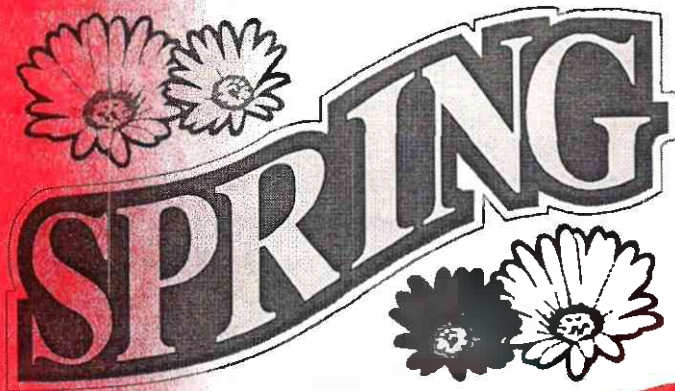


The Canadian Rover, EHI!

April/May 2001



Don't forget, the next deadline is May 1, 2001

The Canadian Rover EH!

Magazine Staff

Editor

Stan Kowalski Jr.

Subscription Manager & Advertising Coordinator

Ben Noseworthy

Promotions

Kirby McCuaig

Advertising

Submissions to the Editor **MUST** include a copy ready print [a computer file (in MS Word/MS Publisher or Adobe Acrobat 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 1st 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:

Stan - (716)877-1944

or at our e-mail address

EMAIL US!
canadian_rover@hotmail.

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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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PLEASE PRINT !!!!

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Amount Enclosed _____ for a _____ year subscription.

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

From the Editor's Desktop



To contact me regular mail:

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CHANGING OF THE GUARD —

You've probably heard that phrase before, used to denote new people taking over, whether in politics, sports, management, Scout units, whatever.

The same thing has happened in the printed communications for Rovers. Years ago, the Rover Roundtable for the then Green Acres Region of Ontario, started a little newsletter for their own convenience in "spreading the news" of activities, meetings, etc. It proved to be so useful and so popular that it spread out-of-region and eventually became the "Rovering Magazine", which reached across first Ontario, then Canada and ended up crossing the sea to the UK, Australia and New Zealand.

I can remember at least two different Rovers filling the position of editor and numerous Rovers changing positions and responsibilities in gathering and publishing "the news". They came and went as their personal lives dictated... ..when school, work and lifestyles changed. The one constant was the advisor, father-confessor, motivator, printer, instigator, part-time editor (although this sometimes took his full time)... ..Don Sittler. When he passed away, that magazine did too.

Not long afterward, Rovers from the Kitchener-Waterloo/Guelph area, some with ties to Don's old Crew, 9th Kitchener and/or the old magazine, felt the need for a magazine was still there and they created "the Canadian Rover, EHI" to fill the gap. Needless to say, not all of the original members of this group lasted long, as their lives changed and other responsibilities pulled them away.

We've just come to another major change, as one of the last long-suffering members of our team has decided her life was going in other directions and she needed to pass on her responsibilities to somebody else. Thankfully she waited until a replacement could be found before "retiring".

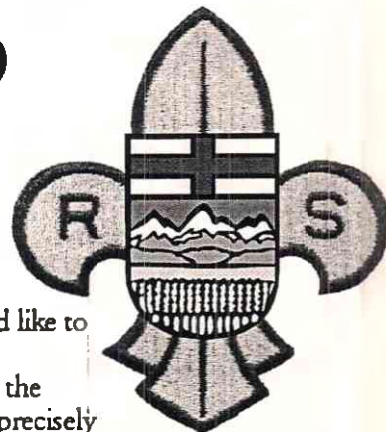
Its time to bid a sad farewell to the person who talked me into taking the responsibility of editor almost three years ago, Kathy Starr. She's been the one constant in the past few years, as the subscription manager, treasurer, advertising coordinator, as well as the behind the scenes worker getting the magazine printed and mailed. Without her commitment, this magazine wouldn't have stayed in existence.

We have a completely new "base" staff in place since my first baby steps as editor. Kirby McCuaig came on board as the promotions manager over a year ago, and now Ben Noteworthy is taking on the responsibilities of subscriptions, advertising and treasurer. Our contributors have come and gone... ..again changing as their lives have changed. We're still looking for new sources, so that we can provide you, our readers with a broader view of the Rover scene.

All these changes have not come about because of pre-planning, but simply because people's lives change, and other items become their priorities. Through it all, though, the staff of this magazine (whoever it was at any given point in time) has tried to provide you, the readers, with the best product possible. It's our hope and aim that we can continue to do so in the years to come.

Keep on Rovering,
Stan Kowalski Jr.

Rovers in Alberta? Of Course!



Well, a variety of things happened in Alberta the past couple of months, but I would like to concentrate on something very special. First off, I would like to congratulate Christopher Ross from the Knights of the WestWind and Sherrie Schreiber from the Knights of Amikeco on their 27th birthdays. That being said, we gave them "the boot." It is precisely "The Boot" that I would like to discuss in this article since Boots or Retirements don't happen that often and are very special events. They both celebrate the life a Rover has had with the Crew as well as prepare for their departure from the Crew. The Boot itself is the leave-taking or retirement ceremony for Rovers. In these two cases, Chris and Sherrie spent many years with us and they aged out of the section. However, a leave-taking ceremony can happen any time a Rover chooses to leave a crew.

I know when I was helping organize one of these Boots that there isn't a lot of information out there about Boots. So I thought I'd pass on some advice given to me. The Boot itself is a ritual similar to a knighting, but with the opposite emphasis. In the knighting ceremony the emphasis is laid upon the future, future actions and future responsibilities. In the Boot ceremony, the life of the retiree is exemplified, especially the service they have done over the years. They should also renew their promise as they are now taking up a new position in the crew, that of an Alumni.

At the ceremony itself, often gifts are presented on behalf of the crew. Since this is a "Boot," often a boot is part of the gift, whether it be a mug, an actual boot the Rover wore, or even skates or any interesting specialized shoe. Plaques can also be presented in appreciation for their friendship and service. Why not prepare a photo album of crew activities and a framed picture of the crew with the retiree in it as a memento of their years with the crew.

Often, after a Boot there is a "Boot Party" to which everyone who knew the Rover is invited. Certainly, if you hear about Boots in Australia, you're most likely hearing about the party. This is a time when songs are sung, stories are told (often embarrassing ones) and we meet up with old friends.

Every effort should be made to invite the old Rovers as well as the current ones. They were a part of the retiree's life and would probably love the excuse to get together again. If you're a larger crew with three or four people retiring each year, perhaps the Boot should be done once a year instead of near the retiree's birthday in order for everyone to attend.

As an old Rover told me, "there is no traditional, Roverdom-wide retirement ceremony." Every crew is unique and the Boot should be tailored to fit both the crew and the retiring Rover. For example, an avid climber could be Booted on a mountain or a climbing wall, or a canoer on a lake or river. The boot ceremony should also be tailored to the theme of the crew, be it knighthood or otherwise.

I know I seem vague in places, but that's kind of the point. A retirement ceremony is very important to the Rover retiring, and it means a lot to them to come together with their friends, both new and old, to celebrate this accomplishment.

I hope that this article sparks some ideas in your minds about boots, and if you ever need help with information or advice about the ceremony or the party, please feel free to contact me at <outpost_8@yahoo.com>.

To Chris and Sherrie, thank you so much for your friendship over the years, and good luck in all that you endeavour.

Happy Rambling,
Kat Nielsen
The KOSD

THE ROGER AWARDS

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

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

In items No. 1 and No. 2, list the persons name, affiliation (Crew, Company, District, etc.) and the main reason this person was nominated.

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

To help **you** with your selections, we've compiled a list of articles and some Moots on the next page. To help **us** clarify any questions, please fill out the requested information at the bottom.

PLEASE PRINT CLEARLY

1. Name a person who you feel has given sincere dedication to Rovers.

2. Name a person who you feel has given sincere dedication to Rangers.

3. Name what you feel were the four best moots in the past year in order of preference.

A. _____

B. _____

C. _____

D. _____

4. Name the best continuing article to appear in the Canadian Rover Eh! magazine during the past year.

5. Name the best feature article to appear in the Canadian Rover Eh! magazine during the past year.

SEND YOUR NOMINATIONS AND VOTES BY APRIL 20, 2001, TO:

The Roger Awards
c/o 844 Frederick St.
Kitchener, Ontario
N213 2138

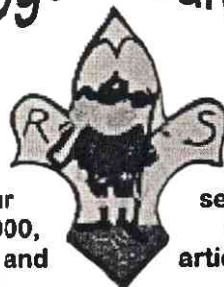
OR EMAIL: <canadian_rover@hotmail.com>

Awards will be presented at the awards dinner Saturday evening
during the ORC Annual Meeting May 12, 2001.

NOMINATOR:

Name: _____ Unit: _____
Phone: _____ Email: _____

the Roger Awards



To help you with your
Awards for the year 2000,
following lists of Moots and

selections for the Roger
we've compiled the
articles from the past year.

MOOTS

Attawanderonk Moot	Halloween Moot	Snow Moot 2000
14th Club Med Moot (Quebec)	Looney Tunes Moot	Dance Moot 2000
BYOM (Bring Your Own Moot)	Oops: the Moot	Sonic Boom Moot
Pride Moot 2000	Beach Party Moot 2000	X-Moot
Moot Moot Y2K	Yow 2 Klue Moot	Jailbreak Moot
World Scout Moot (Mexico)	ReMoot 2000 (Saskatchewan)	E-Vent 2000 (Alberta)
	Pirates of the Caribbean (Nova Scotia)	

Please note that almost all these Moots were held in Ontario. That's simply because those were the Moots we heard about. We probably missed some. All Moots stand nominated for your votes. If you attended a Moot we didn't hear about, let us know so that we can try to include it in our events listing next time.

Best Feature Article

Meet the Crew - the Queen's Rovers.....	Allison Daley, Mike Logan
Meet the Crew - the Thunderbird Rovers	Mike Logan
A Re"Quest" for Service.....	Kirby McCuaig
I'm a Rover.....Seldom Sober	Ali Gothard
Jamboree on the Trail.....In Alberta.....	Kat Nielson
Memories: Halloween Moot Remembered	Stan Kowalski Jr.
Moot 2000 Mexico City - In the Middle of Packing	Mike Logan
Moot 2000 Mexico City - Through the Eyes of a Canadian Rover.....	Chris Kosmenko
Rover Networks	Albert Fuchigami
Rover Organizations	Albert Fuchigami
SIDS (Sudden Infant Death Syndrome).....	Kathy Starr
ORC.... Do We Really Need It?.....	Kevin Oates
Where Is the Community in ORC?.....	Mike Logan
Woodbadge.....	Russ Kelk
Hug-A-Tree and Survive.....	Kirby McCuaig
ORC2K Meeting Report	Nicky Patterson
Northern Tier	Erik White
Camping Out.....	Bonte Minnema ?
Rovers Lead the Way	Ian Mitchell (from "the Leader")
Attawanderonk Moot Report.....	Rae Genereaux
R.S.Dell Award - History and 1999 Nomination	Stan Kowalski Jr.
From the ORC Chair.....	Kevin Oates
QRRT Minutes.....	from the Internet

Best Continuing Article

From the Editor's Desktop	Stan Kowalski Jr.
Friendly Forest Flora	Tammy Squires
Out & About.....	Kirby McCuaig
Tool Time	Stan Kowalski Jr.
Rover Ramblings	Anthony Palmer (the Old Rover)
Rovers in Alberta	Kat Nielsen
the Gourmet Rover	Stan Kowalski Jr.
the Nova Rover	Audrey Dianne Verge
the Funny Bone.....	Kathy Starr
Announcements	Kathy Starr
Fit As a Fiddle	Stan Kowalski Jr.



ATTENTION ALL PAID STAFF APPLICANTS TO CAMP ADVENTURELAND:

Please review this carefully. Program staff positions are hired for a minimum 6 week contract up to a maximum 9 week contract this summer. (Applicants should be 15 years of age). Available positions include:

Mountain Bike Instructor(s)

Candidates should have experience in actual trail riding and be physically prepared to ride trails up to 6 hours a day. Candidates need to be assertive but comfortable around Cub-aged youth. Candidates should have a knowledge of bike repair and safety and may be required to demonstrate their knowledge of such.

Climbing & High Ropes Instructor(s)

Experience and completion of a climbing course is recommended but not required. Candidates require climbing experience and have no fear of heights. Skills needed include belaying and providing professional instruction to Cub aged youth and adults.

Lifeguard(s)

Two lifeguards are hired each summer. The Head Lifeguard / Assistant Ranger must be at least 16 years old (min. NLS) preferably with guarding experience. The Head Lifeguard is hired beginning in weekends in June and all summer up to Labour day weekend. The Assistant Lifeguard must be at least 15 years (min. Bronze Cross).

Sports Instructor

Candidates must not only enjoy a wide range of sports but can also provide professional instruction and act as "referee". Sports planned this season include: field sports, obstacle course, beach volleyball and mud wrestling.

Office Assistant

This "behind the scenes" position requires candidates with a marketing creativity to organize and put together the camp newsletter (including photographic experience), run the camper email program, the canteen shop and act as "lost / found co-ordinator". Due to the nature of this job, this individual must be able to work independently and adapt to changing roles quickly, prioritize responsibilities and must be able to complete tasks without supervision.

Assistant Program Director

This position must be at least 17 years of age. Candidates need to be familiar with the Cub program and assist the Program Director in ensuring a safe and fun program is implemented. Responsibilities include: implementation of the weekly theme, supervision of program staff, acting as Program Director at times. This management position requires a mature individual with confidence and an ability to lead naturally. Creativity is also important and this candidate must have experience as a Leader.

Kitchen Staff

Adventureland is actively recruiting for positions as camp cook and two kitchen assistants. The camp cook needs to have experience in cooking for large numbers, food purchasing,

menu development and be able to supervise a paid and volunteer staff. Completion of any food preparation course is helpful but not required to apply.

Maintenance

This applicant should be at least 16 years of age. Responsibilities include: maintaining all camp equipment including program equipment, lanterns, stoves, supervision of luggage distribution, food delivery and general repairs around camp. This individual must be mature, be able to work independent and be able to drive a multi use vehicle (e.g. golf kart).

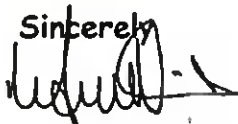
Archery Instructor

This applicant should be at least 16 years old and have some experience in archery. The applicant needs to be assertive and be able to apply strict safety rules.

All Staff interviews will be conducted beginning in mid February and will conclude in March, 2001. Applicants applying for positions should provide two written reference letters. Program staff applicants must come to the interview prepared with a five minute form of entertainment (this could be a song, skit, dance, story, game, etc, etc, etc). Factors used to evaluate candidates include: Leadership training, creativity, completion of related courses, references, previous Adventureland experience (this factor can be positive or negative depending on staff evaluation), skills, interview presentation, etc.

To book or confirm an interview, once your application is sent, contact the Camping Department at 416-490-6364 ext 233. Thank you for your interest.

Sincerely,



Mark McDermid
Camp Director

Editor's Note:

Since this letter was given to us to run in this issue, we must assume that all the positions are not filled, and that the deadline for staff interviews will be extended. There is no guarantee on either of these assumptions, however, if you are interested in any of the positions, contact Mr. McDermid directly, as soon as possible.

Please mention that you saw this notice in our magazine.

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.

WARNING!!!! You should check with your personal doctor *any time* you start new exercises, but **especially** when beginning a regime because of a sore back. **DO NOT** try *any* of the exercises in this article unless they've been cleared by your doctor.

A Pain

By Jeff Oliphant
'Personal Fitness Professional' magazine
October 2000

Shared by Many

Recognizing and treating lower back pain

Do you complain of back pain while you are working out? Have you had to discontinue your fitness workouts for an extended period of time because of a low back injury? If you answered yes to either of these questions, you shouldn't be surprised. These responses are quite common. Low back pain is one of the leading health complaints in the United States. It is estimated that eight out of every 10 Americans will suffer from some type of acute back pain during their lives. Individuals that are physically fit generally do not suffer from low back pain to the same extent as the general population. However, it is important for you to be able to recognize and prevent this common ailment.

Three Common Causes

Most low back pain is caused by one of three things: a congenital problem, a mechanical defect or a traumatic force. A congenital problem is one with which a person is born. Typically, it is some type of structural defect of a vertebra that may make an individual prone to injury when stress is placed on the vertebra. A mechanical defect is a structural change in the alignment of the vertebrae that can make the low back susceptible to injury. Faulty body mechanics, poor or faulty posture, being extremely overweight or obese are all examples of situations that can cause mechanical defects. And a traumatic force or stress to the low back can cause pain and injury.

A person that has poor trunk flexibility and strength is very susceptible to a low back injury, especially in sports or fitness activity participation.

Sprain and Strains

There are many types of low back problems that affect an individual. However, the most common are sprains and strains. A low back sprain involves the injury to a ligament(s) that connects the various parts of the lumbar vertebrae. A strain is an injury to the muscles in the low back. These two injuries are generally grouped together because of the difficulty in differentiating between the two.

Both happen in close proximity to each other and the end result is the same - a painful low back.

The primary causes of a low back sprain/ strain are:

- A sudden extension of the back against some type of resistance. An example would be trying to lift a heavy object with just the back and not using the legs to help.
- A sudden over-stretching of the low back muscles. Examples include trying to reach high to take something off of a shelf or trying to reach high to complete a serve in tennis.
- A chronic stress placed on the low back from faulty posture or abnormal repetitive stresses placed on the low back from sport or fitness activities or from other daily activities.

Signs and Symptoms

The signs and symptoms of a low back sprain/ strain may include a sudden feeling of pain in the low back that becomes constant, a "catching" or "grabbing" feeling that indicates a muscle spasm, stiffness or a limited ability to move the low back or torso. The pain a person has with this type of injury is generally localized to the low back area, but may extend somewhat into the mid to upper back or the upper buttocks. The individual may have difficulty walking, standing and/or

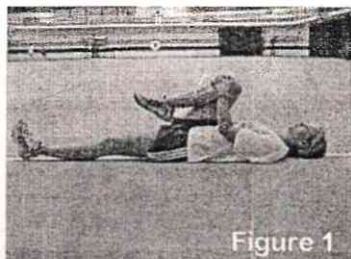


Figure 1

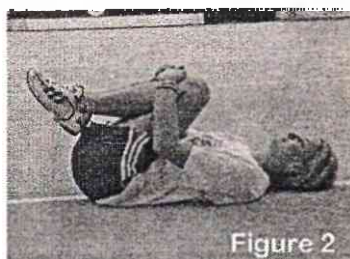


Figure 2

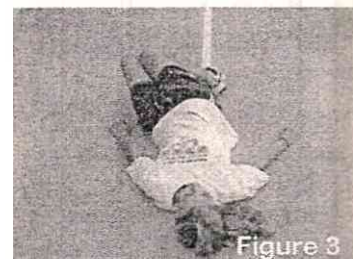


Figure 3

getting up out of a seated position. In a severe sprain/ strain, the individual may not be able to move at all because of the extreme pain. With a minor sprain/strain, the individual may have slightly injured the back during a workout and didn't realize it until the next morning when he awoke with a sore and stiff back.

If you have signs and symptoms, such as radiating pain, numbness or weakness into the lower extremities or any type of constant chronic pain, it may indicate that you have a more substantial or severe low back injury than a sprain/strain. These could include a herniated disk, nerve root compression or structural change or injury to a vertebrae.

Severity Dictates Treatment

The treatment of the low back sprain/ strain, like all injuries, is dependent on its severity. If a person has a severe sprain/ strain, with severe pain and is unable to move, he should be transported by ambulance to an emergency room for treatment and care. Sprains/ strains that are not as severe would initially be treated with ice to help control the pain and spasm that is associated with the injury. Those individuals that have more than minor pain and discomfort would be referred to a physician for examination to rule out anything more than a simple sprain/strain and to prescribe further care.

One question that may come to mind when considering referral for further medical care is whether the individual should be seen by a medical doctor/doctor of osteopathic medicine (MD/DO) or a doctor of chiropractic. This decision is generally based on preferences of the injured person or his family and friends. These healthcare professions have both similar and different approaches to the treatment of low back pain. However, the goal of getting the person back to being functional and pain-free is the same.

Prescribed treatment by a physician for a low back sprain/strain may include the use of ice to control pain and spasm; referral to a physical therapist or certified athletic trainer for therapeutic modality treatments and therapeutic exercise techniques; and use of over-the-counter medications or NSAIDS (non-steroidal anti-inflammatory drugs) to help control pain or in severe cases, the use of a muscle relaxant.

Once the pain has started to subside, you should start on a pain-free stretching program to help loosen and relax the muscles of the low back. Here are a few that could be initiated:

- 1) Single knee to chest stretch: In a supine position, pull one knee to the chest and hold, repeat with other leg. Try to keep the back flat (figure 1).
- 2) Double knee to chest stretch: Pull both knees to the chest and hold. Try to keep the back flat (figure 2).
- 3) Bent knee roll: In supine position with the knees and hips flexed, gently rotate the legs to one side as far as possible. Repeat to the other side. Keep the back flat and feet together (figure 3).
- 4) Side bends: Stand erect and lean to one side as far as possible and hold. Repeat with the other side (figure 4).
- 5) Hamstring stretch: In a seated position, extend one leg straight out with the other foot tucked in toward the groin. Stretch with the arms extended as far as possible toward the toes and hold (figure 5).

Each of these exercises would be held for approximately 10 seconds and repeated at least six times. It is very important these stretches are done totally pain-free. If pain occurs and is ignored, it will simply reaggravate the sprain/ strain and delay



Figure 4

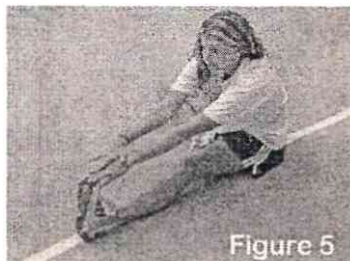


Figure 5

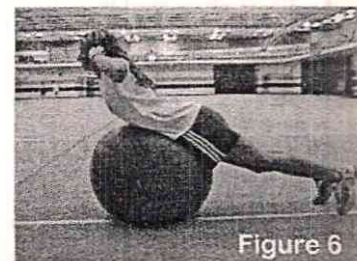


Figure 6

the recovery time.

Strengthening the Back

Once you have regained a pain-free range of motion in your back, you could begin strengthening exercises, which would focus on the extensor muscles of the back and abdominal muscles. The abdominal muscles are extremely important in helping support the torso and the low back. Without strong abdominal muscles, the chance of a recurrent low back sprain/strain is very high. An abdominal workout would start with some simple crunches with the back flat on the ground, progressing to more difficult exercises as tolerated. Back extensor strengthening could involve use of a back extension machine or some other type of apparatus or exercise that helps isolate the extensor muscles of the back. The use of a gym ball (figure 6) is a great way to isolate the back extensor muscles. It is important, just as it is when performing stretching exercises, that the strengthening exercises do not aggravate the low back and should be as pain free as possible.

A return to fitness activities could start slowly once a person has regained full range of motion and strength. Biking, light swimming, use of an upper body ergometer or stair stepper are all easy on the low back and can be utilized for the initial return to aerobic conditioning. If those activities are tolerated well, progression can be made to running and other more vigorous activities.

Preventing A Reoccurring Injury

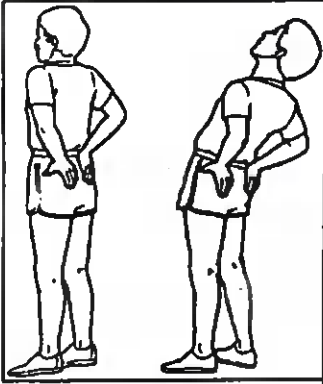
Most low back injuries can be easily prevented if a person pays attention to proper back care during everyday living as well as engaging in fitness activities. The following factors should be considered and implemented to prevent low back pain and/or sprains/strains:

- Flexibility: Maintaining or increasing trunk and general body flexibility
- Strength: Maintaining or increasing trunk and general body strength.
- Weight: Weight loss, if needed, would take a tremendous amount of stress off the low back.
- Correction of postural problems: Correcting or compensating for postural problems such as lordosis (abnormal curvature of the lumbar spine) can alleviate susceptibility to low back pain.
- Lifting: Bending at the knees and not the waist; lifting with the legs.
- Carrying: Holding heavy objects at the waist and close to the body.
- Sleeping: The best position for sleeping is on your side in the fetal position. Sleeping on the stomach is the worst position. Lower legs should be elevated if sleeping flat on the back; the mattress should be flat and firm.
- Standing: If standing for a long period of time, shift body weight from one foot to the other, ideally placing one foot on a stool and changing feet frequently.
- Sitting: Using good posture (Just like your mother and teachers always told you), sit in a chair with a straight back, feet flat on the floor and knees slightly above the level of the hips.

Following these guidelines is important in preventing low back pain. It is imperative that a Personal Fitness Professional educates his clients on the importance of proper back care and leads them to a healthy and pain-free back in all facets of their lives.

Jeff Oliphant, MS, ATC, is the head athletic trainer and an assistant professor at the University of Wisconsin - Eau Claire. For more information, you can contact him at oliphajg@uwec.edu.

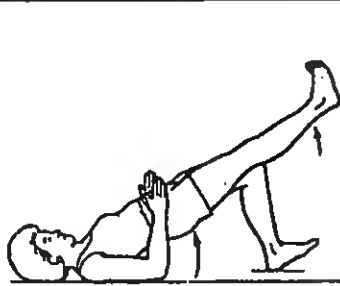
Here's some more exercises to help in preventing or overcoming Lower Back Pain



Standing Extensions

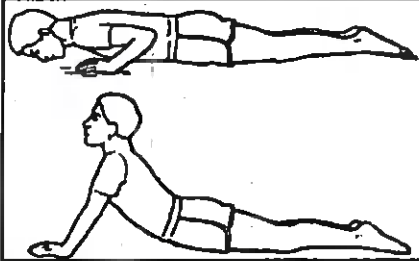
1. Place hands firmly against hips as shown
2. Bend backward until you feel a stretch
3. Hold 5 seconds
4. Several repetitions

WARNING!!!! Doing back exercises can be hazardous to your health. **DO NOT** try any of the exercises in this article unless they've been cleared by your doctor.



Unilateral Bridges

1. Lie on back with your knees and elbows bent, and hold your spine stable in neutral throughout the rest of the exercise
2. Push your heels into the floor, and tighten your buttocks
3. Leaving your head and elbows on the floor, slowly lift your buttocks in the air until your hips are fully extended
4. Keeping your foot flexed and thighs level, slowly extend one knee
5. Lower the first leg and extend the other one
6. Hold for 10 seconds, 10 repetitions

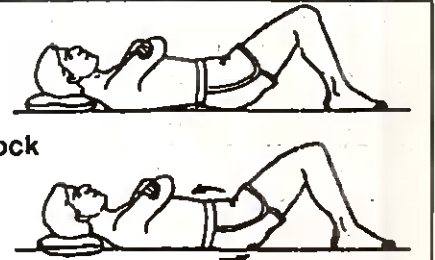


Prone Press-ups

1. Assume position shown
2. Straighten arms to press trunk upward, letting hips sag toward floor
3. Hold 5 seconds
4. 15 to 20 repetitions

Pelvic Tilts

1. Lie on back with knees bent
2. Tighten abdominal muscles, squeeze buttock muscles and flatten back as shown
3. Hold 10 seconds
4. 10 repetitions



Abdominal Crunches

1. Lie on back with knees bent
2. Place hands behind head
3. Without pulling with your hands, raise head and shoulders, curl trunk upward as shown
4. Hold 1-2 seconds, repeat to fatigue

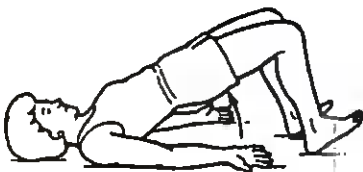
Kneeling Opposition

1. Begin on hands and knees and hold your spine stable in neutral throughout the rest of the exercise
2. Push your feet into the floor, push your knees into the floor
3. Keep elbows bent while tightening your arms and pushing against the floor
4. Keeping your back and head level, raise your arm and opposite leg as shown
5. Return to the starting position and, without relaxing, alternate side
6. Hold 10 seconds, 10 repetitions



Bridges

1. Lie on back with your knees bent and your arms straight, and hold your spine stable in neutral throughout the rest of the exercise
2. Push your heels into the floor, and tighten your buttocks
3. Leaving your head and arms on the floor, slowly lift your buttocks in the air until your hips are fully extended
4. Hold 10 seconds, then return to the starting position and slowly relax in reverse order



Prone Opposition (supermans)

1. Lie on belly with 2 inch towel roll under forehead
2. Tighten buttocks together and raise one leg and opposite arm as shown
3. Hold 10 seconds, repeat with opposite leg and arm
4. 10 repetitions



BC TREK 2002

Message from



the Camp Chief

**A Scouts Canada endorsed youth event
hosted by the BC-Yukon Provincial Council**

Hello Venturers and Rovers,

It has been brought to my attention that there is a need for some updated information on next year's "Really Big Shew, BC Trek 2002".

We in British Columbia are inviting all Canadian Venturers and Rovers to an exciting, challenging and fun filled event for all 14 – 26 year old registered scouting people. We have extended this invitation to the world and our sister organizations. As we, in Canada, have had challenges in trying to hold another National Rover Moot, the last one being "Harmony" in 1986, our unique planners came up with the idea of hosting the first and hopefully many more of this Venturer/Rover Event starting in the new millennium.

The program people are working hard on using all the information that you "Trekies" have supplied through either the web site or Ken and Robyn's visits to Forums and Roundtables. Separate Venturer and Rover Excursions are being designed to challenge both groups to some "Extreme" fun-in-the sun activities. There will be something for everyone!

How about some extreme challenges on the North Shore Mountains, mountain biking, hiking, etc? What about river rafting, rock climbing etc, in the world renowned Whistler area? Have you 19 plus thought about a wine tour, with mountain biking, water sports in the sunny Okanagan. This is just a small sampling of the "Good Times" and "Challenges" that could be yours to enjoy.

If being a participant isn't your cup of tea, are you and your crew or Rover buddies interested in hosting some of these activities or organizing and hosting one of your specialties?

Also, for all you inquiring minds, all supervision of underage participants will be by Advisors and Staff, not the older participants!

If all your burning questions have not been answered in this message then, "Trekies", all you have to do is e-mail garry_ness@telus.net or call (250) 493-1707 at any time or leave a message at 1-800-788-7948 with Scouter Art.

Good Scouting and looking forward to seeing you at "BC Trek 2002".

Garry Ness (Camp Chief)

BC Trek 2002

<<http://bctrek.com>>

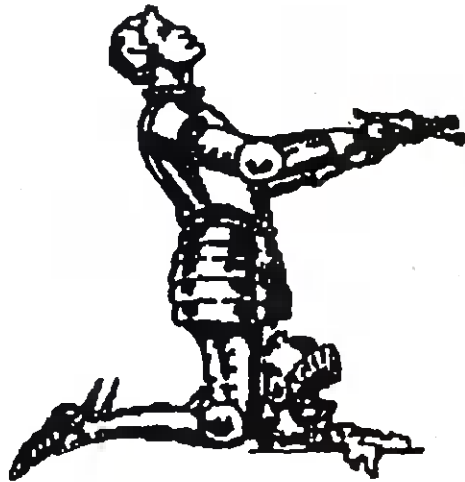
<garry_ness@telus.net>

103-3301 Skaha Lake Road

Penticton, BC V2A 6G6

1-800-788-7948 (Scouter Art) Message

DON'T FORGET THE VIGIL!!!!!!



Regardless of theme chosen by a crew, a ritual along the lines of the vigil within the knighthood is essential to personal development. The sole purpose behind the global Scouting movement is "to contribute to the development of young people in achieving their full physical, intellectual, social, and spiritual potentials as individuals, as responsible citizens and as members of their local, national and international communities" (WOSM 1992:4). It is precisely this development which is facilitated through the vigil.

In order to develop the physical, emotional, and spiritual character of the nation's youth, the Rover Scout section undertakes activities and training to aid today's youth in meeting the needs of an ever-changing world. This is accomplished by fostering a safe environment in which the youth can learn to think for themselves, have sound judgement, and perform service for the community at large. The first blueprint to developing these productive young adults was, in fact, Rovering to Success (Baden-Powell 1922).

Traditionally, before becoming a knight, a Squire or Knight in training spent the night before his knighting in an abbey reflecting on his past actions and on the new responsibilities if he does in fact go through with the knighting ceremony. It is precisely this process which has been undertaken by Squires within Rover Scouting. The Squire is asked to "think carefully before taking this important step and should not commit themselves to serious promises or principles until they are resolved to do their best to keep them" (Morland 2000:online). The sentiment of Liam Morland from Ontario, common among Knighted Rovers, is that "The Vigil should only be read by Knighted Rovers and those Squires who have completed all other requirements for Knighthood. The Vigil is more effective and special if it is kept mostly secret." It is this secrecy which allows for the serious contemplation of the commitment the Squire is about to undertake.

A pamphlet was drawn up outlining not only the retrospective questions the Squire is to reflect upon, but also a description of the Chief Scout's (Baden-Powell's) intent for the vigil. According to the pamphlet, the vigil of a Rover Scout occurs at the end of a probationary period, or Squireship. The purpose of the vigil is for the young man, with the aid of the questions drawn up by the Chief Scout, to quietly think to themselves about what he is doing with his life and determine whether he is prepared to be invested as a Rover Scout renewing or making his Scout Promise from the man's point of view. The Squire should be resolved to keep the promise he is about to make. It is through the vigil that a period of self-examination occurs in which "the young man reviews the past, thinks of future possibilities dimly seen, and dedicates himself in silence to the Service of God, and his fellow men."

The vigil is an integral ritual to the larger whole of the knighting ceremony. "Without this the Rover Scout Investiture [knighting] cannot be what it is meant to be – an inward change of attitude to life in the world" (Boy Scouts Association - Canada n.d.b). During the knighting ceremony the Squire is ritually and symbolically dressed with the crew identifications of badges and scarves which are an outward sign of this inward journey which was necessary for the initiate to become a full member within society.

To increase the sacredness of the vigil, Squires are often advised to undertake their vigil out-of-doors and at night. This is because if the Squire reflects on their deeds in their routine, predictable, safe, and comfortable surroundings, the answers may vary significantly than when done outside. Outside at night the Squire is exposed and vulnerable to the environment. This sentiment is also reflected by the founder's belief that it was through nature that the Rover Scouts could come to true knowledge of themselves and what their promise means to them.

The Squires at this time must also ask themselves if they are prepared to undertake the responsibilities of the Scout Promise and if they feel prepared to be Knights, be chivalrous, and perform service for others without a thought for themselves. After this has been completed, any issue may be discussed with a "Sponsor," or trusted friend of the Squire. The Squire may decide that he is not prepared to be a knight and will be reincorporated as a Squire. However, if the Squire feels prepared he is reincorporated as a potential knight, who will be knighted.

In terms of creating a sense of "Rover" identity in each Rover Scout, this is accomplished through the Squireship. During a Squireship the Squire may be asked to read Rovering to Success (Baden-Powell 1922) and undertake quests which perform service to the community. By the time a Squire has reached their vigil, they will, in theory, already recognise that the "Rover Scout Ideal" is incorporated within their identity. After the Squireship they should feel ready to become the ideal of a "knight." However, because the questions probe to the very core of the Squire's soul, asking them to reflect not only on the past good deeds, but also their past misdeeds and how they treat other people, it is very easy to see why some people may feel unprepared for the responsibility of knighthood.

Although many Canadians view Scouting as a secular organisation in that they do not actively engage in religion, certainly throughout this youth movement rituals can be found everywhere, in every section. After becoming a legal adult in Canada, a youth can join the Rover Scouts, who ritualise entry into adulthood through such rituals as the knighting ceremony in order for the initiate to participate in an adulthood ritual, which Canadian secular society does not provide in any structured form. One aspect of this initiation ritual is that of the vigil.

The Vigil is not to be dreaded or seen as a burden, but instead as a tool of the Rovering Community to learn and develop themselves. Regardless of the theme your crew chooses to use, the vigil is an intricate ritual in the personal development of young adults, and should not be rejected as outdated, but rather adapted by each crew to meet the needs of each member. The Vigil need not only be undertaken by new members. After major life changes, senior Rovers may wish to undertake another vigil. There is even a vigil which has been adapted for Rover Advisors and for couples in serious relationships.

A vigil ritual can be written for anyone in any situation. Check out Liam Morland's website <ScoutDocs.ca> for the Rover Vigil and the Rover Advisor's Vigil. Don't shy away from this ritual, but rather embrace it and facilitate Rovers learning more about themselves!

Happy Rambling,
Kat Nielsen
The KOSD

ATTAWANDERONK MOOT

2000

NEW

JUNE 8TH, 9TH & 10TH

CHANGED
DATES



COME AND ENJOY OUR "MEDIEVAL TIMES"

ATTAWANDERONK MOOT

*PRE-REGISTRATION PREFERRED
MAIL TO: ATTAWANDERONK MOOT

BOX 41
ELMIRA, ONTARIO
N3B 2Z5

- * PRE-REGISTRATION (crest included): \$10.00
- * GATE REGISTRATION (crest included): \$16.00
- * SATURDAY-SUNDAY REGISTRATION (crest included): \$11.00
- * DAY REGISTRATION (crest included): \$8.00
- * DANCE REGISTRATION (no crest): \$6.00
- * IF YOU WISH TO USE A ADIRONDACK THEN YOU MUST RESERVE IT BY CONTACTING HEADQUARTERS
- * MAKE CHECKS PAYABLE TO : ATTAWANDERONK MOOT
- * PRE-REGISTRATION MUST BE IN BEFORE MAY 3RD, 2001

PRE-REGISTRATION FORM

CREW NAME: _____

MAILING ADDRESS: _____

CONTACT PERSON: _____

PHONE#: () _____

NAMES OF CREW MEMBERS

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

NO. OF PEOPLE _____ X \$10.00 = _____

FRIDAY

3:00 P.M. - REGISTRATION BEGINS
9:00 P.M. - EVENING GAMES
(IN PAVILION)
1:30 A.M. - CURFEW
2:00 A.M. - ALL QUIET

SUNDAY

8:30 A.M. - WAKE UP CALL
10:00 A.M. - CAMP CLOSING
- ROVER/RANGE OWN
1:00 P.M. - CAMP CLEAR

SATURDAY

8:00 A.M. - WAKE UP CALL
9:00 A.M. - OFFICIAL OPENING
9:30 A.M. - MORNING EVENTS
START
12:00 P.M. - LUNCH
1:00 P.M. - AFTERNOON EVENTS
BEGIN
4:00 P.M. - AFTERNOON EVENTS
END
9:00 P.M. - DANCE
1:30 A.M. - CURFEW
2:00 A.M. - ALL QUIET

INFORMATION

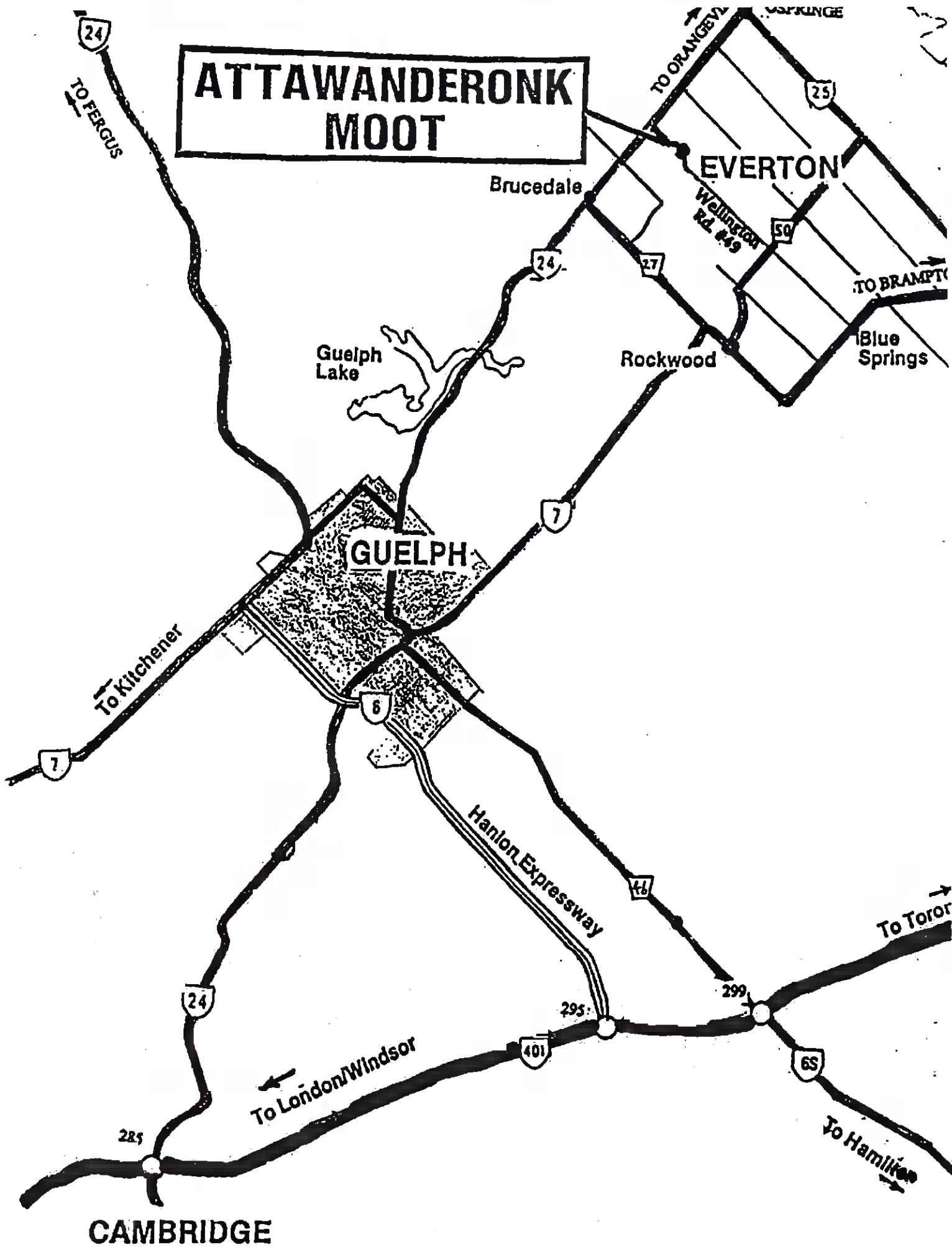
- ✱ THERE ARE NO TRAILERS SITES, UNLESS EXTENUATING CIRCUMSTANCES OR MEDICAL REASONS ARISE. EACH CREW SHOULD COME LIGHT WEIGHT AND SELF CONTAINED
- ✱ A LIST OF FESTIVITIES AND A MAP WILL BE PROVIDED AT REGISTRATION.
- ✱ SWEETS WILL BE PROVIDED FOR A SMALL FEE AT CANTEEN.
- ✱ VENTURE COMPANIES ARE WELCOME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

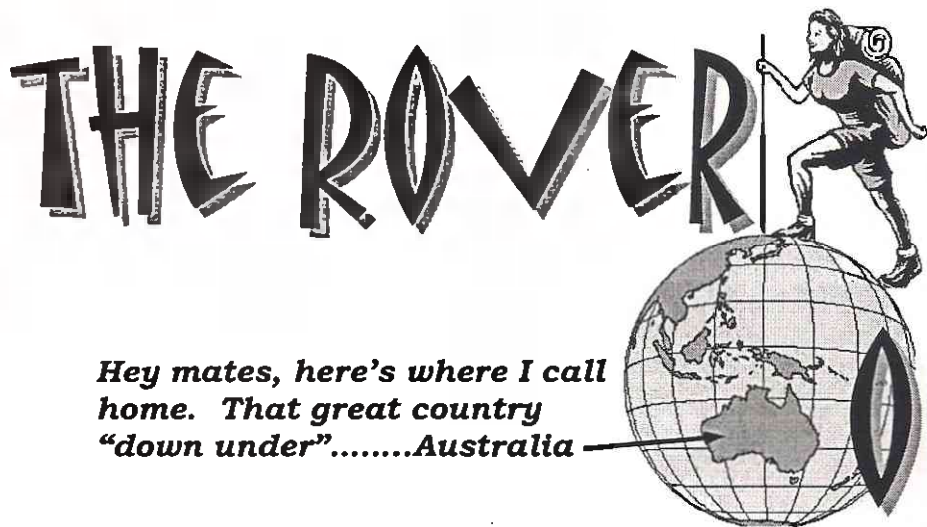
RULES & REGULATIONS

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

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

THANKS,
ELMIRA ROVERS AND RANGERS





Julie Corrigan

Hey mates, here's where I call home. That great country "down under".....Australia

ON THE GO

Welcome to the first article from 'The Rover On The Go'. I'm hoping that this is going to be a regular thing, but I can't promise anything. The aim is to cover information on Rover happenings in other countries. If you have anything you'd like to tell me about feel free to email me at <rovering@theworld.tc>. Info on events, or reports on places you've been would be great! I am also working on a web site aimed at assisting Rovers who are traveling to link up with other Rovers and events. That URL is <internationalrovering.homestead.com>. Please send me links to any crews/events/rovers etc.

Now for some international news:

UK News

Some of you may have heard the rumors that the UK is going to be starting up Rovers again. Well, they are not actually starting Rovers as such, but in 2002/2003 they will be changing. Currently Scouting in UK is organized around 4 Sections : Beaver Scouts (6-8), Cub Scouts (8-10.5), Scouts (10.5 to 15.5) and Venture Scouts (15.5 to 20).

During the period 2002 and 2003 they will be changing that to have 5 Sections: Beaver Scouts (6-8), Cub Scouts (8-10.5), Scouts (10.5-14), Explorer Scouts (14-18) and Scout Network (18-25). In all cases an age given means that actual birthday (e.g. Beavers are 6th to 8th birthdays) although there is of course some flexibility - except at 25.

This information was given to me from the National Commissioner for Venture Scouts, therefore it should be correct. Unfortunately that's all the info I have been able to get at this stage, but I'll be in the UK in June, so look for more info later.

Heading Down Under...

Surfmoot was held in Victoria, Australia over the Australia Day Weekend again (January 26). For those of you who don't know - this is Summer in Australia. In the past it was held at Eumeralla Scout Camp, but due to booking difficulties this year it was held at Phillip Island, just off the coast in Victoria.

I had a letter from one of my Venturers (I was a Venturer Leader at home) who had just turned 18. She went to Surfmoot as her first taste of moots and it sounds like she had a lot of fun. It certainly reminded me of my first moot - also Surfmoot.

Camp opened on Thursday night (Friday being a public holiday) and continued through until Sunday. Of course, I wasn't there - I'm still in Canada. Eliza tells me she had a 'fantastic time' which included meeting up with people she met at Venturer camps as well as spending time with her Rover Crew and my Crew as well. Friday night she got to bed about 6 am and was awakened at 10:30 am by the noise from the motorbikes 'screaming past' on the racetrack, (Phillip Island is home to a grand prix track) and her lilo had deflated on her! (A lilo is an air mattress.)

Friday she went into Cowes (the main township on the island) for lunch with my Crew and back again with her Crew and then partied at the disco where she ran into a friend she had made at VG (Vic Gathering - a Venturer camp).

Saturday was spent at the beach - this usually includes sand castle comps, beach volleyball and a tug-o-war. At some time during the weekend they often have jelly wrestling. This involves 2 people at a time wrestling in a large pit of jelly (jell-o) trying to get a flag or similar object at the other end. This is usually quite the event to watch! Saturday night generally also sees a live band playing covers of the hits of the day.

Sunday is pack, say good-byes and return home time. Some years the public holiday falls on Monday, so the camp runs Friday to Monday. Each year also has a theme and this year's was "The Surfmoot Space Odyssey 2001". Surfmoot is run by a sub-committee of the Victorian Branch Rover Council (thinking Canadian, that would be provincial level). Their web site is <<http://www.rovers.net.au/vic/>>.

Coming up over the Easter Weekend is Hoadley Hide (those of you who read this mag may have read about this before). It's a competition hike for Venturers who in teams hike around to various 'stunt' sites run by Rovers and leaders. At these sites they earn points which help them to win. They must camp in designated VOC's (Venturer Overnight Camps), so usually on the Saturday night the rovers all meet up at one of the VOC's not in use that night, which makes it a good time for Rovers as well. I'm actually planning on being there this year, so hopefully I can give a bit more of a report next issue.

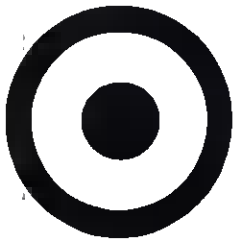
Thinking of traveling?

There is a web site up that aims to assist groups of scouting members from all sections link up with host groups at their travel destination. They are also looking for Rover Crews and Venturer Companies who are willing to host travelers. Why not check out their site at: <www.scouttraveler.org>.

Speaking of traveling - I'm going to be doing just that in Canada from the end of April to mid June, beginning Toronto, heading east, then west, so if you're out there and would like me to drop by send me an email at <rovering@theworld.tc>



Cheers,
Julie C.
'The Rover on the Go'



GONE HOME

Andrew Christian Lockner AKA Chris passed away, peacefully, after a courageous struggle with cancer, in Cambridge, on Monday, March 5, 2001, at the age of 28 years. Chris is an alumni of 1st Wilmot Greyhawk Rovers.

Loving husband of Stephanie Turner; dearly loved son of John and Lois Lockner, former advisors of 1st Wilmot Greyhawk Rovers.; brother of Steve and his wife Samantha and uncle of their children, Kristen and Nathan; good friend of many.

Chris did a lot with his short life, was a extremely caring person who touched many peoples lives. He will be greatly missed.



What is a Brain Tumor?

Brain tumors are abnormal growths of tissue found inside the skull. There are two categories of brain tumors:

- A primary brain tumor is that which originates in the brain.
- A metastatic (secondary) brain tumor occurs when cancer cells from other parts of the body - such as the lungs, kidneys, breasts and skin - spread to the brain.

Brain tumors are classified as either benign (noncancerous) or malignant (cancerous).

In most parts of the body, benign tumors are not particularly harmful. This is not necessarily true in the brain. Because the brain is housed within the rigid, bony confines of the skull, any abnormal growth can place pressure on sensitive tissues and impair functions. Also, any tumor located near vital brain structures can seriously threaten health. A benign tumor growing next to an important blood vessel in the brain does not have to grow very large before it can block blood flow. Or, if a benign tumor is found deep inside the brain, surgery to remove it may be very risky because of the chances of damaging vital brain centers. On the other hand, a tumor located near the brain's surface can often be removed surgically.

A malignant tumor is life-threatening because it consists of cancer cells. A benign tumor may also be life threatening because of its location. In other words, a brain tumor composed of benign cells - but located in a vital area - is still considered life threatening.

Brain Tumor Symptoms

Brain tumors may have a variety of symptoms ranging from headache to stroke. They are great mimics of other neurologic disorders. It is sometimes hard to know whether a CT Scan or MRI should be done if someone you know has some of the symptoms and signs noted below, but it is important to know that these studies will usually definitively establish whether a brain tumor is responsible for any of these symptoms.

The following symptoms immediately raise the question of a brain tumor:

- A new seizure in an adult.
- Gradual loss of movement or sensation in an arm or leg.
- Unsteadiness or imbalance, especially if it is associated with headache.
- Loss of vision in one or both eyes, especially if it is more peripheral vision loss.
- An eating disorder as a child.
- Double vision, especially if it is associated with headache.
- Hearing loss with or without dizziness.
- Speech difficulty of gradual onset.

The following symptoms are usually not the result of a brain tumor, but may sometimes be:

- Headache is probably the most common symptom of a brain tumor. Most people with headache, even persistent or severe headaches, do not have a tumor. However, some kinds of headache are particularly worrisome. A steady headache that is worse in the morning than the afternoon, a persistent headache that is associated with nausea or vomiting, or a headache accompanied by double vision, weakness, or numbness all suggest a possible tumor.
- A change in behavior may also be caused by a brain tumor. The development of an "I don't care" attitude, memory loss, loss of concentration, and general confusion may all be subtle signs: here, an evaluation by a neurologist may be an important step, but a CT or MRI will also help.
- Infertility or amenorrhea (abnormal cessation of menstruation).

11th World Scout Moot, 11-24 July 2000

A couple of issues ago, the Canadian Rover Eh! Featured an article by one of the Rovers who attended last summer's World Moot in Mexico. In the article, he did a good job of outlining a lot of the problems with the moot. Yes, the busses were late, the food was strange and there wasn't any toilet paper in the whole country. But what he did not go into as much detail about was all of the great experiences that were had.

I thought that this month, I would add a few more words, and a lot of pictures to the story. Altogether there were 4754 rovers there from 74 countries, including "the Ontario Boys." Hope you enjoy these pictures!



What appears to be (and in fact is) mass confusion as everyone tries to get into the main Moot campsite, called *VillaMoot*.

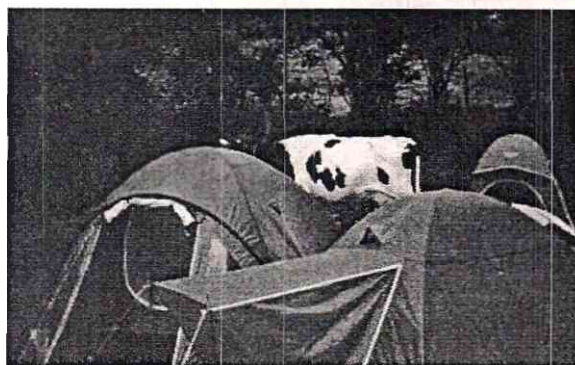
Our giant Canadian flag during the Opening Ceremonies.



Our beautiful campsite at VillaMoot on the first morning. Temperatures were colder than we expected for Mexico in July.



Adrian, my team leader and a Rover from Costa Rica, along with two of the Moot staff.



A cow in our campsite!



Our second campsite – in Morelos. Here is where we were surrounded by spectacular mountains, and awoken by what sounded an awful lot like gunfire, although someone assured me that it was actually cannon fire.



Here's the small pick-up truck we rode to our first off-site activity in, but was it ever worth it!



This is Ryan Bortz of the 81st Hamilton Crew, rappelling down *los cascadas* – the waterfall.

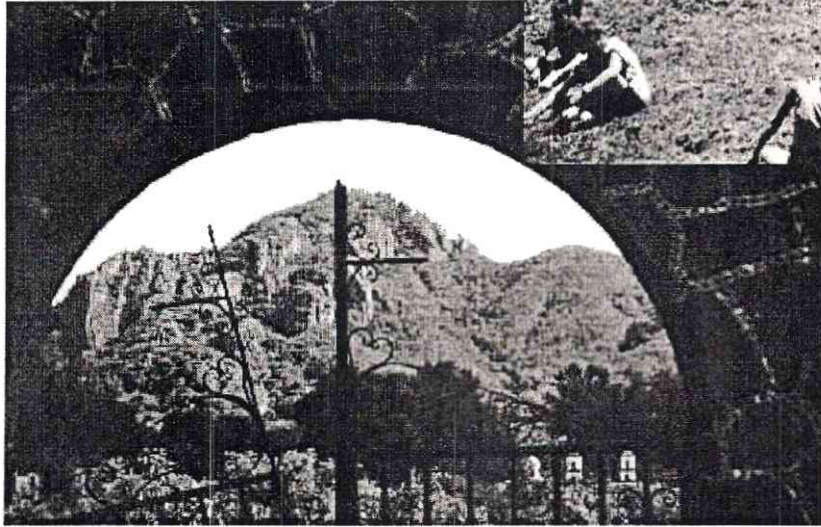


Our second offsite activity was a cultural day. In this picture, we're learning all about the process of making tequila. Well, actually we're sampling (the stuff's not alcoholic yet).



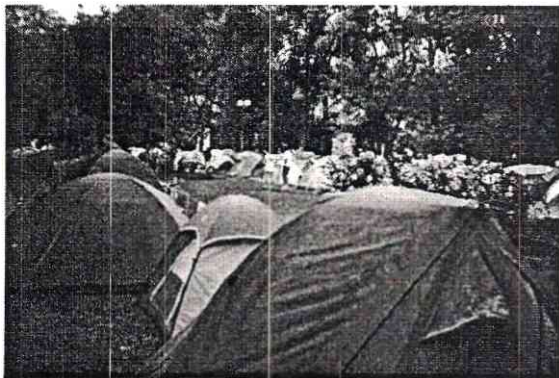
This is Kathryn, who is a Beaver leader in Belfast, Northern Ireland.

Our first service activity was in a small town called San Juan. In this picture, our group is clearing a field so the locals can plant gardens and build a community centre. We also made bricks on site and set them to dry in the hot Mexican sun.

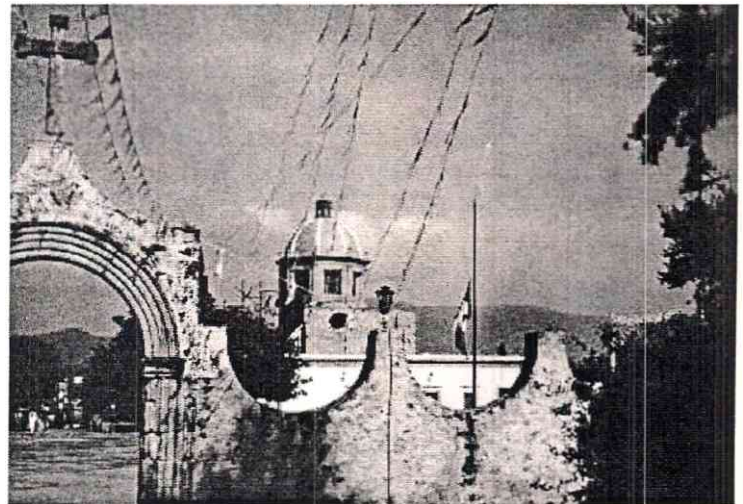


This is just a nifty view of the mountains around our campsite in Morelos.

On the fourth night in Morelos, subcamp closing took place. What a night of Mexican culture! First, we were treated to dinner which consisted of many traditional dishes prepared by locals. Throughout dinner and afterwards, copious amounts of dancing took place facilitated by the live mariachi band (you know, those guys you see on TV playing trumpets and wearing sombreros). Later on, everyone went outside to see a spectacle of fireworks that I'm sure you would only see in Mexico. Yeah, they were a little dangerous, but wow was it fun! Especially the game where one guy would run around holding fireworks on his head, and everyone else would try to tackle him. Lesson I learned from this night: Don't go anywhere without my camera!



Back at camp - in a park, downtown Morelia, Michoacan - a city of over 3 million people.



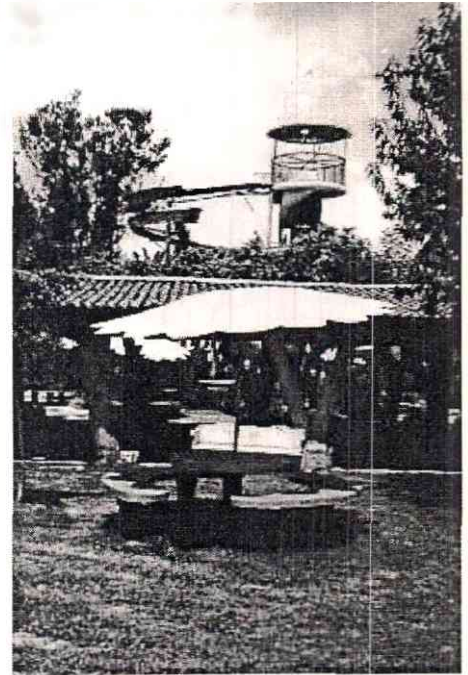
Our second campsite was in the province of Michoacan. This is a picture of a really cool convent that we went to see.



Here's one of those mariachi bands I mentioned - these guys were playing for us in the town where we had our outdoor activity.

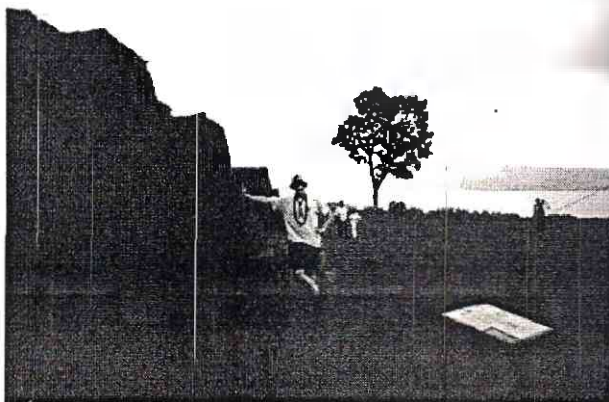


This wasn't as cool as the waterfall, but it was relaxing, and there were hot showers - we went to the waterpark shown in this picture!

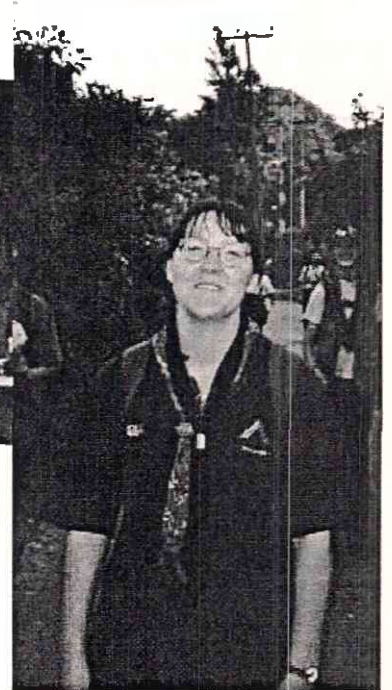


One thing you may have heard about the moot - there were lots of churches. Well, yes. This is the Cathedral of the Buried Christ, somewhere in Michoacan.

Here's some of our group making our own pottery on our Michoacan cultural day! Woggles seemed to be the most popular useful/geeky creation.



Yours truly, standing alongside a historic Aztec pyramid at Tzintzuntzan.



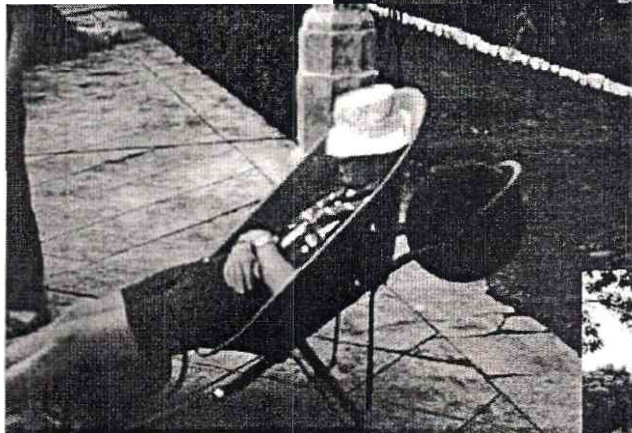
This is Rebecca, one of the 6 Rovers at the moot from New Zealand!

Our second service project was to make-over an indigenous Mexican town. Here is a picture of two local kids helping Manuel (a Rover from Switzerland) plant roses.

This is a guy from Denmark, working really hard on the service project.



Jonas Gifford, a Rover from Victoria, BC, riding the mechanical bull back at camp.



Where else but in Mexico City could you see so many lime green VW Beetles?



The comforting symbol of the Golden Arches after 10 days of mystery beans, figs and cactus.

Mike Logan (81st Hamilton), Ari (from Acapulco, Mexico) and Ryan Larsen (2nd Malton) at the Global Development Village sponsored by the UN.



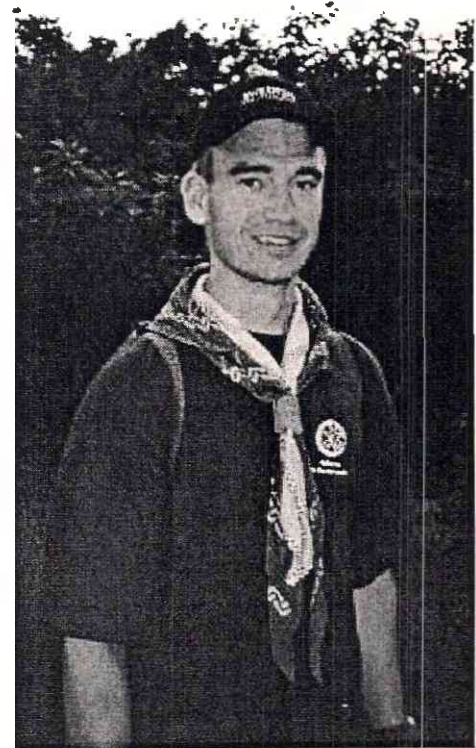
A big monument in Mexico City. We elected not to climb the stairs to the top.





Slovenian Rovers doing some kind of song and dance at the GDV.

Peter,
from
Sweden.



The temple of the moon, at Theothuacan. This is where our unofficial camp closing took place - what an experience, doing an "ogi ogi ogi" across the Aztec ruins!



Thousands of Rovers piling on the temple of the sun.



Pavel-Yakov is a Rover from Chihuahua, Mexico.

One more photo from
the pyramids.

This last photo is
courtesy of Estoban of
the 26th Edmonton Crew.
Yeah, one of the most
fun things to do was to
teach others the
intricacies of hockey.
Especially when you
could body-check a guy
into cacti that were
lining the playing
surface.



Well, there you have it. Of course, these few pictures don't really do justice to the experience. Definitely the best part of the trip was meeting so many awesome people from all over the world.

I've been involved in Scouting for a long time, but I must admit that I never fully understood the point until I went to the World Moot. Yeah, the busses were late, some of the food was bad, and a whole lot of people got sick (myself included). But so what? We all got to experience another culture - in fact many cultures all coming together. We got to see and do a lot of really cool stuff, and we made friends for life.

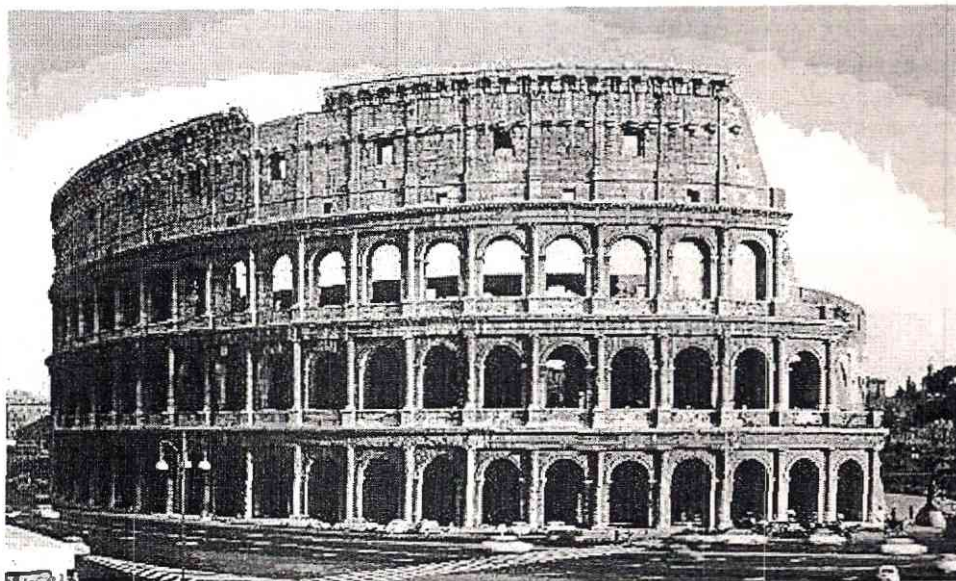
My advice to you is this - go to an international Scouting event if you haven't been to one already. You won't regret it.

Mike Logan

81st Hamilton Thunderbird Rovers

The Rover Moot

Not since the days of Julius Caesar have Rovers had their own moot!!
Well, at least it seems like that...so that's why we're running one!



We're going on a "Roman Holiday", taking a step back in time,
to the Gladiator games of the Roman Coliseum!

When: August 24, 25 and 26, 2001

Where: Langley Scout Park, Peterborough, Ontario

(we couldn't actually afford to have it at the coliseum in Rome)

Events: Gladiator Jousting, The Gauntlet, Chariot Race and
Storm The Senate, just to name a few...

How much? Pre-registration by August 3 is only \$10

Want more info? Check our web site - www.rovering.org/moot/

Still not enough? Ask us!

Jen: (705) 292-5566 (jcowey@flemingc.on.ca)

or **Shoup:** (519) 895-2027 (jeremy@rovering.org)

Send registrations to:

Jen Cowey

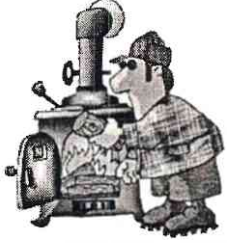
1001 Maria Street,

Bridgenorth, ON K0L 1H0

We hope to see you there!!

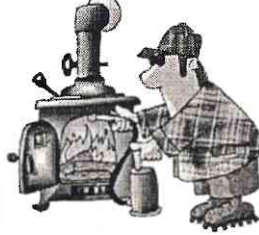
Technology for Country Folk

LOG ON:



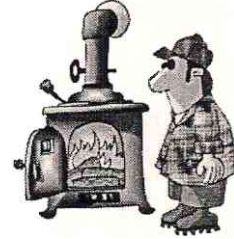
Making a wood stove hot

LOG OFF:



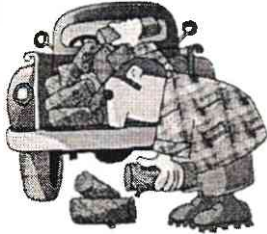
Too much wood on the fire

MONITOR:



Keep'n an eye on the wood stove

DOWN LOAD:



Gitten the farwood off'n the truck

MEGA HERTZ:



When yer not keerful gitten the farwood

FLOPPY DISC:



Whatcha git from tryin to tote too much farwood

RAM:



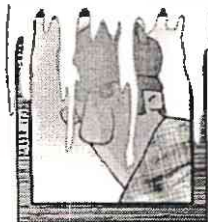
That thar thang whut splits the farwood

HARD DRIVE:



Gitten home in the winter time

WINDOWS:



Whut to shut when it's cold outside

SCREEN:



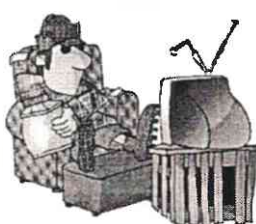
Whut to shut when it's black fly season

BYTE:



Whut them dang black flies do

CHIP:



Munchies fer the TV

MICRO CHIP:



Whut's in the bottom of the munchie bag

The Funny Bone

The Funny Bone

More Technology for Country Folk

MODEM:



Whatcha do to the
hay fields

DOT MATRIX:



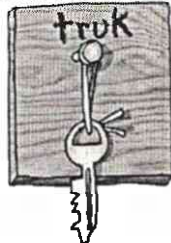
Ole Dan Matrix's
wife

LAP TOP:



Whar the kitty
sleeps

KEYBOARD:



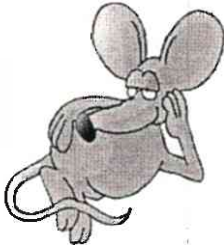
Whar you hang the
dang truck keys

SOFTWARE:



Dem dang plastic
knives and forks

MOUSE:



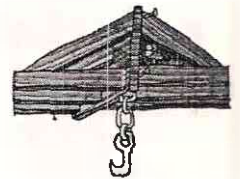
Whut eats the grain
in the barn

MOUSE PAD:



That's hippie talk for
where the mouse
lives

MAINFRAME:



That's whut holds
up the barn's roof

PORT:



Fancy flatlander
wine

ENTER:



Northern talk for
"C'Mon in y'all"

CLICK:



Whut you hear
when you cock yer
gun

DOUBLE CLICK:



When you cock the
double barrel

REBOOT:



Whut you have to do right
before bedtime when you
have to go to the outhouse



ORC Annual Meeting

Saturday, 12 May 2001

Greater Toronto Region

**All Rovers, Advisors, B.P. Guild members and anyone interested in
Rovering are invited to attend.**

The Meeting and Awards Dinner are full uniform events.

Annual Meeting

Saturday, 12 May 2001 2:00 pm

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

- **Join us as we celebrate the successes of the 2000/2001 Scouting Year and vote in our new Executive for 2001/2002.**
- **Bring a roll of Black's prepaid film and a camera for our photo scavenger hunt, starting at Don Mills United Church at 9:00am**

Awards Dinner

Saturday, 12 May 2001 5:30 pm

Stan Wadlow Clubhouse

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

- **Help us celebrate Rovering in Ontario.**
- **We will be honouring those who have supported Ontario Rovering and presenting the Roland S. Dell Memorial Award for 2000.**
- **This is a catered dinner. Pre-registration is required.**

ORC Annual Meeting Weekend

11-13 May 2001

Cheques should be made payable to Scouts Canada - ORC. For registration and further information, please contact/Mail to: Kevin Oates, 191 Currey Cres. Newmarket ON L3Y 5M7, 905 954 1801 (koates@home.com) or, Michael Flynn, 1016-7 Crescent Pl. East York, ON M4C 5L7, 416 304 5860 (work) Michael.Flynn@cibc.com

Weekend Price - \$30.00 before 27 April 2000. \$35.00 after

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

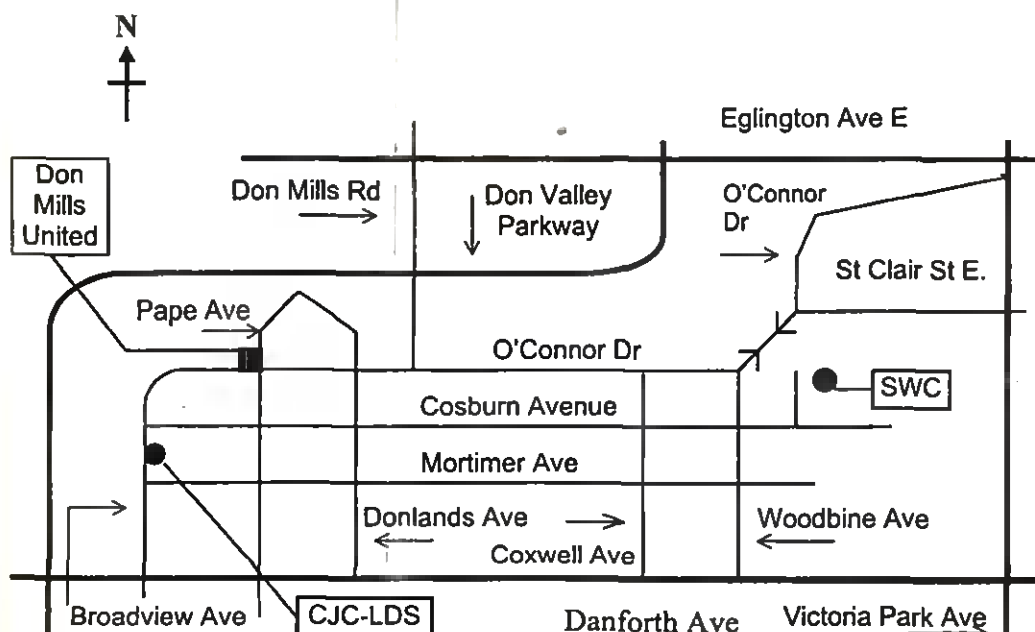
Dinner/Meeting Price - \$15.00 before 27 April 2000. \$17.50 after

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

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

Timetable

Friday	6:00 pm	Arrival
		Free time
Saturday	8:00 am	Breakfast
	9:00 am	Photo Scavenger Hunt/ Free time to explore Toronto
	2:00 pm	Annual Meeting
	5:30 pm	Awards Dinner



Directions to Night Accommodations

From the Don Valley Parkway - Take the Don Mills Rd South exit and go up the hill. Turn right onto O'Connor Dr (at lights) Don Mills United Church is at the corner of Pape & O'Connor Dr. (2nd set of lights)

Directions to Meeting Hall

Follow same directions as above. Follow O'Connor around the 90 degree turn where it becomes Broadview Ave. CJC-LDS is on the left side at the set of lights past the lights at Cosburn Ave.

Directions to Awards Dinner

From the Don Valley Parkway - Take the Don Mills Rd South exit and go up the hill. Turn left at the lights onto O'Connor Dr. Take the right-hand turn lane onto Woodbine Ave. Turn left at the lights at Cosburn Ave. Take the first left onto Cedarvale Ave. SWC is on the right hand side.

Map not drawn to scale.

OUT & ABOUT

Number 11 – snake eyes!

From the Canadian Rover Eh! mail bag:

Hi,

My Rover Crew is planning a bike hike here, around Kingston, for the Scouts and Venturers of Loyalist District. It will be a one day event, where participants arrive in the morning, get a safety check and a safety talk, and ride in a loop with a stop for a BBQ lunch at midday. We've set the date for late March.

The problem is that we are not sure what route to take. Do you have any suggestions that are close to Kingston? I'm not sure how much knowledge you have of the area, but I know that you have been out here on occasion so I thought I'd ask.

Thank you for any help you can provide.

Yours in Rovering,

Ian Lipchak

*Vice-Chair, Voyageur Regional Rover Round Table
Secretary, Queen's Rovers*

PS: In regards to Out and About from a year ago this month, this past fall I rode across both Wolfe Island and Simcoe Island, the island linked to Wolfe via Ontario's smallest car ferry (2 cars). It was very nice ride except for the gravel roads on most of Wolfe and on Simcoe.

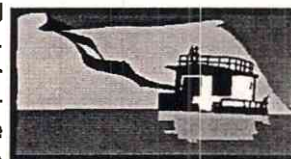


Hi Ian

Though I haven't ridden very much in the Kingston area, I can recommend a number of books that have recommended rides from the area.

Gary Homer's Bicycle Guide to Eastern Ontario, (Markham, Ontario: Outdoor Press, 1992) has a number of recommendations for the Kingston to Belleville area. If you like to continue your island hopping, then how about taking the ferry from Milhaven (the town the Tragically Hip made famous) to Amherst Island. The island has two small towns settled by the United Empire Loyalists who fled there to escape the persecution of the American Revolution. The town of Stella has the Glenn Store and Post Office (though I would go self-contained); and Emerald was once an important port on the island for shipping grain. There are a number of lookout points to cycle to as well as one that leads to a lighthouse. Gary describes the 45 kilometres of roads, as needing repair and some are packed dirt or gravel.

Of course, there's always Howe Island as well (also in Out and About # 4), keeping with the island theme. The island is accessible from either Bishop's Point or Pitts Ferry. Unlike Amherst Island there are no towns on Howe Island, so go completely self-contained. Howe's attraction is the low volume of motor traffic and the view of Lake Ontario as you ride through the local rural landscape. You may want to check out the Thousand Islands Bikeway that runs from Gananoque to almost Brockville (approximately 35 km one-way). It offers a two lane 1.8-metre or 6-foot wide paved bicycle path next to the St. Lawrence River, which may be safer for your younger Scouts. Elliott Katz's book The Canadian Cycling Association's Complete Guide to Bicycle Touring in Canada, (Toronto, Ontario: Doubleday Canada Limited 1994) indicates there are two private campsites along the way (Ivy Lea Campsite and Brown's Bay Campsite), as well as a public one in Mallorytown Landing, the headquarters of St. Lawrence Islands National Park.



Donna McNeil's third book, Loyalist Cycle Guide – Prince Edward to Kingston (115 km), (Picton, Ontario: Printcraft 1998) contains a number of loops within the Prince Edward Peninsula that you may want to consider. One is the Sandbanks Loop, which includes Sandbanks Provincial Park and Point Petre. Another would be the Pleas-



ant Point Loop, which follows the lakeshore out to Pleasant Point and back (on concession 7 on the north and concession 8 on the south) The Pleasant Loop could also include a stop over in Lake on the Mountain Provincial Park.

For something a little more *extreme* on a possible subsequent ride for just the Venturers and Rovers how about Macaulay Mountain Conservation Area as recommended by Sue Lebrecht in her book, Mountain Bike Here, Ontario and Central & Western New York, (Erin, Ontario: Boston Mills Press, 1999). The conservation area has 20 km of hardpack singletrack with 40 metre or 131 feet of vertical drop within the trail system. The trails are given a rating of Hard to Extreme and they do have many roots sticking out of the ground on the trail to rattle your teeth. Sue gives credit to the Bloomfield Bicycle Club for developing the trails. "Bridges were built, traverses were reinforced, and windchime of bicycle tubes was hung along a series of hairpin turns they call Groovy Tuesday." p 93

The bicycle club not only helps to maintain the trail but has an event called the Cornstock Survivors Ride on each Labour Day Long Weekend. To contact the club about the Labour Day ride or other rides in the Picton/Bloomfield area, e-mail them at bbc@reach.net or phone them at (613) 393-1060. The bicycle shop operates between April 1st and October 31st. They may well be quite willing to do a joint activity with your groups as well as provide safety and repair tips.

Trip Preparation:

Whatever route your group does choose, it goes without saying that you should check out the route ahead of time when it involves taking younger sections or new riders. A sag wagon (a vehicle that follows the group to pick up people in trouble) would be recommended, especially if it their first trip of any distance for the riders. You may want to consider the advice of my last backpacking trainer, Glenn Cockwell. When backpacking with Scouts of different ages (11 through 14), he would load up the older boys with all the gear they require for a weekend away, but have the younger boys only carry what they needed on the hike. In other words have the Venturers and older Scouts pack their bikes as though they were heading out for the weekend on a bike hike (or loaded tour) and have the younger Scouts simply carry their lunches. This way everyone is challenged by the trip within his or her own abilities.

You mention a safety check and safety talk with the Scouts and Venturers before the ride begins in the morning. I would suggest a safety check of the bikes being brought before the actual weekend. This may save having to disappoint someone whose bike may not be up to the challenge or last minute repairs to bikes to get them road worthy. You may find a Scout with what he or she describes as a slow leak, which may turn out to be a flat tire, a few metres down the trail.

While the safety check could be performed before the weekend (and before the ride), the safety talk is a must just before the ride begins. Doing it just before the ride ensures everyone knows what the rules are that they are expected to follow throughout the trip.

I would bring the following items, even if all the bikes are checked out before hand: tire levelers, spare inner tubes, tire pump, tire patch kit, pressure gage, spoke wrenches, adjustable wrench (or wrenches metric & imperial), screwdrivers (flat and philips), pliers, allen keys, can of spray cleaner, oil can and rags. If this list sounds like too much for one person to carry then split the load or pile a lot of it into the sag wagon.

One final precaution, ensure that everyone is carrying water with them (and have backup supplies in the sag wagon) as well as suntan lotion and a helmet (no matter how old the rider is).

Final Thoughts:

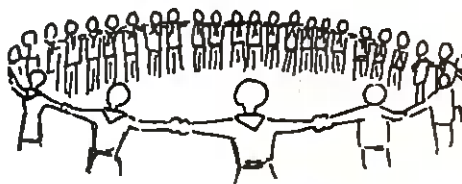
For a change of pace, how about either cycle touring, hiking or canoeing to your next Moot? Mike MacDonald and I brightened a few faces at the MoJo Moot when we cycled up to the registration tent. Make an effort to pick the closest or most convenient moot in your upcoming calendar of events and do it just a little differently. Try a new twist to an old standard.

Our magazine's booth made it up to Snow Moot (or Mud Moot as it's sometimes called) at Mount Nemo Scout Camp near Burlington, Ontario. Thanks to the moot staff for putting on a great time. Congratulations to our new foreign correspondent, Julie Corrigan (of Australia) for coming in second in the dance competition. Thanks as well going out to all those who stopped by the booth and to those who cast their ballot for the Roger Awards. A special thanks to fortuneteller "Madame" Ali Gothard for foretelling my future (I've got my fingers crossed).

Kirby McCuaig

The Brotherhood of Scouting

by Julie Corrigan,
Visiting Rover from Australia



I'd left my home in Australia 3 ½ months earlier and after spending the first 2 ½ months working at a summer camp in Colorado, I was travelling across the U.S.A.

I was almost at my next semi-permanent destination – Canada. This would be home for the next 12 months. I had a "working holiday" Visa, so that's what I planned to do. Having been on the road for 4 weeks, I'd met many people staying in youth hostels along the way, but with an average stay of one night in each place, it was getting rather lonely. Could I stand 12 months in another foreign country, not knowing a single person?

I didn't need to worry. I got on the Internet one night and searched for Rovers in Canada. I found links to all sorts of sites including the Ontario Rover discussion board-perfect!

"Hi, I'm an Australian Rover coming to the Toronto area for a working holiday and would love to meet up with Rovers while I'm there. Please email me at girlvic@hotmail.com

That was it. Within days I had replies "When are you arriving?" "We'd love to meet you." "There's a moot coming up. I'm not going, but some from our Crew are...!"

I arrived in Canada on Sat. Sept. 16th and the following Friday night I picked up Alison Gothard to go to "Moot" moot. This was the first time we'd met in person, and I was spending the weekend with a few hundred strangers. I had a sleeping bag, but no tent, sleeping mat or any other camping gear. That didn't matter, Ali had spares. All I needed were clothes and money for food. What a weekend! I was so sore and tired (from walking and dancing) by the end of it all, but I hadn't had that much fun in ages! I felt a bit like a celebrity – "This is Julie, our Australian Rover!" I don't think I've had so many hugs in one weekend either.

I've since been to "Halloween" moot, the SLS District Fall Camp and a couple of dances. I've even been invested into the Pas Philips Rover Crew. Most of all, in my 2 months so far in Canada, I've made new friends that I'm sure will last a lifetime.

You couldn't do all this with a complete stranger. We only needed the one thing in common – we are Rovers!

I started in Scouting as a Venturer. Since turning 18 I've been both a Rover and a Leader of Youth (Cubs and Venturers). I really enjoyed Scouting at home. Even in Australia, most of my friends I've met through Scouting.

It's not all good times. Sometimes you can get very disheartened. Others in the Crew won't help organize anything, kids won't listen, parents won't help, there is no support...but this has really reminded me that we are a worthwhile organization. We do great things. Just having someone welcome me openly, not caring about my background, my looks, my interests or anything. I'm a Scout, so I'm welcome.

This is the true brotherhood of Scouting – not only in other countries, but also at home in our own sections.

Editor's Note: This article was previously printed in the Winter 2000 edition of *The South Lake Simcoe: Scoop Magazine*. Julie will be travelling from coast to coast by car between April and June of this year. Give her an e-mail she'd love to meet Rovers from across Canada.

Welcome New Subscribers

Kevin Paxton
22nd St. Catharine's Rovers

Curtis Hayes
1st Stirling Rovers, Foxboro, ON

Art Franklin
1st Elmira Rovers

Dale Hoose
1st Poplar Hill Rovers

Nat Granatier
38th Brant Rovers, Brantford

Kim Kasprzyk
TSR Rovers, Lachute, QC

469th Rovers
Scarborough, ON

Scout House
Greater Toronto Region

Dale Richardson
1st Stirling Rovers

**Announcements,
Announcements,
Announcements.**

Welcome New Staff!

The Canadian Rover, Eh!
Would like to welcome a new Staff Member. Ben Noseworthy has taken over the Subscriptions, Treasurer, and Advertising positions. Ben comes to us with many years of Rovering experience. Currently, he is an advisor with the 11th Cambridge Rovers, who have agreed to help him out with these duties. It is with great pleasure that we welcome him to our staff. Ben is also the proud new owner of our magazine sign, so when you see it at a moot, please stop in and say hi.

**Imagine your announcement
here!**

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

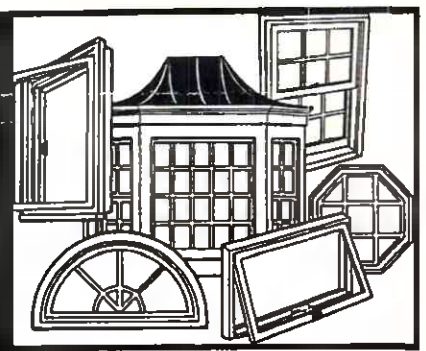
Send your free announcements

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

or

canadian_rover@hotmail.com

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.

How a
house
works

Glass innovations—

by Duane Johnson
The Family Handyman
October 1999

past and present



My wife and I love the old swirly window glass in our home. Its flaws and distortions make the outdoors shimmer and wave as you walk by, especially in winter when the old storm windows add yet another distorted layer. We're so taken with the stuff's character that we scrounge around for old discarded windows, hoping to rescue enough glass to replace several cracked panes. (One person's junk is another's treasure, don't you know!)

Window glass has rapidly changed and improved over the last 50 years, yet windows from the past are still with us. In fact, you might see three or four types in an older home that's undergone several remodeling projects. So fixing a broken window can get complicated. You'll often have to identify the type of glass before replacing it. And if it's newer glass, a trip to the hardware store won't solve the problem.

Fig. A

Old-Style Sheet Glass Window

WAVY SURFACES and distortion characterize many older sheet glass windows. They're usually puttled into a wooden sash.

In this article, we'll describe the various types of window glass in use today and tell you how to identify and replace the glass when it breaks.

OLD-STYLE WINDOW GLASS

The oldest glass you're likely to find in a house built before 1940 is called sheet glass (Fig. A). It's easy to spot because it contains waves, swirls, spots and other imperfections that distort the view (the effect we like). It was made by drawing a wide ribbon of molten glass up into a thin sheet, in a process something like pulling taffy. The glass was then slowly cooled. The process wasn't precise, so the glass didn't come out distortion-free. However, the improvement over previous glass-making techniques was dramatic.

Invented about 1851, sheet glass made large glass panes practical and affordable. Finally you could have bright rooms in a home during the day, long before the invention of the electric light bulb. The distortions were a minor inconvenience. Besides, because the molten surfaces were air-cooled, they had a brilliant, fire-polished sheen not seen in glass today.

Practical Advice: *If you value the distortions and brilliance of sheet glass, you'll have to rummage through old windows in salvage yards to find replacement glass. Sheet glass is no longer made in the United States. When you find it, take it to a professional glass cutter to have it cut into the pane sizes you need. Old glass contains random scratches that make it so difficult to cut that even a pro can't guarantee successful results.*

GLASS STANDARDS FROM THE PAST

The sheet-glass era left us with two terms for glass thickness that are

still used today—single- and double-strength. These two types accounted for almost all household window glass. The most common was single-strength, about 3/32 in. thick, which is the precise thickness of replacements now available. Generally it's best to replace broken single-pane glass with glass of the same thickness in order to maintain the window's

Window glass has changed rapidly. You might see three or four types in your grandparents' home.

appearance and weight. Older double-hung windows (that still slide well) may not stay up if you install thicker, heavier glass. Double-strength glass was approximately 1/8 in. thick, the modern size you now buy to replace it.

Practical Advice: Rather than guess at fine measurements of old glass, take a shard of the broken glass with you to match the thickness against the new.

THICKER, STRONGER GLASS

When it came to thicker, stronger glass, the types that shop owners wanted to use for display windows, sheet glass wouldn't do. Imperfections in thicker glass produce too much distortion for clear viewing. Around the early 1900s, manufacturers refined an ancient process in which molten glass was rolled flat, and later, after cooling, the surfaces were ground perfectly flat and then polished. These sheets, called plate glass,

could be made to any thickness without distortion.

Plate glass came home in the form of the large "picture window," a feature of many homes built between 1930 and 1970 or so. Sometimes you can find the word "plate" in tiny letters on a corner of the glass. Plateglass use in household and shop windows died out about 10 years after the popularity of the picture window waned. You can't find replacements anymore. Like sheet glass, it's no longer made in the United States except as specialty glass, since cheaper, more precise production methods have made surface grinding obsolete.

THE MODERN STANDARD

Both sheet and plate glass have been replaced by float glass, which is made by pouring molten glass over a bed of molten metal (usually mercury). Because it's lighter, the molten glass floats on top of the metal's flat surface and cools. The result is a smooth, flat pane, virtually free of distortion. The top, fire-polished surface is even more brilliant than the bottom, but only a practiced eye can detect the difference.

Practical Advice: *When you buy replacement glass, you can expect to receive flawless float glass. It's available in many thicknesses.*

PUSHING THE LIMIT WITH SAFETY GLASS

It's amazing how tough glass can be. A neighbor discovered this when he broke up an old patio door. He hit the glass with his hammer to break it out. It didn't break. He hit it harder, leaving a dent in the glass, but it still didn't break. Finally, he put on safety goggles and gloves and really belted it. Only then did it shatter into a thousand small pieces.

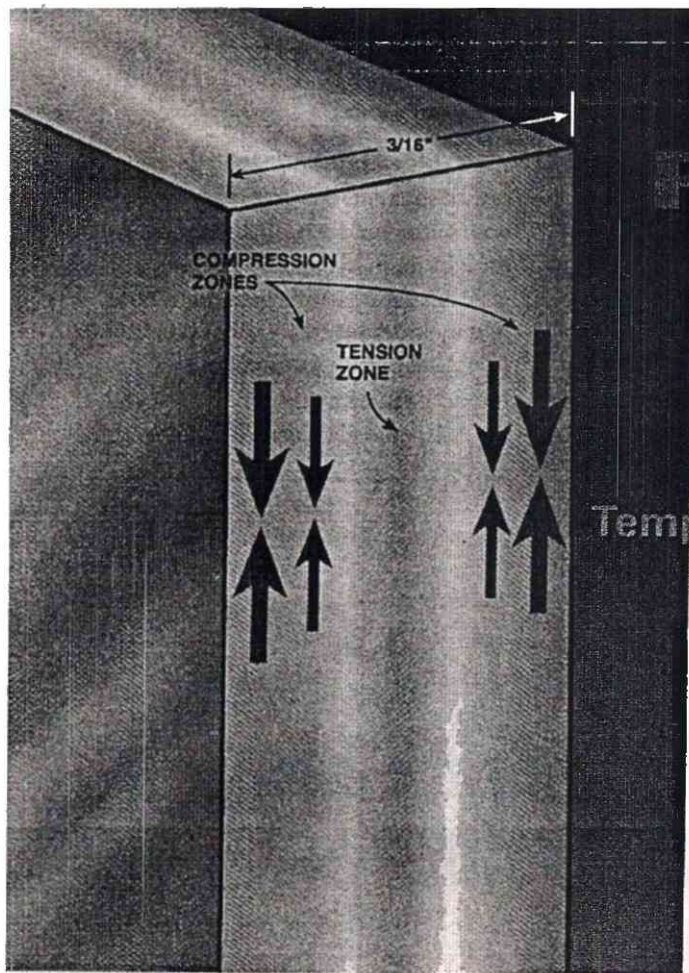


Fig. B

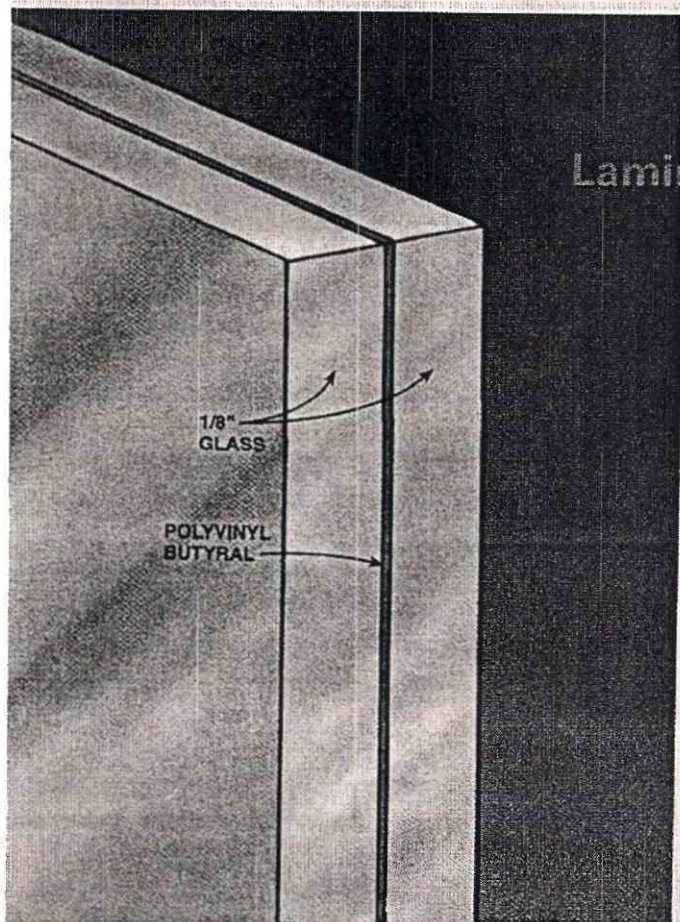
Two Types of Safety Glass

Tempered Glass

THE INTERNAL TENSIONS created by the rapid cooling of molten glass make tempered glass about four times as strong as regular glass. When tempered glass cracks, the balance of tensions throughout the pane is upset and the entire pane shatters.

The glass in most doors is tempered. Tempered glass is tough. The toughness comes from reheating a finished piece of regular float glass and cooling it rapidly, setting up internal tensions within the glass itself (Fig. B, top). The extra stress allows the glass to withstand the routine bumps and banging taken by doors, low windows, skylights and car windows. It's one type of safety glass. (Safety glass is a general term that includes several types of glass that meet certain strength and impact requirements.)

Tempered glass usually has the word "tempered" printed in tiny letters near a corner. But you're more likely to recognize it when it breaks. At the first crack, the whole pane shatters. The crack upsets the internal tensions, which immediately release and cause the entire pane to disintegrate into a pile of generally blunt-edged pieces. You can't even cut tempered glass to size without shattering it. It has to be cut before the tempering process. **Practical Advice:** When ordering tempered glass, make sure you have precise measurements; you can't trim it later. Tempered glass is available from glass shops and costs about twice as much as regular glass.



Laminated Glass

A TOUGH PLASTIC CENTER holds the sharp glass shards together when laminated glass breaks.

Laminated glass (Fig. 8, bottom) is another type of safety glass, though less common in homes than tempered. Laminated glass consists of a thin, tough, plastic sheet sandwiched between two layers of glass and bonded to them by heat and pressure. Even if the glass breaks, the glass shard remain bonded so they don't fly about. And the window itself also often remains intact, held together

by the plastic. Some doors use laminated glass for security reasons, and it's the standard material for auto windshields so glass shards don't fly about during an accident. **Practical Advice:** You'll find replacement laminated glass only through glass shops.

GLASS GETS WARM

Insulated glass has revolutionized the window industry. Single panes of clear glass offer a great view and lots of light, but they make homes uncomfortable because they transmit heat and cold 10 to 15 times faster than a typical insulated wall. So windows can make a home unbearably hot in summer and cool and drafty in winter. Storm windows, awnings, shades and such offer partial solutions, but the simplest, most elegant solution to date is insulated glass.

Insulated glass consists of two panes of glass bonded together with a trapped airspace in between (Fig. C). The trapped air cuts the heat loss by about half, the same as a storm window but without the extra hassle and expense. The substitution of argon or some other special gas for the air in the airspace, plus thin, virtually invisible metallic coatings, called low-E coatings, makes the glass even more energy efficient.

The payoff is particularly significant in the Sunbelt, where cooling is the biggest energy expense. The low-E coatings can be selected to block certain parts of the sun's radiation, in particular most of the material- and fabric-damaging ultraviolet rays, plus much of the heat-carrying infrared zone. As a result, this special glass blocks most of the heat but retains most of the brightness and clear visibility. It enables you to install a large expanse of glass in a room

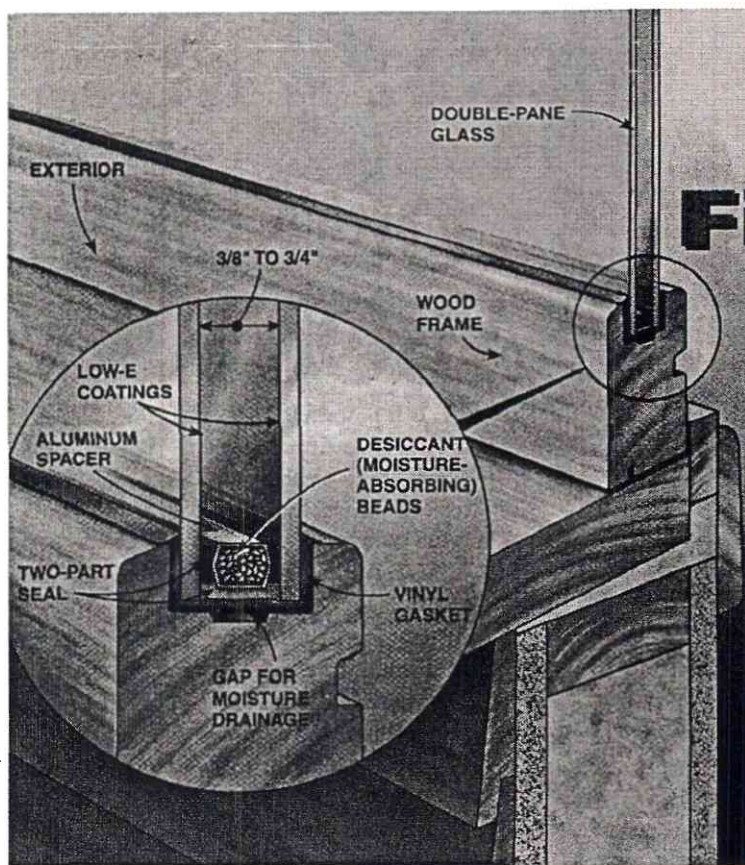


Fig. C

Standard Insulated Glass

INSULATED GLASS consists of two panes of glass with a 3/8- to 3/4-in. dead airspace in between. A high-quality seal between the panes is critical to prevent fogging and keep special insulating gases (usually argon) from escaping.

without sacrificing comfort or driving your heating and cooling bill through the roof.

The first insulated glass windows hit the market about 40 years ago. The concept was good, but the glass-sealing technology wasn't always reliable. If the edge seal that joins the two panes of glass isn't absolutely airtight, moisture will leak in and fog up the inner surfaces of the glass, a common problem in older insulated glass. In fact, older windows were guaranteed for only five years, hardly a bargain, since there is no way to fix a broken seal. You have to throw away the old glass and install a new insulated glass unit.

Window seals have improved, and the 10- to 20-year or longer guarantee from window manufacturers on most insulated glass now makes it a worthwhile investment. Its energy savings almost always offsets the extra cost.

Practical Advice: Replacing insulated glass isn't as easy as

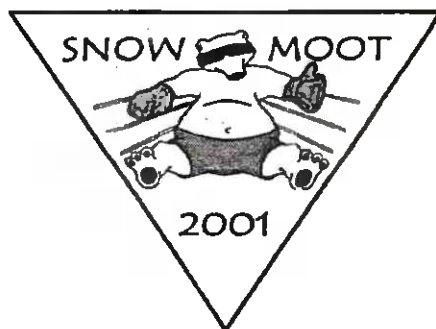
digging out the old putty and buying new glass at the hardware store. The unit may be gasketed, taped or caulked into its frame. Sometimes the frame itself is difficult to disassemble. And the thickness of the glass unit will vary from brand to brand. If you know the name of the manufacturer, (all the dealer who sold you the windows or a dealer who handles that brand. If fogging is the problem, maybe you'll be lucky and find that the window is under warranty.

If you can't identify the manufacturer, remove the sash (glass, plus the frame that holds it) and take it to a window repair shop. A glass repair expert can replace the glass almost as cheaply as you can. Even if you want to do it yourself, it's best to take the sash in anyway to make sure you order the right replacement glass. Make sure the order is for glass with the same low-E coating as the old window. Otherwise, the new glass

Snow Moot

The Summer Olympics

2001



February 23, 24, and 25th was the date and Camp Nemo Scout Reserve the place for the largest winter Moot in Canada. Over 375 participants representing 60 different countries competed in various "Olympic" events in an attempt to win the Hamilton Rover Round Table's Big Ass Trophy. The camp was successfully staffed by Rovers from all the Hamilton Crews, including an extra special representative from the British Olympic Committee, sent just for this event. The Summer Olympic Theme was well received by Mother Nature, providing us with the full gambit of weather conditions, from rain and sun, to snow, something all but unheard of at a Snow Moot. We had huge participation in all of the events, with various countries winning a range of events in true Olympic spirit.

Equestrian - *Gold* - Colombia (21st Cedar Rangers) - *Silver* - Sweden (9th Brampton Rangers) - *Bronze* - Japan (3rd Aurora Venturers) **Greco-Roman Wrestling** (Tackle Musical Chairs) - *Gold* - Kenya (1st Kitchener Rangers) - *Silver* - Morocco (58th Hamilton Venturers) **Canoeing** - *Gold* - Morocco (58th Hamilton Venturers) - *Silver* - Taiwan (1st Strathroy Venturers) - *Bronze* - Japan (3rd Aurora Venturers) **Caber Toss** - *Gold* - Afghanistan (22nd Niagara Rovers) - *Silver* - Turkey (9th Brampton Rangers) - *Bronze* - Japan (3rd Aurora Venturers) **Shot Put** - *Gold* - Poland (50th Hamilton Rangers) - *Silver* - Kenya (1st Kitchener Rangers) - *Bronze* - Cuba (8th Toronto Venturers) **Buk Buk** - *Gold* - Turkey (9th Brampton Rangers) - *Silver* - Switzerland (9th Brampton Rangers) - *Bronze* - Columbia (21st Cedar Rangers) **Shooting** - *Gold* - Turkey (9th Brampton Rangers) - *Silver* - Australia (27th Niagara Rovers) - *Bronze* - Japan (3rd Aurora Venturers) **Synchronised Swimming** (Polar Dip) - *Gold* - Peru (195th Toronto Rangers) - *Silver* - Afghanistan (22nd Niagara Rovers) **Scavenger Hunt** - *Gold* - Afghanistan (22nd Niagara Rovers) - *Silver* - Poland (50th Hamilton Rangers) - *Bronze* (Tie) Greece (2nd St. Catharines Rangers) + Kuwait (1st North Grimsby Rovers)

Overall Win (Group with Highest Medal Count) - 9th Brampton Rangers

The ORC Forum was a resounding success and the Dance was a huge hit, a variety of styles of music were DJ'ed exclusively by Hamilton Rovers and a Ballroom Dancing competition was held throughout the night.

The Hamilton Rover Round Table hopes to see everyone out for the
30th Anniversary of Snow Moot, Feb. 15 - 17 2002
 at everyone's favourite Scout Camp, Camp Nemo.

<http://www.snowmoot.cjb.net>



RE"QUESTS" for Service

CJ'01 Due to the registration of over 11,400 participants, CJ'01 is in desperate need of more staff. At the present according to Charles Garvie (Commissioner of Battlefields Region) all new registrations are being put on a waiting list until new staff can be found. It is estimated that the event will need up to 600 more staff. For information and application forms check out the web site at www.scouts.ca/cj01 or call (613) 224-5131. Give a Scout a memory of a lifetime, volunteer!

Partners in Learning: Volunteers are being requested to give approximately 6 to 8 one hour sessions in schools and then participate in 1 or 2 night camping trips in the **Edmonton** area. For more information call Koreen at (780) 454-8561 ext. 227

Kandersteg International Scout Centre: This facility, located in the Swiss Alps about 65 km south of Bern, offers opportunities for volunteer staff year round based on seasonal staffing needs. Anyone interested in applying for one of these positions must be 18 years or older, be a member in good standing of Scouts Canada and have a proven ability in English (other languages are bonus). Contact International Relations for additional information or visit the web site at www.kisc.ch

For further information about events or international travel contact us as follows:

Scouts Canada National Council
International Relations & Special Events Services
1345 Baseline Road
Ottawa, On
K2C 0A7

Bob Butcher or Lena Wong at (613) 224-5131 or Fax at (613) 224-5982
Or e-mail at irse@scouts.ca

Hug-A-Tree and Survive Programme: requires volunteers to present the programme at schools, Cub meetings, community clubs, etc. Please contact your local Scout House, in **Southern Ontario**, contact Stewart C. Small at 848 Southdale Road East, London, Ontario, N6E 1R9 or (519) 685-3686 or in **British Columbia**, contact Allan Wilcox at afwilcox@home.com

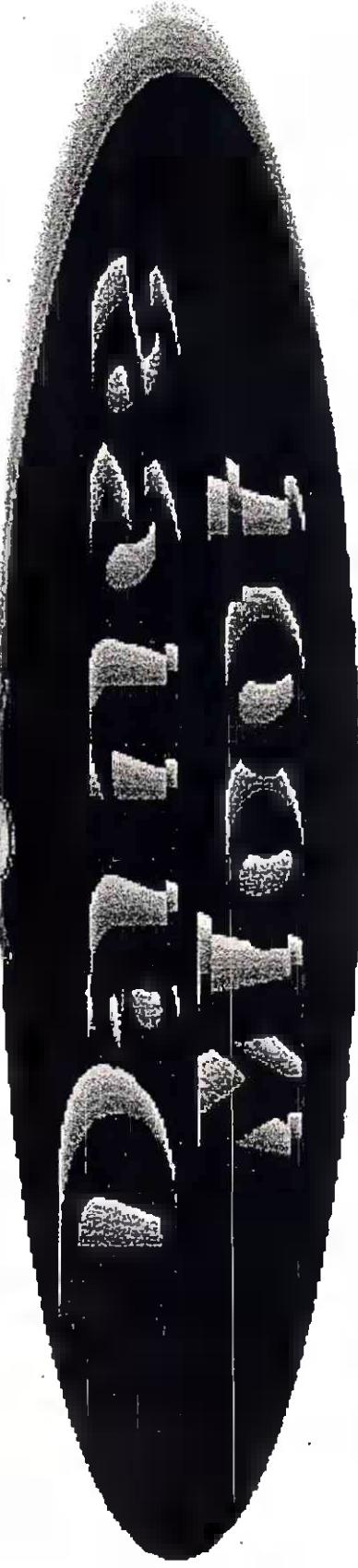
CNE Scout Service Corps 2001: For more than 30 years Scouts, Venturers, Rovers and Leaders have been providing service to individuals visiting the Canadian National Exhibition in Toronto and this year is no exception. To volunteer call Frank Grisbrook at GTR Scout House at (416) 490-6364 ext. 244.

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.*

<http://dancemoot.da.ru>

dancemoot@hotmail.com

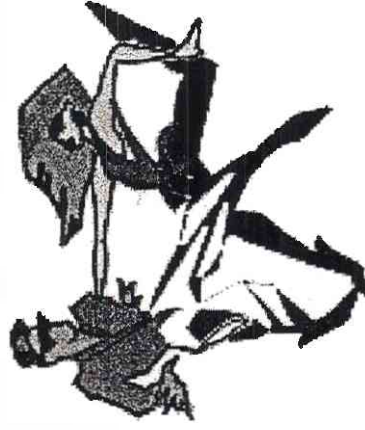


Date: May 11-13 2001

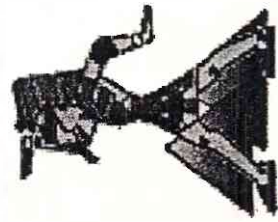
Where: Camp Impeesa (map on back)

Cost: Pre-reg. before May 1 2001 = \$8

Reg. at gate = \$10



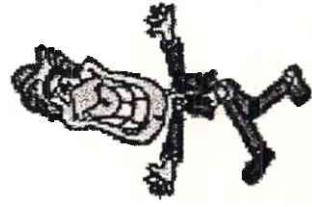
Dance Fri. Night



Life sized cub cars

Climbing wall

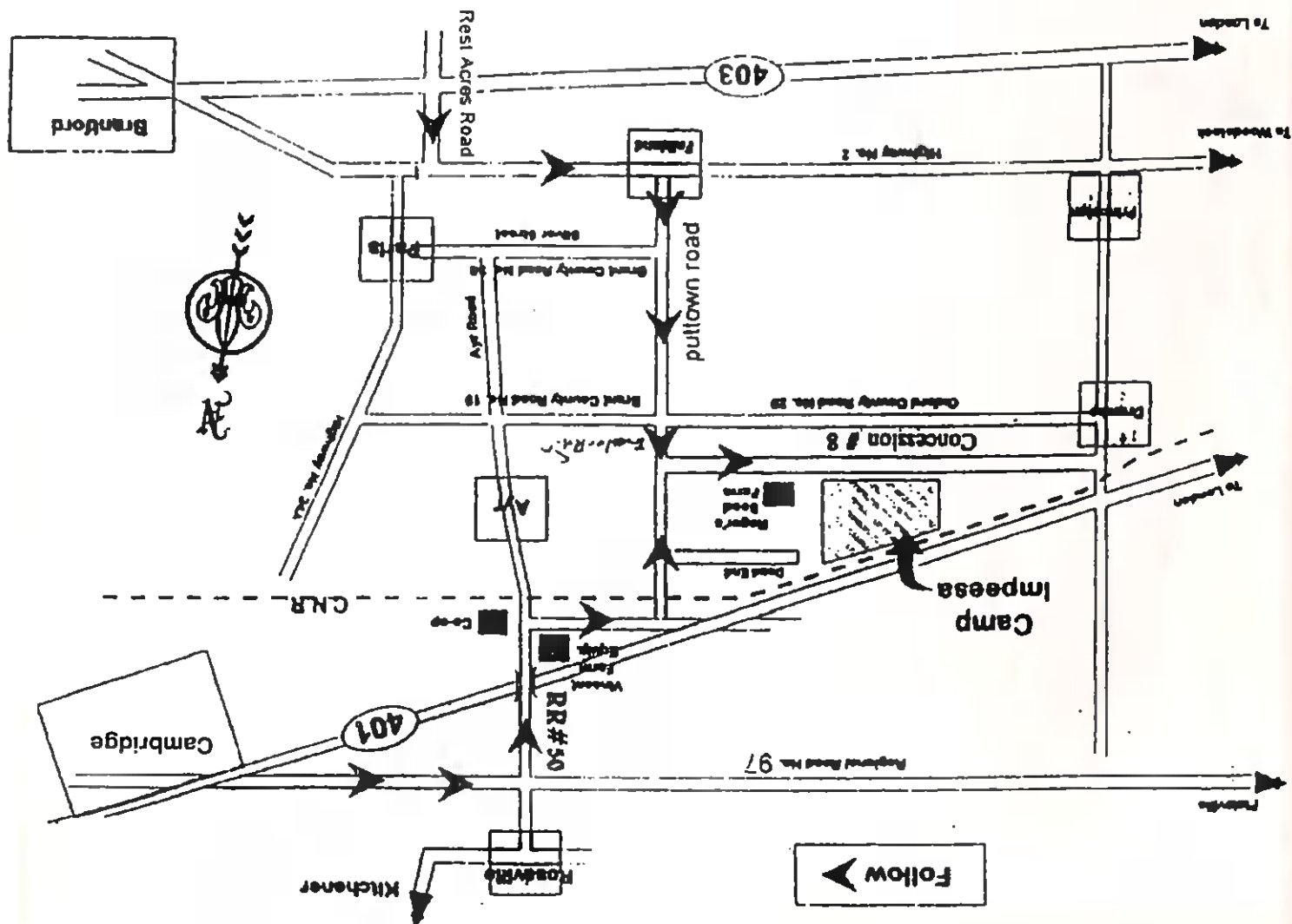
Dance Sat. Night



Tom Horless

On Fire

N3R 1X6





A GREAT NEW ROVER ACTIVITY! JAMBOREE ON THE TRAIL



Jamboree on the Trail (JOTT) is a day set aside once a year when Scouts and Guides from all over the world hike on their local trails. This hiking may be done on its own, or as part of a weekend event. What is done on this hike is completely decided by the participants. A Rover Crew, for example, may carry out a service project restoring trails. The Burns Lake Rover Crew from Northern British Columbia hosts an annual backpacking weekend as part of recruitment in conjunction with JOTT.

In 1997, Dave Wiebe reported a hike to the ScoutsCan-L listserve. This report began a discussion about hiking on the listserve, finally leading to the idea of hosting an international hiking day for all sections of the Scout Movement. The date was set, and the first JOTT was held on April 25, 1998.

A call for volunteers went out, as it does every year, and many people stepped up to the plate. Along with Dave Wiebe, Dale Kelly, Joe Kotch, Judy Marcus, Dave Stokes and many others. Several Rovers became involved, such as Liam Morland who set up and maintains the JOTT website, Jean-Francois Lagarde who administers and publicises the French registrations and Kathy Nielsen who does the same for Western Canada.

Considering that these volunteers had only 29 weeks to plan and publicise the event with no funding, it is amazing that by simple word of mouth 24,000 Scouts from 17 countries such as Canada, the US, the UK, Sweden, Switzerland, New Zealand, and Papua New Guinea participated in JOTT'98. JOTT'99 on May 15th, 1999 saw 30,000 Scouts participate and the numbers keep increasing every year.

You can do whatever you like for JOTT. Some groups collected garbage, practised their Scouting skills, participated in Hug-a-tree programs, learned about local history or linked activities with other sections.

In their own way, everyone will be hiking the same direction: towards a better future through Scouting. It is an ideal opportunity to come together in spirit with Scouts all over the world and to promote the world-wide aspect of this growing Movement. ..

So this May 12th, 2001, get out on your local trail and participate in JOTT! Registration information can be located at <jott.org> or by contacting JOTT, 305-3524-31 St NW, Calgary, Alberta, T2L 2A5 or e-mailing <canada-west@jott.org>

See you on the Trail!

Happy Rambling,
Kat Nielsen
The KOSD

TEAM BEDLAM PRODUCTIONS PRESENT

THE ROVER PROMOTIONAL VIDEO

Are you tired of hearing that Rovering is a dying section of Scouting?

How about that nasty rumor that all Rovers do is Drink?

Well Team Bedlam Productions has teamed up with some concerned Rovers. We have decided that something has to be done to promote Rovering to the general public and to the younger sections in Scouting.

We would like to show everyone that being a Rover means much more then going to parties and getting drunk. We want to show them that Rovering is a positive influence on us and can benefit society as a whole.

BUT WE CAN'T DO IT WITHOUT YOUR HELP!!!!

We need you to send us pictures, video and stories of your time in Rovers. We want to see Rovers doing what they do best.... having fun and letting their inner children out. Please make your pictures and video more then "Here's Karen at a moot. And here's Karen at another moot."

We are also looking for original music to put in the video. All you aspiring songwriters take note. This is your chance to get Canada wide exposure.

Keep checking <http://www.teambedlam.tv> for what else you can do to help make this Video a success. We will be posting a survey there that will help us decide some content.

To send us submissions or for more Info, please contact

Kevin Dunn
295 Lakeshore Rd East Apt 3
Mississauga, Ontario
L5G1H3
905-278-4518
teambedlam@home.com
ICQ 44391650



From the ORC Chair

March 13, 2001

Hello once again,

This has been a year like no other for the Ontario Rover Community. The goal at the beginning of the year was to find out where the Rovering community would really like to see the ORC head. Although there have been a few growing pains along the way it seems like this is really starting to happen. Ideas and thoughts are surfacing and minds are opening up to new directions and goals.

First, the food and money (from the bottle drive) that was collected in January have been donated to the appropriate charities (the Newmarket food bank, and the woman's shelter located just up the street from the church where we stayed). Both were very appreciative of our work. Thank you to all that participated.

This past weekend, the ORC event in the Belleville area was hosted by the Stirling Dragons Rover Crew. We had a chance to see the area, play some meet and greet games, enjoy the social life, visit the outstanding Scout museum in Belleville, and we still managed to have a productive discussion Saturday morning and the ORC forum meeting on Saturday afternoon.

The discussions centered on what came out of the open forum held at Snow Moot, which went very well (once again thanks to Snow Moot and to the Kybo for putting together the hand out booklet, excellent job guys). The main points were that it would be a good idea to have some sort of body to help co-ordinate province-wide Rover events, to help avoid some of the situations that have cropped up this year, with events that inadvertently stepped on others toes by being scheduled on the same date. It seemed to be the general consensus that the ORC would fit the role very well, provided there is a friendly agreement and cooperation from the event organizers. The topic of a strong ORC presence at all the Moots throughout the province also came up. It seemed to be the consensus again, that Rovers would benefit from the ORC taking a more active role at Moots and other provincial Rover events. So the wheels are already in motion on both of these points. We are planning next years ORC dates and looking into events that can be combined, or at least coordinated, with everyone benefiting from some sort of a new arrangement. As for coordinating dates, the process might be a bit harder to get nailed down. However, having said that, we hope to get a list as up to date as possible, and begin some sort of a system as early as this summer.

The next ORC event is the Annual General Meeting and Awards dinner, taking place on May 12, in Toronto. The Saturday the Meeting and Dinner take place is combined with a weekend full of events. EVERYONE is invited to participate. Do as much, or as little, of the weekend as you can. We are still looking for a few regional representatives, as well as groups of Rovers, to host weekends next year. Please remember that this is a weekend for ALL Rovers, so please bring as many people as you like. There is lots and lots of room.

This weekend was also highlighted by the introduction of the nominees for next year's executive. We have a good group of people nominated and I am sure they will all do a fine job. For the position of Chair, Jeremy Shoup of Kitchener has been nominated; for Vice Chair Program, Ryan Jenkins and Amy Patterson-Higgins have been nominated; for Vice Chair Promotion, Mike Pembleton of London, and Matt Street of Uxbridge have been nominated; for the position of Vice Chair Internet, Neil Looby of Ottawa, has been nominated; and for the position of Secretary, Greg Elfers of Kitchener has been nominated. You will note there is no nomination for Treasurer. However, if you know of someone who would be good at it and is interested please don't keep it a secret. I am sure something can be worked out. All the nominees have their contact information and short summaries on the ORC web page at < www.cyberus.ca/~rovers/ >

Well, I hope this has brought you up-to-date. I'd like to see as many friends at the Annual weekend as possible. Please bring as many Rovers as you can and spread the information as much as possible. As always, if anyone ever wants to get hold of me please don't hesitate.

Feel free to contact me anytime,
Kev

Kevin Oates
(905)954 1801
<koates@home.com>



Rover Formal

**The 4th annual Rover Formal will be held
June 16th, 2001 in the community of Moira.**

Yes, that's right the 4th annual Rover FORMAL!!!!

**Come out, have a great time and see fellow Rovers dressed in their best!
Just imagine.....no uniforms or camp clothes in sight.**

Now for the details:

Dinner will be at 6:00 PM at Kelsey's Restaurant in Belleville (see directions below). The cost of dinner will depend on what you order.

The dance will start at 9:00 PM (or whenever we are done at the restaurant). The dance will be held at the Moira Community Hall north of Belleville (also see directions below). The cost for the dance is \$6.00 per person or \$10.00 per couple.

We **MUST** receive a response by June 9, 2001 in order to make dinner reservations and purchase refreshments for the dance.

For those coming from out of town over night accommodation can be arranged (this may or may not involve camping depending on numbers).

RSVP to: Nicky Patterson
nickyp@home.com
(905) 954-1801

or

Jennifer Cowey
jcowey@flamingc.on.ca
(705) 292-5566

Directions:

To dinner:

Take Hwy 62 south (this applies to those traveling either the 401 or Hwy 7). Hwy 62 turns into North Front Street once you get into Belleville. Kelsey's is at 170 North Front St. on the right (west) side of the street just after McDonald's.

To the Hall:

From the 401: Take the Hwy 62 North exit. Follow Hwy 62 north for about 20 minutes to County Road 8 (at the cemetery). (Directions continue below)

From Hwy 7: Turn south on Hwy 37. Follow Hwy 37 south through Tweed to County Road 8. (Directions continue below)

From either direction: Turn right onto County Road 8. About half way between highways 37 and 62 there is a grey stone church on the North side of the road. This is our hall. There will be signs up.



the
Gourmet
Rover

Editor's Note: I usually haven't mentioned any brand names in this article, but felt that since this recipe came from Campbell's, I had to give credit where credit was due.

15-Minute Chicken & Rice Dinner



- 1 *tbsp. vegetable oil*
- 4 *boneless skinless chicken breast halves*
- 1 *can (10 $\frac{3}{4}$ oz.) CAMPBELL'S Cream of Chicken or 98% Fat Free Cream of Chicken Soup*
- 1½ *cups water*
- ¼ *tsp. each paprika and pepper*
- 2 *cups Minute White Rice, uncooked**
- 2 *cups fresh or frozen broccoli flowerets*

** For creamier dish, use 1 ½ cups rice*

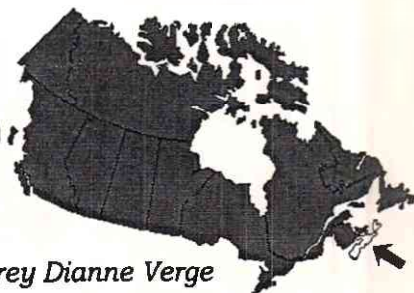
Prep/Cook Time: 15 minutes

Heat oil in skillet. Add chicken and cook until browned. Remove chicken.

Add soup, water, paprika and pepper; stir. Heat to a boil.

Stir in rice and broccoli. Top with chicken. Season chicken with additional paprika and pepper; cover. Cook on low heat 5 min. or until cooked through. Serves 4.

the Nova Rover



by Audrey Dianne Verge

It's been some time since I wrote a Nova Rover. I know this because the editors of the two magazines who publish it keep sending me emails pestering me to write another. Things have been very hectic for me with university, work, Rovers, and rugby. And, knowing my luck, I'll probably send this column to them a couple days after their latest deadline! Apparently, some people have asked where this column has been. That makes me feel quite special and wanted. I'll try to keep up with the column more regularly in the future. Unfortunately, there is not much going on in the Rover community in Nova Scotia at the moment for me to write about.

The Rover Development Committee has organized two events for the first part of 2001. The first was Operation: Snowball, which, as you can probably tell, takes place outdoors in the snow. Unfortunately, due to lack of registration, the event had to be cancelled. The second event is Operation: Orangehill. The main activity at Orangehill is a night wide game that spans a long period of time and area. It's aimed at Venturers and older Scouts. At the time of my writing this, however, we only have five Venturers registered and the deadline is just a week hence.

So, why are Nova Scotian events so poorly attended? At Orangehill last year there were just twelve Venturers and two other events, including our summer moot, did not take off at all. There is not a lack of Venturers; there are almost 300 in the province. Is it the events we plan are uninteresting to Venturers and Rovers? I begin to think so.

Therefore, I am asking everyone who reads this column to send me ideas via email for events the Rover Development Committee to plan, organize, and hold. We are on our last legs here in Nova Scotia and we need some assistance. Please send your suggestions to me at adverge@accesswave.ca.

Another thing I wanted to talk about is vocational Scouting. This year a new mixed Venturer-Rover group has started in Bedford, Nova Scotia. They are the 1st Emergency Venturers/Rovers. This vocational group bases their activities around first aid training and service work. It is a very interesting concept and has attracted more than half of our provincial Rover population.

Nova Scotia is not a stranger to vocational groups. During the mid-1990s we had a large police vocational group and a large fire vocational group. Yours truly was a member of 52nd Halifax Police Venturers at one point. I was very interested in the program but the dynamics of the group and the direction it took repelled me. They made us march around a gym for half an hour of a meeting! I wasn't interested in marching nor had I seen many police officers marching. Plus, many members of the group scorned Scouts Canada as simply a means to have the group open. They constantly complained about having to follow the rules of Scouts Canada and did not think of themselves as Venturers and Rovers. I eventually left the group and joined a traditional Rover crew, of which I am still a member.

There already has been some problems with the Emergency group concerning the way they volunteer for Scouting activities. Due to rules set up by the provincial office all first aid people at an event must provide them with a log of medical problems during the event. The Emergency group, however, refuses to do this, citing patient/care-giver confidentiality. There are two ways to look at this. First, a lot of people do not want strangers to get hold of their medical records, meaning that the Emergency group has some moral standing in this issue. However, Scouts Canada needs this information for legal purposes, in case of a lawsuit from a participant. We all hear about the multimillion dollar settlements some organizations are forced to make with individuals. Did anyone hear anything about the parents who were suing Scouts Canada because, as leaders they provided Scouts who were their own children with Styrofoam cups which disintegrated when filled with hot chocolate and burnt the kids? A few of these could cripple Scouts Canada. This is going off on a bit of a tangent but it is something to think about.

My main concern with vocational Scouting is the elitism of it. These groups can get highly trained in a certain area or believe themselves highly trained in an area and then demand that they are the only ones to perform this act. I have found too many times that vocational groups separate themselves from the rest of the Scouting community. This creates alienation on both sides. Rumours start spreading about the various sides and gossip starts. This is not something I am making up out of my head. Remember, I have been on both sides of these groups.

If vocational Scouting is the only way to retain membership I do not know if it is worth it. I would hate to lose the traditional, well-rounded program. I believe that Scouting should evolve, but not tip the scales to a point where we will never be able to come back.

I welcome your comments on this column. Please email me at [<adverge@accesswave.ca>](mailto:adverge@accesswave.ca).

Bring it On!

Sun, Sand and Surf, are you ready for an adventure of a lifetime?
It's time for a "*Winter Escape*"

The 12th Asia-Pacific 15th Australian Rover Moot Queensland 2001 – 2002



They're bringing on the ultimate Moot at Rocky Creek Scout Camp in Queensland, the Sunshine State of Australia.

Members of the Scouting movement (Rovers, Rangers and Leaders) aged 18-26 are invited to join with fellow Scouts from around the world for an adventure filled summer holiday from the 27th December 2001 – 6th January 2002.

Set amongst secluded bushland in the Glasshouse Mountains an hour's drive north of Brisbane, Queensland and 20 minutes from the Sunshine Coast, Rocky Creek is close to all facilities yet you'll feel miles from nowhere.

The Moot will be a 10 day party offering a wide range of day and night, on and off site activities and expeditions to cater to the couch potatoes and adventurers alike.

Moot cost will run around \$630 CAD for participants and \$450 CAD for Staff the Moot and between \$75 to \$650 AUD for expeditions, all depending on what you choose your adventure to be.

Additional information please contact the Canadian Contingent
Michael Wellwood: email (mwellwood@home.com)

Or visit our web page at: www.bradprint.com.au/can_contingent

Visit them at: www.qldrovers.com

It is now up to you to join and bring on the greatest Moot ever!



LETTERS

to the EDITOR

via e-mail

Attention Sam Elsiworth
National Commissioner



The Uniform is our Sign Post

I had the opportunity to read your article in the "Leaders Magazine" and in November I submitted an article on the uniform and the role of scouting in it's community. Unfortunately the Leaders magazine is selective in what information and opinions it allows to be heard.

I submitted the letter at a room full of Scouters taking their Crew part one. After voicing my opinion on the topic they thought the points were valid and deserved open exposure to prompt discussion in the scouting community.

As you should be aware, statistics could be interpreted many different ways. I could see the survey results in a different light then you. I would again suggest the lack of satisfaction that youth express with the uniform is because we have failed to impress upon them its importance in representing us as an organisation. We have failed, as well, to install a sense of pride in the youth for the uniform and what it represents. Finally, we have failed to maintain a profile in the public eye, the same public eye that used to look upon scouting with a respectful recognition instead of a puzzled ignorance of our movement.

There was a time when scouting meant learning through challenge and personal growth, which we can see in the very motto each section has. Now, it seems to be more about instant gratification. I will not dismiss the need to consult the youth, but on some topics we have to trust the age old wisdom of BP's original goals: to build character in the youth the program serves. If the youth want instant gratification and to only have mindless fun, then we should simply stock our meeting halls with Sony play stations. Keep in mind Mr. Elsworth, if I asked my scouts what they would like for breakfast at a camp they would probably say pop tarts, if I did not teach them better.

In closing, if we look at the uniform of the Royal Canadian Mounted Police, the red tunic, Stetson hat and riding pants are no longer practical. However, when asked to appear in public, even plain-clothes detectives jump at the opportunity to wear their dress uniform. The reason why they wear their dress uniform, is because of the pride behind it and its international recognition. No less a recognition then scouting as a movement. If we have done our jobs right our youth will be proud to wear their uniform and the public will see their pride in the way they conduct themselves, not as any other youth group, but as scouting youth and all the virtues it entails.

I welcome all and any comments.

Abe Elias
Leamington Rover Voyageur Crew Skip
Assistant District Commissioner Rover
Essex District
Kanew@hotmail.com



Car Care



Sensing the Right Used Car

Kicking the tires with Your Eyes, Ears, Nose and Fingertips

by David Monforton

Going Places — AAA Western and Central NY

Rather than buy a new car, you've decided to purchase a good used one instead. You've selected a model, researched its value and, as a means to save money, you've decided to buy from a private seller. You've located someone with "your car" at the right price, so you're going over to have a look at it. But how will you know if it's the right car for you? Let your senses be your guide.

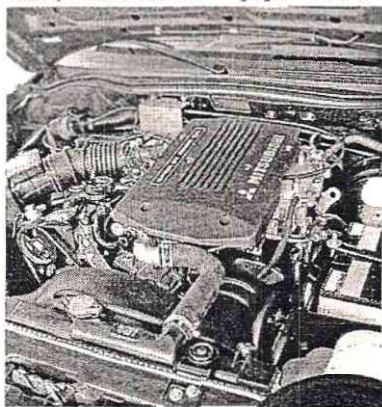
Looks Aren't Everything

The first and most important sense you'll use is sight. Have as much light as possible to look the vehicle over, so don't go at night and, if the car is in a garage, have the seller pull it back onto the driveway or street.

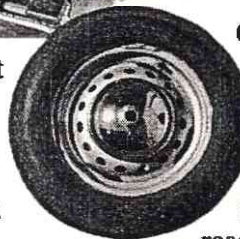
Look over the vehicle from front to back, inside and outside for any major flaws: fresh leaks from the engine (look both under the car where it is parked as well as where it is normally kept, such as a garage), uneven tire wear, misaligned body panels (indicating a past accident and body work), or a sag in any direction (broken springs). Look for the not-so-obvious: significant wear on the brake and accelerator pedals of a low mileage car indicates the odometer may have been tampered with; paint on the rubber lining in the trunk is a sign of a post-factory paint job.

Next check the condition of the interior for tears

and stains, and start it up. Take a quick look in the rearview mirror for exhaust smoke from the tail pipe. Check that the mirrors are all in place, then



test all of the vehicle's visual functions, including blinkers, windshield wipers and fluid. If electrically powered, check the windows and locks. Turn on the lights and blinkers and walk around the car, making sure everything is working. Have the seller push the brake pedal as you stand behind the vehicle and check its brake lights.



Check The History

The most important use for your sight, though, is reading the vehicle's repair history. Do you really want this car if it has been in the shop on a regular basis for reasons other than normal maintenance? Also, if the seller has kept poor records, you might wish to consider that he or she may be hiding something.

Listen For Trouble

The next sense you'll use is sound. This sense is most important when the vehicle is running. You'll want to listen for pings, knocks and a laboring engine. While still parked, turn on the radio to check its quality. You are also wise to bring a familiar tape or CD to test the system and make sure it sounds the way it is supposed to. Before driving off, test the horn.

On the road, leave the radio off and try to vary the conditions under which you're driving. Drive on city streets, highways and hills, accelerating and braking quickly (when appropriate, of course). Turn the air conditioner on max, taxing the engine as much as possible. All the while, listen for warning sounds such as squeaky brakes, a noisy engine, and rattles-especially on bumps. When you turn off the car, listen for engine run-on.



Your sense of touch will be most useful. When you first arrive, put your hand on the car's hood. If it's warm, the engine has been running. Perhaps the car does not run well cold and the seller has warmed it up. Reschedule your visit for when the engine is cold.

Comfort is a key, of course, so test every seat in the car, including seat belts. When you start the car, see if you feel like you are bouncing too much from a laboring engine. Make sure all of the switches and dials are conveniently located for you-popping the gearshift into neutral every time you reach for the radio is inconvenient, and dangerous.

On the road, test the brakes by pressing both softly and forcefully. You want them to engage with a light touch, but not lock up when you press hard. If you bounce too much when you go over a bump, it's a sign that the shocks are worn out. Test the

engine's power by climbing a steep hill at a reasonable speed and accelerating quickly on the highway. On a straight stretch of road, release the steering wheel; if the car begins to veer, it has a steering or alignment problem.

A Nose For Trouble

Your sense of smell can be invaluable when you examine the car. The smell of smoke or gas is bad, of course, but there are other odors to sniff around for. In the car, be aware of either the smell of cigarette smoke or a powerful air freshener aroma. If the seller smoked a lot in the car, the scent will

never be fully gone-it gets into the upholstery and stays forever. Likewise, a heavy scent of air freshener is likely covering something-most likely a cigarette smell, but potentially something more deadly, such as gas or engine fumes. Keep the windows as far closed as is

comfortable to see if any fumes make their way into the car when it's running. Pop the hood and check for odors immediately after you turn off the car.

Trust Your Sixth Sense

Although your sense of taste won't come in handy in a literal sense, you will want to pay close attention to your "sixth sense." If, at any time during your observing and testing of the car, something "just doesn't feel right," that's a signal that there is quite likely something wrong with the vehicle. Your other senses may be in denial of what they see/hear/feel/smell. Trust your sixth sense and seriously reconsider this vehicle before you buy.

Any potential flaws you have discovered puts you in a better position to negotiate the asking price. Then, should you end up buying the car, your sense of "satisfaction" will also be met.

International Events

APRIL

12-16 Isle of Wight Venture 2001
<iow_venture@yahoo.com>

12-16 Dam Moot
Christchurch, New Zealand
<dammoot@yahoo.com>

13-16 Dragon Skin 2001 (Venturers)
New South Wales, Australia
<registrar@dragonskin.org>

13-16 50th Hoadley Hide 2001
Melborne, Victoria, Australia
<peter.datson@rmit.edu.au>

MAY

12 Jamboree on the Trail
International Event done locally <www.jott.org>
or Katherine Nielsen
Western Canada Coordinator
<nielsen@calcna.ab.ca>

JUNE

8-11 Mudbash 2001
Yea, Victoria Australia
<michaelwhymy@hotmail.com>

23- 30 QV 2001
The Queensland State Venture
Queensland, Australia
<www.stjohnqld.asn.au/venturers/qv2001.htm>

OCTOBER

26-28 Buggy Bash 2001
Rokewood, Victoria, Australia
<http://member.austasia.net/~leney/buggybash.htm>

DECEMBER '01

27-JAN 6 '02 15th Australian Rover Moot
Brisbane, Queensland, Australia
<gldmoot2001@gldhq.com.au>

JUNE '02

1 Nymboida Challenge
Nymboida Canoe Centre
New South Wales, Australia
<nswrovers@email.com>
9-15 23rd World Conference of International
Scout and Guide Fellowship
U of BC
Vancouver, BC

JANUARY '03

12TH Australian Venture
Extreme Venture Act 2003
Camp Cottermouth
New South Wales, Australia
<allan.dean@webone.com.au>

AUGUST '04

1-11 12TH World Moot
Hualien, Taiwan
<www.scout.org.tw/wm2004>

Training Dates

LONDON DISTRICT, TRI-SHORES REGION

April 27-29 2001 (Youth Volunteer Training for CJ '01 – Camp Catariqui
<trishore@execulink.com>

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

QUEBEC

April 7-8 Rover Woodbadge Part I



UPCOMING EVENTS

UPCOMING EVENTS

APRIL

- 6-8 Supernova 2001
Camp Manitou
Milton, Ont.
drinktosupernova@yahoo.com
<http://drink.to/supernova/>
- 6-8 Brant District Venture Assembly
Camp Impeesa
<astewart@execulink.com>
- 7 The Great Humber River Canoe Race
Toronto, ON
Michael Twitchin (416)742-5232
- 21 2nd Annual St. George's Day Dinner
Newmarket Scout Hall
Newmarket, ON
Howard (905)727-8417
Ali (905)868-8793

MAY

- 11-13 Dance Moot
Camp Impeesa
contact: Brant Rovers
11 Carolina Dr.
Brantford, ON
N3R 1X6
- 18-20 Camp Skeeter 2001
Camp Caillet
Nanaimo, BC
<campsketter@hotmail.com>

JUNE

- 8-10 Attawonderonk Moot
Everton Scout Reserve
Guelph, Ont.
<elmiragirls169@o-tay.com>
- 15 Big Daddy Dance
Newmarket Scout Hall



- April 20-22 Nova Scotia
Rover/Venturer Dance/Camp
Camp Lonecloud
Millar's Lake
- October RAVE 2001
<http://boards.cesite.com/board.cgi?boardset=rovers>
<adverge@attcanada.ca>

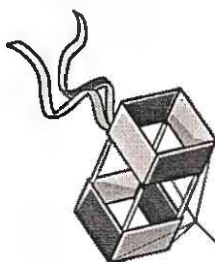
Diana (905) 853-0100
Jackie (905)841-2874
<pasphulos.homestead.com>



- 16 Rover Formal
Moir, ON
Nicky Patterson: (905) 954-1801
<nicky@home.com>
Jennifer Cowey: (705) 292-5566
<jcowey@flemingc.on.ca>

AUGUST '01

- 13-18 Venturer Northern Canoe Trip
Northern Saskatchewan
<info@servicecorps.cjb.net>
- 24-26 Sonic Boom Moot
Beaverton Fair Grounds
Beaverton, Ont.
<sonicboomnoot@hotmail.com>
- ??? GirlSports Canada (Ranger Event)
Brock University
St. Catharines, ON
<info@guidesontario.org>
- 24-26 A Roman Holiday
THE ROVER MOOT
Peterborough, ON
Jen Cowey (705)292-5566
Jeremy Shoup (519)895-2027
<www.cyberus.ca/~rovers/home/moot.html>
- 31-Sept 3 Rover Moot 2001
Ruckles Point, B.C.
<everest@intergate.bc.ca>



AUGUST '02

- 17-25 BC Trek
Phone: 1-800-78 TRY IT
<www.bc.scouts.ca/bctrek.html>

South Lake Simcoe Rover Round Table:

Monthly Meetings:

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

ORC General Meetings:

May 11-13 Toronto-Annual General Meeting
<koates@home.com>
<www.cyberus.ca/~rovers>

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!!!