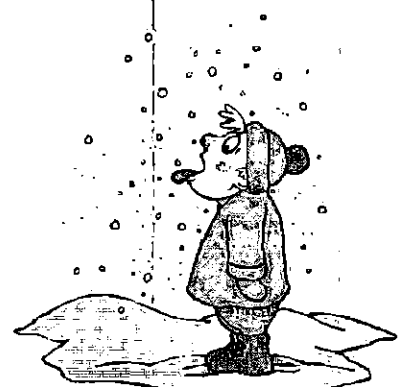


December 99/January 2000



Don't forget the next deadline is January 8, 2000

The Canadian Rover EH!

December 99/January 2000

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and

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Submissions

Submissions to the Editor **MUST** include a copy ready print 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 FrederickSt. Kitchener, Ontario N2B 2B8

Inquires:

Michelle - 1 888 230 3472 OR

Kathy - 1 519 742 1029

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

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From the Editor's Desktop



To contact me regular mail:

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We had an "earth-shaking" event take place at the Halloween Moot last month (at least as far as this magazine is concerned). Assembling from the far-flung regions of Kitchener, Toronto and Fort Erie East (Buffalo), the entire staff of The Canadian Rover EH! came together in one spot for a meeting. From our long suffering subscription manager, our two editors as well as our newest columnist and advertising coordinator, our **entire staff – all five of us**, sat down together for a serious meeting. **This had never happened since I joined the staff.**

It wasn't a spur-of-the-moment event either. Realizing that all the others were planning to attend the Moot with their Crews, I asked them to get together and made it a point to get out there with or without my home Crew. Thanks to Wayne Hall of 3rd Newtonbrook, who offered his hospitality, we met in the plush comfort of his motorhome and spent several hours discussing our goals, what kind of magazine we were delivering to the Rovering public, and where we stood at that point. We got so tied up with details, that if our host hadn't been kind enough to bring in our food (the Moot staff catered lunch for the entire camp), we would have missed the noontime meal.

We came to a few conclusion, all of which didn't make us happy. First, we agreed that **most** of the major glitches which plagued this magazine two years ago were pretty much under control. We haven't solved **all** the problems, but we're getting the magazine out in a more timely fashion and not missing any editions. Our content was good when the individual articles were examined, but we all felt there was too much general purpose material, and not enough **Rover specific** material.

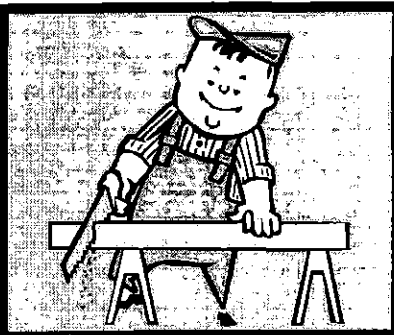
This was caused primarily by a lack of contributors. We need a broader cross-section of Rovers to give input, but it's been a lot like trying to borrow money—a lot of promises of help, and little follow through. We talked about running stories on individual Crews and activities, getting reports on the various Moots after they run and getting pictures of Crews and activities as some of the basic areas of interest our public would be interested in, **but** none of the present staff has the time to devote to really get involved with those articles. Simply put, we need more help.

Here's a plea to our Rover population.....if you care about Rovering, and want to see it flourish, we need better communication, and that's what this magazine is trying to do. However, we have limited resources because of a lack of people on staff. **We need contributors.** If you're willing to write an article (it doesn't even have to be an ongoing column), please contact me. I'm sure we can find a use for your talents.

On another front, our subscription manager informed us that we've had a slight drop in subscribers lately. Does this mean that we're not supplying you with what you want to read? Again, which came first, the chicken or the egg? We can't print what you want if you don't let us know, and if we don't have the people to do the articles. We really need more support from our Rover public. We need subscribers, contributors (even a letter to the editor) and the continued support of our advertisers to be able to serve as the forum for information, ideas and gripes that Rovers want to express. I'd like to think that we're performing a service to you our public, and that you're having your needs met.

Keep on Rovering,
Stan Kowalski Jr.

TOOL TIME



ALL ABOUT WOOD

Wood will be the building staple in almost every project you undertake. Make a point of finding out as much about lumber as you can—beginning with the basics presented here.

The lumber you're most likely to need for your projects is softwood, a term that refers to the wood's conifer-tree origin and not its strength. Hardwoods, which come from deciduous trees, are more expensive and not as readily available; they're best used for finer furniture carpentry.

Your choices of naturally decay-resistant types of wood for outdoor projects include: redwood, cedar, and cypress. A practical, less expensive option is pressure-treated wood, which contains chemical preservatives that retard rot. For layout batterboards, temporary braces, and concrete forms, you'll require different sizes of untreated lumber—a ready supply of 2x2s, 1x4s, 2x4s, and 2x6s will come in most handy. Get 4x8-foot panels of exterior-grade plywood for sheathing: $\frac{5}{8}$ -inch for a subfloor or roof, $\frac{3}{8}$ -inch for walls. T1-11, a textured siding-rated plywood, can be fastened directly to the studs of walls, eliminating the need for sheathing.

SIZING WOOD

The lumber dimensions that are most commonly used refer to its nominal size—its size when it was cut from the log. By the time the wood is available for you to buy, it usually has been dried and planed (surfaced dry), reducing it to its actual size. Wood that has been planed with a moisture content of more than 19 percent (surfaced green) will tend to shrink, making its dimensions less accurate. Most of the lumber you'll come across has been surfaced on four sides, designated S4S. Some lumber is sold rough, or without being surfaced, so its actual dimensions are closer to its nominal dimensions.

WORK SMARTER

As a rule, softwoods are available in lengths of 6 to 16 feet, typically in 2-foot increments. You usually can order wood by the lineal foot, which refers only to a board's length—for instance, you might specify “14 2x8s, 10 feet long.” Hardwood usually is sold by the board foot, which refers to all the dimensions of a board. To calculate board feet, multiply nominal thickness in inches by nominal width in inches and divide by 12 to convert the total to feet, then multiply this result by length in feet. For example, a 2x4 8 feet long is $5\frac{1}{3}$ board feet.

SOFTWOOD LUMBER SIZES

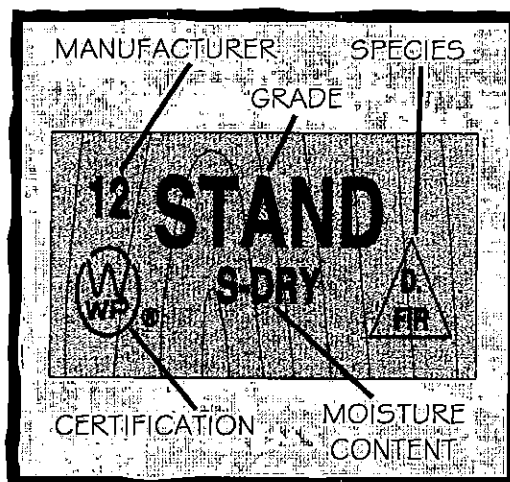
Actual (inches)	Nominal (inches)	
	Surfaced dry	Surfaced green
1x2	$\frac{3}{4} \times 1\frac{1}{2}$	$\frac{25}{32} \times 1\frac{9}{16}$
1x3	$\frac{3}{4} \times 2\frac{1}{2}$	$\frac{25}{32} \times 2\frac{9}{16}$
1x4	$\frac{3}{4} \times 3\frac{1}{2}$	$\frac{25}{32} \times 3\frac{9}{16}$
1x6	$\frac{3}{4} \times 5\frac{1}{2}$	$\frac{25}{32} \times 5\frac{5}{8}$
1x8	$\frac{3}{4} \times 7\frac{1}{4}$	$\frac{25}{32} \times 7\frac{1}{2}$
1x10	$\frac{3}{4} \times 9\frac{1}{4}$	$\frac{25}{32} \times 9\frac{1}{2}$
1x12	$\frac{3}{4} \times 11\frac{1}{4}$	$\frac{25}{32} \times 11\frac{1}{2}$
2x2	$1\frac{1}{2} \times 1\frac{1}{2}$	$1\frac{9}{16} \times 1\frac{9}{16}$
2x3	$1\frac{1}{2} \times 2\frac{1}{2}$	$1\frac{9}{16} \times 2\frac{9}{16}$
2x4	$1\frac{1}{2} \times 3\frac{1}{2}$	$1\frac{9}{16} \times 3\frac{9}{16}$
2x6	$1\frac{1}{2} \times 5\frac{1}{2}$	$1\frac{9}{16} \times 5\frac{5}{8}$
2x8	$1\frac{1}{2} \times 7\frac{1}{4}$	$1\frac{9}{16} \times 7\frac{1}{2}$
2x10	$1\frac{1}{2} \times 9\frac{1}{4}$	$1\frac{9}{16} \times 9\frac{1}{2}$
2x12	$1\frac{1}{2} \times 11\frac{1}{4}$	$1\frac{9}{16} \times 11\frac{1}{2}$
4x4	$3\frac{1}{2} \times 3\frac{1}{2}$	$3\frac{9}{16} \times 3\frac{9}{16}$
4x6	$3\frac{1}{2} \times 5\frac{1}{2}$	$3\frac{9}{16} \times 5\frac{5}{8}$
6x6	$5\frac{1}{2} \times 5\frac{1}{4}$	$5\frac{5}{8} \times 5\frac{5}{8}$

GRADING WOOD

Lumber is grouped by grade at the sawmill, then it is stamped—a typical stamp is shown below—or inventoried by species, grade name, and moisture content. Look for a grading stamp on the edge or back of lumber, or ask for assistance at your local lumberyard or home improvement center.

Categories of lumber are based on size. Dimensional lumber, which is meant for structural applications, is from 2 to 4 inches in thickness and at least 2 inches in width. Heavy structural lumber 5 inches or more in thickness is called timber. Boards, not as strong as dimensional lumber and intended for nonstructural use, typically are less than 2 inches in thickness and from 4 to 12 inches in width. Both dimensional lumber and timbers are graded for strength. Boards are graded for appearance.

Softwood plywood suitable for outdoor applications is graded by a system of letter designations that describe the quality of the face, the back, and the inner plies. The most commonly available panels range from 1/4 to 3/4-inch in thickness.



This representative grading stamp indicates standard grade dimension lumber of the species Douglas fir with a moisture content less than 20 percent. A mill's number, as shown here, or its name or symbol identifies the manufacturer. The certification symbol of the Western Wood Products Association means its grading guidelines were used.

WORKING WITH PRESSURE-TREATED WOOD

Pressure treatment involves forcing chemical preservatives into wood under high pressure to protect it from rot, insects, and other sources of decay. The most common preservatives used in pressure treatment are inorganic arsenicals, such as chromated copper arsenate (CCA) and aminoniacal copper arsenate (ACA), which also are known as water-borne preservatives.

Pressure-treated wood is rated by the concentration of chemical preservatives it contains. Lumber with a rating of .25 pcf (pounds of preservative per cubic foot) is suitable for general aboveground applications. Get .40 pressure treated wood for ground-contact applications. .60 pressure-treated wood for in-ground applications.

Wear impermeable gloves and long sleeves whenever handling pressure-treated wood. To cut the lumber, work outdoors and wear a dust mask and safety goggles. Wash yourself well as soon as you complete your work and launder your work clothes separately from other clothing.

Pressure treatment doesn't reach the interior of the lumber uniformly, so you'll need to brush a sealer-preservative onto cut ends and drilled openings. Don't burn the pieces of scrap; bury them or include them with your other trash. Finish furniture that is made out of pressure-treated wood with a urethane, shellac, or epoxy sealer.

LUMBER GRADES

Dimensional lumber (2 to 4 inches thick)

No. 1 (construction)	Few defects; no knots larger than 1 1/2 inches, no checks, splits or warps
No. 2 (standard)	More defects than No. 1; may have knots larger than 2 inches, or checks, no splits or warps
No. 3 (utility studs)	More defects than No. 2; may have checks, splits, or warps
Joists and planks	Free of defects that affect strength or rigidity

Boards (less than 2 inches thick)

Select B and BTR	Highest quality, virtually free of defects or blemishes; expensive and not always available
Select C (choice)	High quality; few defects or blemishes
Select D (quality)	Quality; some defects and blemishes
No. 1 common (colonial)	Small, minor defects and blemishes; limited size ranges and not always available
No. 2 common (sterling)	More defects and blemishes than No. 1 common; may have knots up to 4 inches
No. 3 common (standard)	Larger, coarser defects and blemishes than No. 2 common; may have small knotholes
No. 4 common (utility)	Larger, coarser defects and blemishes than No. 3 common; may have large knotholes

Exterior plywood

A-B	Grade A face, Grade B back, Grade C inner plies; few face defects or blemishes
A-C	Grade A face, Grade C back and inner plies; some back defects or blemishes
T1-11 (rated siding)	Grade C face, back, and inner plies; some face and back defects and blemishes








Shopping For Wood

•Write up a materials list before you head off to your lumberyard or home improvement center. Write a description of each piece required and the quantity, as well as specifics on the type, thickness, width, and length of the wood.

•Choose the lumber yourself rather than ordering by phone. Wood can vary from board to board in both its strength and appearance. Check each piece of lumber for defects. Be practical; buying top-of-the-line isn't always best. Splurge on cedar or redwood for decking boards, but buy less expensive pressure-treated lumber for the understructure – which no one will ever see once the deck has been built.

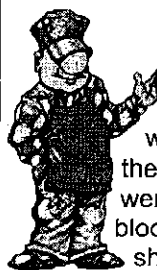
•Order 5 to 10 percent extra to account for waste. Not every bit of every 2-by or 4x8-foot panel will end up being useful. Getting a little more than the minimum at the outset will spare you the hassle of having to do it halfway through your project.

AVOIDING WOOD DEFECTS

KNOT 	A dark whorl of varying size, from less than ½ inch (pin knot) to 1 ½ inches wide; weakens wood if larger than ¾ inch
GUM 	An accumulation of resin; doesn't weaken wood, but makes surface tacky and bleeds through finish
CHECK 	Small cracks across growth rings; doesn't weaken wood, but may mar its appearance
BOW 	End-to-end curve along board face; suitable for horizontal load-bearing applications (joists) if positioned convex side up
CUP 	Edge-to-edge curve across board face; suitable for non-load-bearing applications (decking, fencing) if positioned convex side up or out
CROOK 	End-to-end curve along board edge; suitable for horizontal load-bearing applications (joists) if positioned convex side up
TWIST 	Uneven or irregular warping; weakens wood, but may be used in nonload-bearing applications (blocking)

WOODY'S

WORDS OF WISDOM



I thought I was so smart and well prepared I hand-picked every board and had all the wood delivered well before I needed it. But by the time I got around to building, a lot of boards were warped. Now I know to stack lumber on blocks so it's off the ground and cover it with a sheet of plastic to keep it dry.

NEWS FLASH



A re“QUEST” for Service

CJ'01 Needs You!! The YLT (Youth Leadership Team) Committee is requesting volunteers (14 to 26 years old) to act as staff for CJ 2001 in PEI. Specialized teams with 6-10 members will be formed to coordinate and instruct in activities such as hiking, canoeing, life guarding, computer programming, etc at the camp. Each member is expected to have completed their FOCUS Youth Leadership Training before camp begins. For more information contact the YLT Committee at: E-mail ylt2001@scouts.ca, visit www.scouts.ca web site or call Arnold Smith at (613) 829-1358.

For a year round listing of Service Projects in the Greater Toronto Region contact Harry Bruce at: Telephone (416) 490-6364 or FAX (416) 490-6911. Harry is the Coordinator of Special Services and recruits volunteers for such events as: Scout Booth at the Sportmen's Show, the Ride for Heart with the Heart and Stroke Foundation, the Walk for the Cure with the Juvenile Diabetes Foundation, the United Way Walk-a-thon, etc.

A re“QUEST” for Service is a promotional feature for regional, provincial and national programmes and activities that require volunteers. Please submit your request for service with four months of lead-time to allow for publication by this magazine and for response time by our readers.



Since all Rovers want to be gourmet cooks while "in the field" (you do, don't you?), I thought it might be a good idea to talk about kitchen equipment rather than recipes for a change. There are a lot of Crews who have built an amazing array of gear through the years, while others have to beg, borrow, and improvise to get by. Here's some ideas to make your life in camp easier.....Ye Olde Editor

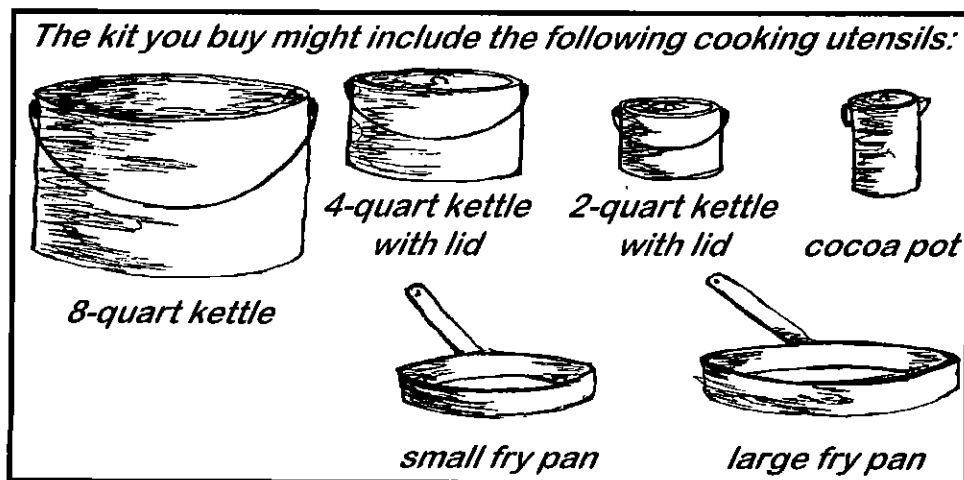
YOUR COOKING UTENSILS

Have you seen pancakes turned with a fork? Sometimes they turned out in fair shape, but most frequently the eaters are not too pleased with the results. The cook's job certainly would be much easier and the pancakes much better if he had the proper utensils to use.

All recipes need utensils for the preparation and the cooking for that dish. If you attempt to do the job with make-shift utensils, you also reduce your chances for getting good results. Certain substitutions can be made, but there are limits. If the recipe calls for a half cup of liquid, you can run into some problems if you have no way to measure liquid. Too little increases the possibility of burning your food. Too much can make the dish too soupy. The utensils that you have can have a definite effect on your results.

Over a period of time you should acquire a fairly complete set of cooking utensils. The standard camp trail chef cook kit is an item that, for many, would be one of the first major purchases. These aluminum cook kits are fairly satisfactory for group cooking, but there is a great variation in the quality of these kits. Some kits have only two stew pots; others will have three. Some will have only one frying pan; others will have two. Some will have square corners that are hard to clean; others will have round corners. Some will have metal that seems only slightly stronger than that in a tin can; others will be of a heavy weight.

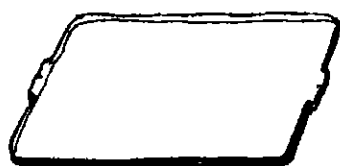
Three stew pots and two frying pans made of heavy weight material with rounded corners — these are the essential requirements if you want a usable cooking kit that can take relatively hard use. An inexpensive kit will not last long. One of good quality will be much cheaper over a period of time.



At one time, this "trail chef kit" or one like it was available through your local Scout Shop. It is **not** listed in the current catalogue. However, it **is** listed in the catalogue from the BSA. (Numbers and prices listed at the end of this article.)



The frying pans in the kit will be satisfactory but a cast aluminum griddle will be superior for certain dishes. If you go in much for items such as french toast, fried eggs, pancakes,



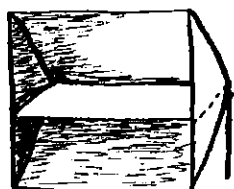
fried potatoes, et cetera, you should also consider a cast aluminum griddle. This will give you about a 10 inch by 16 inch cooking surface — an area that is much easier to use than that of two frying pans. However, when you use a griddle, you must keep it level. A Coleman griddle is listed in the Scouts Canada catalogue, BSA

shows aluminum and cast iron.

If you had to limit yourself to one utensil to use on the campfire, make it a dutch oven. You can cook practically anything in it — pot roasts, fried chicken, baked beans, cobblers, pies, cakes, and so on. It is a utensil that makes it possible to cook over the campfire many of the things that can be cooked at home. Using a dutch oven can make



your camping experience more enjoyable. Both Scout catalogues show dutch ovens.



Another item that can mean greater variety and better food is a reflector oven. A reflector oven does not offer as many possibilities as a dutch oven, but it does have certain advantages over a dutch oven. It is lighter. Many models can be folded into a compact bundle to store or carry. Also, in using it you can always see the progress of your cooking. Sometimes, you can use both the dutch oven and the reflector oven. In the former, for example, a pot roast could be cooking while in the latter there could be a cake. The reflector oven seems to have dropped out of favour, and isn't listed in either catalogue, but if there is an interest, we can show a blueprint for the do-it-yourselfers.

Some of the hand utensils that you should consider include:

a measuring cup



a pair of tongs



measuring spoons



*campfire pliers
(hot pot tongs)*



a spatula



a paring knife



a large stirring spoon



a can opener

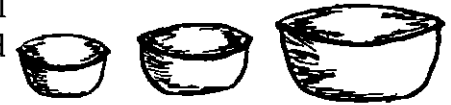


a large cooking fork

Most of these items can be found in a "chef's tool kit" which is available through the BSA. (Numbers and prices listed at the end of this article.)



A set of plastic bowls are handy in a camp kitchen. You will find that they will be put to many uses. You will eventually find that you cannot do without them.



One item that you should have from the start is a pair of gloves to handle hot dishes or even coals. There are differences of opinion on the type of gloves to use. Some recommend plain cotton gloves. These are cheap as well as washable. Others recommend leather gloves.

Regardless of the type of glove, they should be heavy gloves and they should fit loosely.



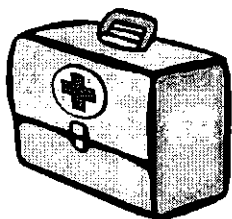
Gloves retain heat and you can get a severe burn unless you can get them off fast. When you handle a hot dish, pick the dish up with both hands and move quickly. Do not clasp the dish with your fingers; instead use the flat of your hands to hold the dish. As soon as the dish is set down, shake the gloves off. You must get them off fast. (What would be good would be to encourage each person to obtain his own kitchen gloves.)

A work apron is an item that would be wise to include as part of your cooking gear. An apron helps keep the cook clean.

One disposable utensil that should be added to your supplies is aluminum foil. Many times it serves as an excellent substitute for the more permanent type of utensil. For example, a small quantity of shortening can be melted in an aluminum foil cup instead of a pan that would need to be washed afterwards.



Do not forget that you also need utensils for heating water for cleanup and for washing dishes. At times the 8-quart kettle might be used, but it is usually best to have separate utensils for this purpose.



Although not a utensil, there is one item that should always be readily available in the cooking area. In any group that is camping there should be a first aid kit that can be used in giving first aid in a wide variety of accidents, but in addition to that there should be a small first aid kit in the kitchen area to take care of the small cuts or burns that arise in this area. A small first aid kit with only several sizes of band-aids and some first aid cream is usually adequate for this purpose.

One other small item is suggested. A small package of cheesecloth takes little room and is sometimes very handy. It makes straining spaghetti much simpler. When desserts or other foods are prepared early, cheesecloth is helpful in keeping insects off while they cool or until time to use them.

What to Get First

This is a question that you will have to decide yourself. However, put campfire pliers (hot pot tongs) and a pair of kitchen gloves very high on your list. You will have fewer burned fingers and less burned food with these two items.



the Gourmet Rover

A Word of Caution

As you plan your menu, make certain that you have the utensils available that will make it possible to prepare it. For example, if your menu requires the use of three stew pans in preparing the complete meal, you might suddenly find that there will be no dessert or something else will be missing if your cook kit includes only two stew pans. Determine your total utensil requirements for each meal as you prepare your menu. If something is missing, then you must either change your menu or acquire that additional utensil. Sometimes some other utensil can be substituted, but make certain that this substitution can be made before you get to camp.

Where To Buy

Check your local outdoor sport store, the local Scout Shop, or mail order camping gear suppliers. To get information for this article, I stopped at the Scout Shop in Niagara Falls, Ont., as well as the BSA counterpart in Buffalo, N.Y. What I found was interesting. Scouts Canada shows only a few items in their catalogue, **but** the Scout Shop had a large display of equipment from Coughlin's and World Famous. The Boy Scouts of America on the other hand carries everything you need in their catalogue, and their store in Buffalo (actually Cheektowaga) had a lot of it on display. Their equipment is excellent and long lasting, but pricey. I can personally vouch for the quality and endurance.

Their National Supply Service can be reached at 1-800-323-0732. I would believe that they will mail a catalogue on request. To give you some ideas, here is a list of the items which appeared in this article (prices in US funds):

<i>Trail Chef Kit</i>	W01011	71.50
includes:	9" fry pan; 10½ fry pan; 2 fry pan handles; 2-qt. pot w/lid; 4-qt. pot w/ lid; 8-qt pot; cocoa pot w/lid; 4 9" plates; 4 8-oz. plastic cups (these should have measuring marks on them)	
<i>Nylon Cover for Chef Kit</i>	W01012	7.00
<i>Chef's Tool Kit</i>	W01153	33.95
includes:	ladle; spatula; slotted spoon; turning fork; slicing knife; paring knife; can opener; vegetable peeler; comes w/case	
<i>Griddles:</i>		
Aluminum	W01151	16.50
Cast Iron	W01268	40.75
<i>Dutch Ovens:</i>		
2-qt.	W01043	41.75
6-qt.	W01044	55.95
8-qt deep oven	W01320	65.50
<i>Hot Pot Tongs</i>	W01215	6.45

On the Canadian side, here's a few addresses that Pat Hudson, the congenial manager of the Scout Shop at Niagara Falls, Ont. was kind enough to share:

Coughlan's
121 Irene St.
Winnipeg, Manitoba
R3T 4C7
Phone: 204-284-9550

Outbound Products
8585 Fraser St.
Vancouver, B.C.
V5X 3Y1

World Famous
333 Confederation Pkwy
Concord, Ont.
L4K 4S1
Phone: 905-738-4777
Fax: 905-738-5052

Red Pine Outdoor Equipment Inc
2720 Queensview Drive Suite 1155
Ottawa, Ont.
K2B 1A5
Phone: 613-596-5822
Fax: 613-596-5533



11-24 July/Juillet/Julio 2000

11th World Scout Moot

The 11th World Rover Moot is being organized by the Mexican Scout Association and will take place in the year 2000 from July 12th to 23rd. The emphasis of the Moot is to ensure those attending experience the wide cultural and historical diversity of Mexico. After the opening ceremonies in Mexico City on July 11th those attending will be split into groups and spend three days at two of the five different cultural sites in the Mexican Interior. All of the groups then return to Mexico City on the 20th for three days of activities until the official closing on July 24th.

Each of the five cultural sites offer those attending the opportunity to partake of the natural beauty of the regions through rock climbing, mountaineering, caving, etc. and the opportunity to participate in workshops on dance, song, and crafts as practiced in the Maya, Zapoteca, Tarahumara World Tradition.

In keeping with the Moot's slogan of "Tradition for Tomorrow" the organizers have scheduled meetings between the local inhabitants and the Rovers attending to emphasize the necessity of taking one's own cultural history and a respect for other's cultural history into the next millennium.

The organizers of the Moot have established a goal of having participation from 100 countries and have setup "Anahuac Operation" to help fund participants from less developed countries in assist in achieving their goal.

Registration is open to those who will be between 18 and 26 years of age during the moot and will close **December 31, 1999**. More information on the Moot can be obtained at:

E-mail: seop.moot@usa.net

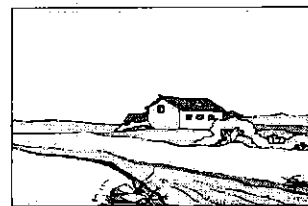
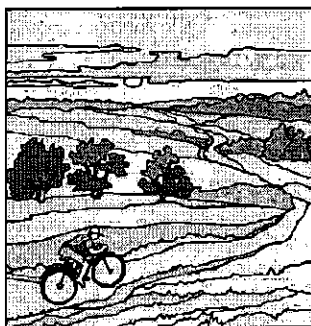
Web page: <http://www.moot2000.org.mx>

The Canadian Contingent Leader is Bill Holden.

He can be reached at:

<holden@panet.com> or by phone at **(780)461-0157**

OUT & ABOUT

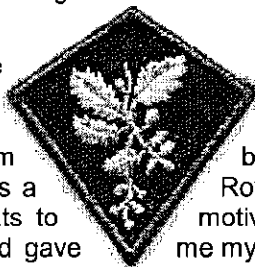


Welcome to my fourth column, I guess I should really stop numbering these things...Oh well.

Rambler Badge

In my second column I hinted about a discussion of the Rambler Badge, so here goes. Our crew still uses the requirements based on a series of trips, either by foot, bicycle or canoe (or any combination) as previously proposed in the 1971 Rover Handbook – before the recent changes to a single international trip. In my opinion, it's up to the crew to establish its own requirements.

We use a 500 point system where one kilometre equals 2.5 points and one kilometre cycled number of years to complete the badge. We our requirements have deterred members from lence that I took up as an Advisor rather than as a years) behind a desk, I used these requirements to final analysis it made me much more active and gave



hiked equals 5 points, one kilometre canoed equals 1 point. Under this system it takes a also require a log of each trip. I do agree that beginning the badge, but for myself it was a chal-Rover. After a number of years (almost fifteen motivate me to change my personal bad habits. In the me my new passion for cycling.

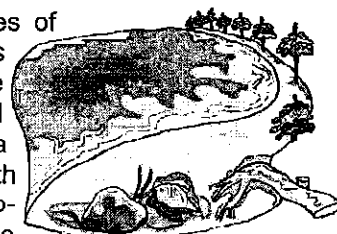
Whether your crew is using the new and old requirements, I believe it should be part of every crew's programme for several reasons. First it motivates the individual seeking the badge to plan and partake in going "Out & About" by providing them with a structure in which to plan. Second, it motivates other members to try new things themselves after hearing of memorable trips of friends and crew members. Third, the trip(s) will likely require the involvement of other members of your crew in the planning and the participation, thus passing on knowledge and skills throughout the crew. Finally I think the best part of our crew meetings are the rehashing of events on our outings with the crew members who couldn't make it; they become jealous and you get to live in the moment again.

ORC has a new award, the **Rovering to Success Award**, which challenges Rovers to set their own goals and provides recognition for their achievement; I personally used the **Rambler Badge** to challenge myself. Whichever route you chose, you will find an inner satisfaction when you achieve your goals. I will warn you though, once you begin achieving your goals, it becomes an addictive process.

Riding in Washington State

My trip to British Columbia also produced a day trip to Seattle and the surrounding Washington State area. In the morning I drove to Bellingham, Washington to ride the # 70 Ride of The Mountain Biker's Guide to the Pacific Northwest, the Interurban and Fragrance Lake Trails. The book is written by Laurie and Chris Leman and published as a volume of Dennis Coello's America by Mountain Bike Series. The book covers 82 mountain bike trips in the states of Oregon and Washington.

The interurban trail follows an abandoned electric railway line that linked the communities of Bellingham and Mt. Vernon from 1912 to 1930. It was opened for pedestrians, equestrians and cyclists in 1987. The entire path is relatively flat and shaded throughout the 16-mile round trip. Even though it was a Tuesday morning ride, I encountered numerous hikers and runners as well as two groups of equestrians along the trip. During most of the ride there is a elevated view of Chuckanut Bay of the Pacific Ocean which makes all the pedaling worth while. At the far end of the ride is Larrabee State Park, located on Samish Bay, the park provides a great opportunity to take off your shoes and wade in the Pacific Ocean. The shoreline of the park looked exactly the way I expected it to be after watching all those Beach Comber reruns; a lot of sand, some seaweed and of course a number of large logs. The type of log you just sit on and watch the waves come in.

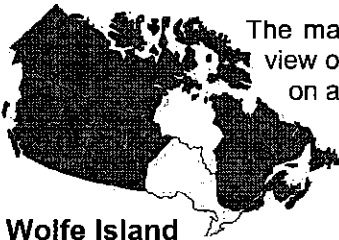


I would like to thank the members of the Cascade Bicycling Club of Washington and specifically Jeanne and Don Jovag of Stanwood Velo Sport for allowing me on one of their Tuesday night rides north of Seattle and for inviting me to their after ride dinner. I had found the club on the Internet and simply showed up at the start of the ride and was welcomed as a distinguished visitor.

The area surrounding Stanwood and Seattle to my surprise was predominately settled by Norwegians. The oldest farms have barns with the unique Norwegian feature of the roofs sloping down to approximately three feet above the ground level and having triangular windows all along the walls on the sides of the barn. Both Seattle and the surrounding towns and villages have Norwegian restaurants, cultural centres and craft shops.

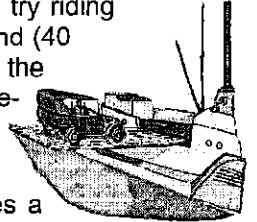
Howe Island

If you would like the experience of riding across an island and taking a couple of ferry rides then try riding across Howe Island (east of Kingston, Ontario). The island is unique in that though it's a small island (40 square kilometres) and roughly a ride of 15 kilometres, it has a small ferry at each end. You have the choice of a circular route of approximately 35 kilometres (including the distance on the main land between the ferries) or a there-and-back from either of the ferries of 30 kilometres entirely on the island itself. I recommend you go self-contained, as the island is largely farms and individual homes.



The main east-west road travels within view of the St. Lawrence and provides a view of slightly rolling farmland and the shoreline of the river. All in all, very relaxing ride on a summer day.

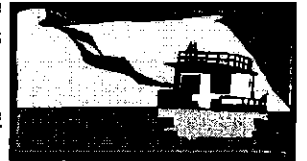
The ferry docks are located in the west at Pitts Ferry on County Road 16 and in the east at Bishop's Point.



Wolfe Island

Wolfe Island separates Lake Ontario from the St. Lawrence River and is west of Howe Island. Though I haven't ridden across the island it has all the features of Howe Island and a couple more. There is the access to the island by two ferries as with Howe Island, but the neat part is that the second ferry lands in Cape Vincent, New York. Therefore you can start at the docks in Kingston, Ontario, take the ferry to Wolfe Island, ride across the island, take the ferry to the U.S. and then return. There is also a town, Marysville, where as Howe Island has none.

For cycle tours in Eastern Ontario, including a tour of Howe and Wolfe Islands, consult: Bicycle Guide to Eastern Ontario, by Gary Horner, and published by Outdoor Press of Markham, Ontario



Riding Tip:

The end of the riding season requires the storage of your bike (well at least for some). The best thing for your bike is to store it inside, in a dry spot. Give it an all over good cleaning, especially if you ride to the bitter end and get any road salt on it and then re-apply your lubrication.

It is important to either: remove your seat post, oil it and then replace or simply just remove it. One of two things was happening as you were riding all summer that may lead to the seat post freezing in place permanently over the winter. Rust may have been building up over the summer or the friction between the seat post and the seat tube may have been producing an aluminum powder residue that will weld the seat post in place. Without proper maintenance you may never be able to raise or lower your seat again without your bike experiencing major surgery (read: cutting of metal).

Final Comments:

I'm still waiting for your recommendations for cross-country ski trails. Please send them in for our winter issue (deadline January 7th). Send them to: [<Canadian_rover@hotmail.com>](mailto:Canadian_rover@hotmail.com), with the subject: **Kirby-Out & About**. I think we could even find some room for a few recommendations on snow boarding locations.

I met a number of Rovers and Leaders at our magazine stand (display) on Saturday night at Halloween Moot in Burford, Ontario. A number of you had some great stories of trips that you or your crew had taken and even a few of you **promised** me a story. I look forward to having them printed under the "Out & About" banner in the future.

For those who have had a member of their crew earn their Rambler Badge, I encourage you to write in for two reasons. There may be those of us who would wish to experience their trip(s) or comparable ones, and the person(s) who have earned the badge deserve our recognition.

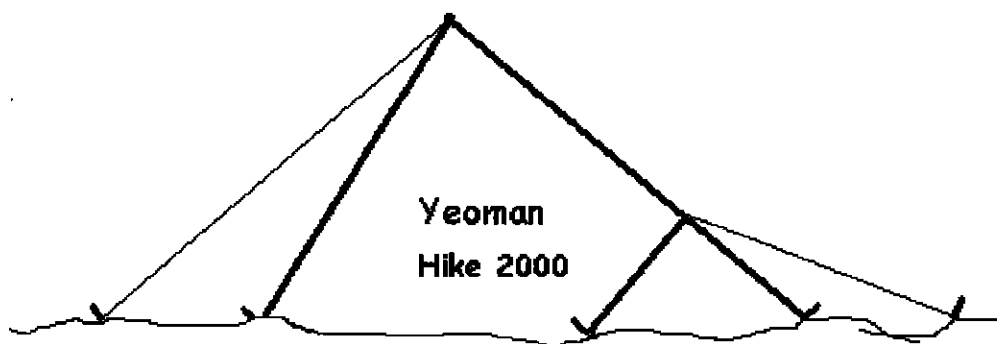
Yours is Roving
Kirby McCuaig

YEOMAN HIKE 2000

June 24th & 25th

Fun/Competitive 2 Day Hike

- Based on Scouts First Class Journey
 - 2 Member Team
- Each Team Must Come Completely Self Contained
- Open to all Registered Rovers, Rangers, Advisors and Venturers
(Each Team Member must be 16yrs or Older)
 - Approximately 22km Hike
- Teams Will be Notified of Starting Location on June 23rd
 - Staggered starts (beginning 9:00am Saturday)
- Teams will be Evaluated on Log, Camping and Hiking Skills
- For Those Wishing to Bring a Musical Instrument For the Campfire, There Will be Complementary Transportation for That Instrument
 - Finish Sunday 3:30pm
- All Teams Must be Pre-Registered by May 31st 2000
 - Cost \$10.00 Per Person
- Organized by 3rd Newtonbrook Rovers



For More Information or to Register Call or Write:

Kirby McCuaig (Advisor)
3rd Newtonbrook Rovers
H-(416) 226-2296
jmccuaig@pre-con.com

3rd Newtonbrook Rovers
211 Churchill Ave
Willowdale Ontario
M2R 1E2

Nicola Bone
3rd Newtonbrook Rovers
H-(416)398-3380

The Funny Bone

Dear Mom,



Our scouter told us all write to our parents in case you saw the flood on TV and worried. We are OK. Only 1 of our tents and 2 sleeping bags got washed away. Luckily, none of us got drowned because we were all up on the mountain looking for Chad when it happened.

Oh yes, please call Chad's mother and tell her he is OK. He can't write because of the cast. I got to ride in one of the search & rescue jeeps. It was neat. We never would have found him in the dark if it hadn't been for the lightning. Scouter Brad got mad at Chad for going on a hike alone without telling anyone. Chad said he did tell him, but it was during the fire so he probably didn't hear him.

Did you know that if you put gas on a fire, the gas can will blow up? The wet wood still didn't burn, but one of our tents did. Also did some of our clothes. John is going to look weird until his hair grows back.

We will be home on Saturday if Scouter Brad gets the car fixed. It wasn't his fault about the wreck. The brakes worked OK when we left.

Scouter Brad said that with a car that old you have to expect something to break down; that's probably why he can't get insurance on it. We think it's a neat car. He doesn't care if we get it dirty, and if it's hot, sometimes he lets us ride on the tailgate. It gets pretty hot with 10 people in a car. He let us take turns riding in the trailer until the highway patrolman stopped and talked to us.

Scouter Brad is a neat guy. Don't worry, he is a good driver. In fact, he is teaching Terry how to drive. But he only lets him drive on the mountain roads where there isn't any traffic. All we ever see up there are logging trucks.

This morning all of the guys were diving off the rocks and swimming out in the lake. Scouter Brad wouldn't let me because I can't swim and Chad was afraid he would sink because of his cast, so he let us take the canoe across the lake. It was great. You can still see some of the trees under the water from the flood.



Scouter Brad isn't crabby like some scoutmasters. He didn't even get mad about the life jackets. He has to spend a lot of time working on the car so we are trying not to cause him any trouble.

Guess what? We have all passed our first aid merit badges. When Dave dove in the lake and cut his arm, we got to see how a tourniquet works. Also Wade and I threw up. Scou-

The Funny Bone

ter Brad said it probably was just food poisoning from the leftover chicken, he said they got sick that way with the food they ate in prison. I'm so glad he got out and became our scoutmaster. He said he sure figured out how to get things done better while he was doing his time.

I have to go now. We are going into town to mail our letters and buy bullets. Don't worry about anything. We are fine.

Love, Stevie



WINTER SLUMBER



Captain Psychedlic

About the Artisit James Mason

James is a squire with 3rd Newtonbrook as well as an Assistant Area Commissioner for Rovering and Venturing in the Brown Sea Area of GTR

POSSIBLY THE BEST CHICKEN JOKE EVER:

A chicken and an egg are lying in bed. The chicken is smoking a cigarette with a satisfied smile on its face. The egg is frowning and looking a bit pissed off.

The egg mutters to no one in particular, "Well, I guess we finally answered THAT question!"



Friendly Forest Flora



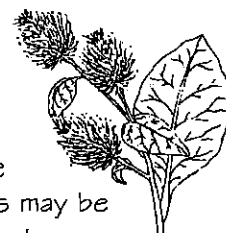
the Herbal Burdock

Recently, I have been taking a night-school course called "An Introduction to Herbs" that has been a very interesting and eye-opening experience. I thought I would share with you some of my newly gained knowledge of the uses and powers of everyday plants and herbs. This is stuff that might come in handy on an extended camping trip, or just as for-fun facts to impress your Scout/Cub/Rover groups or even (gulp) save your very life one day in the wilderness.

The first thing I want to stress is that I will only tell you about plants that are easily identified and—I can't say this strongly enough—**DO NOT EVER** eat or make poultices or otherwise attempt to extract medicinal value from any plant that you do not 100% identify. If you're not positive that it is what you think it is, then leave it alone!

That said, I will tell you about the first amazing friend that you didn't know you had—
The Burdock Plant

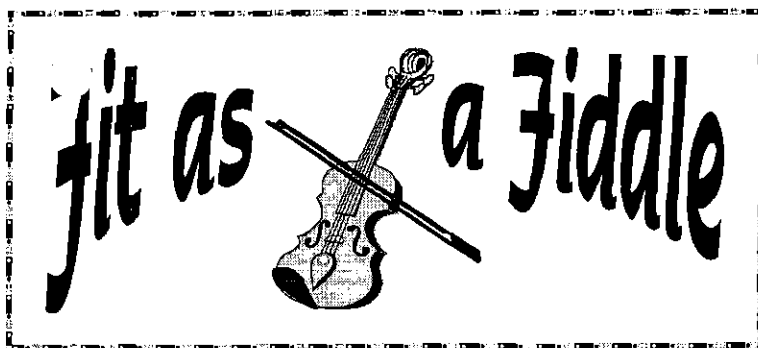
This nifty weed is one that everyone is surely familiar with in its adult form. Mature burdock plants have round, prickly balls (or burrs) that form in clusters at the base of groups of leaves. I can't imagine a person that lives in Ontario that has gone for a walk in the woods, or even the back yard and not come across these pesky burrs stuck to their clothes. Well, the adult plants may be a pain (or itch) in the leg but the young plants growing all around them in the surrounding soil that are not yet producing these burr "babies" are your buddies! Look for the young plants amongst groups of burdock adults. They have the same leaf structure as their grown-up counterparts but the leaves are more tender and usually larger. Anytime that you can come across a burdock patch at the beginning of a hike or walk, try to snag a few of these young leaves and slip them in your pocket or pack! Young burdock leaves have a powerful anti-inflammatory affect and can actually stop the itch from poison ivy, insect stings, mosquito bites, and stinging nettle. (A cautionary note: nature has a funky sense of humour and often patches of burdock grow directly adjacent to or interspersed with stinging nettle, but take heart--if you do get stung by a nettle, you now know the cure is probably handy!) Bruise the young leaves and apply them as a poultice to your itchy spots--then sigh with relief. The leaves of adult plants will not harm you, but are less effective healers because the plants are putting their energy into producing all those "babies" that are sticking to your pantleg.



As if this isn't a good enough reason to love your friend the burdock, they are also producers of a delicious and nutritious taproot. Burdock roots shoot straight down upon germination of the young plant and will grow just like a carrot if the soil conditions are right. The best burdock roots will be found in rich loose soil or sandy soil as rocks cause the roots to separate and fan out like fingers into thin, stringy strands. If you have your small trusty spade at the campsite and can find a stand of burdock in loose soil, dig, dig, dig.! You will find that in fairly dry, sandy soil the root will run quite deep and you will probably give up before you ever reach the bottom, but try not to miss an inch of this tasty treat. Scrub the root under water (running if you have it), or if you abhor peel on your vegetables and must peel them then go that route. Chop into small dices and sauté in a frying pan with a little bit of onion for 15 mins or throw in boiling water with your potatoes if you have them. Burdock root is a liver cleanser (liver in you--not liver you eat) and can eliminate and neutralize toxins in your system. It also cleanses your kidneys by promoting urination so don't go overboard on it if you're hiking a long way and bathroom stops are far between. It's unlikely that you'll go to the trouble of digging up enough roots to cause a problem in this area, though. Just enjoy the thought that this tasty, nutritious food is available for you if you ever needed it. There are cautions, as with any herbal with medicinal value, against its use by pregnant women, nursing mothers and those taking prescription drugs.

Get to know and enjoy your new friend, the Burdock and I'll introduce you to another Friendly Forest Flora soon.

Yours in Rovering
Tammy Squires



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.

General Safety Guidelines and Precautions

1. Start slowly

Most previously sedentary people unwisely attempt to undo years of inactivity in a few days or weeks. It is not unusual for this misguided enthusiasm to result in sore muscles and joints, sufficient to discourage or prevent further participation. A "starter program" is recommended for previously sedentary individuals with the first one to four weeks at lower intensity to minimize the incidence of orthopedic complications.

2. Warm up and Cool down

Abuse of this principle may be the most common cause of the orthopedic and cardiovascular complications of exercise. If the duration of an exercise session is to be reduced on a given day, the aerobic or endurance period should be shortened, not the 5-10 minutes allotted for both the warm up & cool down.

3. Avoid Exercise During Illness

Certain illnesses may cause dehydration and a reduction in circulating blood volume, whereas others may cause heart irregularities or be aggravated by exercise. Do not exercise when you feel sick or unusually fatigued.

4. Stop if Chest Discomfort Occurs

Discomfort in the chest, arms, back, throat, or jaws induced by effort and relieved by rest should be considered cardiac in origin until properly evaluated by a physician. Chest pain occurring with exercise requires that exercise be discontinued: persistent or prolonged pain (greater than 15 minutes) requires urgent evaluation by your physician or the local Emergency Room.

5. Avoid Hot Showers After Exercise

An external heat load from a hot shower, sauna, or steam bath after exercise may precipitate a rapid decrease in blood pressure and/or trigger heart beat irregularities. Individuals should "cool off" for at least 20 to 30 minutes before taking a shower, which should be lukewarm, not hot.

6. Avoid exercising around meal time

Although the amount of food that can be digested comfortably is likely to vary considerably among individuals, it is recommended that vigorous activity be avoided 1/2 hour before and 2 hours after a meal. Since the digestive process requires a large blood supply, diverting blood flow to exercising muscles too soon following a meal can reduce your exercise capacity, increase heart rate for any work load and possibly provoke heart and digestive problems.

7. Resuming Exercise After an Absence

If there is a change in your usual exercise pattern and you have not exercised for a week or more, you may need to cut back to a lower exercise intensity until you can gradually resume your former exercise intensity.

8. Medication

Medication can influence heart rate and your tolerance for exercise. When an exercise stress test is performed, your physician takes your current medication regimen into account during his evaluation of the test. If for any reason your medications change, the exercise prescription needs re evaluation, based on your new medication regimen.

9. Remember:

Stop Exercises/ Walking:

- if you have pain
- if you feel tired or weak
- if you feel short of breath
- if you feel dizzy

Report to Your Doctor:

- if you are becoming short of breath quickly or if feelings of breathlessness do not go away within a few minutes of stopping activities.
- if you fatigue rapidly and feelings of fatigue do not go away with rest. if pulse becomes irregular (skips).
- if you feel "palpitations" (fast, pounding heart beat).
- if pain does not go away within 10 minutes of resting.

How To Dress For Exercise

It is recommended that comfortable clothing be worn, for example, gym shorts, sweatshirt, loose slacks, sneakers, socks, loose blouse or shirt. How you look is not the point; it's how you feel. Let your exercise outfit psyche you up for the activity.

Proper footwear is imperative to enhance comfort and minimize orthopedic trauma. If walking or a walk/jog is the exercise of choice, a good quality running shoe (as opposed to a flat-soled tennis shoe) with a lightweight body, well-supported arch, and thick sole with a well cushioned heel is a worthwhile investment. In cool weather, layer your clothing so you can maintain your body comfort. A warm up suit and a hat are helpful for preventing rapid heat loss. When the weather is warm, wear lightweight clothing so body heat can escape. Plastic or rubber sweat suits should not be used; they produce excessive heat loads and sweating. Exercising outdoors during extremes of temperature or increased humidity is unsafe. Generally, if the temperature is colder than 40 degrees or warmer than 85 degrees, you should be choosing an exercise location that is atmosphere controlled.

Before each session, try to get yourself into a positive, active frame of mind. Feel what's happening to your body. Feel your muscles work. Feel good about yourself. You are doing something good for your health and the way you look and feel.

WARM UP AND COOL DOWN EXERCISES

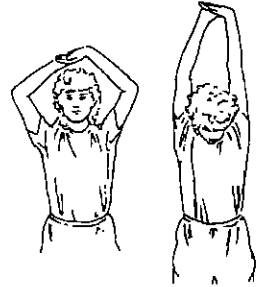
Directions:

1. Choose number of exercises indicated for each group. Do chosen exercises 3 to 5 repetitions.
2. Hold the stretch for 15 to 30 seconds
3. Achieve the stretch position gently; do not bounce.
4. The stretch should feel tight but never painful.
5. Do all the exercises on both sides of the body.

NECK Choose 2

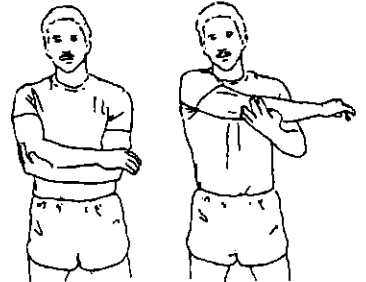


1. Head Roll - slowly each direction.
2. Chin to Chest - interlace fingers , place hands behind head and gently pull chin to chest.
3. Side Stretch - stretch right ear toward right shoulder. Repeat ◀ left ear toward left shoulder.
4. Neck and back stretch: Tuck chin to chest. Press upward ▶ with hands.



SHOULDERS Choose 3

1. Shoulder Rolls - roll shoulders forward and backwards.
2. Shoulder Stretch -
 - a) clasp hands in front, turn palms out and stretch arms out in front of you.
 - b) continue the hand clasp and move hands over head and stretch palms to ceiling.
 - c) allow arms to dangle at your sides, then clasp arms at your wrist behind back, bend forward and raise arms up.
3. Back Scratcher - Place one hand on back of neck. Grasp elbow with other hand and pull elbow to stretch hand down neck between shoulder blades.
4. Elbow Pulls - Put one arm across chest, grasp elbow from underneath with opposite hand and pull elbow to stretch the back of ▶ shoulder.



WAIST/BACK Choose 3



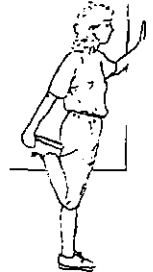
1. Side Bends - stand with feet shoulder-width apart. Bend to right side, sliding right arm down thigh at the same time stretching left arm over ▶ head in direction of body lean. Repeat to other side.
2. Bend Overs - Reach hands overhead, stretching high. Bend forward slowly, stretching as you go until you are dangling arms. Dangle for 5 counts (knees should be straight or very slightly bent). Then gradually "curl" up.
3. Cat Stretch - Kneel on floor on hands and knees, tighten stomach muscles and drop head forward to allow back to arch high as you blow out for count of 5. Relax and allow back to come down and raise head up as you breathe in.
4. Pelvic Tilt - Lie on back with knees bent, feet flat on floor. Flatten lower back to floor by tensing abdominal muscles (blow air out). Hold for 5 counts. Then relax for 5 counts. Repeat.

5. Body Circles - Standing with feet comfortably apart, start with arms stretched overhead. Circle arms down and around to side, circle down to floor, continue circle by moving up and around to the other side, return to starting position. Repeat in opposite direction.

LEGS Choose 4

1. Hamstring Stretch - (hamstring and back) Stand with feet comfortably apart. Stretch down to reach right ankle while keeping knees straight. Hold for 5 counts while blowing out. Repeat with other leg.

2. Quadriceps Stretch - Standing, grasp right ankle with right hand and pull right ankle up behind back. Try not to flex forward at waist. Repeat with left.



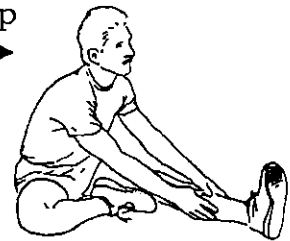
3. Groin Stretch - Standing with legs apart, bend right knee and lean slightly toward right, keeping both feet flat on floor, toes pointed straight ahead. Repeat with left leg.



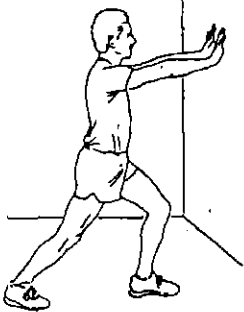
4. Groin Stretch (sitting): With hands on ankles, push down gently on legs with elbows. Keep back straight; lean forward from hips.

5. Butterfly Stretch - (adductors and back) Sit on floor with soles of feet together - stretch head towards ceiling (i.e. good posture). Then reach arms out in front of you, feeling stretch on inside of thighs and in low back. Repeat.

6. Seated Hamstring Stretch - (back of legs and low back) Sit on floor with legs extended in front of you, toes pointed toward ceiling. Slide hands down legs (keep knees straight) until you feel thigh stretch. Hold for 5 counts while blowing your breath out. Return to starting position. Repeat with toes flexed toward you.



7. V Seat Stretch - (stretches legs and back) Sit on floor with legs spread in a "V" position. Reach to right ankle then return to start. Reach to left ankle.



8. Knee Pull to Chest - (stretches legs and back) Lie on back with legs straight. Grasp one leg behind the knee and pull to chest (blow air out). Hold stretch for the count of 5 (other leg should be resting on the floor straight). Return bent leg to floor (take deep breath). Repeat with other leg.

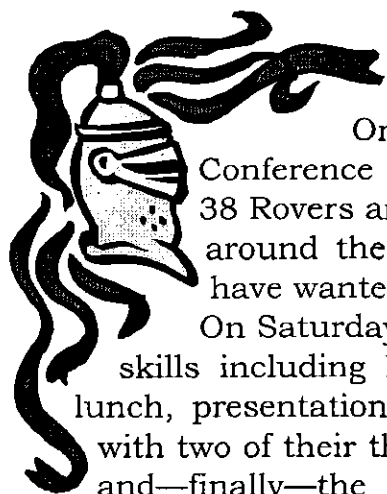
9. Calf Stretch - Feet in stride position (forward and back) with toes pointed straight ahead (hold something for balance). Plant toe of rear foot and press heel to floor. Then bend front knee to stretch calf of back leg. Repeat with other leg.



10. Inner Thigh, Low-Back stretch - Keep toes pointed up. Lean forward from hips, keeping back straight.

You know you're a loser when:

- Dial-a-Prayer hangs up on you.
- You get a paper cut from a get-well card.
- You retire....and they don't give you a watch
- they just tell you what time it is.

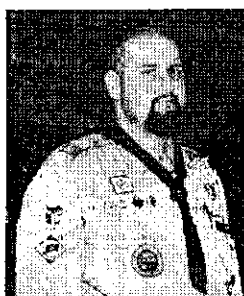


ORC CONFERENCE REPORT

On the weekend of November 12-14, the ORC held their fifth annual Conference at Spencer Lodge (the Scout Service Center) in London, Ontario. 38 Rovers and Advisors from across Ontario attended the event which centered around the theme "Back to Basics: Scouting the way Baden-Powell would have wanted it".

On Saturday, the events included competitive games based on simple Scouting skills including knot tying, fire lighting and general camping knowledge. After lunch, presentations were made by: Northern Tier—a BSA high adventure program with two of their three camps in Canada; Project Reach—run by the London Council; and—finally—the ORC Promotional Video was screened. A Hug-a-Tree train the trainer session ended the afternoon for the participants. All in all, fun was had by all.

.....Melissa Bieman



Mike Pembleton
Conference co-Chair



ORC Executive, during general meeting



Training Session



Saturday's Formal
Dinner

The next ORC event is being held in Ottawa, January 7-10 at St. Albans Church. For more information, see the ORC website at <http://www.cyberus.ca/~rovers/index.html>.



UPCOMING EVENTS

CREW WOODBADGE PART 2

MARCH 24-26 Sessions over 3 weekends
APRIL 7-9 GTR Training Dept.
APRIL 28-30 (416)490-6364

VENTURER CHALLENGE 2000

??? South Lake Simcoe District
Kim: (905)898-4556
Dawn: (905)853-3177
E-mail: v_challenge@hotmail.com

ROADKILL RALLY '2K

Spring 2000 Niagara Scout Shop (905)354-8511
Email: roadkill_nd@hotmail.com

UPCOMING EVENTS

1999 DECEMBER

10 Taz's Christmas Dance thru JamboMoot
Marham, Ont. Jan 5, 2000 Quebec City
Natasha (Taz): (905)294-1971

17 Christmas Tea Party Dance
1st Uxbridge Rovers
Matt: (905) 852-7963

Web Site: www.jamneiges.org
email: courrier@jamneiges.org
Phone: (418)692-5217
Fax: (418)692-0305

2000

JANUARY

7-9 ORC Weekend
Ottawa (Voyageur Region)
Colleen Bradley: (613)283-0905
roving_carrot@yahoo.com
Josée Meessen: (613)761-9608
jmeessen@cihi.ca

22-23 Medieval Camp 2000
Nova Scotia
18th Halifax Rovers
kevin.croft@ns.sympatico.ca

20-30 SurfMoot 2000
Victoria, Australia
vic.net.au/SurfMoot

FEBRUARY

18-20 ReMoot 2000
Pike Lake Saskatchewan
see ad

18-20 Sow Moot 2000
Mount Nemo
Burlington, Ont.
snowmoot@canada.com

25-27 14th Club Med Moot
Quebec
Andrew: (514)844-6279
Christina: (450)653-1815
email: themissinglinkrc@hotmail.com
Web Site:
www.geocities.com/Yosemite/Rapids/8544

MARCH

10-12 ORC Weekend
Atironta Region
Web Site:

www.cyberus.ca/~rovers

APRIL

21-25 Nautical Moot
New Zealand
www.rovers.org.nz/moot2000/

MAY

12-14 ORC General Meeting
Toronto
www.cyberus.ca/~rovers

26-28 Jamfest
Markham
Darryl: (905)294-8919
Web Site:
www.firehallsports.com/jamfest

26-28 5th Annual Triathlon
Camp Cedarwin
see ad
27 Quest of the Millennium
Saskatoon, Saskatchewan
see ad

JUNE

24-25 Yeoman Hike
Toronto
see ad

JULY

8-15 Jamboree 2000
GTR
(416)490-6364 ext. 460
11-24 World Scout Moot
Mexico
see special page

AUGUST

8-13 International Jamboree
Iceland
Web Site:
itn.is/~gpalxxon/nord/

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!!!