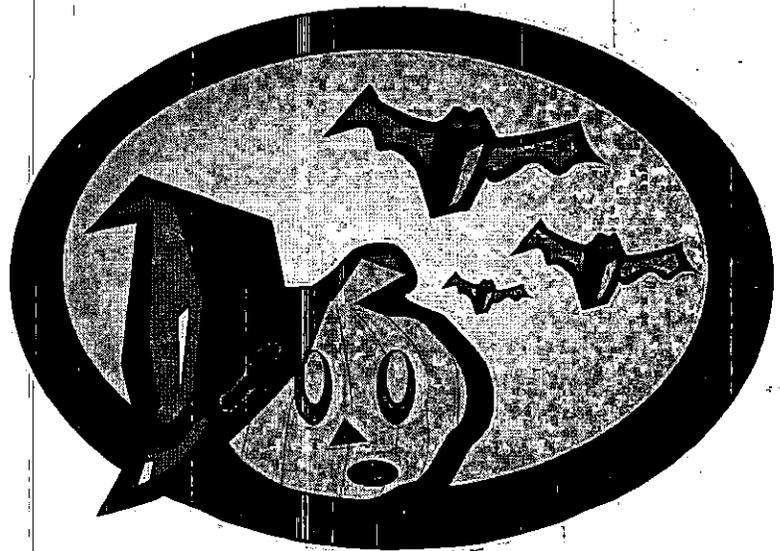


October/November 2000



DON'T FORGET...the next deadline is Nov. 1, 2000

# The Canadian Rover EH!

## Magazine Staff

**Editor**  
 Stan Kowalski Jr.  
**Associate Editor**  
 Michelle Currie  
**Subscription Manager**  
 Kathy Starr  
**Advertising Coordinator**

**Promotions**  
 Kirby McCuaig

## Advertising

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

### Send Submissions to:

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

### Questions ? Problems ? contact:

Kathy - 1 519 742 1029

or at our e-mail address

### EMAIL US!

canadian\_rover@hotmail.com

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

## Advertising Rates

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

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# From the Editor's Desktop



## To contact me

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There is something curious afoot in the community (small "c") of Rovers on Ontario. We have a brewing controversy which is being played out in the pages of this magazine. In the June/July edition we published the comments made by Kevin Oates just prior to the **Ontario Rover Community (ORC)** general elections held in March questioning the direction, or even the need, for ORC. (Despite his stated misgivings, he was still elected as the Chair for the coming year.)

He raised some valid questions about where provincial Rover forums, and ORC in particular fit into the scheme of things with the administrative changes made from the national level on down. Since the youth forums became the official "voice" of all the sections, the old Provincial Rover Round Table was now considered obsolete and redundant.

In Ontario, as in some (all ?) of the other provinces, Rovers seem to feel that continuing the Round Table format in some fashion was still necessary and for the past few years have struggled to find an acceptable niche and purpose.

Kevin's broad statement was that the ORC in particular was duplicating the service of others (including this magazine) in dispensing communications and that its focus in the future should be on promoting and presenting awards.

WELL!!! In this edition, Mike Logan has taken Kevin to task over his view. Mike feels that communication is still the major objective that ORC needs to do, and mentions several areas where it needs to "jump in". He offers some specific areas that need to be looked after as suggestions for more ORC involvement and recommends that ORC expands its efforts in those directions.

Having dealt with both Kevin and Mike in the past, I feel that what we have here is not a "battle to the death" scenario of two highly antagonistic adversaries, but rather two individuals who truly care about Rovering and want the movement to succeed.

Since the official disbanding of the Provincial Rover Round Tables, the quasi-official groups such as ORC are struggling to find a direction for their actions as they try to provide another means of assisting Rovers and Rover Crews.

I personally feel that both of these Rovers, in their stated viewpoints, have raised valid points. I also feel that there are others ways that these "Round Tables" can continue to serve the Rover communities. How about some more comments on this issue? Can we get some thoughts from provinces other than Ontario? I know that a lot of you are having problems, many of them of the same kinds, and are looking for solutions. Let us share your thoughts. Put down your ideas in written form and send them in to this magazine. Either contact me direct (see addresses above) or send them c/o the magazine (see addresses listed on the inside front cover).

Keep on Rovering,  
*Stan Kowalski Jr.*

# Calling for Staff

**Staff Members Required to Work on The Canadian Rover EH!  
Magazine Staff**

**Positions Available Immediately:**

**Subscription Manager**

**Promotions Team member**

**Treasurer**

**Journalists**

**Province correspondence (from each Province)**

**Advertising Coordinator**

**E-mail correspondent**

**Any other position that may improve the quality of our  
magazine**

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## Canadian Rover EH! Reader Survey

To help us better serve you, the readers, please take a few moments and fill out this reader survey. If you would like to respond via email, please send an email to [canadian\\_rover@hotmail.com](mailto:canadian_rover@hotmail.com) and ask for a text copy of this survey.

What is your general opinion of the Magazine?

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Please check all that apply. I use the Magazine:

- |   |  |
|---|--|
| <input type="checkbox"/> To Support Roving<br><input type="checkbox"/> To find out about upcoming events<br><input type="checkbox"/> To find out what Rovers are up to<br><input type="checkbox"/> For the non-Rover related articles | <input type="checkbox"/> As an information source on Roving<br><input type="checkbox"/> As a program resource<br><input type="checkbox"/> To learn about the experiences/practical lessons of others |
|---|--|

Please rate the following as to how important they are to you: (1 – least important, 5 – most important)

Quality of magazine articles	1	2	3	4	5
Quantity of magazine articles	1	2	3	4	5
Subscription service	1	2	3	4	5
Getting in touch with Magazine Staff	1	2	3	4	5
Subscription rates	1	2	3	4	5
Subscription process (payment method, correspondence, etc)	1	2	3	4	5

### Reader Content

Life skills (physical fitness, social, financial, health, etc)	1	2	3	4	5
Commentary Columns (Opinions of Rover Issues)	1	2	3	4	5
Scouting News (Information on what's happening to Scouts Canada)	1	2	3	4	5
Program Issues (Different ideas, camping tips, instructions)	1	2	3	4	5
Rover Issues (Issues that impact the Rover Section)	1	2	3	4	5
Interviews with Scouting/Rover personalities	1	2	3	4	5
Meet the Crew articles	1	2	3	4	5
Practical skill articles (home maintenance, finances, cooking, etc)	1	2	3	4	5
Networking/Event Advertising	1	2	3	4	5

Which of the following do you think would improve your opinion or experience of the Magazine (mark all that apply)

- |   |   |
|---|---|
| <input type="checkbox"/> Getting the Magazine delivered on time<br><input type="checkbox"/> Greater diversity of writers<br><input type="checkbox"/> More professional or 'slick' design<br><input type="checkbox"/> Fewer opinion pieces<br><input type="checkbox"/> More opinion pieces<br><input type="checkbox"/> Shorter articles<br><input type="checkbox"/> More pictures (black and white)<br><input type="checkbox"/> Colour pictures/print<br><input type="checkbox"/> More event information<br><input type="checkbox"/> Links to resources on the Internet<br><input type="checkbox"/> Many short articles<br><input type="checkbox"/> Fewer articles but more in-depth | <input type="checkbox"/> One in-depth article and balanced with short articles<br><input type="checkbox"/> Magazine being published on time<br><input type="checkbox"/> Magazine published quarterly instead of every 2 months<br><input type="checkbox"/> Selected articles available on the Internet<br><input type="checkbox"/> Wouldn't change a thing<br><input type="checkbox"/> No opinion<br><input type="checkbox"/> Other suggestions |
|---|---|
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Would you like to be able to get previous issues of the Magazine? Yes / No

If Yes, please specify the format: you would be interested in

- Electronic (PDF format) for download    
  Electronic (PDF format) by email    
  Print copy for a small fee

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List the top three things you like about the Magazine.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

List the top three things that you hate about the magazine.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
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Where did you hear about the Magazine?

\_\_\_\_\_

Do you share your copy with others? Yes / No

If No, why not? \_\_\_\_\_

Suggestions for future article topics

\_\_\_\_\_

Any other comments?

\_\_\_\_\_  
\_\_\_\_\_

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Mailing Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Email Address \_\_\_\_\_

Are you currently a subscriber? Yes / No  
I am a :  Rover  Advisor  Scouter  Venturer  Ranger  Other  
Age :  Under 17  18-23  24-26  27-30  31 +

- Please contact me about my survey/suggestions
- Please contact me about volunteering with the Magazine (writing, producing, promoting)?

Thank you for your feedback. Please send completed surveys to The Canadian Rover EH!, c/o Scouts Canada, 844 Fredrick St., Kitchener, ON N2B 2B8, or email them to [canadian\\_rover@hotmail.com](mailto:canadian_rover@hotmail.com).

All completed surveys received before November 17, 2000 will be entered in a draw. Three individuals will receive a free one-year subscription. Winners will be announced in the February/March issue.

# Attawanderonk 2000 MOOT REPORT

On June 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup>, the 1<sup>st</sup> Elmira Rover and Rangers were set and ready to go for our annual Attawanderonk Moot. This year we had all sorts of surprises in store for all that came. It was a weekend of pure fun and excitement.

This year our theme was "Back to the Basics", and we really did. There were no state of the art events, they were all "old fashion" challenges, which even tested the smartest Scouter there! You could challenge yourself to some "Catching Memories", which was an ingenious twist of fishing....except that you were fishing for points, not fish.....or you could participate in "Blood & Guts", which was a survival challenge. Of course, we had some of our well-known water events, such as Big Splash and Strokin'. We were quite pleased with the enthusiasm that all of the participants had when they went from event to event. We also had a lot of winners in the events:

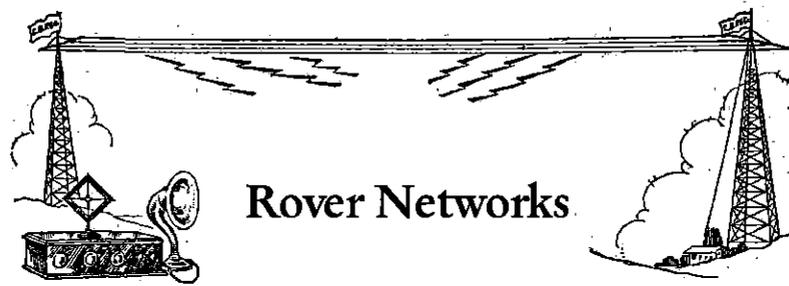
<b>Make it Rise:</b>	1 <sup>st</sup> - 1 <sup>st</sup> Wilmont 2 <sup>nd</sup> - 2 <sup>nd</sup> Burford 3 <sup>rd</sup> - 1 <sup>st</sup> Donnaloo	<b>Name that Staff:</b>	1 <sup>st</sup> - 1 <sup>st</sup> Waterloo 2 <sup>nd</sup> - 1 <sup>st</sup> Wilmont 3 <sup>rd</sup> - 1 <sup>st</sup> Strathroy	<b>Pyromania:</b>	1 <sup>st</sup> - 1 <sup>st</sup> Wilmont 2 <sup>nd</sup> - 1 <sup>st</sup> Donnaloo 3 <sup>rd</sup> - 1 <sup>st</sup> Strathroy
<b>Big Splash:</b>	1 <sup>st</sup> - 21 <sup>st</sup> Hamilton 2 <sup>nd</sup> - 1 <sup>st</sup> Wilmont 3 <sup>rd</sup> - 1 <sup>st</sup> Strathroy	<b>Catchin Memories:</b>	1 <sup>st</sup> - 1 <sup>st</sup> Wilmont 2 <sup>nd</sup> - 2 <sup>nd</sup> Donnacona 3 <sup>rd</sup> - 1 <sup>st</sup> Waterloo	<b>Mystery Tour:</b>	1 <sup>st</sup> - 1 <sup>st</sup> Donnacona 2 <sup>nd</sup> - 1 <sup>st</sup> Waterloo 3 <sup>rd</sup> - 1 <sup>st</sup> Strathroy
<b>Strokin':</b>	1 <sup>st</sup> - 1 <sup>st</sup> Waterloo 2 <sup>nd</sup> - 1 <sup>st</sup> Strathroy 3 <sup>rd</sup> - 1 <sup>st</sup> Donnacona	<b>Riding the Rough:</b>	1 <sup>st</sup> - 1 <sup>st</sup> Wilmont 2 <sup>nd</sup> - 1 <sup>st</sup> Donnaloo 3 <sup>rd</sup> - 1 <sup>st</sup> Burford	<b>Brain Teasers:</b>	1 <sup>st</sup> - 1 <sup>st</sup> Waterloo 2 <sup>nd</sup> - 1 <sup>st</sup> Strathroy 3 <sup>rd</sup> - 1 <sup>st</sup> Wilmont
<b>Knotty or Nice:</b>	1 <sup>st</sup> - 1 <sup>st</sup> Burford 2 <sup>nd</sup> - 1 <sup>st</sup> Wilmont 3 <sup>rd</sup> - 1 <sup>st</sup> Strathroy	<b>Two Left Thumbs:</b>	1 <sup>st</sup> - 1 <sup>st</sup> Wilmont 2 <sup>nd</sup> - 1 <sup>st</sup> Waterloo 3 <sup>rd</sup> - 1 <sup>st</sup> Strathroy	<b>Blood and Guts:</b>	1 <sup>st</sup> - 1 <sup>st</sup> Burford 2 <sup>nd</sup> - 1 <sup>st</sup> Wilmont 3 <sup>rd</sup> - 1 <sup>st</sup> Strathroy
		<b>Scavenger Hunt:</b>	1 <sup>st</sup> - 1 <sup>st</sup> Strathroy 2 <sup>nd</sup> - 1 <sup>st</sup> Wilmont		

This year the staff was pleased with the effort that all the participants put into the events. The staff also thought they had covered every loophole, but were surprised with some of the loopholes were still found. A big congratulation goes out to 1<sup>st</sup> Wilmont who won the overall award.

A huge thank-you goes out to Cat In The Hat, who again did a marvelous job as D.J. of the Dance. Everyone was prepared with clean and fashionable clothes at the time the dance started, but from the look of it, it was an extremely "hopping" night.

As the weekend came to an end the Staff was kind of sad because we just didn't want to see it end. We hope that all participants in the weekend had an awesome time, and hope to see you next year. Only next year we'll be back in full force with a whole new concept and a whole bunch of new and wacky ideas for events.... so prepare yourselves for anything! See you all in 2001!

*Rae Genereaux  
for the Elmira Rovers and Rangers*



Have you ever wanted to be in the Know, but didn't know how to get in, because if you did know, you'd be in the Know, you know? That's how a lot of people feel about Rover Networks. Are you on the Rover Network? Do you know what a Rover Network is? It's not some mythical thing from long ago; it's alive and well, in different forms and at different levels. Unfortunately, not enough people understand what it's all about, and why it's important to be a part of it.

The Rover Network is a way for people interested in Rovering to share information, to keep in touch and to help each other out. Are you looking for Rovers to help out with a service project? Or do you need some more people to go white water rafting? Is someone in your Crew moving to a different city and wants to hook up with a local Crew? These are all areas where a Rover Network can help.

Have you ever gone to a Moot and ended up talking to someone you don't know? Maybe they're a Rover that lives in the city or an Advisor from across the province. You'll talk for a while, then you'll exchange contact information and promise to keep in touch. Congratulations, you've just plugged into a Rover Network. It may be a small one (just the two of you at first), or large one (like the ORC Email List). The important thing is that you know can get a hold of someone to talk about Rovers, and the same goes for them.

Who can be on the Rover Network? It depends on the network. An Area/District Network may list each Rover individually, but once you get to the Regional/Provincial levels, it might make more sense for a couple of key people to be listed. It depends on how the network is going to be used, and how information will be distributed. If you can, include as many people who are interested on the network. This way if one contact person drops off, there may be others who will make sure the information is delivered.

Generally speaking, the more people in the Network, the more people who will get the information, and the stronger the Network. Try not to confuse how you send out information over the network with who can be on the network. For example, if you're sending stuff by Canada Post then sending only one copy per Crew may make sense because of the cost involved. On the other hand, if you're using the Internet, then it doesn't. Check out a future article to get some ideas on different ways to communicate with your networks.

What's a Rover Network used for? It can be a beginning. People in the Network may decide that the next logical step to help support Rovers in the area is to organize a Rover body because its a great way to promote Rovers and provide support for its members. Or they may decide that a newsletter is a fun way to share information and upcoming events. On the other hand, a Round Table may be formed first, and then spend some of its time expanding its Network. Whatever the reason, the best use of the Rover Network will have to be decided by the Rovers themselves.

Who is responsible for maintaining these Networks? There are several levels where the Network can exist: District, Regional, Provincial, National. Sometimes a Rover body such as a Round Table or Rover Council will take on the challenge of looking after the Network. Others Networks are kept up to date by the Service Team or paid staff. Some of the best networks I've seen are run by the Rovers themselves - just by keeping a list of people they meet at Moots, Camps, Service projects and Scouting Events.

Here are some tips to keep your Rover Network healthy:

- ❑ A Rover Network is a changing thing. Rovers move, grow up and take on new members. Don't expect a list you pull off the shelf from over a year ago to be current. Keep your contact information up to date. It's a lot easier to do it on a regular basis than to rebuild each time you need it.
- ❑ Depending on how your District and Region tracks registration, they may be able to go into the computer and pull up a list of Rover contacts in the area. This can be a great way to generate a starting point, but don't rely on it to be 'The List' because you'll always run into someone who isn't in the computer.
- ❑ Don't limit it to just Rovers and Advisors. You could include Senior Venturers and Venturer Advisors so that the feeder section for Rovers is kept up to date. There are a lot of Scouters who support Rovers and want to know what's happening. They also make great resources. It doesn't cost much to include these people in the Network, and the benefits can be quite significant.
- ❑ Make sure that the Scout Offices and Scout Shops know about the Rover Network, and how to get in touch. That way if they get asked about it, they can pass along the information. Always be on the lookout for new members. New Crews are forming, and Rovers are moving into your area. Don't let them slip by.
- ❑ Talk to other Rovers. They may point you to other Networks and vice versa. The more people who know about your Network, the better. These people may join, or pass along information to be shared.
- ❑ Don't abuse the Network. People join because of what the network has to offer. If you use it to send out jokes or virus warnings, then people will drop off rather than wade through all the junk.

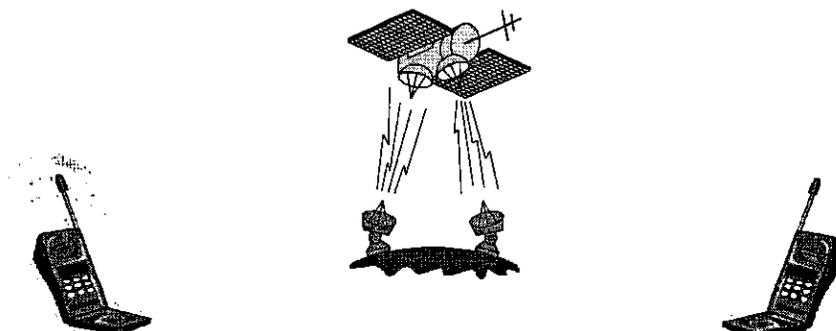
Some people have asked why bother with a Rover Network when you've got the Youth Forums. Does one make the other redundant? I don't think so - the Youth Forum network addresses the needs of the Youth Forum as a whole. Not everyone who's involved with the Beavers, Cubs, Scouts and Venturers are going to be interested in Rover issues. Rovers need their own network that will meet their needs. The two networks should complement each other, and help each other out whenever possible. If you've got a strong Rover Network, I don't think the Youth Forum will be complaining that it wants to start one from scratch just so that they can say they have a Rover Network.

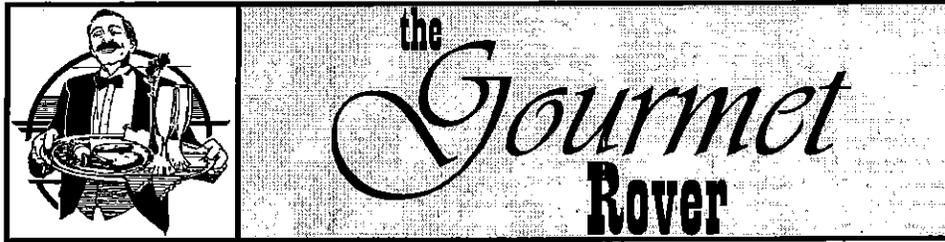
The bottom line about Rover Networks is that it's about the Roving Community sharing information and helping each other out. Networking doesn't have to cost a lot, and you can be part of many networks at the same time. By subscribing to this magazine, you're part of a Rover Network.

You can check out the ORC's website ([www.cyberus.ca/~rovers](http://www.cyberus.ca/~rovers)) and find out how you can be part of the ORC's Network.

Rover Networks are out there, and now you know their secrets. What are you going to do with them?

*Albert Fudigarri*  
*Atironta Region*





*One of the things that quickly becomes apparent when you go to Moots is the fact that a lot of Rovers usually get caught up with last minute things, either at home, work, or school, and get out to camp late on a Friday night tired, hungry and facing the task of getting camp set up before getting a bite to eat. I recently came across this article which relates to picnics, but you could plan your Friday night as a picnic — by preparing it ahead of time, and bringing it to camp ready to eat or with very little left to prepare. .... Ye Olde Editor*



## **Wrap up and take a perfect picnic**

*By JOE STUMPE  
Knight Ridder  
From the Buffalo News*

No need to stress when fixing a picnic basket: Just about everything tastes better when eaten outside. That said, there are plenty of ways to make food live up to lovely natural settings.

And a few tips can keep you from having your efforts spoiled like potato salad that's sat too long in the sun.

If you're cooking at home and moving the food to another location, you'll want foods that travel well.

The variety of coolers, insulated containers and other picnic paraphernalia on the market makes that easier than ever.

For kids, try Hawaiian Wraps, an easily prepared, easily eaten take on the ham-and-pineapple combination popular on everything from pizza to the Easter dinner table.

A side dish of sesame noodles tastes just as delicious cold as hot. And for dessert, jazz up brownies with white chocolate chips and frosting made from your favorite candy bar. It doesn't get much easier than that!

For more mature palates, roast a chicken with olive oil, wine and rosemary. Potato Salad Nicoise is the only side dish you'll need - a beguiling combination of new potatoes and marinated green beans and tomatoes, garnished with anchovies, black olives and capers. Make use of summer fruit atop lemony individual tarts.

If you're preparing food on site, that probably means grilling. Georgia-style barbecue sauce is a tangy blend with a livelier punch than most bottled versions; it works on pork, steaks, chicken, hamburgers and just about anything else.

While the main course is cooking, serve sweet potato and roasted red pepper soup, kept hot in an insulated container.

Of course, picnics can be as simple as grabbing leftovers out of the refrigerator and heading for the nearest park.

But if you're moving a significant meal any distance at all, there are some basic safety and serving rules.

The following foods should be kept thoroughly chilled at all times: mayonnaise, any ground meats (including sausage), seafood, pork, custards, milk, cream and anything with cream fillings.

Carry salad dressings and other sauces in separate containers and apply just before serving.

Wrap sandwiches individually to ensure freshness.

Season meats for grilling at home so they're ready for cooking. Remove food from insulated containers as needed.

And don't forget:

Aluminum foil. Double-wrapping hot foods, and wrapping them again in newspaper or placing in an insulated container, will keep them hot for hours. The same is true for cold foods (use wet newspaper).

Paper towels and trash bags. You want to leave the site as nice as you found it.

## **HAWAIIAN WRAPS**

**8 tortillas (8-inch)**  
**8 teaspoons spicy or regular mustard**  
**6 ounces thinly sliced ham**  
**1 can (6 oz.) crushed pineapple, drained**  
**1 cup grated cheddar cheese**

Soften tortillas in microwave by heating two or three at a time for 20 seconds. Spread each with 1 teaspoon mustard.

Layer each tortilla with 2 or 3 pieces of ham and top with 1 tablespoon crushed pineapple and 2 tablespoons cheese.

Roll up and microwave two or three at a time for 20 seconds.

Wrap in foil or plastic wrap and place in cooler or insulated container until ready to eat.

## **SESAME NOODLES**

**1 cup chunky peanut butter**  
**1 cup orange juice**  
**1 medium cucumber, sliced**  
**2 tablespoons cider vinegar**  
**2 large green onions, sliced**  
**1 tablespoon hot pepper sauce**

**1 pound spaghetti**  
**¼ cup soy sauce**  
**¼ cup vegetable oil**  
**¼ cup sesame oil**  
**1 teaspoon salt**

Cook spaghetti; drain.

In large bowl whisk peanut butter, orange juice, soy sauce, sesame oil, vegetable oil, vinegar, hot sauce and salt until smooth.

Add spaghetti and onions to mixture. Toss well.

Serve Warm or cold.

Garnish with cucumber slices.

## **DOUBLE CHOCOLATE BROWNIES WITH CANDY BAR FROSTING**

**1 package (8-by-8-inch-pan size) brownie mix**  
**½ cup white chocolate chips**  
**2 to 3 candy bars, such as Hershey's Chocolate, Nestle's Crunch or Almond Joy**

Prepare brownies according to package directions, adding the white chocolate chips before mixing the ingredients.

Melt candy bars in pan set over boiling water.

Cool, stirring in a little milk if too thick.

Allow brownies to cool completely before frosting them with melted candy.

## **ROSEMARY CHICKEN**

**1 chicken, about 3 lbs.**  
**1 bunch rosemary, chopped**  
**4 cloves garlic, chopped**  
**Salt and pepper**

**6 tbs. olive oil**  
**20 black olives**  
**¼ cup white wine**

Preheat oven to 400 degrees.

Remove giblets from chicken. Discard or reserve neck for other use. Wash remaining giblets and chop.

Heat 3 tablespoons of olive oil in pan over medium heat and cook giblets with rosemary, garlic and olives about 5 minutes. Add half the wine and cook 3 minutes.

Season chicken inside and out with salt and pepper and place breast down in baking dish.

Spoon some of the rosemary mixture into cavity and scatter Test around pan. Pour remaining olive oil and wine over chicken and cook 1 hour.

## **POTATO SALAD NICOISE**

**3 cups new potatoes**  
**½ cup heated white wine**  
**6 peeled quartered tomatoes**  
**Salad greens**  
**Optional garnish: pitted black olives, capers, anchovy fillets**

**1 clove garlic**  
**3 cups cooked green beans**  
**Vinaigrette dressing**

In refrigerator, marinate green beans and tomatoes in vinaigrette dressing.

Cook potatoes in water to which clove of garlic has been added. Slice potatoes and, while still warm, sprinkle with wine or vinegar-stock mixture. Let stand at room temperature for 1 hour.

To serve, mound potatoes in center of platter of salad greens and surround with alternating piles of tomatoes and beans. Garnish with olives, capers and anchovies.

## **LEMON FRUIT TART**

**1 package frozen individual tart shells**  
**1 can (14 ounce) sweetened condensed milk**  
**1 tablespoon grated lemon peel**  
**¼ cup lemon juice**  
**1 tub (8 ounce) frozen whipped topping**  
**1 pint strawberries, sliced if large, or blueberries**

Bake tart shells according to directions.

In medium bowl whisk together sweetened condensed milk, lemon peel and lemon juice. Stir in 1½ cups whipped topping.

Fill shells with whipped topping mixture. Top with remaining whipped topping and fruit.

Keep chilled until ready to serve.

## **GEORGIA BARBECUE SAUCE**

**1 jar (9 ounce) mustard**  
**¼ teaspoon cayenne**  
**ketchup**  
**1 to 2 cups vinegar, depending on desired thickness**

**⅔ cup sugar**  
**1 bottle (14 ounce)**

Combine all ingredients in saucepan and bring to a boil, then reduce heat and simmer 15 minutes.

Brush on chicken, pork and other meats while grilling.

## **SWEET POTATO AND RED PEPPER SOUP**

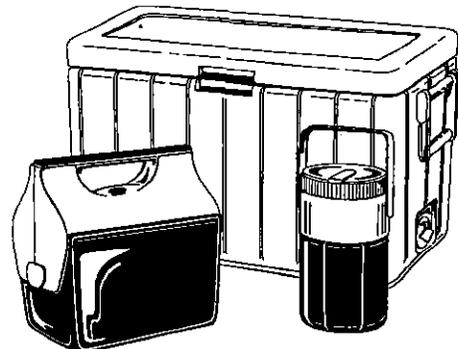
**1 pound sweet potatoes, peeled and cut into small pieces**  
**1 cup chopped onions**  
**2 tablespoons butter**  
**4 cups chicken stock**

**1 cup chopped red pepper**  
**2 cloves garlic, minced**

In a medium saucepan, saute onion and red pepper in butter 5 minutes or until soft, adding garlic during last minute.

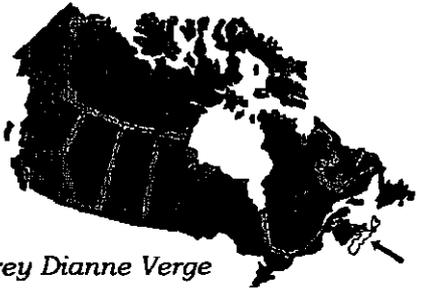
Add chicken stock and sweet potatoes, bring to boil, reduce heat and simmer 20 minutes, or until tender. Cool slightly and pour contents of pan into blender and puree a few seconds.

Reheat and pour into a thermos for transporting to a picnic area.



# the Nova Rover

by Audrey Dianne Verge



## The Nova Scotia Rover Development Committee

Several years ago the provincial Rover guy (I can never remember their titles or names) decided that our Roundtable was not fulfilling it's objectives, which it wasn't. Rovers had declined in Nova Scotia to the point there were less than thirty members and fewer than a dozen active ones. The provincial Rover guy decided to disband the Roundtable and put together a new council, called the Rover Development Committee (which we affectionately call the RDC). This committee was made up of handpicked members and the provincial Rover guy (I think we'll call him PRG from now on in this article). PRG blatantly ignored the old Roundtable tradition of having two votes from each crew in the province. This was considered very gauche, especially by the crew of yours truly (the Crusaders) which was entirely overlooked for members. Also, several non-Rovers were included on the committee, as objective outsiders. Unfortunately, something drastic had to happen to the Roundtable because it was obvious that Rovers was going downhill in Nova Scotia.

The newly formed RDC ran for about a year (it could be less, I'm as bad with names as I am with timeframes) when PRG left. I'm not sure where he left to but he went. This left the RDC without a leader. However, in that year the RDC had been around none of it's mission or goals (which I will explain below) had been accomplished. Basically, we had another Roundtable with outsiders and my own crew overlooked, and who didn't accomplish very much. It's a horrible fact that when people are Rovers they also tend to be university students, working, and/or starting families. These tend to put Rovering on a backburner. Anyway, a new PRG was appointed, by the name of Mary MacLeod (PRW?). Mary has many years in Scouts as well as Girl Guides. She was my district commissioner when I was a guide. She has since appointed an almost new council (several of the members had gone AWOL or had grown too old to be Rovers). Luckily, I was appointed one of them (I've since been appointed the representative to the Youth Committee as well!). One of the other members is Kevin Croft (contact him at: [kevin.croft@ns.sympatico.ca](mailto:kevin.croft@ns.sympatico.ca)).

The mission statement of the RDC is as follows: To promote and develop Rovers in the Province of Nova Scotia. To provide a resources base for current Rover Crews in the province and to provide a forum for these groups to interact. Finally, to aid in achieving the Mission of Scouts Canada.

Some of the goals the RDC has put forth are to promote the development of new crews in the province, hopefully to get about half the number of Venturer Companies. Another goal is to provide training such as the WBI and WBII. Promoting Rovers and creating "linkage" (a favourite term of Kevin's) between Rovers and the other sections. Finally, to organise events such as bi-annual forums for Rovers to get together.

The goals are not that lofty and very achievable with the proper amount of manpower. Unfortunately, Rovers in Nova Scotia is drastically understaffed...but we're working on that. Hopefully, by this time next year, I'll have a much rosier report on our Rovers and perhaps even our Roundtable will have been reinstated.

If you have any suggestions or comments about the above or any ideas on how to promote Rovering in our province please email me at: [adverge@netcom.ca](mailto:adverge@netcom.ca)

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**NOVEMBER 10<sup>TH</sup> - 12<sup>TH</sup>, 2000**



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# WOOD BADGE

Shortly after Baden-Powell had written his book *Scouting For Boys* and had his trial camp at Browsea Island, so many youth were joining Scouting that he saw a need for training the leaders the youth had recruited in the game of Scouting. With the financial help of his friend DuBois McClaren he purchased a campsite near London England. He called it Gilwell Park and began to train those leaders who were willing to learn more about Scouting. When he was knighted he chose the name Lord Baden -Powell of Gilwell. After the training he wanted to give recognition to those who had taken the training so he looked at some of the items he had brought back to England from India and Africa. He found a huge necklace of wooden beads he had received from the Zulu chief Dinizulu. He looked further and found a leather boot lace. He strung two beads on the lace and the Gilwell beads were born. Since the first Woodbadge course this recognition has been given to every Scouter who completes the course. Baden-Powell also in recognition of his friends contribution placed a small square of the McClaren tartan on the back of a gray necker. He also had a pink liner placed inside the scarf as a reminder of humility for those who were now wearing the recognition. Since the first course, Gilwell training has expanded around the world and yet the same recognition is still given in every country.

Now why did I write this? Well, a lot of Rovers are Leaders in other Sections of Scouting. First let me congratulate you for looking after your younger brothers and sisters. Many of you have traveled the paths of Scouting through Beavers, Cubs, Scouts and Venturers. Now as a leader you are giving back to others the fun and adventure that you experienced on your way to being a Rover. Some of you if not all will have already taken your Part 1 Training. I would like at this time to encourage you to take the next step. Sign up for your Part 2. The experience is one you will never forget. It is so fantastic you will wonder why it took you so long to sign up. You will share a tremendous amount of fun, as you share and learn with a small group of other Scouters, new skills in program planning, camping, games, campfires, working with others and learning so much more about your chosen Section program. The Part 2 courses run either for three weekends or week long. Sometimes they run during a series of weekly meetings and a weekend at camp. Why not check out the courses available to you with your ADC Training or your District Commissioner? In a lot of cases the cost of the course is paid for by either your District or your Group Committee.

For the many new Rover Advisors out there who haven't had the opportunity to take their Rover Part II, if you check the Upcoming Events pages at the back of this magazine, you will find that Greater Toronto Region has two Part II courses scheduled, one for this year and the second for next year. If there is no course scheduled in your District or anyplace nearby, here are two opportunities to take the training.

*Russ Kelk*

# fit as a Fiddle

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.

## Belly up to the bar

Working your middle-doesn't have to mean lying around on the floor all day. Here are six elevated exercises for a slimmer, stronger midsection

Sometimes the hardest thing about stomach crunches is finding a spot to do them. The gym is crowded, its floor is filthy, Bruno the bruiser keeps dropping 60-pound dumbbells near your head, and no matter which way you turn, somebody will have a clear view up your shorts. Even at home, you may dread lying on a carpet that hasn't been vacuumed since the Carter Administration.

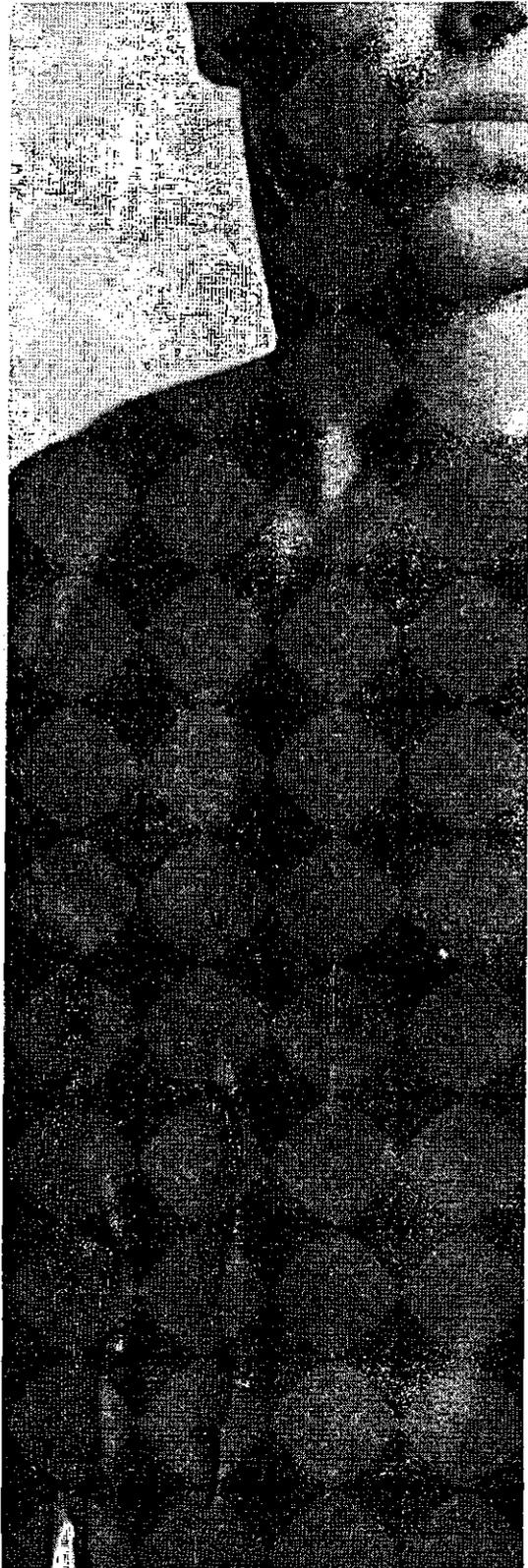
Not only that, but stomach crunches can also grow pretty boring. So we asked Lee Labrada, Mr. Universe and coauthor of *Get Lean*, to suggest a few off-the-floor alternatives that require a chinup bar and other accessories you'll find at any gym. Unlike standard floor movements, most of these exercises have you raise your legs instead of your head and shoulders. Labrada's number-one tip: Remember that it's the job of the stomach muscles to pivot the pelvis toward and away from the rib cage. The legs merely provide resistance.

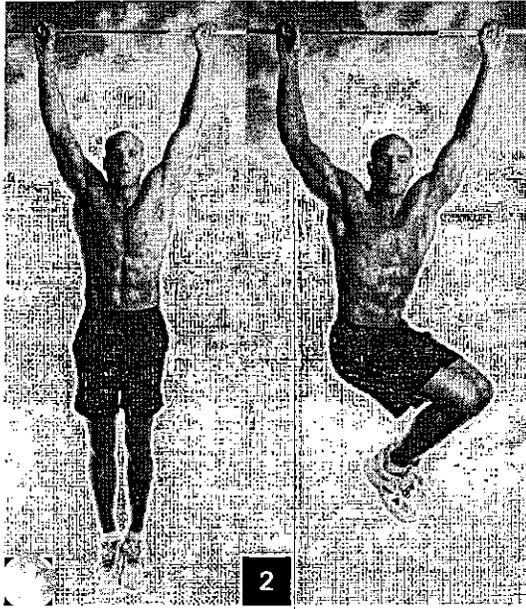
To receive the most from each repetition, concentrate on rolling your pelvis toward your rib cage before lifting your legs. This helps the abdominal muscles contract and prevents you from swinging your legs (which translates into cheating). "Be sure to stay in control of each exercise throughout the entire range of motion, bringing your legs down as slowly as you can," adds Labrada. The lowering part of each exercise is the most productive, because it stresses the abdominals more than the lifting phase. So the more slowly you lower your legs, the faster you'll firm and tone your stomach.

That said, try one set of each exercise for as many repetitions as possible. And save the exercise mat for the rest you'll need afterward.

*Myatt Murphy*

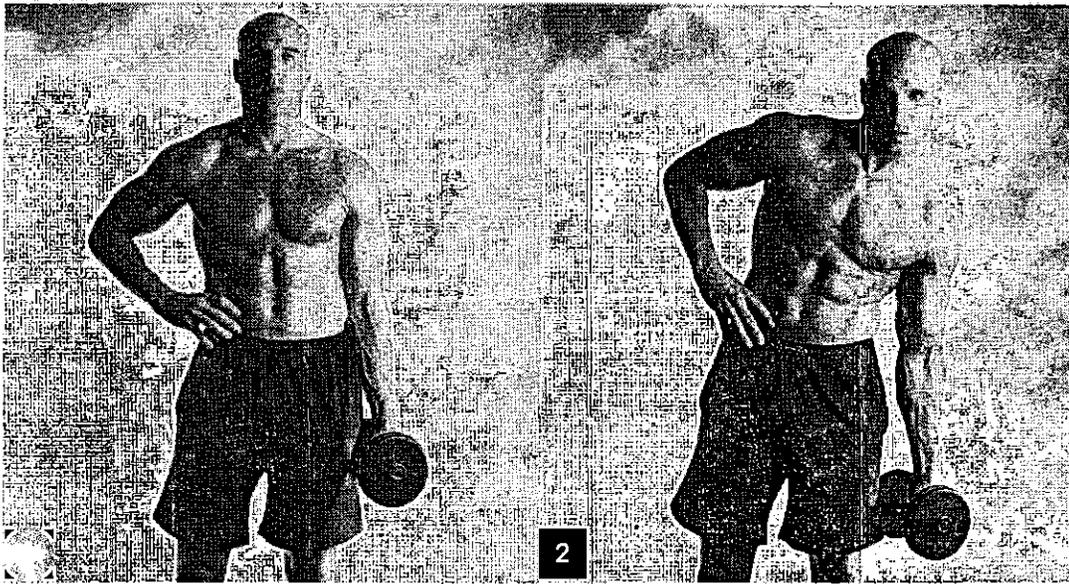
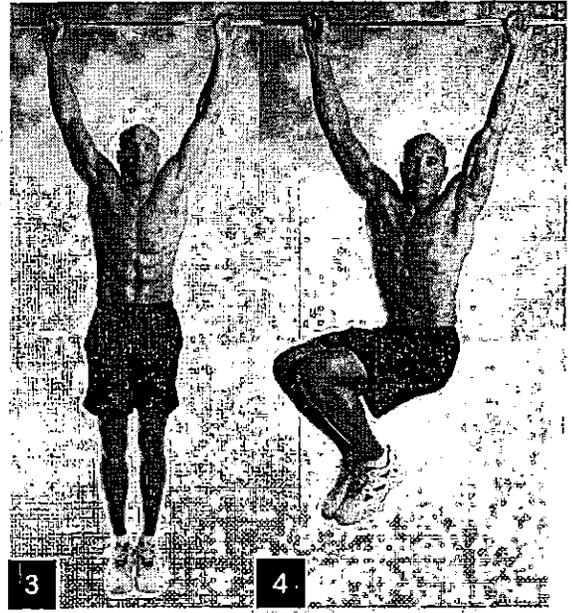
*Men's Health Magazine - June 1996*





### Hanging Side-Twist Raises

Hang from a bar with your hands spaced a little more than shoulder-width apart. Your legs should hang straight down. Curl your trunk upward, raise your knees and slowly roll your hips to the left. Hold for a moment. Slowly lower your legs and repeat, this time raising your knees and rolling your hips to the right. Slowly lower your legs. Repeat.

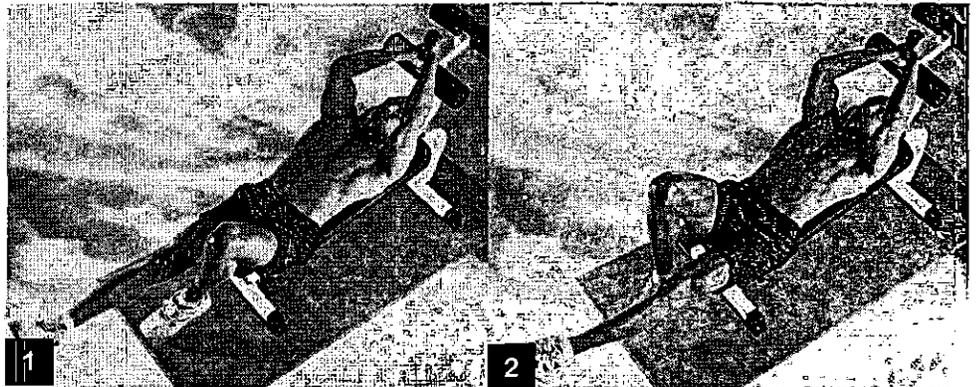


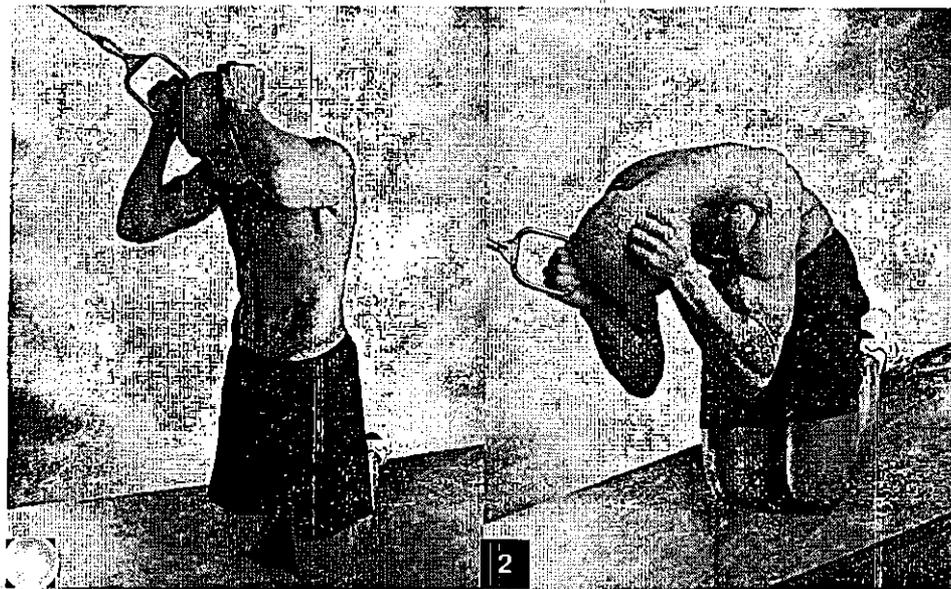
### Side Bends

Stand with your back straight and your feet shoulder-width apart. Hold a dumbbell in your left hand and place your right hand on your waist. Your left arm should hang straight at your side. Now slowly bend to the left, so that the weight drops toward your knee. Return to the starting position. Do 20 repetitions before switching the weight to your right hand and repeating. Once you're able to do this comfortably for two or three sets, add 5 pounds to the weight.

### Angled Bicycles

Lie on an incline situp board with your head resting at the higher end. Reach back with both hands and grab the top of the footrest for stability. Raise both legs until your feet are a few inches off the floor, keeping your knees unlocked. In a slow, controlled motion, move your legs as if you were pedaling a bicycle. Make sure to keep your head and back flat on the bench throughout the exercise. This will help prevent stress on the lower back muscles. Cycle in the air as long as you can.





### One-Arm Pull-Down Crunches

On your knees, face a high-pulley machine. (You should be about 3 feet away.) Grab the handle above you with your right hand and pull it down until it's even with the right side of your head. Your palms face in. Your left hand can rest along the left side of your head. Turn your body slightly to the left until your knees point to the left side of the machine. Keeping the handle close to your head, bend straight down, slowly curling your rib cage toward your pelvis. (Bring your head down about 18 to 24 inches from the floor.) Slowly rise to the starting position. Do 10 to 12 repetitions, then switch to work the left side.



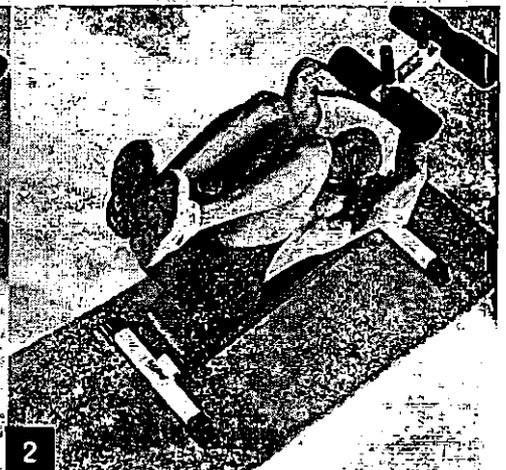
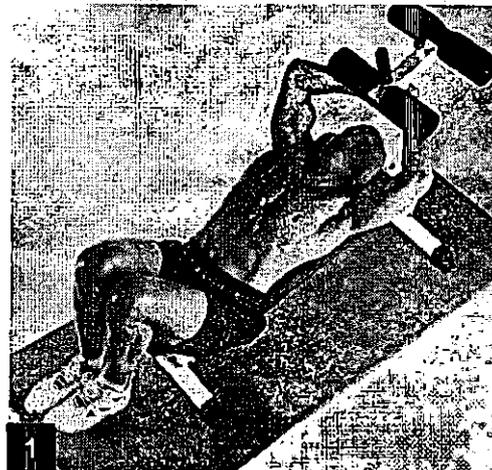
### Hanging Knee Raises

Hang from a bar with your hands spaced a little more than shoulder-width apart. Your legs should hang straight down. Curl your trunk upward, then slowly raise your knees toward your chest as high as you can. Don't arch your back; it should stay rounded during the lift. Slowly lower your knees until your legs are extended. Repeat. (Note: If you can't raise your knees all the way, lift them as high as possible. Also, go slowly so your body doesn't start to swing.)



### Angled Log Tucks

Lie on an incline situp board with your head at the higher end. Reach back with both hands and grab the top of the bench for stability. Keep your head and back flat on the bench and draw your feet toward your buttocks. This is the starting position. Now slowly roll your trunk up and tuck your knees toward your chest. Roll up like a ball. Note: As you become stronger, increase the bench's incline to make the exercise more challenging.) Slowly lower your legs into the starting position. Repeat.



# Pain in the Knee

## Recognizing and treatment of runner's knee

Do you complain about knee pain while you run or after running? If so, do you generally complain the pain is in the front or on the outside of the knee? Did you say the pain started slowly over a period of days or weeks and then became worse? If these are common complaints, you may be suffering from a condition referred to as "runner's knee," a catchall phrase that generally refers to an overuse condition of the knee. When an individual has runner's knee, it could be attributed to a number of different problems. However, the two most common injuries are infrapatellar tendinitis and iliotibial band friction syndrome (ITBFS). Both can start out as a mere nuisance, but if not recognized and treated promptly, can develop into major problems requiring long recovery.

### **Infrapatellar Tendinitis**

The infrapatellar tendon connects the patella to the tibia (see Figure 1). The tendon is a continuation of the quadriceps muscles that attach to the top portion of the patella. When the quadriceps muscles contract, they cause the infrapatellar tendon to bring the knee into extension. Repetitive flexion and extension of the knee, as well as the repetitive stress from running or jumping on hard surfaces, are the primary causes of infrapatellar tendinitis. Oftentimes, when caused by jumping, such as in basketball or volleyball, it is commonly referred to as "jumper's knee."

Like most overuse injuries, the pain associated with infrapatellar tendinitis starts slowly. You will notice a little pain at the beginning of a run or workout. However, it subsides after a short period of time and then is sore again after you stop. You may have pain going up and down stairs, but nothing too severe. If you ignores the pain, it will continue to worsen and affect your

ability to participate in physical activities. Eventually, it will progress to the point where activity is impossible and walking becomes painful and difficult. Other signs and symptoms are point tenderness over the tendon, mild swelling and/or a creaking-type sensation over the tendon on active knee flexion and extension.

### **Iliotibial Band Friction Syndrome**

The iliotibial band is a long tendon that runs the entire length of the outside of the leg (see Figure 2). It starts as part of a muscle called the tensor fasciae latae at the hip and extends down the outside of the leg and attaches just below the knee on the lower leg. As the knee is flexed and extended, the iliotibial band moves over the lateral side of the knee, which is called the epicondyle. It is this movement of the iliotibial band over the lateral epicondyle that can cause ITBFS.

ITBFS primarily affects runners. On occasion, ITBFS can develop in individuals

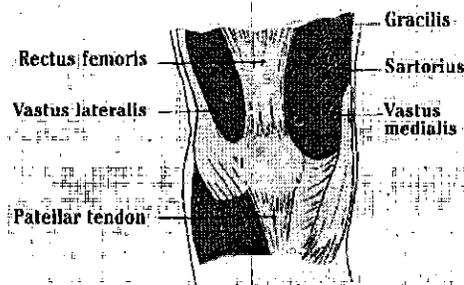


Figure 1 ANTERIOR VIEW

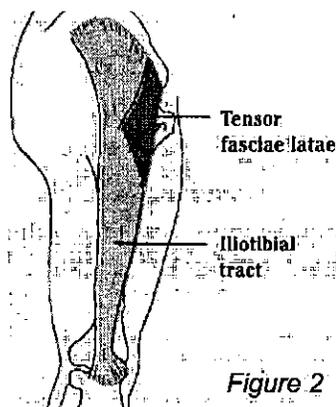


Figure 2



Figure 3

who participate in other aerobic activities. People with genu varum of the knees (bow-leggedness) have more pressure placed on the outside of their knees from the iliotibial band when running and will tend to be more prone to suffering from ITBFS than individuals with normal knee alignment. Other predisposing factors to ITBFS are excessive foot pronation (turning inward) when running, leg-length discrepancy and running on the same side of the road all of the time, which places more pressure on the outside of the knee closest to the road.

The pain from ITBFS starts out very slowly just like infrapatellar tendinitis. You will notice mild pain after a run. As you continues to run over a period of days or weeks the pain may progress, possibly to the point where you cannot run and even walking becomes painful. Swelling may develop on the outside of the knee, just above the joint line, which will be painful to the touch, especially when the knee is flexed at approximately 30 degrees. In severe cases, you may notice a creaking or snapping on the outside of the knee when it is actively flexed and extended.

### Treatment

Recognizing the development of these conditions is the first step in treating them. If you ignore the signs and symptoms and try to run through the injury, getting to the point where you have problems with daily walking, the recovery period will be very long.

Early recognition and treatment could mean only missing a few days or weeks from

training. Whereas ignoring the pain may mean missing a couple to several months, if not longer.

Treatment for both infrapatellar tendinitis and ITBFS is basically the same. At the first hint of soreness, you will be recommended to reduce running time and distance as well as intensity, which oftentimes will curtail inflammation from further development. Frequent icing will begin with either ice packs or an ice massage, for approximately 20 minutes at a time, three to four times daily.

If the above treatment is not successful and the condition continues to worsen, the activity causing the problem will be stopped and a physician should examine you. A physician may recommend the use of an over the-counter anti-inflammatory, such as ibuprofen or aspirin, or may prescribe a NSAID (non-steroidal anti-inflammatory drug). The physician may also refer you to a certified athletic trainer or physical therapist for therapeutic modality treatments. Surgical intervention is only considered as a last resort when conservative treatment has failed.

Rest or activity modification is extremely important. If you still desire to workout, the best activity would be swimming because there is no weight-bearing or extreme flexion-extension of the knee. If you are unable to swim, you may try biking or a stair-stepper. Both of these activities help limit the stress and strains placed on the knee. However, the flexion and extension that occurs in both activities may still be

aggravating and therefore, should be avoided.

Strengthening and stretching exercises are also generally recommended for treating both conditions. Stretching exercises are generally initiated when pain begins. Any flexibility exercise that stretches the quadriceps muscles will help stretch the infrapatellar tendon (see Figure 3). Adequate stretches for iliotibial bands are difficult to attain, but the stretches shown in Figures 4 and 5 can be used. The best way to stretch the iliotibial band is to do a partner stretch as noted in Figure 6. Strengthening exercises should consist of straight leg raises with ankle weights for flexion, extension,



Figure 4



Figure 5



Figure 6

abduction and adduction of the hip.

In most instances, the treatments will resolve the conditions in a relatively short period of time and you should be able to resume activity within a few weeks, at the most. The key to returning to previous activity levels is to do so gradually. If you try to return to previous training levels right away, both infrapatellar tendinitis and ITBFS will return quickly. Initial workouts should start at about 25% in both intensity and duration. If you are able to train at that level, slowly progress to 50%, 75% and finally, back to full activity level. Any indication the knee problem is returning should warrant backing off on intensity and duration and then making a more gradual increase.

When someone is returning to activity after infrapatellar tendinitis, a knee sleeve or strap can be worn to help support and

relieve some of the pressure placed on the infrapatellar tendon. Wearing a sleeve or strap for ITBFS is not generally very effective since it can add further pressure and exacerbate the problem.

## Prevention

Prevention of runner's knee should include

- Wear a good pair of supportive shoes specific to the activity.
- Avoid running on hard surfaces all of the time.
- Frequently change sides of the road when running.
- Correct pronation or other biomechanical problems - consult a physician about orthotics.

- Stretch the upper legs and hips thoroughly, before and after activity - give special attention to quadriceps muscle and hip abductors.
- Maintain upper and lower leg muscle strength.
- Ice knees if sore after activity.
- Rest, swim or cross train when knees become sore.

Runner's knee, whether infrapatellar tendinitis or ITBFS, is easy to recognize, treat and prevent. If you have complaints of knee pain from running or other activities, it is important you treat it promptly and do activities as needed. Taking care of it right away will keep you running and away from that long road of recovery.

*Jeff Oliphant, MS, ATC, is the head athletic trainer and an assistant professor at University of Wisconsin - Eau Claire. He can be reached at [oliphajg@utvec](mailto:oliphajg@utvec)*



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# Rover Ramblings by "The Old Rover"

Communication is vital for the ongoing success of any organization. For this reason, I would like to hear from all Rovers with any questions or comments relating to the worldwide brotherhood and sisterhood of Roving.

I want to know what you, the reader, think about Rovers and what questions you have about Rovers. Then I will answer you directly and put some questions and responses in Rover Ramblings.

If you don't have access to an e-mail account, you can put pen to paper and send me a letter!

Send letters to:

The Old Rover  
2608 – 7 Street East  
Saskatoon, Saskatchewan  
S7H 1A5

Active involvement is the key to success!

*You can e-mail The Old Rover at [gilwell@home.com](mailto:gilwell@home.com) with any questions or comments you may have.*

## Quotes.....

*"Here's something to ponder — great opportunities are ahead for those of us with the speed and vision to seize it. Consider, even though today's average consumer wears more computing power in his or her wristwatch than existed in the entire world before 1961, it is still true that half the world's population has never used a telephone and 85 percent have never been inside a car or truck."*

Tom Davis  
Group Vice President  
GM Truck Group

# The Funniest Bone



## OREO COOKIES



Psychologists have discovered that the manner in which people eat Oreo cookies provides great insight into their personalities. Choose which method best describes your favorite method of eating Oreos:

1. The whole thing all at once
2. One bite at a time
3. Slow and methodical nibbles, examining the results of each bite afterwards
4. In little feverous nibbles
5. Dunked in some liquid (milk, coffee ...)
6. Twisted apart, the inside, then the cookie
7. Twisted apart, the inside, toss the cookie
8. Just the cookie, not the inside
9. I just like to lick them, not eat them.
10. I don't have a favorite way because I don't like Oreos.

### Your Personality:

1. The whole thing all at once: You consume life with abandon. You are fun to be with -- exciting, carefree with some hint of recklessness. You are totally irresponsible. People should not trust you with their children.
2. One bite at a time: You are lucky to be one of the 5.4 billion other people who eat their Oreos this very same way. Just like them, you lack imagination, but that's okay. Not to worry, you're normal.
3. Slow and methodical nibbles, examining the results of each bite afterwards: You follow the rules. You're very tidy and orderly. You're very meticulous in every detail with everything you do to the point of being anal-retentive and irritating to others. Stay out of the fast lane if you're only going to go the speed limit.
4. In little feverous nibbles: Your boss likes you because you get your work done quickly. You always have a million things to do and never enough time to do them. Mental breakdowns and suicides run in your family. Valium and Ritalin would do you good.
5. Dunked in some liquid (milk, coffee ...): Everyone likes you because you are always up beat. You like to sugarcoat unpleasant experiences and rationalize bad situations into good ones. You are in total denial about the shambles you call a life. You have a propensity towards narcotic addiction.
6. Twisted apart, the inside, then the cookie: You have a highly curious nature. You take pleasure in breaking things apart to find out how they work, though not always able to put them back together so you destroy all the evidence of your activities. You deny your involvement when things go wrong. You are a compulsive liar and exhibit deviant, if not criminal, behavior.
7. Twisted apart, the inside, toss the cookie: You are good at business and take risks that pay off. You take what you want and throw the rest away. You are greedy, selfish, mean, and lack feelings for others. You should be ashamed of yourself. But that's OK, you don't care. You got yours.
8. Just the cookie, not the inside: You enjoy pain.
9. I just like to lick them, not eat them: Stay away from small furry animals and seek professional medical help -- immediately.
10. I don't have a favorite way because I don't like Oreos: You probably come from a rich family, like to wear nice things, and go to upscale restaurants. You are particular and fussy about the things you buy, own, and wear. Things have to be just right. You like to be pampered. You are a prima donna. There's just no pleasing you.

# E-Vent 2000

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In the beginning there was darkness....

Then Fred decided  
to walk out of the cave....



He was happy for a while,  
until he started to get hungry.

The Rabbits were faster than him  
and he couldn't catch them.



Fred had to devise a way  
to catch the rabbit.....

After fashioning tools and clothing,  
Fred had a lot more time on his hands....



...For inventing.

Throughout time Fred came up with many ideas  
that would make his life more easy and convenient.

\*\*\*

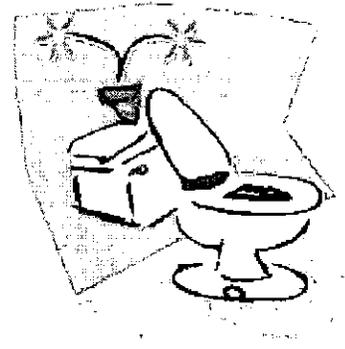
Come with us on a journey through time, from the dawn of human existence to the future. Explore and discover many of the more interesting and fun things that people like Fred have accomplished!

Information Site:  
[www.acs.ucalgary.ca/~akclay/event2000.html](http://www.acs.ucalgary.ca/~akclay/event2000.html)



Registration Site:  
[www.col.ca/gosche/EVreg.html](http://www.col.ca/gosche/EVreg.html)

# 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.

## Perspiring potty a **PAIN**

By MERLE HENKENIUS Associated Press  
from The Toronto Sun

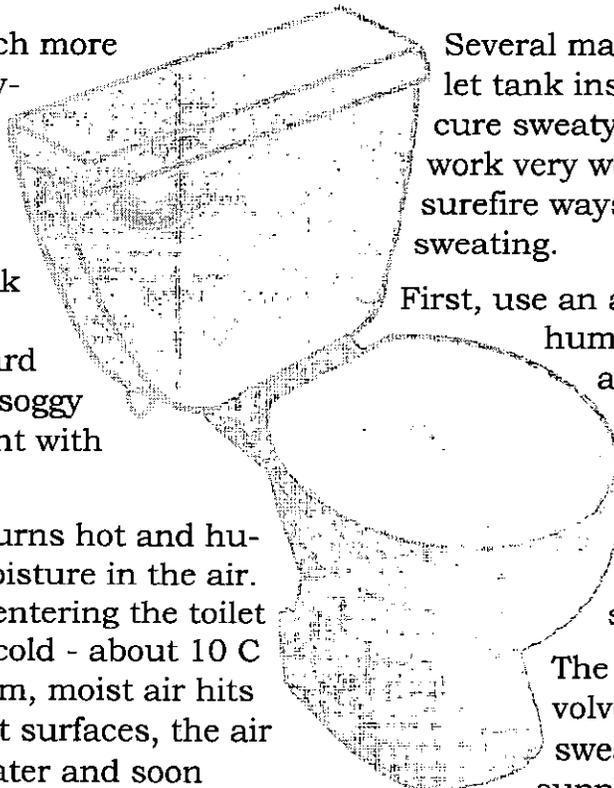
Summer is the season for backyard barbecues, days at the beach and family vacations. Unfortunately, sweaty toilets are another sign of the season. In fact, every summer millions of homeowners have to deal with toilets that perspire puddles of water on to the floor.

This problem is much more than just a mild annoyance: Condensation running down the toilet can seep under the flooring, rot the plywood subfloor and soak into the floor joists. It can also stain baseboard molding, turn drywall soggy and discolour wall paint with mildew.

When the weather turns hot and humid, there's a lot of moisture in the air. Meanwhile, the water entering the toilet tank is comparatively cold - about 10 C to 15 C. When the warm, moist air hits the cool porcelain toilet surfaces, the air condenses, turns to water and soon drips onto the floor.

### Sweating buckets

Although a toilet sweats only on warm, humid days, it can drop a surprisingly large amount of water in a very short time.



Several manufacturers make toilet tank insulators they claim cure sweaty toilets, but most don't work very well. There are only two surefire ways to stop toilets from sweating.

First, use an air conditioner or dehumidifier to dry out the air in the bathroom.

However, this approach won't work if you don't have one of these units or don't want to run it all summer.

The second method involves installing an anti-sweat valve in the water-supply line leading to the toilet. The valve adds a little hot water to the line, which raises the water temperature in the toilet enough to warm up the tank and bowl. That's all it takes to keep condensation from forming, even in the most sultry weather.

# TOOL TIME

Anti-sweat valves are sold at home centres and plumbing-supply dealers in both adjustable and preset types. Pay the extra \$10 or so for an adjustable model. It allows you to regulate the water temperature and shut down the hot-water side completely when it's not needed.

Begin by shutting off the main water valve to the entire house. Then drain the hot- and cold-water lines by opening up all the sink and tub faucets and flushing all the toilets.

To avoid scorching the internal components of the valve with a soldering torch, make all connections to the valve with brass compression adapters (around \$1.50 each). Loosely thread a 5/8 by 5/8-in. compression adapter into each of the three valve ports.

Hold the valve against the horizontal cold-water pipe with the lower inlet port even with the pipe. Note where the centre outlet port of the valve intersects the vertical pipe section; mark that spot on the pipe. Also mark the location of the lower inlet port on the horizontal pipe. Then use a hacksaw to cut out the pipe section.

Next, solder a 90-degree L-fitting to the vertical pipe coming down from the toilet, then extend it with a six-inch-long stub of 1/2-in.-diameter pipe. Use lead-free solder and a MAPP gas torch. Lead-free solder is relatively hard, and MAPP gas burns hotter and works more quickly than propane does.

With the cold-water line ready for the valve, locate a nearby hot-water line and cut out a section to accept a new copper T-fitting.

Splice the T-fitting into the line and assemble a short vertical riser pipe with a 90-degree L-fitting and short horizontal pipe stub. Point the stub toward the spot beneath the toilet where the valve will be installed. Solder the T- and L-connections. Add a length of pipe to reach the valve location.

Lightly coat the male threads of the three brass compression adapters with a pipe joint compound (pipe dope).

Thread the adapters into the valve ports and tighten them with a wrench. Slide a nut and compression ring on to each pipe end and insert the pipes into the adapters. Coat each compression ring with pipe dope and thread the nuts onto the adapters. Tighten each nut with a wrench. Turn the main water valve back on and look for leaks.

## Bottom out

A slotted screwdriver is all you need to adjust the temperature of the water flowing through the valve. Start by turning the cold-water adjustment screw counterclockwise all the way. Then turn the hot-water screw clockwise until it bottoms out. That will fully open the cold-water side and shut down the hot water.

Next, flush the toilet and open the hot-water side by turning the adjustment screw counterclockwise half a revolution. After waiting an hour or so, check for any condensation on the toilet. If necessary, open up the hot-water side of the valve a little more.

Finding the optimum water temperature will likely take several flushes over a couple of days. However, once the water in the tank nears room temperature, the sweating will end.

# OUT & ABOUT

**Eight is Enough** (*gee, whatever happened to that great show?*)

## Country Cruising:

As Canadian cities grow, the suburban barrier between where you live and where the country begins grows wider each and everyday. By combining the use of your car and bike you can greatly improve your "Out & About" experience by going Country Cruising. Many of the places you'd most like to cycle can come into your reach by loading up your bike into your car and heading out. Once there, it's smooth riding. Do your research; find out where you would really like to ride and use your car to make the most of the time that you have available.

On the long weekend of May I was privileged to be apart of the fifth annual Niagara Free-wheelers' Extravaganza cycling trip in Kitchener/Waterloo. For three days we Country Cruised in the Mennonite area north of Waterloo with stops in the local towns and villages of Ayr, Baden, Elmira, Elora, New Hamburg, Petersburg, and St. Jacob's, to name a few.

My favourite trip, by far, on the weekend was the 85km ride from Waterloo to Elora returning through Elmira and St. Jacobs. Having only visited Elora at night for dinner during a long ago Halloween Moot, I was amazed at what I had missed in the dark. The town's main street along the river still retains its original one hundred-year-old plus stone buildings. A number of the buildings now hold restaurants and boutiques, which are perfect resting stops after a 35 km ride from Waterloo, as they allow you the option of either sipping on a coffee on a street front patio or stretching your legs while you visit the boutiques.

Other local fare includes: Fergus, home of the Teddy Bear picnic on the May Long Weekend, West Montrose, home of Ontario's last covered bridge, Elmira, which boasts not one but two parking garages for horses and buggies, and St. Jacobs with its Mennonite Farmers' Market (which really packs the tourists in, being just a few kilometres north of Kitchener/Waterloo). Why not make your next trip a Country Cruise.

## Building your Crew's Resume:

You and your crew may be facing the same dilemma, no experience, means no job. You can't get experience unless you have a job, a vicious circle. Or, there are lots of jobs out their flipping hamburgers for you and your crew, but little else. It may seem that your crew faces the same discrimination you do.

Or the dilemma that many crews face — how to keep things fresh for the members after they've been in the crew a few years and have done every service project once or twice or three times or ... you get the picture.



## A few recommendations:

If you want to remain a part of a particular outside project or programme, use your initial con-

tacts to move up the food chain. Rather than simply being part of the "day of the event" manpower, get your crew a seat on the committee that runs the project. Why? Three reasons. First, you get a shot at the plum jobs, not just the "Joe Jobs", by being there when decisions are being made on who does what. Second, you're making new contacts for the future. And third by using your crew's membership on the committee as a new item to add to your resume for next time round.

Rotate your service projects. No one ever said you had to do the same project every year until you drive all the members out of your crew. Be honest with the group you're providing service to, they may have other projects on the shelf that haven't seen the light of day because there wasn't anyone to organize them.

Combine your crew with other service groups. Share the lime-light on the big-ticket projects in your community rather than attempting everything on your own. Learn from those who are already successful, then incorporate what you have learned later when starting your own projects.

Collect your references. Use the thank you letters your crew receives as references rather than simply allowing them to gather dust on the wall in your den. One of the barriers we have, as a group is that few in the outside world know what Rovers are and what they do. Don't hide away the congratulatory letters your crew has received; use them to promote your crews abilities and talents.

Finally, don't get discouraged. Your crew will face the same rejections you have when looking for a job. Remember to keep your crew's resume up to date, as it provides you with a record of your crew's past accomplishments and serves as a reminder to keep things fresh.

### **Final Comments:**

I'd like to thank the Niagara Free Wheelers for including members of the Toronto Bicycling Network (including myself) on their weekend trip. The routes they selected were perfect for getting "Out & About" for a Country Cruise.

If cycling isn't for you, then how about Mel Lackner's suggestion from 1<sup>st</sup> Elmira Rovers in "Out & About" # 7, canoe the Grand River. Fergus, Elora and West Montrose are all on the Grand River and would make for a "Grand Experience" (inside joke for those of Lindsay, Ont.).

Finally I'd like to thank the Board of Trade Young Professionals for allowing our crew to join in at Spring Build 2000 at Camp Couchiching. Each year for more than thirty years their organization has built a building at a children's summer camp over a weekend. This was the second time our crew was able to join in on a build weekend. It's an incredible experience to raise an entire building over one weekend, something our crew could never accomplish on our own, but feels great to be apart of just the same.



Kirby McCuaig

The Canadian Rover Eh!  
Out & About  
Hiking Survey!!

Name: \_\_\_\_\_

Crew: \_\_\_\_\_

Area/Province: \_\_\_\_\_

1) What hiking trail(s) would you recommend as the best one(s) in your area?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2) What was your most memorable hike? And why?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3) Do you have a tip(s) for others when it comes to hiking?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4) Does your crew now, or did it in the past, require a hike as part of its investiture requirements?

\_\_\_\_\_

Send your responses to either our postal or e-mail address by November 1st to be included in our December/January issue.

E-mail your answers to: *canadian\_rover@hotmail.com*

Or mail them to:           The Canadian Rover Eh!  
                                  c/o Scouts Canada  
                                  844 Frederick St.  
                                  Kitchener, Ontario  
                                  N2B 2B8



# Camping OUT



It is back to school time now, and I imagine we all have some exciting stories about summer camping. I sure do. I had fun at the 129th Toronto Pride Camp OUT. It was the first time the group had this camp, and I was really excited to be there. It was the first time many of participants had been at a scouting event or at Pride Toronto. It was really great bringing the two events together.

"Pride week is an important moment for the LGBTQ communities. For me, it is a time when all of my life truly comes together. My family came to Toronto to see my portrait unveiled in the Canadian Gay & Lesbian archives,

We had the first Camp OUT, marched in the parade & did some many things we can't always do as gays & lesbians" said camp organizer Bonte Minnema.

We camped out on the grounds of University College at the University of Toronto, and used facilities at Hart House and the Dept of Athletics & Recreation. It was really great that so many parts of the University where so eager to work with the organizers to make this camp work.

The camp itself was a true success. 25 campers came out and had a great time. Ten people marched in the Pride Parade, in uniform, as part of a fun empowering community event. We look forward to doing it again next year.

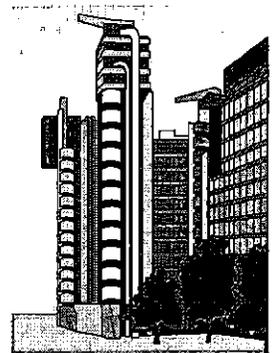
"Plans are already underway for Summer Camp Out 2001. We will be having it during Pride weekend, and we hope Gay & Lesbian Scouts and their straight allies will join us for a weekend of festive joy and good cheer" said Peter, Vice Chair of the 129th Toronto Group Committee. "We are also entertaining the possibility of a second camp, to encourage youth who cannot get away during pride weekend, to join us in scouting activities, along with other queer youth. Positive spaces are important to create for empowerment."

"I was a little bit embarrassed, I was hosting the entertainment at one of the stages after the parade & I didn't have time to change. The crowd loved seeing me in my uniform, though. It was really great when the kids got on stage while bands were teching up. They talked about their mommies and daddies. I'm sure they'll join our beaver colony. They made it really hard not to cry.... lots of people also got in touch with us that day about volunteering, or to congratulate us for the great community programming that we are doing. I really hope more people will get involved next year," said Bonte Minnema.

If you want to get involved with this camp contact Bonte at [bonte@clo.com](mailto:bonte@clo.com)

Queer Toronto Scouting Group  
[queer-scouts@canada.com](mailto:queer-scouts@canada.com)  
<http://www.queerscouts.org>

"We already have co-ed troops and there's not a problem with the guys chasing the girls, so I don't think we'd have a problem of guys chasing guys." - Scouts Canada Odawa District Commissioner Pierre Courteau to Sun Media.





## Where is the *Community* in the ORC?

The ORC is headed down the wrong path – a path that leads slowly, and painfully, to nowhere.

Ironically, the Ontario Rover Community spent a great deal of time over the last few years 'cleaning house.' That is, a lot of energy went into figuring out what purpose the ORC plays in a new youth-directed Scouting environment, alongside various Youth Networks and other section-focused bodies. In addition, lengthy discussion focussed on what, exactly, the C in ORC should stand for. In the end, the term *Community* was chosen.

When you look at the Constitution of the ORC, (handily found at <http://www.cyberus.ca/~rovers/documents/pdf/Const990508.pdf>) specifically under Article III (Purpose,) you can appreciate how good of a choice the term Community is. In essence, the whole purpose of the body is to promote the Roving community in Ontario. This can be done a number of ways, like encouraging communication between Rovers in different parts of Canada, between Crews in Ontario, between Rovers and other sections, and even between Canadian Rovers and other Rovers around the world.

So how is the ORC accomplishing this purpose? It's not. In fact, the ORC appears to be totally oblivious to the Rover Community.

Instead, the ORC acts as an independent entity with its own programme that seems to deny that Rovers exist outside of itself. The same small group of people meets five or six times a year under an obsolete association with the Provincial Council and incessantly chanting, "Come to our ORC Event!" Often, these ORC events are in small towns, far from public transit routes, making them either inaccessible or unnecessarily expensive to get to. Often, the events are on the same weekend as moots (for example, the September meeting is on the weekend of Moot Moot, one of the larger moots in Ontario.) Often, the ORC clique is intimidating for newcomers. And often, the events don't promote the larger Roving community in Ontario at all.

Of course things can change and evolve quickly if the people involved realise that there is a problem. However, after reading the 2000 ORC Chair's remarks in the June/July issue of the Canadian Rover Eh! it became quite clear to me that things will not change. Not for the better at least. After all, Mr. Oates claims that its high time the ORC quits focussing on all of that communication hogwash, and starts concentrating on what is really important: the ORC Awards.

Well Kevin, I think you're wrong.

I think the *Community* needs to be built up. Good programmes that carry out the mission of Scouts Canada need to be augmented, and more people need to find out what it means to be a Rover. And contrary to Mr. Oates' remarks, I *don't* think that we all need to wear little pins and ribbons on our shirt pockets.

### ***What can be done instead?***

Here are a few of my ideas... I'm sure there are many others out there. Probably better ones. Hopefully, the ORC will look for them.

- Start by encouraging existing programmes that exemplify Scouting's mission. Host meetings where groups of Rovers already are – at moots. This would avoid extra programme, extra work, extra money, and extra commitment. It would also work to promote a broader picture of Rovering to the many Venturers and Rangers at moots. In addition, it would bring more Rovers to moots, thus allowing them to meet more people and generally propagate the section.
- Create a directory of all Crews (and possibly individual Rovers) in Ontario. This would again encourage Rovers to meet other people, perhaps simply by making people realise just how many Rovers there are, and encourage them to attend larger events (advertising could also be included.) Each Crew could be given a copy, they could be made available at moots and other events or in Scout Offices across Ontario, and it could also be available on the ORC web site.
- Have a presence at all Rover events across Ontario (i.e. have information about what the ORC does for Rovers.)
- Provide an online directory of community service opportunities across the province.
- Lead contingents of Rovers to events abroad, such as the World Moot, the World Jamboree and other international events. In essence, help Ontario Rovers experience World Scouting where they may not be able to organise such a project on their own.
- Encourage Rovers to attain the Rambler Award by organising extended expeditions.
- Sponsor events linking the Venturer/Ranger and Rover sections with the specific intent of membership retention.
- Help Crews to develop recruitment programmes.
- Work to establish Crews at Universities and Colleges across Ontario, thus helping retention and recruitment.
- Support moots and Venturees in non-traditional localities, for example, outside of South-central Ontario, in order to recruit and retain members and build relationships.
- Offer leadership training opportunities to Rovers that would be immediately applicable in a Crew situation, and later useful in business and personal life.
- Offer technical support to Crews wishing to set up a web site.
- Feature Crews on the ORC web site, thus encouraging other Scouting members to try similar activities.

Great strides can be made within the Rover Community in Ontario and outside of it, if the ORC remembers that the community is a living, growing organism, and not just a box of pins.

Mike Logan

# International Events

## 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>

## DECEMBER

27-JAN 16, 2001 Third Desert Safari  
Sahara Desert of Libya  
<worldbureau@world.scout.org>

30-JAN 15, 01 Cross Century Camporee  
Chra-Ma City Park, Taiwan  
<cybs@dns.cyeb.cy.edu.tw>  
<www.cyeb.cy.edu.tw/bs/index.htm>

# Training Dates

## LONDON DISTRICT, TRI-SHORES REGION

Nov 10-11, 2000



Colony, Pack, Troop, Company, Crew  
Woodbadge Part I  
Camp Sylvan  
Contact: London District Office  
(519) 432 2646

### *London is also putting on the following Enrichment Courses:*

Oct 20-22, 2000	Camping Basics - Cost : \$50.00
Jan 13, 2001 (Saturday)	Project Wild - Cost: \$10 plus manuals
Feb 17, 2001 (Saturday)	Focus On Forests - Cost: \$10 plus manuals
Mar 10, 2001 (Saturday)	Fishways - Cost: \$10 plus manuals

*For further information or to register please contact:  
London District Office at (519) 432-2646.*

## GREATER TORONTO REGION

Nov 4-5, 2000



Company Part I  
Scout House  
Greater Toronto Region

Nov 25-26, 2000

Crew Part I  
Scout House  
Greater Toronto Region

*Here are two separate Part II courses for all  
Rover Advisors that haven't had a chance to complete their training  
(each is a three week-end course):*

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

OR

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

Crew Woodbadge Part II  
Leatham Center  
Woodland Trails Scout Camp  
Greater Toronto Region  
Ontario

Contact: GTR Training Department  
(416)490-6364 ext 237

# UPCOMING EVENTS

# UPCOMING EVENTS

## SEPTEMBER

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

## FEBRUARY

2 Dr. Nick's Dance Party  
 Toronto  
 Dr. Nick: (905)690-1831  
 DJ Cat-In-the-Hat: (905)676-9128  
 gobigorstathome@bigfoot.com  
 <www.gobigorstathome.n3.net>  
 23-25 Snow Moot 2001  
 snowmoot@canada.com  
 <snowmoot.cjb.net>



## APRIL

6-8 Supernova 2001  
 Camp Manitou  
 Milton, Ont.  
 drinktosupernova@yahoo.com  
 <http://drink.to/supernova/>

13 Dr. Nick's Dance Party  
 Toronto  
 Dr. Nick: (905)690-1831  
 DJ Cat-In-the-Hat: (905)676-9128  
 gobigorstathome@bigfoot.com  
 <www.gobigorstathome.n3.net>

## AUGUST

17-25 BC Trek



Happy  
 Thanksgiving

### ORC General Meetings:

Jan 12-14 Shining Waters Region  
 Mar 9-11 White Pine Region  
 May 11-13 Toronto-Annual General Meeting  
 koates@home.com  
 <www.cyberus.ca/rovers>

### South Lake Simcoe Rover Round Table:

#### Monthly Meetings:

1st Sunday of the month  
 Scout Shop, Aurora, Ontario  
 7 p.m.  
 Howard: (905)727-8417

**MORE INSIDE !!!!**

**If you have an event that you would like to see announced on these pages, or know of any events that should be, please email us the details and it will appear in the next issue**

**.....IT'S FREE!!!**