. More Rovers participated in Alberta than Venturers! For those of you who haven't heard of **JOTT** it is an annual, international, event open to all Scouts and Guides. It is a day set aside once a year for Scouts all over the world to go hiking in their local area, but participate in much more. Anyone from Beavers to Rovers to Guild members can participate.



As for **JOTT'99**, we had Rovers all over the place! We had Rovers participating in Whitehorse, Yukon, Shawnigan Lake and Gibsons, B.C. and Lethbridge, Alberta. The 1st Burns Lake Rover Crew hosted their annual Venturer/Rover overnight hike (15km) in B.C.'s Northern Region. The 187th Excalibur Rover Crew, Edmonton, participed with their group at their annual bar-b-q and the 101 Glendale Rover Crew, Calgary, was hiking in Italy that day!

Registration is *free*, so if you participate, **REGISTER**, even after the fact, with me, and tell me lots of stories. you can do anything from backpacking trips and service projects to playing with the younger sections. Commemorative crests and walking stick medallions are available for \$1.50 each. Get your Group involved! This year's **JOTT** will be held on May 13th, 2000. Hope to see you all there!

Happy Trails,

Kathy Nielsen, Knights of Sicarius Dracorum JOTT Western Coordinator 2624-34 Ave. NW Calgary, Alberta T2L 0V5



# **COLORFUL KIELBASA**

# This stick to your ribs dish is sure to satisfy the heartiest appetite. You can make it from stove top to table in 30 minutes.

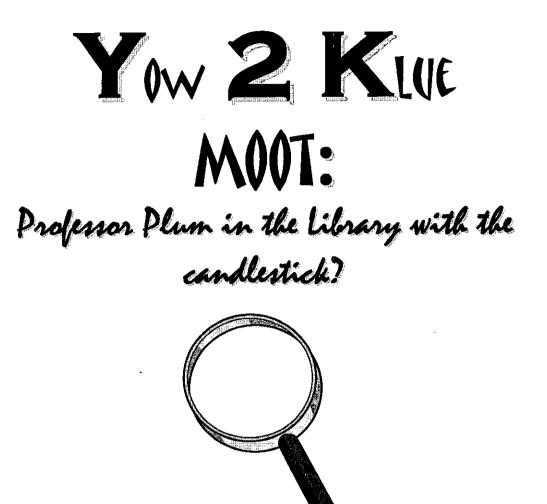
- 1 can (10 3/4 ounces) condensed cream of celery soup (undiluted)
- 1<sup>1</sup>/<sub>2</sub> cups water
- 1 tablespoon butter or margarine
- 1 pound smoked Kielbasa (smoked Polish sausage), cut into ½ inch pieces
- <sup>3</sup>/<sub>4</sub> cup uncooked long grain rice
- 1 package (10 ounces) frozen peas
- 1 package (10 ounces) frozen corn (optional)
- 1 jar 4<sup>1</sup>/<sub>2</sub> ounces sliced mushrooms (drained)
- 1 cup (4 ounces) shredded cheddar cheese

### IN SKILLET

Combine soup, water and butter; bring to a boil. Add kielbasa (Polish Sausage) and rice; cover and simmer about 18 minutes (or until rice is almost tender. Stir in peas (and corn, if desired) and mushrooms. Cover and simmer 15 minutes or until rice is tender and peas are heated through. Sprinkle with cheese; cover and let stand until cheese is melted.

Make 4-6 servings

.... From Taste of Home's Quick Cooking Collector's Edition 1999



SEPTEMBER 29-OCTOBER 2, 2000 (AMP OPEMIKON, OLD ORCHARD (THE REST IS A MYSTERY)

RICHARD THE LION-HEART ROVER CREW EMAIL: <u>RTLHRC@HOME.COM</u> PHONE: KRISTINA OR KEVIN (613)721-6833

# WINDSOR DISTRICT'S 5TH ANNUAL TRIATHLON

# May 26 - 28, 2000 Camp Cedarwin Windsor District Camp Windsor, Ontario, Canada

\$12.00 Canadian / person before May 5th, \$15.00 after
\$10.00 American / person before May 5th, \$12.00 after
Please make cheques payable to <u>"Scouts Canada"</u>

For more information and/or a registration package please call Keith Campbell (Registar) (519)735-8509 or (519)972-5101

THIS EVENT IS OPEN TO ALL MEMBERS OF SCOUTING BETWEEN THE AGES OF 13 - 99











If you're not a big veggie eater, then the best part of learning about Stinging Nettles will be how to recognize them so you can avoid them! And if you've already ever been stung by a Nettle you'll think I'm crazy for suggesting you eat them. But really, the benefits of this tasty vegetable far outweigh the nastiness of the sting.

Stinging Nettles are found all over North America and are just as likely to be found in patches in open fields as they are to be in wooded areas along hiking trails. Mature plants can be up to 3 or four feet tall with bright green foliage. The leaves are shaped similar to mint leaves but larger and soft textured with jagged serrations and tiny fine hairs on the undersides. The stems are also covered with hairs and are deeply grooved. Adult plants have little stemlets covered with tiny seed pods and can have a strong smell like urine.

Touching the leaves or stems brings a moderate to severe burning sensation that eventually subsides into pins and needles tingling. The irritation can last from a couple of minutes to overnight for a severe sting (think of picking many leaves with your bare hands). This can be relieved somewhat by a thorough washing of hands with cold water and soap but the best relief can be had by applying a fresh leaf from a young Burdock plant. The Burdock will instantly stop the burning sensation and reduce the inflammation caused by the activation of your immune system to the irritants in the Nettle. Fortunately, thanks to the wisdom and sense of humour of Mother Nature, Burdock often grows side by side with Stinging Nettle.

I know you're wondering why on earth anyone would ever try eating something like I just described--don't ask--just be grateful that you weren't the first one to try it! The three best ways to use Nettles are as a tea, cooking the leaves as a vegetable (think spinach), and steeped in water as a hair rinse (aging Rovers listen up!).

For tea: pick leaves carefully--(latex disposable gloves are great), place a cup of loosely packed leaves in a pot or teapot and cover with 3 or 4 cups of boiling water. Steep for 5 to 10 mins. Nettle tea is a fantastic blood purifying agent and aids in cleansing the liver, kidneys and intestinal tract. It acts as a diuretic, flushing toxins out of your system. Do not drink more than three cups of Nettle tea per day. Another wonderful effect of drinking Nettle tea is relief of Hay Fever symptoms--there have been many cases where drinking one cup of Stinging Nettle Tea per day from November to April has avoided all symptoms of Hay Fever in the spring pollen season! The tea can also be cooled and used as an external application (once steeped the stinging effect is gone--obviously)as a hair rinse. Use after shampooing and rinse thoroughly then condition as usual. Many organic shampoos use Nettle as an ingredient already but using the rinse on a regular basis (and/or drinking the tea) has a fantastic effect on your hair--it has even been known (I've seen this) to turn grey hair back to it's original colourI--over the space of a few months' use.

To use Nettle as a vegetable, pick the tender leaves early in the spring--pick as many as you can find as they freeze well in plastic bags and can be used all year from the freezer. They also dry well and can be used crushed or powdered. Fresh or frozen, Nettle can be boiled in water or sauteed with onion or butter--as you would with fresh spinach. Once cooked you can easily substitute it in your favourite spinach recipes--such as eggs florentine or quiche florentine. Do not eat Nettle more than once a week as a vegetable as an overdose can bring on an uncomfortable renal colic.

As you've not doubt noticed by this point of my article the key word when using Nettle is *moderation* but don't be scared away from this tasty and nutricional plant. The benefits to your body are well worth even the worst sting that a North American Nettle can cause.

Enjoy!

Yours in Rovering

Tammy Squires

Welcome New Subscribers Al Stewart-1st Parris Rovers, Ontario Brian Elder—1st Port Dover "Sea Wolf? Crew, Ontario Anne MacDonald- Kitchener, Ontario Katherine Nielsen—Knights of Sicarius Dracorum Calgary, Alberta Alan Griffin—Nepean 112 Ottawa, Ontario

Michelle Babcock-Ist Port Burwell, Ontario

Stephen Wilson—1st Westfield Rovers: New Brunswick Howard Teal—1st Holland Landing Black Knights—Keswick, Ontario Kevin Gats—2nd Aurora, Ontario

Doug French—21st Hamilton, Ontario Jim Fell—5th Flin Flon Rovers Flin Flon, Manitoba Jennifer Levitt—Atironta Region, Ontario

Robert Hall—Burlington District, Ontario

## Our editor really isn't a dinosaur, he only looks that way. Contrary to popular opinion, he ISN'T a contemporary of BP HOWEVER, he did just receive recognition for 50 years of continuous registration and service with the same

Scout group from the BSA, where he's been promoting the Rover program for over 25 years. Stan has also completed 20 years registered in advisor/committee positions with the 3rd Newtonbrook Rover Crew in GTR.

Send your FREE announcments

14 APR 19

We sold our cow, MOOOOO We sold our cow, MOOOOO We have no use for your Bull now!

to: The Canadian Rover Eh! 844 Fredrick St or Kitchener, Ontario, N2B 2B8

# Announcements, Announcements, Announcements.

UPCOMING WEDDING Michelle Currie, co editor of "The Canadian Rover Eh!" plans to tie the knot on May 6, 2000. The lucky groom is Kitchener native Graham Rae. The happy couple will settle in their new home in Kitchener, Ontario. We wish them both all the best for many years to come.

# HAPPY 19th GILLIAN

Gillian Gothard of the Pas Philos Rovers in Newmarket, is turning 19 on April 27. Send e-mail cards to:

gilligan27@hotmail.com! Thanks! From Ali, Jackie, Diana,Ellen, and Brian

# **CONGRATULATIONS!**

To Trevor Oakly, assistant advisor with

Ist Waterloo Rovers on his engagement to Leslie Darosa from Waterloo. We wish you the best of luck

canadian\_rover@hotmail.com

# WHO WANTS TO BE A MILLIONAIRE?

A husband is being very romantic trying to entice his wife into bed when she abruptly responds, "I have a headache so I'm not in the mood." The husband responds, "Is that your final answer?" to which the wife says "I'm positive." The



husband responds, "All right then, I guess I'm going to have to phone a friend."

# FISHING IN CANADA



There were two 'good old boys' who loved to fish. They wanted to do some ice fishing that they'd heard about in Canada, so they took off to try it. The lake was frozen, so they stopped just before they got to the lake at a little bait shop and got all their tackle and an ice pick. After they got their

equipment, they took off. In about two hours, one of them was back at the shop and said, "We're going to need another dozen ice picks". He paid for the picks and left. In about an hour, he was back at the shop and said, "We're going to need all the ice picks you've got." The bait man couldn't stand it any longer. "By the way," he asked, "how are you fellows doing?" Not ver well at all," the fisherman said. "We don't even have the stupid boat in the water yet."

# TYPICAL STUDENT



It had been snowing for hours when an announcement came over the intercom: "Will the students who are parked on University Drive please move their cars so that we may begin plowing."

Twenty minutes later there was another announcement: "Will the twelve hundred students who went to move 26 cars return to class."

REDUCE

SPEED

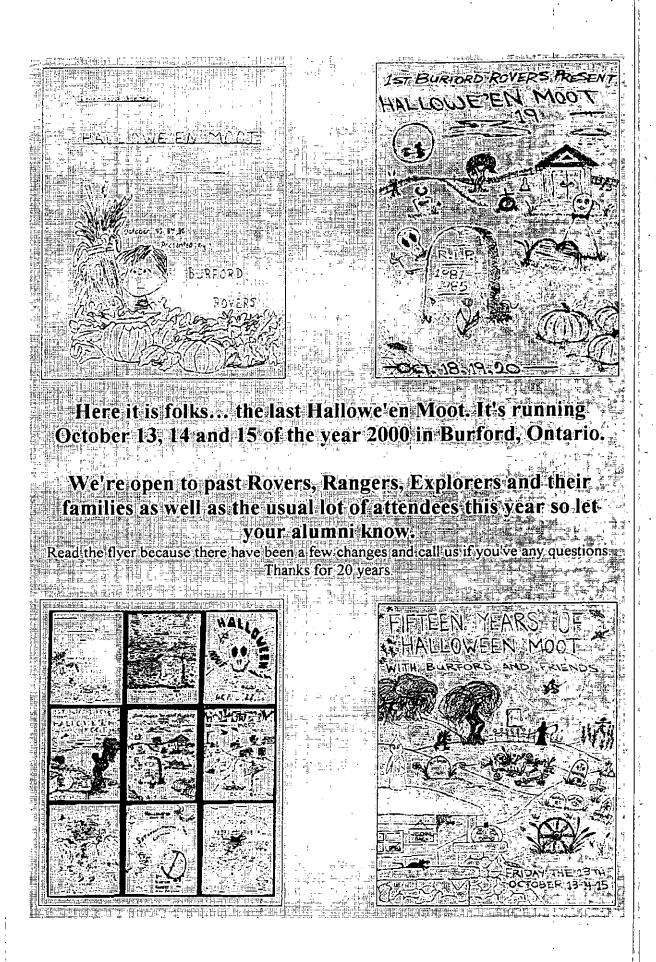
# Little Johnny

Teacher: Why are you late? Little Johnny: Because of the sign. Teacher: What sign?

Little Johnny: The one that says, 'school ahead, go slow.' That is what I did.

Top 10 Reasons to Procrastinate:

U 0 n









# Hallowe'en Moot 2000

### It's just a traditional Hallowe'en celebration

Presented by the Burford Rovers (Past & Present) and Friends

Problems or questions? Call Stu or Mary Murchie at (519) 449-2289

Or e-mail us at: halloweenmoot@hotmail.com Try our website at: http://members.xoom.com/halloweenmt Monte has put a lot of interesting stuff up there for you to look through.

### Friday October 13th

12 noon	Registration opens
5:00 pm	Supper
8:00 pm	Gang show
12 midnight	Bonfire
2:00 am	Curfew

### Saturday October 14th

9:00 am	Official camp opening
9:45 am	Social events and Kids' events
12:24 pm	Lunch (provided)
1:30 pm	Crew Events & Car tour
5:00 pm	Supper
7:30 pm	Form in parking lot for Dance
8:00 pm	Children's camp circle - Agricultural hall
8:30 pm	Costume judging
1:00 am	Bonfire at park
2:00 am	Curfew

#### Sunday October 15th

10:30am	Rover's own
11:30am	Closing



# **PRE-REGISTRATION FORM:**

Name of Crew, Company, Post or Family:

Mailing address:

Postal Code:

Name of responsible adult attending camp:

Telephone # of contact:

email address:

Number attending WEEKEND: DAY:

# **REGISTRATION FEES:**

Advance \$10.00 - if received on or before September 30, 2000. Gate registration \$13.00 Children 5 and under are FREE (no crest) Children 6 to 10 years old \$5.00 (no crest) Day registration \$13.00 until 2pm Saturday.... after 2pm \$6.00 (no crest)

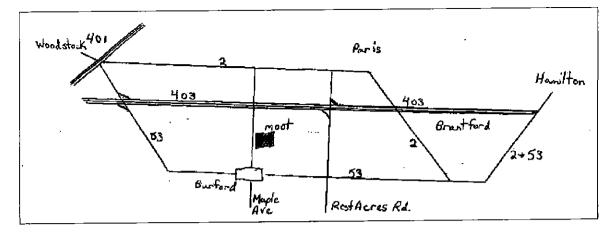
PLEASE ENCLOSE A LIST OF NAMES OF THOSE ATTENDING

VENTURER COMPANY REGISTRATIONS MUST BE ATTACHED TO AND SENT IN WITH THEIR SPONSERING ROVER CREW'S REGISTRATION OR IT WILL NOT BE ACCEPTED

#### PAST ROVERS, RANGERS & EXPLORERS ARE WELCOME TO REGISTER AND BRING THEIR CHILDREN TO CAMP.

#### FAMILIES WILL EACH NEED THEIR OWN REGISTRATION FORM

Please make cheque payable to: HALLOWE'EN MOOT Mail to: Burford Rovers, P.O. Box 337, Burford, Ontario, Canada NOE 1A0



Toronto/Hamilton Region: Use the Rest Acres off-ramp on Highway 403, go south to the stoplight, then turn right onto Highway 53. Go to the 2<sup>nd</sup> set of lights (Maple Ave) Turn right.

London/Windsor Region: Use Highway 401, to Highway 53 east

If you're lost or in need of assistance you can call Stu's cell phone at (519) 754-7767 between 2pm and 1am on Friday, October 13<sup>th</sup> only

ATTN: Within this flyer you will see copies of each of the covers from our past moots. Bonus points towards the trophy will be given if you can correctly match each cover up with the year it was used in. Turn your list of guesses into Registration before the dance on Saturday night.



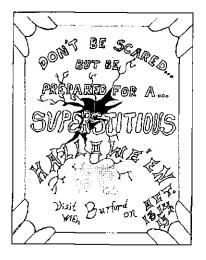


**Rules and Regulations** Please read them, they're different this year

- 1. The moot is open to registered Rover Crews, BP Guilds, Explorer Posts, Ranger Companies and Venturer Companies (with some restrictions). All participants must be in good standing with their units.
- 2. VENTURERS MUST BE SPONSORED BY A REGISTERED (and attending) ROVER CREW. The Rover Crew must have more than one member attending the Moot. A Rover Crew can sponsor one Venturer Company. The Rover Crew is responsible for all the Venturers sponsored by the Rover Crew. Problems from either group could result in the immediate expulsion of both groups from camp without refund. The Rover Crew and Venturer Company must camp beside one another. Both groups are to participate in weekend activities together.
- 3. Rovers, Rangers, Venturers and Explorer Post members **MUST BE AGE SIXTEEN** (16) or older (ID required). Groups not following the rules will be asked to leave with no refund.
- 4. This year's Hallowe'en Moot is also open to PAST Rovers, Rangers and Explorers. People in these categories are invited to bring their children with them as long as they realise that they must take responsibility for their own families. This means any person under 16 years of age in the camp must be under the direct supervision of their parent.
- 5. Due to complaints in the past PLEASE LEAVE YOUR PETS AT HOME.
- 6. Anyone found consuming, in the possession of, or under the influence of alcoholic beverages or drugs while taking part in camp activities risks arrest and the immediate expulsion of their entire group from the campground
- 7. Cutting of live trees will not be tolerated. Wood will be provided.
- 8. NO GROUND FIRES! Fires must be eighteen (18) inches above the ground
- 9. The staff of Hallowe'en Moot are not responsible for lost, stolen or damaged articles.
- 10. Car permits will be issued upon arrival. Permits must be visible. Vehicles parked on the site must stay on the site. Sites are assigned upon arrival.
- 11. All Rover and Ranger rules will be in effect.
- 12. Rangers wishing to attend must obtain private sanction.







### **Event Briefs:**

#### BONUS POINTS WILL BE AWARDED FOR PARTICIPATION AT THE GANG SHOW ON FRIDAY NIGHT

**Tombstone Design:** Any crew wanting to participate may enter the competition. Create and bring your own tombstone. On it have your crew name as the deceased. Be creative. You can also put a short limerick on it as to how your crew met its fate. An award will be given for the best-dressed tombstone. On Sunday after closing all tombstones may be taken away if you want them since this is the last year for the moot.

Car Tour: Waiver forms will be available at registration after opening.

Dance and Children's camp circle: Both will be held in heated halls in town. Directions will be supplied. There will be awards for the best costumes. Dancing will be held in one hall, the Children's camp circle and any card games, etc will be in the other. The judging for the costumes is at 9pm in the agricultural hall.

Jack O'Lantern Carving: Pumpkins will be distributed upon arrival at the moot. One per group, please. Carved pumpkins will be judged and points will go toward the main trophy (this has been a tie-breaker contest in the past, folks).

General Information: A tractor will be provided to haul you gear to the campsites. All groups come selfcontained. There are motorized camper sites available, but please pre-register and pre-pay if you would like one. No hydro is available in the backfield. There will be a canteen selling hot and cold beverages and snacks at the pavilion. A Saturday lunch will be provided for all <u>BUT</u> <u>PLEASE BRING A PLATE AND BOWL TO THE</u> <u>LUNCH LINE</u>. The main Moot trophy will be awarded to the group with the most points at the end of the weekend. The trophy will be engraved accordingly but will stay in Burford.



# ORC Annual Meeting

Saturday, 13 May 2000

**Greater Toronto Region** 

All Rovers, Advisors, B.P. Guild members and anyone interested in Rovering are invited to attend. The Meeting and Awards Dinner are full uniform events.

# **Annual Meeting**

Saturday, 13 May 2000 2:00 pm

Church of Jesus Christ, Latter Day Saints. Broadview Branch 1099 Broadview Avenue (North of Mortimer and Broadview Ave) (Beside the Convenience Service Station)

- Join us as we celebrate the successes of the 1999/2000 Scouting Year and vote in our new Executive to lead us in 2000/2001.
- Bring a roll of Black's prepaid film and a camera for our photo scavenger hunt, starting at Don Mills United Church at 9:00 am

# Awards Dinner

Saturday, 13 May 2000 5:30 pm

Stan Wadlow Clubhouse 373 Cedarvale Ave (Just east of Cosburn and Woodbine Ave) (Beside the East York Memorial Arena)

- Help us celebrate Rovering in Ontario.
- We will be honouring those who have supported Ontario Rovering and presenting the Roland S. Dell Memorial Award for 1999.
- This is a catered dinner. Pre-registration is required.

# ORC Annual Meeting Weekend 12-14 May 2000

Cheques should be made payable to Scouts Canada - ORC. For registration and further information, please contact Michael Flynn, 1016-7 Crescent Place, East York, ON M4C 5L7. (416) 686-4502 (Michael.Flynn@cibc.com) or Albert Fuchigami, 1609 – 53 Water Street North, Kitchener, ON N2H 5A7. (519) 579-0577 (afuchigami@bigfoot.com).

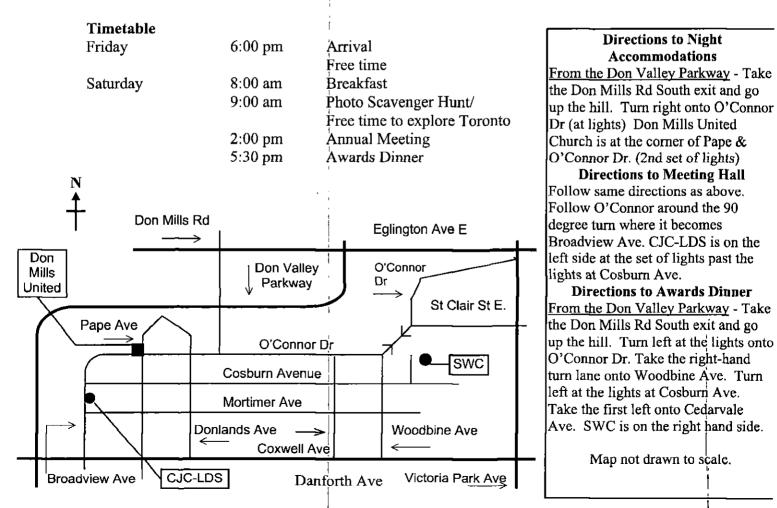
# Weekend Price - \$30.00 before 25 April 2000. \$35.00 after

This covers the Annual Meeting, Awards Dinner, sleeping accommodations, and breakfast for Saturday and Sunday, You will need a Sleeping Bag, Foam Pad, Cutlery, Dishes, Mug, Full Uniform. We will be staying at Don Mills United Church (located at the corner of Pape Ave and O'Connor Dr). Each person is responsible for their own lunch on Saturday. There are no activities planned for Sunday.

## Meeting Price - \$15.00 before 28 April 2000. \$17.50 after

This covers the Annual Meeting and Awards Dinner. If you have any dietary concerns, please inform us when you pre-register.

Note: Tickets for the Awards Dinner will <u>not be guaranteed</u> at the door. Please buy your tickets in advance



# ORC MEETING REPORT (MARCH MEETING)

The faithful gathered in Kitchener-Waterloo on the weekend of March 10-12 for the regularly scheduled ORC meeting. The turnout was high and the fellowship excellent as old friends and new ones came together to talk about Rovering.

In following what seems to be a developing tradition, the instructions for finding the meeting site were, if not totally wrong, confusing and a lot of people wandered around town before finding their way to the Scout House.

The only disappointment of the weekend came for those who arrived looking forward to the scuba diving session, which was cancelled because of a problem with the pool schedule.

On a positive note, the assembled Rovers completed their service project by doing a thorough clean up job on the ground's surrounding the North Waterloo Scout House.

Rovers attacked the Kitchener-Waterloo area during the free time in their schedule, but the local natives were up to the task and were able to hold their own.

The meeting itself went well, with a quorum in hand. The minutes of the last meeting were approved. Kevin Oates brought in the pins which were created as the symbol for the newly created "Rovering to Success" award, and several were passed around for the attendees to view. (Did you get them all back, Kevin ?) After a short presentation, a decision was made to modify the original idea of identifying award winners who meet the requirements more than once by backing up the pin with a coloured ribbon. (More on this when the requirements and wearing of the award are explained in their own flyer.)

Albert Fuchigami, chairman of the nomination committee presented a slate of nominees who had accepted and were willing to run. He also mentioned that a list of potential new Advisors to ORC had been created from nominations and contacts. They were in a process of being contacted to check for interest and willingness to serve, then the screening committee would make their recommendation to the ORC Executive for a selection. According to the ORC constitution, the new advisor must be ready to take over with "the passing of the guard" at the Annual Meeting in May.

Before the meeting concluded, Neil Looby, the present chair, presented a certificate to Michelle Currie, who will be leaving (she's getting married in May), and thanked her specifically for her work in setting up this meeting.



Plotting a takeover ????



With his Buddha-like smile, this Rover shows his brilliant mind is ready to lead his followers.



Taking a break during the meeting.

# REPORT OF THE ORC NOMINATIONS COMMITTEE

The Nominations Committee would like to thank everyone who submitted a nomination. There were 11 Rovers nominated for Executive positions and 8 of candidates have accepted.

The Nomination Slate for	the 2000/01 ORC Executive is as follows:
Chair:	Kevin Oates (Shining Waters Region)
Vice-Chair (Program):	Ryan Jenkins (Atironta Region
	Amy Patterson (White Pine Region)
Vice-Chair (Promotion):	Mike Pembleton (Tri-Shores Region)
Vice-Chair (Internet):	Michael Flynn (Battlefields Region)
	Jason Barker (Shining Waters)
Secretary:	Neil Looby (Voyageur Region)
Treasurer:	Erica Bowman (Battlefields Region)

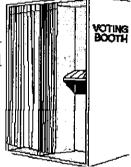


Blurbs and contact information for each candidate is available on the ORC Web site: <a href="https://www.cyberus.ca/~rovers>">www.cyberus.ca/~rovers></a>

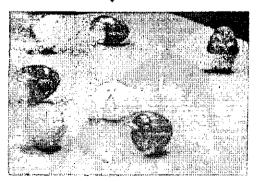
I encourage everyone to spend some time getting to know these people who want to become a part of your Executive. Find out what skills they bring to the position and to the Executive. Ask them what they hope to achieve during their Term of Office. Ask yourself if they will do a good job for Ontario Rovers.

The Elections for the 2000/01 Executive will take place at the Annual Meeting in May. The successful candidate will be determined by a majority of votes cast. For those positions where there is only one person nominated, there will be a vote of affirmation.

Each Region is entitled to send three Rover Representatives who can vote on behalf of the Rovers in their Region. Make sure that you let your Regional Reps know who you support.



Albert Fuchigami Nominating Committee Chair



Can you identify these alien pods found at the ORC meeting ?



My other car is a Mercedes.



I think Neil is winning this staring contest (he cheats).

# THE ROGER AWARDS

The "ROGER AWARDS" are not in any way, shape or form a product of any Scout Headquarters at any level. It is an award that is made by you, the Rovers, Rangers and Advisors, by your nominations and votes sent in to our judges. It gives Rovers and Rangers a chance to honor their own, and show appreciation for the efforts of an individual or crew(s).

All Rovers, Rangers and Advisors are allowed to nominate and vote once in each category. All we ask is that you only vote for moots you personally attended, and not on hearsay. You may leave a category blank if you so desire.

It is important that you list No. 3 in order of preference, as points are awarded, then added to determine the winner. (3A scores 4 points, 3B scores 3 points, 3C scores 2 points, 3D scores 1 point)

### PLEASE PRINT CLEARLY

- 1. Name a person who you feel has given sincere dedication to Rovers.
- 2. Name a person who you feel has given sincere dedication to Rangers.
- 3. Name what you feel were the four best moots in the past year in order of preference.
  - A. \_\_\_\_\_\_B. \_\_\_\_\_\_
- 4. Name the best continuing article to appear in the Canadian Rover Eh! magazine during the past year.
- 5. Name the best feature article to appear in the Canadian Rover Eh! magazine during the past year.

### SEND YOUR NOMINATIONS AND VOTES BY APRIL 20, 2000, TO:

The Roger Awards c/o 844 Frederick St. Kitchener, Ontario N2B 2B8

Inquiries – 1 888 230 3472

Awards will be presented at the awards dinner Saturday evening during the ORC Annual Meeting May 13, 2000.

# International Events



2-4Coldstream 2000 Venturee MARCH Coldstream Conservation A Trugkzilla 2000 25 - 26Jason: (519)666-1341 Niagara Falls, 🕅 (519)66641180 Ken: Terry Konyi at (905)295-5251 <www.gamescentral.net/coldstream> <tkonyi@htemail.com> 23-25 Dance Moot 2000 -Grew Wood Badge Part II Camp Impeesa April 7-9 Sessions over three weekends 38th Brant Rovers April 28-30 GPR Training Dept. <dancemoot@hotmail.com> (416)490-6364) <dancemooLdo.ru? 23-25 B.Y.O.M. (Bring Your Own Moot) Fooks Fest 2000 Black Trillium Rovers 1st Walkerton Venturers e-mail: Paislev Arena <blacktrillium@hotmail.com> Walkerton, ON 23-25 Oops: The Moot Kristen: (519)366-2744 Everton Scout Forest Brant District Venturer Assembly Guelph,ON Stu or Mary Murchie: <first\_arthur@yahoo.com> (519)449-2289 24-25 Yeoman Hike Rick Johnston Toronto (519)756-3065 Kirby: (416)226-2296 SmurlDance <jmccuaig@pre-con.com> Pas Philos Rovers Nicola (416) 398-3380 Newmarket Scout Hall (ON) JULY <www.geocities.com/pasphilos Jamboree 2000 8-15 Jackie: (905)841-2874 GTR Diana: (905)853-0100 NOTE: event cancelled for all but 28-30 Looney Tunes Moot # Cubs. Looking for Rovers to assist Blue Heron Scout Camp on staff. Acton (416)490-6364 ext. 460 Напу: (905)337-3545 Beach Party Moot 2000 Richard: (905)827-369 Camp Attawondaron [AY Grand Bend, ON Rover Wood Badge Part I <br/>
<beachpartymoot2000@hotmail.c Saskatoon AUGI Contact: Gary Milton Rirates of the Caribbean Moot 200 4-6 <gary\_milton@clifton.ca> Camp Harris ARRT Social & Meeting Dartmouth, NS Calgary, AB <crovers@netcom.ca> **ORC** General Meeting **ā**4 18-20 Sonic Boom Moot Toronto,ON Site TBA (Outgrew Elgin Park) www.cyberus.ca/[ rovers> 1st Beaverton & 1st Uxbridge Rovers JOTT (Jamboree on the Trail) <www.wigdor.com/daniel/jason/uxbridge> International Event SEPTEMBER See article by Katherine Nielson 26-28 Jamfest 1-4 Alberta Rover Moot 15-17 Markham GO WILD ON THE Darryl: (905)294-8919 OTTAWA RIVER (river rafting) <www.firehallsports.com/jamfest> <go wild@hotmail.com> 26-28 5th Annual Triathalon **OCTOBER** Camp Cedawin 13-15 Halloween Moot Keith Campbell: 20th and Final Moot (519)735-8509 Lion's Park (519(972-5101 Burford, ON Quest of the Millenium <carla.patterson@sympatico.ca Saskatoon, Saskatchewan NOVEMBER ≲nsn116@mail.usask.ca> 3-5 E-vent 2000 & ARR Theeting <agm210@mail.usask.ca> Alberta 10-12 **Genesis Venturee** 2-4Attawanderonk Moot Camp Bel Everton Scout Reserve Dorchester, ON Guelph, OI Jasop: (519)892-3403 Frangle/36 <www.geodities.com/Rainfo If you have an event that you would like to see announced on this page, or know of an event that should be, please email us the details and it will appear in the next issue .....*IT'S FREE!!!*!