

August/September 2000



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

The Canadian Rover EH!

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Send Submissions to:

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

Questions ? Problems ? contact:

Kathy – 1 519 742 1029

or at our e-mail address

EMAIL US!
canadian_rover@hotmail.com

The Canadian Rover Eh! is published on a bi-monthly basis. Its main objective is to keep the Roving 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)

For more information contact Michelle – 1 888 230 3472

SUBSCRIPTION FORM

Group Name: _____

Name: _____

Address: _____

City: _____

Postal Code: _____

E-mail: _____

Rates:	1 Year	2 Years
Canada	\$15.00	\$28.00
U.S.A.	\$25.00	\$48.00
Overseas	\$30.00	\$58.00

Country: _____

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PLEASE PRINT !!!!

New Subscription [☐] Renewal [☐]

Amount Enclosed _____ for a _____ year subscription.

Make cheques payable to: **The Canadian Rover Eh!**

From the Editor's Desktop



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For the graduates of the year 2000

Money, won't buy you happiness. You've probably heard this before. Losers often use it as a feeble excuse for their lack of worldly success, but it is the truth when applied to our life on earth in general. Fact is, those who chase happiness rarely catch up to it. Multi-millionaire Jay Gould proclaimed on his deathbed: "I suppose I'm the most miserable man on earth. There are a thousand similar testimonies from many other rich individuals. Lord Byron, after a life of pleasure, complained: "the work, the cancer, the grief are mine alone. Happiness does not lie in pleasure, nor does power produce it. Voltaire, the great French philosopher who wanted man's thoughts to return to nature" instead of clinging to a religious belief foundation, wrote these fateful words: "I wish I had never been born!"

As you begin your journey through life as young adults, by all means strive for professional success. Financial success will come as a benefit of doing something worthwhile to the very best of your heart and mind. Money sort of happens almost automatically if you can do something very, very well. If your emphasis is on becoming excellent at what you do, the dollars you earn become the "chips of the game," a tool to measure your professional success by. But that's not necessarily happiness yet, although a part of happiness comes from the satisfaction of being very good and productive in your chosen field of endeavor. There is more to complete happiness, much more.

Happiness is striving to become a "sovereign individual," a person who can think for himself or herself. Remember, it's fairly easy to sing in a choir, when you're singing what everybody else sings. Learn how to sing solo. The good and greatest accomplishments throughout human history were performed by individuals ... not the masses.

Happiness is being able to seize opportunity. But these aren't the pioneer days, you retort. These aren't the "good old days", where golden opportunities were just waiting to be picked up. Don't kid yourself. Ask your grandparents, they'll laugh at that thought. An estimated 80 percent of today's human knowledge and know-how has been developed over the past 10 years! It seems to double every decade. Ten years from today as many as 75 percent of humans will be -using or working with products and tools which as of today have not yet been invented, discovered or manufactured.

But you'll never reach happiness, you say, because you have a physical defect, because they told you you're not smart, because you have not yet learned to express yourself well. Consider this: Beethoven, the great composer, was deaf; Edison was a lousy student; the great Churchill spoke with a lisp as a young man. There are very few "born geniuses." True genius, true talent is hatched from hard work, great courage and unwavering determination. It is part of the human condition, if you want success, you must be willing to sweat for it.

When opportunity knocks, make sure your analysis is right, then go ahead. Don't be afraid of failure. Be very sure you're wrong before you quit. Don't brood too long over failures. If you must cry over spilled milk, condense it. One thing is certain. Luck will have very little to do with your success. Luck is what you make it. A smart man once said: "Those who complain about the way the ball bounces are invariably the ones who fumbled it in the first place."

Happiness is SECURITY. The only true security you will ever have must come from inside you. Realize that, although you are but one of many humans, you are not the same as others. You are different from any other person alive. You are uniquely YOU. There is only ONE YOU. Ask what it is that you will be doing about YOU. Whatever you decide to do ... it will be UP TO YOU and no one else. To know others you must first know yourself. To like others you must first like yourself. To be honest with others you must first be honest with yourself. If you think that you are misunderstood, you most likely don't understand yourself.

Fact is, no one can cheat and deceive you as badly as you can cheat and deceive yourself. It's not enough for you to have lots of good qualities. Most important is the use you make of them. Another part of happiness is SERVICE ABOVE SELF.

Happiness is knowing how to consciously spend your time here on earth. At your wonderfully young age it is not easy to comprehend the tyranny of the ticking clock as yet. We are allotted so relatively little of that most precious of commodities. Seneca, the Roman philosopher said it best: "We are always complaining that our days are few and then we act as though there would be no end to them." Jesus Christ only had 33 years to create Christianity. Nathan Hale was only 22 when he regretted that he only had one life to give for his country. Joan of Arc had only 19.

The point: it's not how much time you may or may not have. It's what you do with your time that counts.

Happiness is doing nothing you have to hide or ever be ashamed of. Happiness is having a clear conscience. Yes there is right and wrong in this world of ours. That's why God gave us the Ten Commandments. Morality is important. Don't believe in "situation ethics." Even all that is legal or present day "acceptable" is not necessarily moral. Happiness is having a future ... not a past.

Happiness is having true inner freedom. That comes from being a moral person. Only the moral deserve to be free and sovereign individuals. That kind of freedom and Morality are indivisible. Freedom is the right of every person to choose for himself or herself. It is the right of every person to control their own mind, to control their own labor, their own property, as long as they are not infringing on the similar rights of others. Yes, part of happiness is freedom.

Happiness is finding the right mate. This may well present your greatest challenge. You must be attracted not only physically, but be able to see the beauty of your mate's mind and character. A successful marriage and loving marriage will become one of your greatest challenges and accomplishments in your entire life ... if you make the right and deliberate choice. It will take much character and dedication to get this done right.

Happiness is character. Your education must be the continuous development of your mind, heart and character. At the very end of your life's journey, the only things you can take with you are the love of a successful marriage and the family you have nurtured and created ... and your character. Character is a victory, not a gift. If you lack it, it's nobody's fault but your own.

Finally, please understand that you must live your life based on your own accomplishments, your own success. Become self-sufficient. Your parents should have to do nothing for you that you can do for yourself.

Happiness is comprised of all of the above, and more. It grows on good thoughts. Happiness is love. "Love thy neighbor as thyself." Love for your mother and father, love for your eventual spouse and your own children. Love for your fellow man.

Richard A. Maussner
Publisher - Metro Community News

This is the first time since I became editor of this magazine that I opted to use somebody else's comments for the editorial. However, I felt that since this article spoke to an age group which embodied both the high school and university graduates that we find in Rovers and that it covered the virtues that Scouting and Rovering try to instill in those who actively participate in the movement, it would make a fitting commentary to all Rovers.

Keep on Rovering,
Stan Kowalski Jr.

Congratulations

Dennis Wayne Remenda of the
45th Kitchener Rover Crew and
Catherine Dawn Sporbeck upon
their marriage on Sat. May 6,
2000

GOOD LUCK & GOD BLESS

Special Thanks from the
Magazine Staff

To Albert Fuchigami and Melissa Bieman for all
their help getting the June/July issue stuffed, la-
beled and in the mail.

GOING TO YORK?

Are you going to be attending York University
next year? Interested in continuing your in-
volvement with Rovers while at school?

Why not become an inaugural member of the
York University Rovers. Rovers who are regis-
tered with a crew at home as well as members
new or returning to Scouting are welcome. If
your interested or for more information please
email yorku_rovers@bigfoot.com or call

Katrina at 416-626-3991

Welcome New Subscribers

Charles Steel—58th Hamilton Rovers

Scouts Canada—Central
Escarpment Region

Jim Henry—
18th Brampton Rovers

Keith Dickson -22nd
Challenger Rover Crew
Edmonton Alberta

**Announcements,
Announcements,
Announcements.**

CONGRATULATIONS!

John Pollock and Shauna Coones
of the 22nd Sprinville Lancers
Rover Crew were married on July
22, 2000 in Peterborough.

Congratulations

Amy Patterson and
Trevor Higgins of the
Stirling Dragon Rover
Crew will be getting
hitched on August 5,
2000 in Belleville.

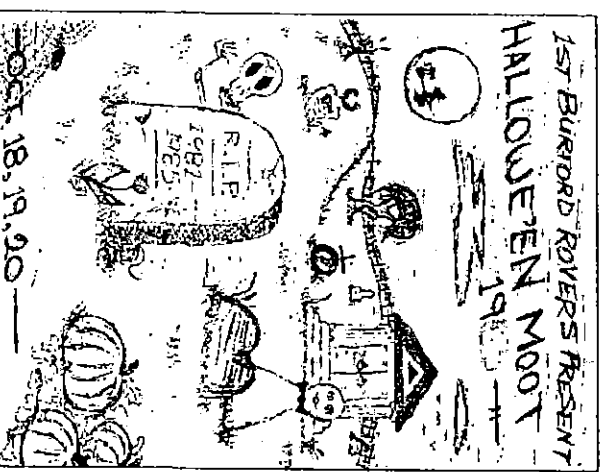
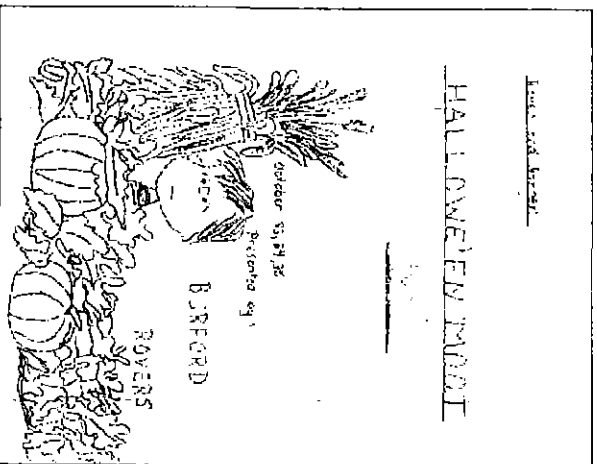
**We sold our cow, M00000
We sold our cow, M00000
We have no use for your
Bull now!**

Send your free announcements

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

or

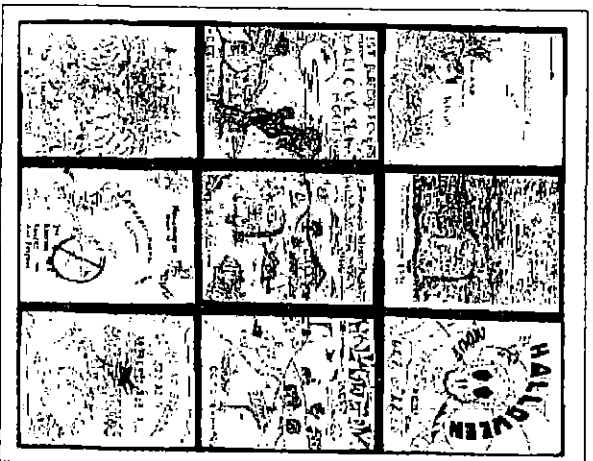
canadian_rover@hotmail.com

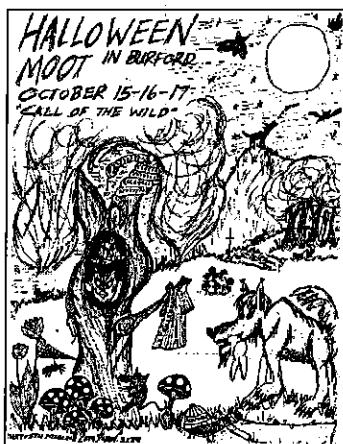


Here it is folks... the last Hallowe'en Moot. It's running October 13, 14 and 15 of the year 2000 in Burford, Ontario.

We're open to past Rovers, Rangers, Explorers and their families as well as the usual lot of attendees this year so let **your alumni know.**

Read the flyer because there have been a few changes and call us if you've any questions.
Thanks for 20 years.





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

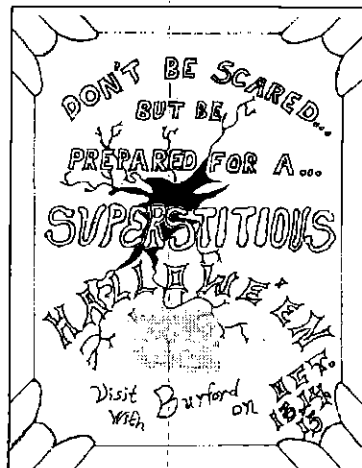
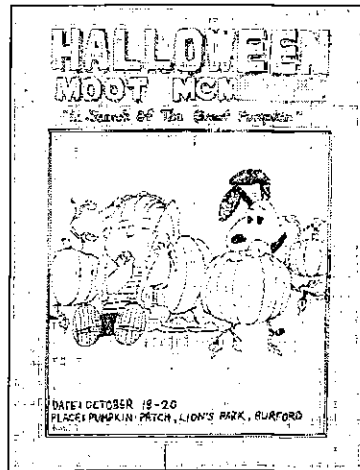
12 noon	Registration opens
5:00 pm	Supper
8:00 pm	Gang show
12 midnight	Bonfire
2:00 am	Curfew

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



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 self-contained. 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 **BUT PLEASE BRING A PLATE AND BOWL TO THE LUNCH LINE.** 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.



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

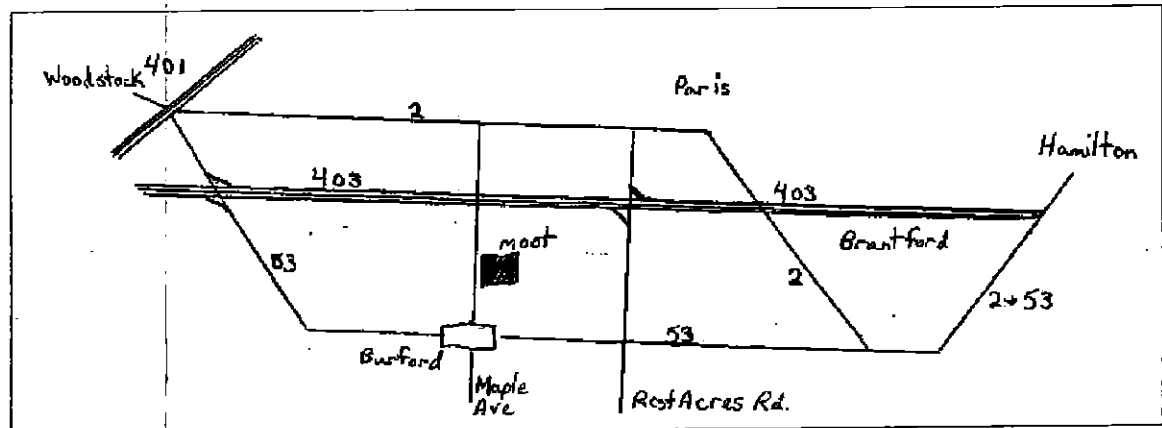
VENTURER COMPANY REGISTRATIONS MUST BE ATTACHED TO AND SENT IN WITH THEIR SPONSERING ROVER CREW'S REGISTRATION OR IT WILL NOT BE ACCEPTED

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 N0E 1A0

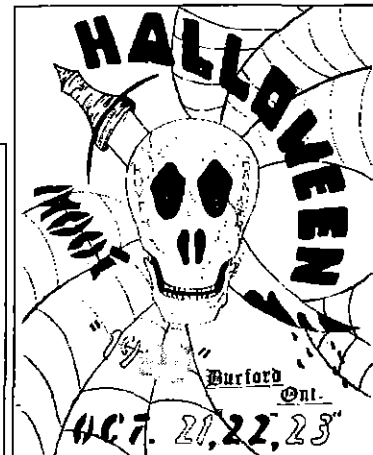
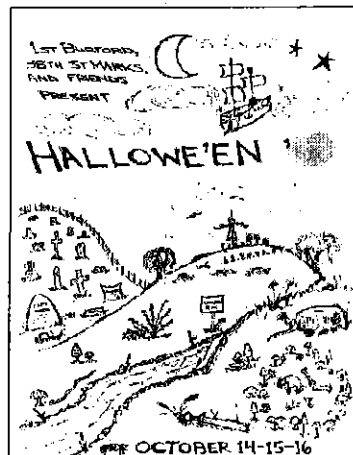


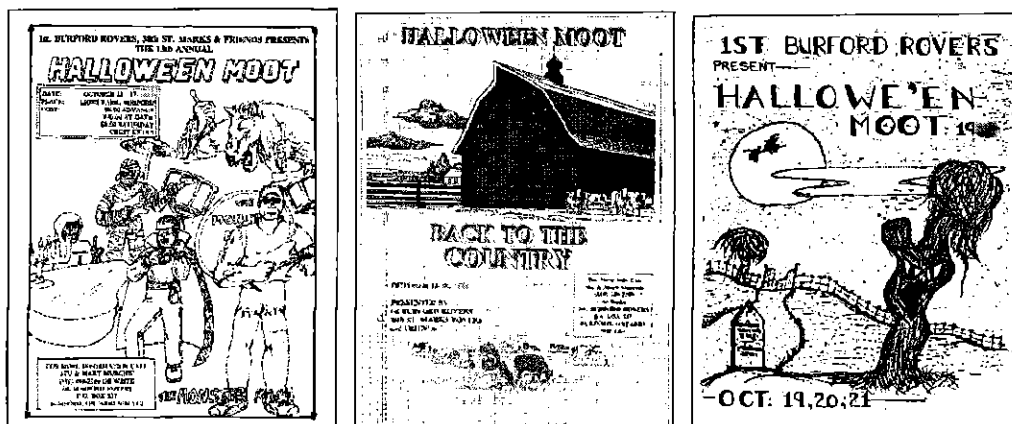
Toronto/Hamilton Region: Use the Rest Acres off-ramp on Highway 403, go south to the stoplight, then turn right onto Highway 53. Go to the 2nd set of lights (Maple Ave) Turn right.

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 13th 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.



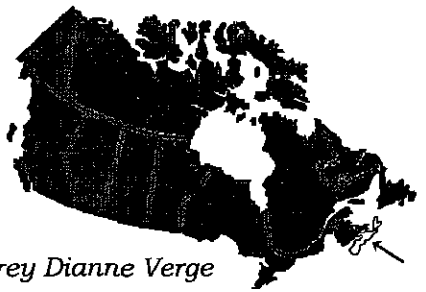


Rules and Regulations

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.

the Nova Rover



by Audrey Dianne Verge

This is first Nova Rover column so first let me explain some things about Rovering in Nova Scotia. Presently, there are three active crews: Milford, Crusaders, and 18th Halifax. All are located in the Halifax Regional Municipality. Our numbers are small but the spirit is strong. We are currently working on recruitment with the Rover Development Council (RDC). We don't have a Roundtable in Nova Scotia anymore but hope one day to bring it back.

We like to run events like Operation: Orange Hill that was held on May 13-14, 2000 at the Tri-County Scout Camp and from which I've just arrived home from. This is an event that has been running in Nova Scotia since before I was first a Venturer ten years ago. It is so old that the origin of its very name is lost in antiquity. Orange Hill isn't held on an orange hill or anyplace near a place called Orange Hill. In fact the location changes from year to year. The basic premise of Orange Hill is a huge wide-game played by Venturers.

In past years (when I was a wee Venturer) there were nearly if not more than a hundred participants in the event. After the Rover crew that used to run it closed our now defunct Roundtable was able to take up the reins. In between there were a year or two it was not run until the RDC managed to put it back together. Unfortunately, we don't get the numbers of participants we had in former years but we are still building (also, not scheduling the event on the same weekend as the Chief Scout and Queens Venturers award ceremonies probably would help).

The camp coordinator for Orange Hill was the RDC chairman, Tim Smith. He had with him his trusty cohort, Trent Paley. We arrived Friday night, near sunset, and set up two modular tents and the campsite in the dark with the aide of truck headlights. It was very cold so most of us had several layers of wool clothing. After we had set up we had a quick meeting about the game on Saturday night then went for a stroll through the woods to sign the log books of the various cabins in the camp. We were soon exhausted from our night hike and fell fast asleep.

The next day we anxiously awaited the arrival of the Venturers but were disappointed in the numbers that turned out. Fortunately, we had a group that worked well together and soon sent them off on a Scavenger Hunt. After that we had Chariot Races where the Venturer teams tied two or three spars together and dragged someone on them down a stretch of road. There was a lot of cheering and no little bit of cheating but fun was had all around. After the races we attempted to set up a five-tier human pyramid. It took a lot of determination and hard work but we finally got the top person on for one second before the entire thing collapsed. Fortunately no one was hurt and we did get a picture of it. After supper we sent the two teams (filled out by a couple of Rovers including myself) off to build their jails and hide their flags.

At eight o'clock, just before the sun was setting we started the game. When it was still light there was quite a bit of action happening. Full frontal attacks from both sides were going on as people faced off trying to get their opponents arm flag to send them to jail. Several forays were made but none successful in capturing the flag. Yells of "Marge," "Lisa," and "Bart" were heard all over the woods due to our lack of ability at birdcalls. As night fell things quieted down and people tried to sneak past defenders to find the flag. Several Venturers managed to get quite close to the opposing camps but no flags were caught. I found myself close to a jail and starting hunting for the flag. It was a good ten minutes before I realized I was attacking my own jail! After a short break one of the opposing team and I were lost well out of the boundaries of the game. We navigated through a swamp yelling "Marco" to follow the answering "Polo". In short, we had a grand time even though neither team won the game. Next year we are considering doing a game of Manhunt instead of Capture the Flag because of the visibility of the flags themselves.

After the end of the game we had an informal campfire in which we were joined by a cub pack that was camping nearby. Some of the Venturers proved to have a wealth of songs and skits ready to go (although some of them were awfully strange). We were soon exhausted and all headed off to bed.

We hope that we have more people come out next year and all anxiously await the next joint event for Rovers and Venturers.



Dr NICK'S DANCE PARTY II

The Prescription Refill

**Royal Canadian Legion Branch 345
81 Peard Rd - Toronto**

**November 17, 2000
6:30 PM - 1:00 AM**

Prizes!

FRIDAY NIGHT SLEEPOVER

(INCLUDES BREAKFAST)

2 Cash Bars!


2 Rooms

and 4 DJ's

**New Dr. NICK'S DANCE
PARTY Crest!**

**Dr. NICK
(905)-690-1831**

**Cat in the Hat
(905)-676-9128**



A Real **PAIN** in the Shoulder Rotator Cuff Injuries

When you think of the shoulder joint, you more than likely think of it as being just one joint. However, it is much more complex; it is actually made up of five different joints. These five joints all work together to give the shoulder its mobility. Because of its complexity and large amount of mobility, the shoulder is not as strong or stable as other joints in our body and is very susceptible to injury. Traumatic injuries such as dislocations and fractures can occur to the shoulder, but are not that common for an individual who participates in exercise or fitness activities. The most common injuries to the shoulder, not only in fitness and exercise but in all activities, are overuse injuries that involve the rotator cuff.

What is the rotator cuff? It is a group of four muscles that help the shoulder in its movements, but most importantly, it helps hold and stabilize the head of the humerus (the upper arm bone) in the shoulder joint. The four muscles that make up the rotator cuff are the subscapularis, supra spinatus, infraspinatus and the teres minor (see picture on next page).

The subscapularis is located on the anterior scapula and attaches to the anterior portion of the head of the humerus. It primarily helps with the internal rotation of the shoulder. The supra spinatus is located along the superior portion of the scapula and attaches at the lateral surface of the head of the humerus. It primarily helps with abduction of the shoulder. The teres minor and infraspinatus sit side by side along the posterior scapula and attach at the posterior head of the humerus. They both help with external rotation of the shoulder.

Whenever there is an injury to the shoulder, the rotator cuff is always involved. The rotator cuff, as well as the shoulder joint as a whole, is at its weakest when the arm is in an overhead position. It is in activities where we utilize the overhead position, such as tennis, swimming and throwing, that we see the most injuries to the rotator cuff.

Impingement Syndrome

Impingement syndrome is one of the more common injuries that occurs to the rotator cuff in fitness and exercise activities. Impingement can be classified as an overuse injury because it takes a significant amount of time to develop; it does not have a rapid or acute onset. It is caused by repeated compression of the tendons of rotator cuff muscles up against the coracoacromial shelf that is made up of the acromion process of the scapula

(see picture on next page) and the ligament (not pictured) that connects the acromion process to the coracoid process. The repeated compression from overhead activities causes the tendons to become inflamed and painful. The pain that develops from impingement starts out to be very mild and more of a nuisance than anything else. If the pain is ignored and activities continue, however, the pain will slowly progress and become much worse and lead to the inability to use the rotator cuff muscles. Other signs and symptoms that might be present with impingement syndrome are:

Pain on abduction and flexion of the arm past 90°. This pain will also cause weakness of the rotator cuff muscles and the individual will have difficulty in being able to hold the arm at 90° of abduction or flexion.

- Pain at night while trying to sleep or upon waking in the morning.
- Pain that feels as if it is deep within the shoulder.

If inflammation that develops from impingement syndrome goes unchecked and the individual ignores the pain, it's possible more significant damage could be done to the shoulder joint. The most likely complication would be a rotator cuff tear. Anytime a muscle or tendon is severely inflamed, degeneration occurs and weakness develops, and the likelihood of the rotator cuff being torn or ruptured is possible. The supra spinatus tendon, because it is generally the one that is most affected by impingement, is most susceptible to tears.

Strains/Tears

A strain and/or tear is another common injury to the rotator cuff. They can be caused by traumatic force, such as forcing the abducted arm into an adducted position, or through overuse, which is the most common cause. Strains/tears from an overuse mechanism can take anywhere from weeks to months to develop. They can specifically be caused from impingement, as mentioned above, or by repetitive stresses of throwing, hitting a volleyball or other overhead activities. The signs and symptoms of a rotator cuff strain/tear are the same as those for impingement and include:

- Point tenderness just below the acromion process over the deltoid muscles on the lateral shoulder.
- Pain during all movements of the shoulder, but especially during the follow-through of a throw or swing of the arm.

If there is a tear of the rotator cuff, the individual will be unable to abduct the arm against any resistance. RStrains are much more common than

tears, except for those in people 30 years or older.

Treatment/Rehabilitation

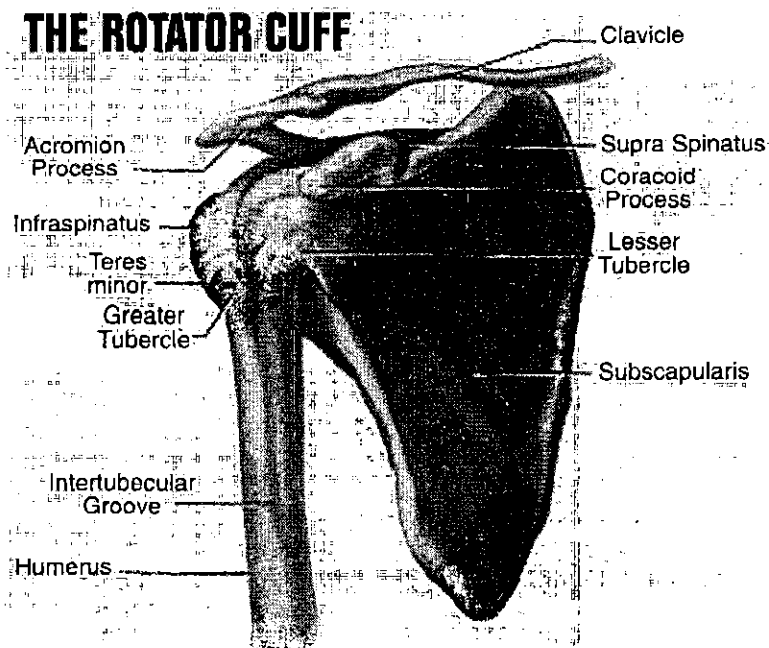
The first step in the treatment and rehabilitation of rotator cuff injuries is recognition that something is wrong with the shoulder. If a rotator cuff injury is ignored and the person continues to exercise and fight through the pain, the injury will definitely get worse and recovery time will be prolonged. An individual that develops any of the signs and symptoms associated with a rotator cuff injury should see physician for a thorough shoulder examination. For the treatment of rotator cuff injuries, the physician may refer that person to a certified athletic trainer or physical therapist and recommend a treatment that consists of rest or activity modification, cryotherapy (ice treatments), anti-inflammatory medications and therapeutic modalities. Each one of these recommended treatment modalities is extremely important and you should understand the reason for each.

Rest — an individual should avoid the movements that caused the aggravation. Resting for many fitness enthusiasts is a difficult concept, but it is definitely necessary. Continued aggravation of the muscles by not resting is like adding more fuel to a fire and will only make the condition worse. Depending on the severity of the injury, activity modification or cutting back on the amount of activity may eliminate the aggravation of the rotator cuff and still allow it to cool off. If rest is prescribed, it doesn't mean that you have to become sedentary. You still can participate in any activities that do not aggravate the shoulder - swimmers can still get in the pool and just kick, runners can switch to cycling, etc.

Ice/Anti-inflammatory — the use of cold will help decrease the amount of inflammation and pain experienced. The shoulder should be iced at least three to four times per day for 20 minutes per session. Anti-inflammatory medications that are prescription or over-the-counter will also help in decreasing the amount of inflammation and pain.

Therapeutic Modalities — Treatments such as ultrasound and electric muscle stimulation may be prescribed and are very effective in decreasing the amount of inflammation and pain.

Once the inflammation starts to settle down and pain starts to dissipate, an individual will oftentimes feel as if he can return to his activities right away, but if he does, more than likely he will end up right back where he



started with a sore, painful shoulder. That is why rehabilitation and patience are very important in this stage of the healing process. If the rotator cuff and the other surrounding muscles are not strengthened, the likelihood of the painful condition returning is extremely high.

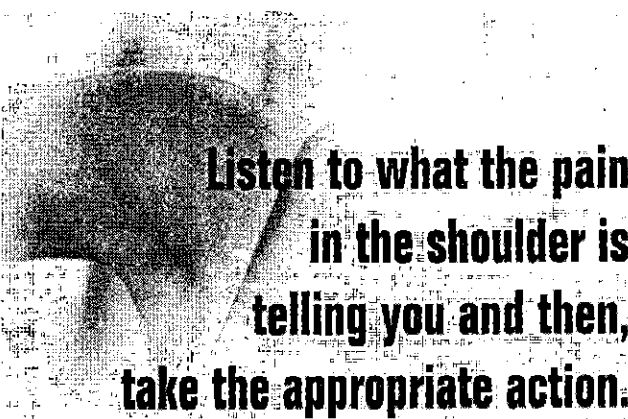
When the inflammation has subsided and you have been given the go ahead by your physician to start rehabilitation, strengthening and flexibility exercises can be started. The strengthening exercises that should be initiated in the rehabilitation process are abduction, adduction, flexion, extension, internal rotation and external rotation. It is important these movements be completed at no higher than 90° of flexion or abduction because above that level of range of motion is where rotator cuff problems start. For resistance, one can use light dumbbells, rehabilitative tubing or bands. These exercises can generally be done on a daily basis, which would include two to three sets of each exercise with approximately 10 to 15 repetitions of each. There should be very little or no pain when completing the exercises. If there is pain, than those exercises that are painful should be removed from the program and/or the amount of resistance should be decreased, as well as the number of sets and/or repetitions.

Stretching

A very thorough stretching program should be initiated when the strengthening exercises are started. The exercises should include all planes of movement of the shoulder. Care should be taken in stretching the shoulder in extreme abduction and flexion, as this could cause further impingement problems. The stretching exercises should be pain-free, and if they are not, they should either be eliminated or the amount of force should be decreased.

Strength Training

Progression to strength exercises above 90° can begin once you have a pain-free range of motion and your strength below 90° is proportional to your opposite shoulder. These exercises can start with dumbbells and tubing and then progress to regular weight training exercises, such as the military press, lat pull-down, etc. These exercises should be started slowly and with low amounts of resistance and then increased as tolerance is built up.



Once your strength in the affected shoulder is comparable to the unaffected one in all planes, you can begin making a slow return to your regular shoulder activity. Again, patience is very important. If you jump right in at this point and start working out at the same level you did before the injury, there is a good chance your problem will

reoccur. You should perhaps start off with working out at 25% to 50% of your previous exercise intensity and amount and slowly progress as tolerated from there.

The discussed treatments and rehabilitation should be very effective in curbing the signs and symptoms of rotator cuff injuries and helping reach previous activity levels. If this conservative treatment is not effective in severe cases, the possibility of anti-inflammatory injections and/or surgery may be considered by a physician, but only as a last resort.

Prevention

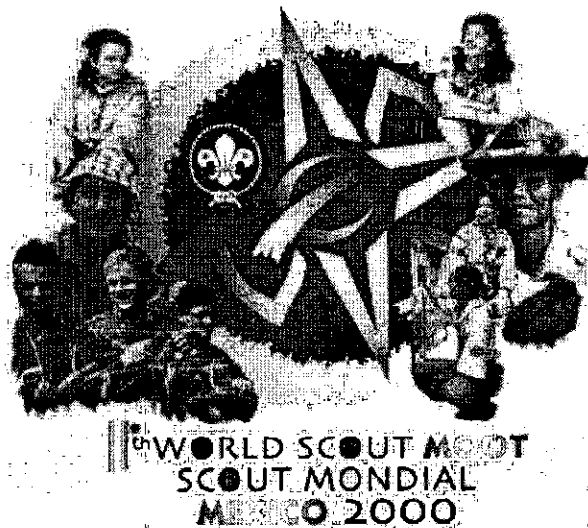
Preventing rotator cuff injuries from occurring or reoccurring should include:

- Making sure you utilize a proper warm-up for all activities that involve heavy use of the shoulders.
- Flexibility exercises that focus on all of the movements of the shoulder.
- Maintaining good rotator cuff strength by isolating the movements each of the individual muscles performs.
- Recognizing when rotator cuff pain is present and giving it the proper amount of rest needed.
- Having one's shoulder movement biomechanics analyzed by someone qualified to do so. Oftentimes, faulty movement mechanics may cause rotator cuff problems and if these can be eliminated, the problem may be resolved.

When dealing with rotator cuff injuries, just like all injuries, listen to what the pain in the shoulder is telling you, and then take the appropriate action.

Jeff Oliphant, MS, ATC, is the head athletic trainer and an assistant professor at the University of Wisconsin-Eau Claire. He can be reached at oliphajg@uwec.edu.

*'Personal Fitness Professional' magazine
March 2000*



11-24 July/Juillet/Julio 2000

I'm sort of in the middle of packing... You see, in a few days I'm off to Mexico as one of 40 Canadians attending the 11th World Scout Moot. I'm excited -- I think it is going to be the experience of a lifetime!

We're talking hanging out with thousands of other Rovers from all over the world, hiking through the mountainous dessert of a far-off country, and experiencing the life of a different culture. Amazing.

So I'm a bit befuddled by the fact that the Canadian contingent didn't manage to fill all of its allocated spots. In fact, up until late June, new people were able to sign on. I don't think the problem was a lack of information - Leader Magazine, The Canadian Rover Eh!, Scouts.ca and numerous other forms of media told about the Moot months in advance. Money is a big deal of course, but innovative fundraising is not that hard to come up with (as a student I raised close to \$1000 in the last ten months.) Jobs, school and families are also very important to young people our age, but really, only 3 people out of the thousands of Scouts and Guides of Rover age in Ontario could actually make the Moot a priority for two weeks? Somehow, in a country that let its National Moot die (or rather, never let it be reborn) only two years ago, the excuses are wearing thin.

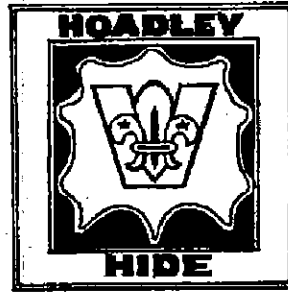
I don't have the answers to these questions I can just pose the questions themselves. And I'm not posing them in order to be annoying, or to complain, or to get every Rover to invest large amounts of time and money into major international projects. But I am asking them for another reason: To encourage Rovers to share with each other what they are doing. After all, probably the best way to encourage initiative in others, is to demonstrate and illustrate what is possible.

So tell us! I for one would love to know. Write a *Meet the Crew* article for the Rover Eh! about what you are doing. Make sure you communicate through your local or provincial Rover Round Table and Youth Network. Take part in the Canadian Rover Internet Message Board (<http://boards.eesite.com/board.cgi?boardset=Rovers>). Write an article for your District or Regional newsletter. There are plenty of opportunities! And you'll probably find that there are a lot of people out there who are interested in Rovers, and what they do. You may also encourage other Rovers to do some new activities.

Who knows? Encouraged by stories of this World Moot, maybe a much larger contingent of Canadians will have an equally great experience at the 12th World Moot in Taiwan. (By the way, it's the summer of 2004 -- put it on your calendar now... go ahead... it won't hurt.) [<http://scouting.edu.tw/wm2004/>]

Yours in Scouting,
Mike Logan

SCOUTS AUSTRALIA VICTORIAN BRANCH VENTURER SCOUT COUNCIL



What is the Hoadley Hide?

The Hoadley Hide (affectionately known to Venturers as 'HOADLEY') is THE premier Venturer Scout hiking competition held every Easter.

It's an annual Scouting activity (started back in 1952) and can be described as a "large scale" Initiative Course. The Hide is organised by the Victorian Branch Venturer Scout Council of Scouts Australia and runs over the Easter period from Good Friday until Easter Monday.

Venturer Scouts from all over the state (and sometimes from other states of Australia) come to take part in this exciting activity that is a highlight of the Venturing year.

Over 800 Venturer Scouts and Guides between the ages of 14 to 18 years attend the activity, which is supported by 300 adult Leaders, Rovers and lay staff. The event is co-ordinated by a Committee of Management under the direction of the Hide Operations Leader. The Hide Leader, who is usually the Commissioner for Venturer Scouts, assumes overall responsibility for the conduct of the event.

Each Team is made up of 4 to 6 members and they are self contained, supplying their own food and shelter in tents. Teams hike over a course of 10 to 20 square kilometres and attempt up to 40 Activities sites (Stunts) that operate throughout the area, usually on tracks, roads or intersections. Teams are encouraged to visit as many stunts as possible over the period of the Hide and use their initiative and scouting skills to complete various tasks. The stunts are a variety of activities and include fun, brain work, real life emergencies, pioneering and some with physical elements that test a range of skills and teamwork.

On Monday morning, a final parade occurs at a convenient site, close to main bush access roads, where the competition awards are presented. All of the points are tallied and those Teams with the highest grading 'A', become Co-Holders of the Hide, while the others are graded 'B', 'C' and 'D'. Co-Holder Teams have their Unit name engraved on the Hoadley Hide shield and receive special belt badges, pennant and a mini replica of the Hide.

Each year, pennants are awarded to each Team and belt badges are issued to all participants.

What makes Hoadley Hide different each year are the themes that are dreamed up to add fun and excitement to the event. Some of the past themes have been ***Crusades, On Location, Revolution, Federation, Space Trek, Cleopatra.***

Teams and Stunt Crews dress up and the stunts are "dressed up" in keeping with the theme each year. This brings lots of fun and good vibes to the event.

Hoadley Hide is a popular activity giving all Venturer Scouts a chance to practise their hiking skills, opportunities to test their abilities in bushcraft and scouting skills and to meet other young people in a challenging and fun Easter activity.



Who can apply?

Any Venturer Scout or Guide who is registered and is under the age of 18 years.

When?

Over the four day Easter weekend (Good Friday to Easter Monday).

Where?

The venue is usually in a State Forest with the location varying from year to year. Sometimes the general area and distance from Melbourne is advised on the application form to assist families plan transport arrangements for Easter. Details and maps of how to get there are mailed out to Teams about ten days prior to the event.

How do we get there?

Transport to and from the Hide is the responsibility of each Team. Teams arrange this with parents, Leaders and anyone else they can con into taking them. Many municipal Councils and community organisations have mini buses that can be booked for reasonable rates. Why not get all the Units in your District or Zone together and hire a bus?

Special camping arrangements will be available to Teams that arrive with Leaders on Thursday night.

What happens when we get there?

On arrival, Teams are checked in and have their packs weighed and inspected to make sure that they aren't carrying too much (or the wrong things). Uniforms or any other unnecessary gear that Mum has packed can be left at the Uniform Storage for safe keeping. Maps are issued and Teams go to a Start Point where stunt sites and VOC details are given. Teams then sit down, mark up their maps and plan the route for the weekend. At a preset time, all Teams start hiking to stunts.

Where do we camp each night?

Teams camp together, usually at two different locations known as Venturer Overnight Camps (VOC's). These are located at strategic positions in the competition area. VOC's are designed to accommodate up to 400 people each night. Fires, water, toilets, lighting and some entertainment is provided.

Food?

Teams supply all food and cooking gear (no food or drinks are on sale). Menus should be carefully planned as fires are only permitted at VOC's, so make sure that lunches do not require cooking. Water is available only at VOC's so a water bottle for each Team member is essential.

What gear do we need?

A list of essential gear for individuals and the Team is detailed on the Entry Form. Refer to the *Venturers' Guide to Hiking and Hoadley Hide* booklet which will be sent out with the return information or other hiking books that are available to ensure that each Venturer Scout is adequately prepared.



Remember, all gear for the weekend has to be carried, so aim to keep the pack weight as small as possible (14Kg - 16Kg is a good maximum weight).

How are Teams judged?

The performance of Teams are assessed by Stunt leaders and points awarded for Leadership, Planning, Attitude and overall Accomplishment. Points are also awarded for hiking or completing groups of stunts in various sectors of the Hide.

How do we select our Teams?

If possible, put fast strong hikers in one Team and slow hikers in another. This avoids frustrating the fast hikers and straining the slow hikers. Don't be surprised if the slower Team gains more points, as you don't have to be Super Human to do well. If a Team of mixed standard hikers is entered (as most Units do), remember that the slow hiker needs a rest at the top of the hill as well. It's a good idea to set the Team's pace by the slowest Venturer Scout. We joined Venturing to have fun and there are no prizes for half killing our mates.

How much does it cost?

The fee is around \$25 per Venturer Scout / Guide. For Teams that apply early, if the application form is received by the Event Secretary **FOUR WEEKS** before the event, they will receive an 'early bird' discount of \$4.00 per Team member. This will be refunded after applications have closed.

Entry details and deadlines

Entries close **TWO WEEKS** before the event. **No late entries will be accepted.**

Early Bird discounts apply only to those Entries received by the Event Secretary four weeks before the commencement of the Hide. See the application form each year for exact dates and costs.

Entry Forms are available from your District/Zone Leader - [Venturer Scouts], in Interchange magazine or phone Victorian Branch on (03) 9349 2500.

What if.....it rains?

So what! - you're Venturer Scouts! Bring wet weather gear such as a good waterproof jacket (not a poncho or a garbag), a hat and waterproof boots. Of course, packs and tents need to be waterproof as well to keep out the rain.

What if.....it's cold? ...it's hot?

It rains and gets cold on most Hoadley's. Sometimes it's hot and dusty, so be prepared for all weather conditions. A coat, strong boots, and thick socks will keep you warm. On the other hand, if it's a T-shirt day, don't forget the hats and sunscreen.

What if.....my feet hurt!!!!

If you have prepared your feet (a practice hike, not walking in new boots, etc) you shouldn't have trouble with blisters. Remember to pack your First Aid kit to treat your feet if blisters occur.



Some basic training will put you in good stead for a safe and enjoyable Easter.

What if.....someone gets sick?

Hoadley Hide has trained First Aid staff and a Welfare team to assist if illness or injuries occur. They are prepared for any emergency. Venturer Scouts will be encouraged to treat minor injuries (blisters, etc) from their own first aid kits.

Teams are not disqualified, or lose points if a Team member becomes sick or injured, however, penalties will be imposed on any Team which "drives on" the slow or injured Venturer Scout just to gain extra points. Any Team that abandons a sick Team member will be disqualified.

What if.....we can't find enough Venturer Scouts for a Team!

Don't worry.... Many composite Teams enter the Hide each year. Send in your Entry Form with a note and the organisers will match you up with another Unit.

Any other questions?

Contact John Selton for further details on (03) 9803 0282 (after hours).

For Leaders

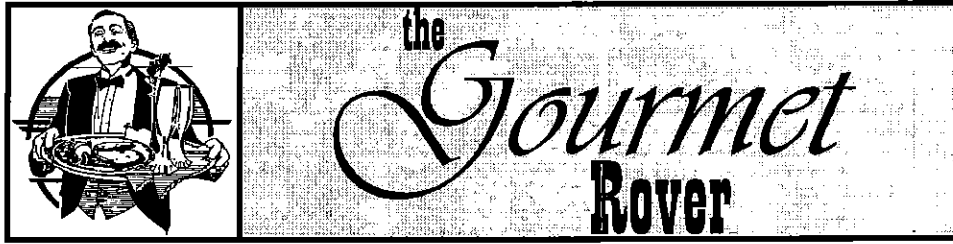
Please don't hesitate to contact the Hoadley Hide Committee of Management if you have any concerns or wish to volunteer your services to support this great Venturing event.

Further Information?

See the Hoadley Hide Home Pages on the Internet for lots more information.

<http://www.scouts.asn.au>





Summer is upon us, along with that annual urge for a lot of people (mostly the male of the species) to go outside and burn their food over an open fire rather than cook indoors in the comforts of their kitchens. This seeming rite of passage is usually called barbecuing, although it might not be. Here's an article that explains what barbecuing is and isn't.....Ye Olde Editor

GRILLING AND BARBECUING – DIFFERENT BUT DELICIOUS

*By Cathy Thomas
Knight Ridder
From the Buffalo News*

Christina Hum was seduced by smoke. Lured by the primitive smell of smoldering wood and succulent meat. Drawn by the magic of manipulating flame and fuel.

She likes to sing about the beauty of barbecue.

"It's a marvelous way to enjoy the outdoors and cook at the same time," she said. "And barbecuing is a good way to decompress after being in the corporate world.

Hum explained that after work, she usually grills rather than barbecuing... "real" barbecuing.

"True barbecue is essentially cooking meat low and slow. It can take half a day or the whole day," she said "It's usually done over an indirect heat source at low temperatures, usually 200-250 degrees, in a covered barbecue. When we think of smoking, that's real barbecue. It makes inexpensive cuts of meat tender and delicious. There's a huge barbecue culture in the South ... slow-smoked brisket in Texas, pulled pork in North Carolina and spicy ribs in Louisiana."

"What we call barbecue in the Western, coastal states is usually really grilling ... fast cooking on the grill, not traditional barbecue. Direct heat, high temperatures."

Hum finds joy in both approaches, saying that one of the best aspects of both is the interesting people she meets along the way. She and her husband, Richard Tassone, are members of the Kansas City Barbecue Society, the world's largest organization of grilling and barbecue enthusiasts.

Carolyn Wells, the group's co-founder and executive director, says its nationwide barbecue competitions are for low-and-slow-style barbecue, but that doesn't mean that KCBS members don't do their share of grilling, too.

"We think of ourselves as quilters; we're preserving a culinary art form by preserving the low-and-slow methods of barbecue," Wells said in a telephone interview. "But as a practical matter, we have the same busy lives as everybody else and we want to eat before midnight. So we grill, too."

"When we barbecue, we get to be kids again. We have fun and visit while we watch the meat cook. I think (the popularity of barbecue is) a backlash to the hustle and bustle of everyday life." She may be right.

Christina Hum's delectable dishes are so enticing, they're a mouthwatering way to start the barbecue season. Call it grilling or call it barbecue, but fire up those barbies and have fun.

GRILLED FLANK STEAK

- 1 cup soy sauce
- 2 cups barbecue sauce of choice, homemade or store-bought
- 1 tablespoon Worcestershire sauce
- 1 flank steak, 1-1 1/4 pounds

Combine soy sauce, barbecue sauce and Worcestershire sauce in shallow glass pan or heavy zipper-style plastic bag. Add meat and cover. Marinate 30 minutes or overnight in refrigerator.

Remove meat from refrigerator. Prepare barbecue grill.

Remove meat from marinade and discard marinade. Grill over direct heat using medium-hot coals in covered barbecue, 4-5 minutes on each side. Grilling times will vary. Check with instant-read thermometer. It should be 130-135 degrees.

Allow meat to rest 5-10 minutes before slicing. Cut into thin, diagonal slices.

Yield: 4 servings

GRILLED HERBED POTATOES

- 3 large baking potatoes, scrubbed and dried
- 1/4 cup olive oil
- 1 tablespoon minced garlic
- 1 to 2 tablespoons minced fresh herbs of choice
- 1/2 teaspoon salt
- Freshly ground pepper to taste
- 1/4 cup freshly grated Parmesan cheese

Preheat barbecue grill. Cut each potato into 8 lengthwise wedges.

In bowl, combine oil, garlic, herbs, salt and pepper. Add potato wedges and toss to coat evenly.

Arrange potato wedges over direct heat on hot grill and cook until fork tender, usually about 4-5 minutes on each side.

Carefully remove and place in bowl. Gently toss with cheese. Serve immediately.

Yield: 4-6 servings

KANSAS CITY BARBECUE SAUCE

- 1/2 cup unsalted butter
- 1 bottle (32-ounce) ketchup
- 1 cup brown sugar, packed
- 1/2 cup Worcestershire sauce
- 1/4 cup white distilled vinegar
- 1 cup vegetable juice such as V-8
- 2 tablespoons ground black pepper
- 4 garlic cloves, minced or pressed
- 1 lemon, unpeeled, seeded, minced
- 1 cup minced onions
- 1 cup tomato juice
- 1/2 cup molasses
- 1/4 cup chili powder
- 1 teaspoon salt

Melt butter in non-aluminum saucepan over medium heat. Add garlic, onions and lemon; cook until onion is softened but not brown, about 4 minutes.

Add remaining ingredients. Bring to boil, reduce heat and simmer, stirring occasionally, 1-1 1/2 hours or until sauce has thickened.

Use warm or chilled. Keeps 2 weeks in airtight jar in refrigerator.

Brush on chicken or pork during last part of barbecuing. If using indirect heat, brush on 30 minutes before end of cooking time. If using direct heat, brush on 10-15 minutes before the end of cooking time.

Makes 8 cups.



This succulent flank steak is marinated in soy sauce, barbecue sauce and Worcestershire sauce, then grilled over direct heat.

GRILLED MULTICOLOR PEPPER SALAD

- 1 large red bell pepper
- 1 large yellow bell pepper
- 3 tablespoons olive oil
- 6 to 8 black kalamata olives
- 1 tablespoon minced fresh herbs, such as basil or thyme
- 1 tablespoon cider or white wine vinegar
- 4 ounces fresh mozzarella (packed in water), drained and cubed
- 1 large green bell pepper
- 1 large orange bell pepper
- 1/2 onion, thinly sliced
- Salt and pepper to taste

Grill peppers in single layer over direct heat, turning to cook evenly using tongs to hold stem end. When skins of peppers have charred, remove peppers from grill and place in large paper bag. Close bag and allow peppers to steam 5 minutes.

Remove peppers from bag and when cool enough to handle, peel. Avoid rinsing, if possible. Remove core and seeds from peppers; slice peppers into long strips about 1 inch wide.

Place pepper strips in bowl. Add remaining ingredients and toss. Chill, well-sealed, if not serving within 1 hour.

Serve chilled or at room temperature.

Makes 4-6 servings

MAPLE-GLAZED PORK LOIN

- 1 teaspoon ground ginger
- 1/2 cup barbecue sauce
- 2 teaspoons grated orange zest
- Boneless pork loin (3 pounds)
- Garnish: green grapes, red grapes, Italian parsley
- 1/2 teaspoon salt
- 1/4 cup maple syrup

Preheat barbecue that has cover. Arrange hot coals around drip pan.

Rub pork with mixture of ginger and salt.

In a small bowl, combine barbecue sauce, syrup and orange zest; set aside.

Insert meat thermometer (not the instant-read type) in thickest part of meat. Place pork loin, fat side up, on grill rack over drip pan. Grill with lid down 2-2 1/2 hours or to 160 degrees on meat thermometer basting frequently with barbecue sauce mixture during the last hour of cooking, and replenishing hardwood charcoal as needed.

Remove pork from barbecue and cut into thin slices. Garnish with red grapes, green grapes and parsley sprigs.

Makes 12 servings.

A SIMPLE CUP OF

Should you drink caffeine before fat burning exercises? Not if you care about your health. Caffeine is a drug and can be addictive. Like any mood-altering drug, it contributes to mental and physiological maladies like insomnia, fatigue, mood swings, depression, paranoia, irritable bowel, indigestion, palpitations, cysts, blood sugar problems and impaired mental cognition.

JOE?

by Diane Spindler

Unhealthy fruit

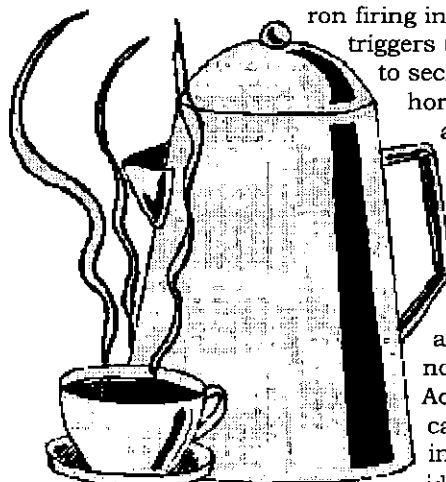
Coffee is a fruit product of a semi-tropical evergreen, it is not a bean or legume as many people think. The coffee tree bears a fruit much like the North American cherry tree, but in the case of coffee fruit, the pulp is tossed and the seed or bean inside is what is used to make the brew.

Although coffee contains traces of B vitamins - especially niacin (B3) and a fair amount of potassium (approximately 100 mg/cup) it has been listed as number four on the 10 worst foods list as a vitamin antagonist, depleting B-complex and vitamin C. Vitamin C is for collagen building and repair and B complex is for nerve function. Both are important to a strong immune system, therefore depletion of these vitamins makes us susceptible to various ailments.

Dangerous fuel

People always comment, "coffee provides energy, it gets me thinking in the morning and it wakes up my brain." Yes, coffee is like a liquid amphetamine. Each six-ounce cup is about 100 mg of caffeine; two cups will raise the metabolism 10% to 25%. The problem with these supposed benefits is the high doesn't last. In fact there is a low associated with this lift, one that can play havoc with blood sugar, impair brain transmission and in the long run deplete energy.

Caffeine blocks adenosine receptors, which are meant to receive important messages in the brain, cardiovascular, gastrointestinal, kidney and respiratory systems. This interference creates an uncontrolled neuron firing in the brain, which triggers the pituitary gland to secrete an emergency hormone called the adrenocorticotrophic hormone (ACTH). ACTH signals the adrenal glands to secrete the stress hormones adrenaline and noradrenaline. Adrenaline, also called epinephrine, increases fatty acids for muscle fuel,



mobilizes glucose and fat stored in the liver and decreases insulin secretion, which prevents glucose storage in tissues. The production of noradrenaline or norepinephrine is also stimulated by caffeine. This stress hormone acts directly on sympathetic nerves and neurotransmitters. Both of these stress hormones are responsible for increased blood pressure, heart rate and that adrenaline rush we experience upon emergency situations.

Blood sugar effects

Caffeine stimulates our adrenal glands to release adrenaline/noradrenaline, which speeds up our metabolism. When the adrenals are stimulated by coffee, the hormone cortisol signals the liver to release stored glucose and fatty acids into the blood stream. The fats clog our arteries and sugar is stored as fat by the insulin response to a resulting high blood sugar level. This doesn't do much for weight management. When too much insulin is produced, we experience fatigue or low blood sugar. Repeated abuse of this stress response can lead to insulin resistance which is very similar to the growing disease Type II diabetes. For diabetics, caffeine exacerbates their conditions by raising vascular resistance, stress hormones, homocysteine, fatty acids and blood sugar levels.

The above physiological reaction was designed for an emergency situation where we need to have extra quick energy to deal with a crisis. In a flight or fight situation, it is good our bodies can react quickly, but when this reaction occurs because of caffeine consumption all it does is wear down our adrenal glands, resulting in a weakened immune system and a compromised glucagon/insulin balance.

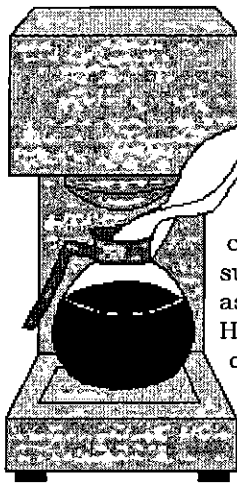
Dr. Barry Sears discusses in his book *The Zone* how important it is to keep the blood sugar balanced. The glucagon/insulin balance is key to a healthy weight, immunity and energy level. Metabolism and energy level or endurance can be greatly increased by balancing the blood sugar level. This is why many of the latest diet proponents encourage us to eat a balance of protein to complex carbohydrates and healthy sources of essential fatty acids. The idea of a high

The Negative effects of caffeine on the body

carbohydrate diet for energy is no longer encouraged by most fitness professionals because it drives the insulin levels high leading to system breakdowns. The idea of a high protein/low carbohydrate diet, on the other hand, can drive insulin too low, causing gluconeogenesis or muscle and fat conversion to glycogen. Regardless, caffeine does not support a healthy balance of blood sugar levels.

Mind altering

As mentioned earlier in this article, caffeine blocks our adenosine receptors, interfering with normal neuron firing. In addition, this drug interferes with the metabolism of gamma-aminobutyric acid (GABA) and acetylcholine; both are important biochemicals in the brain. GABA helps us filter information and plan strategies, and acetylcholine facilitates memory and learning. Caffeine is a vasoconstrictor, decreasing blood flow in the brain while increasing blood pressure, the combination of



which is a precursor to stroke. Caffeine also reduces oxygen to the brain because of blood vessel constriction; subsequently, headaches are often associated with caffeine abuse. Headaches are also associated with caffeine withdrawal, due to blood vessel dilation response. Any and all effects caffeine has on the brain certainly can't be helpful to mental clarity.

The energy myth

At first it would appear coffee gives us energy because of the adrenaline/glucose high. What most people don't realize is the subsequent low; our energy is eventually sapped from the hyper to hypoglycemic response, increase in blood pressure and heart rate and the increase in stress hormones. Stress hormones in turn increase our anxiety, depression, nervousness and irritation. With these responses, our energy is not clean or focused and we eventually become fatigued.

Adrenal fatigue often is the result of hyperadrenalism. Relentless stress responses exhaust our stress hormones. Pituitary ACTH deficiency causes adrenal insufficiency, which is associated with low cortisol levels. The adrenal glands stop responding to ACTH and the pituitary stops releasing ACTH. Adrenal glands, like the pancreas, can run out of steam when over taxed. Adrenal hormones are also important for combating inflammation and autoimmunity. Adrenal hormones help to regulate the immune system and prevent immune cells from attacking healthy cells. Symptoms of hypoadrenia include fatigue, dizziness, moodiness, mental anxiety, nervousness, joint pain, allergies, digestive disturbances, asthma, fibromyalgia, autoimmune disease, palpitations, back pain, mental sluggishness, headaches, loss of libido, colitis,

chest pains and more. Doesn't sound like much fun, does it?

Coffee can affect the quality of our sleep as well. Our sleep time is essential to the repair and restoration of our mental, physical and emotional systems. Sleep deprivation increases fatigue and aging. Caffeine has been shown to shorten total sleep time and disrupt the sleep stages necessary for a deep restful sleep.

Caffeine tolerance

Every person responds differently to caffeine, depending on their constitutions and sensitivities to the effects caffeine has on their bodies. For some, one cup is too much, others can tolerate several, but the stress response does occur at some level in every individual. Beware though, caffeine isn't the only thing to be concerned about in your coffee. Pesticides are sprayed freely on the beans imported to us, and several of them are carcinogenic. Coffee contains over 500 volatile compounds and the resulting high alkaline content creates an acid stomach, inactivating digestive enzymes and encouraging ulceration of the stomach and intestinal lining. Vitamin C and B vitamins support the adrenal glands; coffee destroys C and B vitamins. Coffee may also create calcium, inositol and biotin deficiencies and prevent iron from being utilized. Additionally, coffee (including decaffeinated coffee) has been reported to increase bad cholesterol levels. It is not just caffeine in coffee that is harmful to our health but the nature of other chemicals in coffee as well.

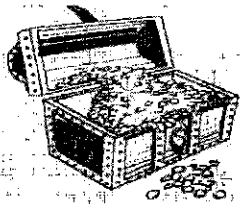
Soft drinks

Artificially colored, flavored and preserved, soft drinks are not a source of nutrition. If the sweetener is real, it causes the blood sugar response that increases fat storage. If the sweetener is artificial, the brain triggers the body to create enzymes to convert calories to fat as soon as you have your next meal. This is how diet soda can cause weight gain. Of course the caffeine in soda also plays havoc with the adrenals, heart, respiratory and immune systems and brain function, just like in coffee. Kids get addicted to the caffeine and sugar in soda, as do adults. If a child drinks enough of the stuff it can cause hyperactivity and attention deficit disorder. As we talked about with the caffeine in coffee, the effect on the brain can't be very good for children when you consider symptoms of depression, fatigue, mood swings, anxiety and decreased memory and learning skills.

Caffeinated beverages can be harmful if used in excess. The myths about coffee as a "safe" stimulant are entirely false and unsubstantiated. If you're looking for a beverage to get you going, drink a nice, tall, cool glass of water instead.

Diane Spindler, PhD, NMD, RScD, is a board certified naturopathic doctor who specializes in nutrition consulting and metabolic balancing through blood chemistry analysis and iridology. Spindler also sits on the board for Lifestyletech's DietMaster Pro Software. She can be reached at 303-697-1736.

MOOT MOOT



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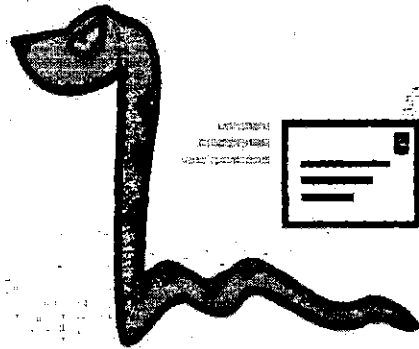
moot_moot@bigfoot.com

www.scs.ryerson.ca/~bburley/mootmoot

Pre-Registration Form

Please make all cheques payable to:

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Group Name: _____

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Number of people being registered _____

X \$14.00 per person = \$ _____

Number of extra crests needed: _____

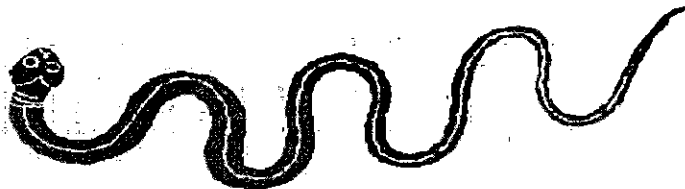
X \$2.50 per crest = \$ _____

Number of Catamarans needed: _____

X \$3.50 per item = \$ _____

Total amount enclosed: \$ _____

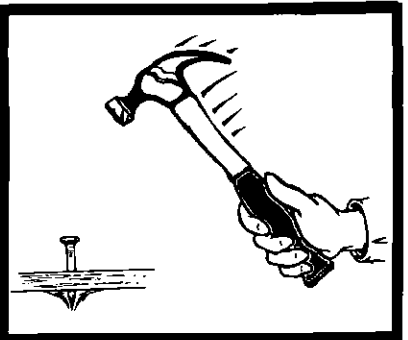
Moot Moot 2000
co/Slinky the Snake
46 Beach View Cres.
Toronto, ON, M4E 2L5



For Registration Info Call: Bruce Burley (416)-699-1368

moot_moot@bigfoot.com

TOOL TIME



All Rovers, male and female, young or old, get called upon at one time or another to do fix-it jobs. Sometimes as a Crew project, sometimes as a home repair project, and sometimes to help a friend. In this column, we're going to try to bring you tips to make some of these jobs easier.

Don't be a BOOB when buying a hammer

TOOL GIRL

by Mag Ruffman

Buying your first hammer is like buying your first bra. You're likely to choose something bigger than what you actually need. This makes other people laugh and point, but there is fierce pride in strapping on that pristine-white badge of maidenhood.

You wouldn't have wanted a beaten-up, hand-me-down for your first bra, so why content yourself with an inherited hammer?

Just remember that the guys who made fun of your first bra are now working in the hardware store. When you tell them that you want to buy a hammer, and they say: "What are you going to use the hammer for, ma'am?" don't try a smart comeback like: "For striking little steel spikes known as nails."

For one thing, this kind of hot-dogging will identify you to the hardware clerks as a BOOB, (bellicose, obdurate, overachiever babe). Maintain

composure, because what the clerks are trying to find out here, is whether you need a smaller (5 to 12 oz) hammer for household uses like installing picture hooks, or a larger (14 to 20 oz.) hammer for stuff like building decks.

It can be confounding to select the best hammer from the array of products available. However, there are really just three things to consider when choosing your first personal, life-long hammer; the handle, the head, and the grip.



THE HANDLE

There are four kinds of handles available: steel, fibreglass, graphite and wood.

A steel shaft never breaks but it is the most uncomfortable to use because the vibration caused by repeated striking will travel up the handle and into your arm, causing tenderness and even tendonitis.

Fibreglass is somewhat better than steel for vibration. It has great durability, but is used mostly in heavier models meant for framing and rough construction.

Graphite is being used in a few of the newer hammers. As in higher-end tennis racquets and golf clubs, graphite reduces weight and contributes antishock properties. A graphite handle provides up to eight times better vibration reduction compared to an all-steel hammer. This is usually reflected in the cost. But they look darn hot; this is usually worth the cost.

The traditional favourite is the wood-handled hammer. Hickory is the most common wood variety used. The cell structure of this straight-grained wood absorbs much of the vibration, making these hammers pleasant to use.

THE HEAD

Heads are high-carbon steel. The striking face of the head can be smooth or

waffle-textured. If you were working as a construction framer, you'd want the textured face because it helps the hammer grab the nail, so it self-corrects if you have bad aim. On the other hand, hanging pictures with a textured hammer head, and missing, will leave waffle-like scars on your walls. You don't want this, and neither does your husband. Trust me.

Buying a hammer is a lot like buying your first bra, sez Mag—you'll likely buy one that's too big

The claw on the other side of the striking head is used for removing nails that went in crooked or bent. (This is never your fault. Some nails just come from the wrong side of the foundry.)

There are two styles of claw: curved, and straight known as "rip." The rip claw has great leverage for removing nails, but tends to tear up surfaces. The curved claw doesn't mark surfaces as readily.

THE GRIP

Some handles are rubber-coated to give you a better grip and to reduce vibration. The tacky surface reduces the grip

strength required to hold onto the hammer, so your muscles won't get as sore.

Practice swinging a hammer to feel its balance. Consider the diameter and length of the shaft. If you "choke up" on your grip (moving your hand closer to the head because the diameter at the bottom of the handle is too big for your hand), this is not the hammer for you. The right size hammer for your hand is one that can be comfortably held near the bottom for maximum swinging force.

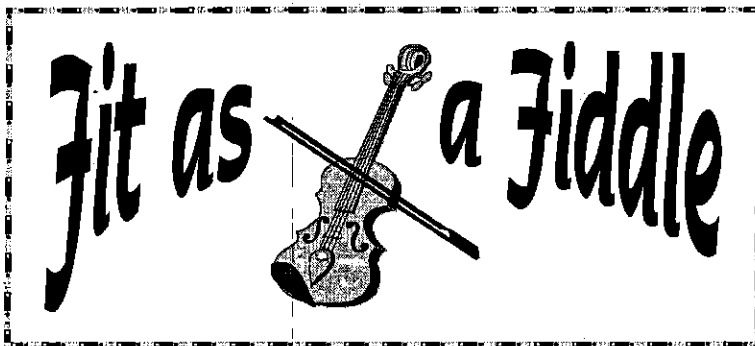
Plus, the overall length of your hammer should not be greater than the distance between your fist and your elbow.

AND FINALLY

It's nice to have as many as 40 hammers but you may want to decide which features are most important, and then buy a single hammer accordingly. Choose a hammer that's easy to control but heavy enough to drive the kind of nails you are working with, and soon you'll be banging away with such enthusiasm, not even the phone will distract you.

from The Toronto Sun

*Mag Ruffman
can be reached at
tool.girl@home.com*



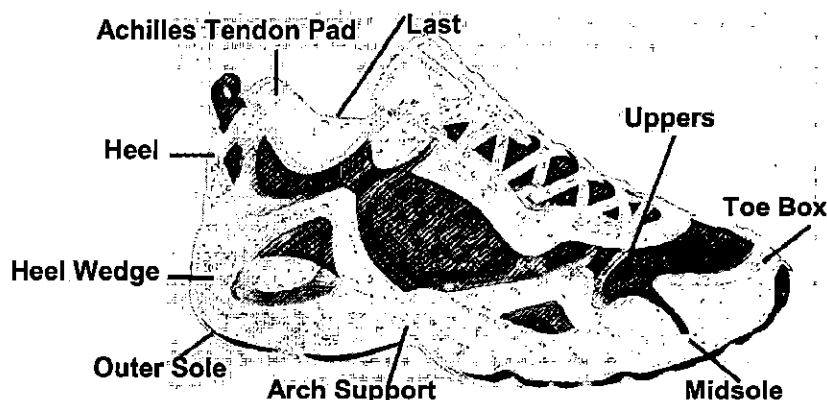
Personal fitness does not mean having a sculpted body and posing for weight lifting magazines. It does mean getting your body into a healthy state with a reasonable weight for your height and body structure, a firm muscle tone and being able to do some physical activity without wheezing. This column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

If the Shoe Fits

Guidlines to selecting the right shoe

by Z. Altug', MS, PT, NSCA-CPT, CSCS
'Personal Fitness Professional' magazine
 March 2000

A thousand-mile journey and many sporting activities begin with the first step. Here is a list to help you make that first step by selecting proper shoes for optimal comfort and performance during daily activities work, workouts and sports.



- 1) As a general guide, you need new shoes when your old shoes lean inward or outward (as you look at them from the back); show excess wear on the edges of the sole; if you have logged approximately 500 miles in them; or you notice pain and discomfort in your feet, ankles, knees or legs. After 300 to 400 miles, your shoes have lost about half their cushioning.
- 2) Find a good store with knowledgeable salespeople that will address your needs. Shopping during the day will generally connect you with the full-time staff who are usually more informed about the products.
- 3) However, shop towards the end of the day because there is a gradual increase in foot size from the time you awaken.
- 4) When shopping, take the socks and orthotics (if applicable) that you will wear during the sport or workout.
- 5) Buy socks that fit properly for your foot size to get the best fit in the shoe.
- 6) Discuss your foot type, foot problems and training habits with a knowledgeable salesperson to focus on the proper features you need.
- 7) Have both feet measured for length and width every time you buy a new shoe, since foot size changes as we age and shoe size varies among different name brands. Always try shoes on and

avoid getting a shoe based on a size.

- 8) Always measure and fit both feet because your right foot varies in shape and size from your left foot. Buy the shoe size that fits the longer and/or wider foot.
- 9) Buy a shoe for the specific activity in which you will be participating. For example, don't buy a running shoe and then use it to play basketball.
- 10) Generally, for a high-arched foot, look for cushioned shoes (a curved, flexible last); for a flat foot, look for a motion control shoe (medial posts, a straight last and a firm heel cup); and for a normal foot, look for a stability shoe (semi-curved last).
- 11) Lace shoes properly while testing.
- 12) Make sure there is at least one thumb's width of space (approximately $\frac{1}{2}$ inch) from the longest toe to the end of the toe box. The shoe should be long enough so that all toes can fully extend without being cramped and you can wiggle all of your toes.
- 13) The width of the shoe should match the widest part of the foot and allow

movement of the toes and spreading of the foot.

- 14) During sports performance, a shoe should feel snug but not too tight.
- 15) Make sure the heel collar is soft and does not put too much pressure on the Achilles tendon.
- 16) Make sure the insole is easily removable and there is enough room to accommodate a foot or thoses (if needed).
- 17) Try to approximate the conditions the shoes will be worn under (walking, running, jumping or side-to-side movement as in tennis and basketball). Also, try the shoes on a non-carpeted area to get a feel for them on a hard surface.
- 18) Carefully inspect and feel the shoes for defects that may have been missed at the manufacturer. Check to see if the shoe is glued together properly and air and gel pockets are inflated evenly.
- 19) You get what you pay for, so expect to spend some money for quality shoes.
- 20) But remember, the feel and fit of your shoe are the most important, not the appearance.

21) Don't let commercials hook you on one name brand. Try on various brands and pick the one that feels the best and gives you all the features you need.

22) A proper-fitting shoe will fit well from the first day. Avoid anticipating a "break-in" period for the comfort of your shoe. Although for sports competition, there will be a "break-in" period.

This information is not a substitute for medical treatment. Consult a physician, podiatrist and/or a physical therapist specializing in the foot/ankle for specific concerns and guidelines.

Several books and Web sites are helpful in determining the best fit for shoes. The above list was based, in part, on some of those references. For a complete list of references, go to Personal Fitness Professional~ Web site at www.fit-pro.com.

Z. Altug', MS, PT, NSCA-CPT, CSCS, is a physical therapist at the UCLA Medical Center and practices privately as a fitness trainer. His book, Manual of Exercise Testing, Prescription and Rehabilitation, outlines fitness testing and prescription protocols. Contact him by calling 310-636-7121 or on his Web site at www.zfitnesspro.com.

Friendly Forest Flora



The Dandelion

I don't get it. How did it happen that grass, which humans can't eat, by the way, is exalted, revered and mollycoddled by lawn fanciers; but the wondrous, delicious, almost magical dandelion is defamed, denigrated and poisoned? Grass is just plain old green, or if you don't worship it with the sprinkler, brown. Dandelions have a bright, sunny-yellow flower to delight the eye when freshly flowered and a delicate, lacy globe of fluffy white when turned to seed. Well, you've seen them, how could anyone prefer plain old grass to such a pretty flower?

The purifying effect of dandelion is almost as strong as that of Stinging Nettle and it too has a potent diuretic effect. It is worth noting that the delicately bitter leaves have been long appreciated by gourmet and gourmand for spring salads and cultivated leaves are even available in many supermarkets these days. Wild dandelions have a more powerful and slightly bitterer taste than their supermarket equivalents. There is a misconception that the stems and flowers of dandelion are poisonous, but this is patently not true and all parts of the plant (leaves, stem, root and flower) possess healing powers and are digested easily. The foremost concern you should have when harvesting dandelion is to ensure that it has not been sprayed with pesticide by some grass-hugger.

Dandelion is a wonderful remedy for digestive upsets relating to your stomach and intestines and like all bitter substances; it stimulates the function of your liver. Dandelion is also touted as somewhat of a "miracle" cure for gallstones. Unfortunately, dandelion tea made from leaves and roots has an unpleasantly bitter taste on its own, but you can combine it with other more pleasant-tasting herbs to make a digestive remedy tea. Good combinations include a mixture of dandelion with raspberry leaves, blackberry leaves, elder flowers, chamomile flowers, or of course, any kind of mint. As a base for a wildflower salad, dandelion is hard to beat. Dandelion leaves are loaded with iron, vitamin A, vitamin C, potassium and calcium. Also, the leaves are 19-32% protein.

Dandelion sap, while sticky and oozy on your hands, is a potent remedy for the following skin afflictions: warts, corns, calluses, hard pimples, bee stings, old sores and blisters. So don't run too fast to the sink to wash off the sap before it can work for you.

Have I mentioned dandelion wine?

Have I turned you off grass yet?

Enjoy your dandelions! Love them, don't spray them!

Yours in Rovering,
Tammy Squires

International Events

AUGUST

JUL 29-AUG 5 5th Nippon Venture 2000

Kuju Kogen (Plateau)

Oita Prefecture

Kyushu Island

Japan

<bsn@scout.or.jp>

<www.scout.or.jp/>

8-13 Nordjamb

Iceland

<BIS@scout.is>

<www.scout.is>

9-19 4th Africa Jamboree

Nairobi, Kenya

<afriscout@arce.or.ke>

<www.ksa.adventurealternative.com>

JUL 30-AUG 8 Vienna 2000

Vienna; Austria

<vienna2000@ppoe.at>

<www.poe.at/lv/w/>

JUL 31-AUG 9 Regional Scout Camp

Tupaja - Town by the Sea

Weitprechts, Germany

<internationales@landeslager.de>

<www.landeslager.de>

20-26 First 3rd Millennium

Mount Kilimanjaro Climb

Kilimanjaro Region, Moshi District

United Republic of Tanzania

<worldbureau@world.scout.org>

OCTOBER

21-22 JOTA (Jamboree on the Air)

43rd Annual JOTA

On-site Radio Station: HB9S

<JOTA@world.scout.org>

<www.scout.org/jota>

21-22 JOTI (Jamboree on the Internet)

<JOTI@world.scout.org>

<www.scout.org/joti>

????? National Jamboree of Polish Scouting

Anniversary of Polish

Scouting Guiding

Gniezno, Poland

8-13 Nordjamb 2000

Iceland

<nordjamb2000@scout.is>

7-14 21st Asia-Pacific/

10th Korea National Jamboree

Mt. Sorak, Kangwon-do, Korea

<scoutshq@scout.or.kr>

<www.scout.or.kr>

DECEMBER

27-JAN 6, '01 Third Desert Safari

Sahara Desert of Libya

<worldbureau@world.scout.org>

30-JAN 1, 01 Cross Century Camporee

Chia-Yi City Park, Taiwan

<cybs@dns.cyeb.cy.edu.tw>

<www.cyeb.cy.edu.tw/bs/index.htm>

Training Dates

Feb 16-18; Mar 30-Apr 1; Apr 6-8 2001

AND

Feb 22-24; Apr 5-7; Apr 19-21, 2002

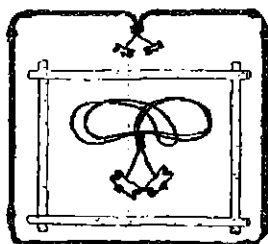
Crew Woodbadge Part II

Leatham Center

Woodland Trails Scout Camp

Greater Toronto Region

Ontario



Here's two separate courses for all Rover Advisors that haven't had a chance to complete their training.

Each is a three week-end course.

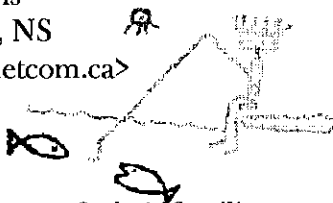
*Contact: GTR Training Department
(416)490-6364*

UPCOMING EVENTS

UPCOMING EVENTS

AUGUST

4-6 Pirates of the Caribbean
Moot 2000
Camp Harris
Dartmouth, NS
<crovers@netcom.ca>



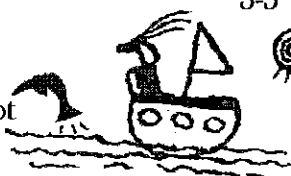
11-13 X-MOOT
For all ex-Rovers & their families
Valen's Conservation Area (Ont.)
Tod: (905)574-4346 or
Cam: (905)634-7377
e-mail: <xmoot@hotmail.com>

18-20 Sonic Boom Moot
Beaverton Fair Grounds
Beaverton, ON
1st Beaverton
& 1st Uxbridge Rovers
<www.wigdor.com/daniel/jason/uxbridge>

26 3rd Annual Space Dance
St. Peter's Church
Kitchener, Ont.
Erica: (519)893-5498
<www.geocities.com/space_dance_2000>

SEPTEMBER

1-4 Alberta Rover Moot



15-17 GO WILD ON THE
OTTAWA RIVER
(river rafting)
Julie: (416)225-0004
<go_wild@hotmail.com>

22-24 MOOT MOOT Y2K
Snake Island
Toronto Islands
Toronto, ON
<mootmoot@bigfoot.com>
<www.scs.ryerson.ca/bburley/mootmoot>

29-Oct 2 Yow 2 Klue Moot
Camp Opemikon
Old Orchard
<rtlhrc@home.com>
Kristina or Kevin
(613)721-6833



OCTOBER

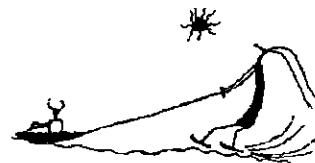
13-15 Halloween Moot
20th and Final Moot
Lion's Park
Burford, ON
<carla.patterson@sympatico.ca>

NOVEMBER

3-5 E-vent 2000 & ARRT Meeting
Alberta

3-5 Jailbreak Moot
Camp Wetaskiwin
St. Catherines, ON
Terry: (905)295-5251

10-12 Genesis Venturee III
Camp Bel
Dorchester, ON
Jason: (519)892-3403
<www.geocities.com/Rainforest/Jungle/3635>



MORE INSIDE !!!!

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!!!