

The Canadian Rover, EHI!

August/September 2001

**Welcome back!
Have a good summer?**



**Don't forget to
register!
Rovers need to be
counted!!!!**

DON'T FORGET...the next deadline is Sept. 1,

The Canadian Rover EH!

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Submissions to the Editor **MUST** include a copy ready print [*a computer file (in MS Word/MS Publisher format - or a format agreed to by the magazine staff) would be really helpful, and can be sent to our e-mail address as an attachment*] and a contact person's name and phone number. If payment is not received, the ad will not be printed. All advertising must be received by the 1st of the month prior to printing. Staff reserves the right to change submissions for content and appearance.

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The Canadian Rover EH!
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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!

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From the Editor's Desktop



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Since most Rovers are drivers, I thought that the big debate about driving while using cell phones would be a good topic for discussion. After all, users of cell phones are being picked on, right? Why, the State of New York has actually passed a law BANNING the use of cell phones while driving.

Well, you can read articles in newspapers and magazines which argue this topic from both sides.I can drive and talk on the phone with no problem, why pick on me, what about all those people who eat while driving?How about all those parents who you see yelling at their kids who are acting up?Boy, those drivers talking on phones are dangerous!!!

In a recent article which appeared in a newsmagazine issued by the motor club that I belong to, a statistic was given which claimed that drivers using cell phones were involved in LESS THAN 2% of the 4,000-8,000 car crashes daily in the United States. I guess THAT proves that using cell phones while driving is safe, right?

I don't know about you, but driving at 90 km/hr on the 401 HWY (possible anyplace except Toronto proper) in the Province of Ontario, if you see the driver next to you or in front of you talking on the phone and gesturing, doesn't it make you a LITTLE nervous? Or watching a driver trying to make a left-hand turn with one hand because he has a phone in the other. I know I cringe a little in those situations.

Stop and think about this fact for a while....if you go out target shooting, you are under strict control of the range officer, because you're in control of a dangerous weapon. In most circumstances you are a potential danger to those around you, but unless you turn the muzzle of the weapon around, you yourself aren't in danger. In an automobile, however, if you have an accident, not only the people around you, but you, the driver, are in a position to suffer bodily harm or even death.

Consider some of the things that you have probably done, and later said a silent prayer of thanks about: If you smoke, did you ever drop a hot ash on yourself while driving? While you were trying to change the CD, tape or radio station, did you ever wander from one lane into another? Have you ever had a long day and found yourself dozing off while driving?

All drivers, myself included, at one time or another do something stupid. When we're lucky, we live to tell about it, and nobody gets hurt. If we're not lucky.....well.....

I just thought I'd jog you're memories, and remind you of the fact that IT'S IMPORTANT THAT YOU PAY ATTENTION WHEN YOU DRIVE. The life you save might be your own.....or that of somebody dear to you. Safe driving.

Keep on Roving,
Stan Kowalski Jr.

ATTAWANDERONK MOOT REPORT 2001

Attawanderonk Moot like all other years was hot, fun, and entertaining. The weather beautiful, the events were wet and the people enjoyed themselves. I have to say, however, that this year was a little more special than others. Seeing that we finished with our crest series "Robin Hood", hence the "Medieval Times" theme. Since our theme was Medieval Times we had to have all of the awesome Medieval events: Running the Gauntlet, Search For The Holy Grail, Jousting, Archery, etc. And like other years, all of our events were a success. Overall trophy this year went to the crew that also won an award for The Farthest Travelled, Venture Crew 88 from Boardman, Ohio. As this moot came to an end the members on staff were all a little sad, because we were faced with the fact that this could be our last Attawanderonk Moot.

As of late, I have come to think of Moots as "endangered species", and like Halloween Moot, Attawanderonk is a dying breed. All people that run moots come to a point where they have to decide weather or not to keep running or cease to exist. The most important thing you need in order to run a moot is people, and like most moots the numbers have seemed to keep dropping. So my crew and I have been faced with one of the most difficult decisions - do we keep this dying species alive? Or do we cease to exist? And to tell you the truth we are still undecided, but just to shed some light on the situation we are leaning towards the living side of things! I will promise to keep you posted on our decision, I will have another report in the Rover Eh! telling you of our final decision.

I would ,however, like to end this with a couple of thank-you's. A great big thanks goes out to Stan Kowalski for his everlasting dedication to scouting, and for his endless trips to Everton to come help and visit the Elmira Crew. A humongous hug to Skip Franklin for all of the years he has helped run Attawanderonk, I couldn't have done it with out you. To Skip's wife "Ma" thanks for mothering us all, you will always be considered our camp mom. And lastly, to each and every staff member and camper that has ever attended Attawanderonk, it was all of you that made Attawanderonk Moot one of the best!

Yours in Rovering,
Rae Genereux
"AKA" - Elmira Girl

Jamboree on the Trail.....2001



So, what DID Rovers do for JOTT 2001? Not everyone reported back their activities, so I would like to highlight the activities of a few that I know of...

The 1st Cowichan Rover Crew from British Columbia went on a canoe trip off the Southern Coast of Vancouver Island. They canoed out to Discovery Island and undertook a beach clean-up. They spent the night and canoed back the next day. The trip was approximately 28 kilometres roundtrip on a "moderately rough" ocean. (Thanks to Bill Thow for this information).

The 1st Sun Valley Venturers of Winnipeg, Manitoba organised a hike on The Centennial Trail which is approximately 20 kilometres in length. They invited everyone to join them, and, as a result, over 85 people hiked the trail from all sections and several groups. (Thanks to Cindy Bell for this information).

Kirby McCuaig, of the 3rd Newtonbrook Rovers in Ontario, cycled 25 km on the Ride for the Rouge in aid of the conservation of the Rouge River Valley in Toronto.

The Kings Own Knights of Ontario were first aid and security at a JOTT event. The Scouts and Venturers camped out for the weekend and 300 Beavers and Cubs hiked in for the day. This was a three-day event along Bruce Trail for the Kings Own Knights. Congrats! (Thanks to Russ Kelk for this information).

The 22nd St. Catherines Rover Crew from Ontario participated in the St. Catherines District Camp Wetaskiwin and participated in the going-up ceremony for their group, where all five sections were present. They hiked into Short Hills Provincial Park along the Black Walnut Trail and had lunch together. (Thanks to Kevin Paxton for this information).

All in all, this was an amazing event. It was celebrated by tens of thousands of Scouts and Guides all over the world. JOTT is open in that you can choose any activity your crew would like to do, and who you would like to do it with, your group or another crew for example. I hope that I have been able to give you some ideas. See you on the trail next year.

We are always looking for crest design submissions for next year's crest, so if you or the other youth would like to submit designs, send them to Dave Wiebe. You can check out the JOTT website for more information.

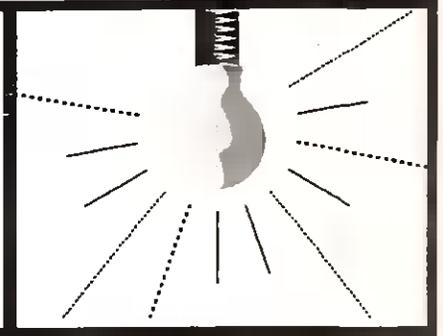
There are also Rovers active with the administration of JOTT. Thanks to the Knights of Sicarius Dracorum Rover Crew from Alberta for their help in Western Canada. Two Rovers administer the event year round, myself in Western Canada and Jean-François Lagarde who administers the French registrations world-wide. Our website is also maintained by a Rover, Liam Morland from Waterloo. Thank you to them both. If you would like to volunteer, please contact your regional coordinator (address can be obtained from the website).

I would also like to thank all the dedicated volunteers without whom this event would not be possible. So thank you to Dave Wiebe, our Hike-Chief, Keith Barr in Atlantic Canada, Joe Kotch and Mike Soetaert in the United States, Catherine McGrath in Australia, Aldo Barragan in Mexico, Pekka Karppi in Finland, and David Stokes (electronic) and Kevin Thomson in England.

The next JOTT is Saturday, May 11, 2002. Mark your calendar and get out there! For more information, check out <http://www.jott.org>

Happy Rambling,
Kat Nielsen
The KOSD

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.

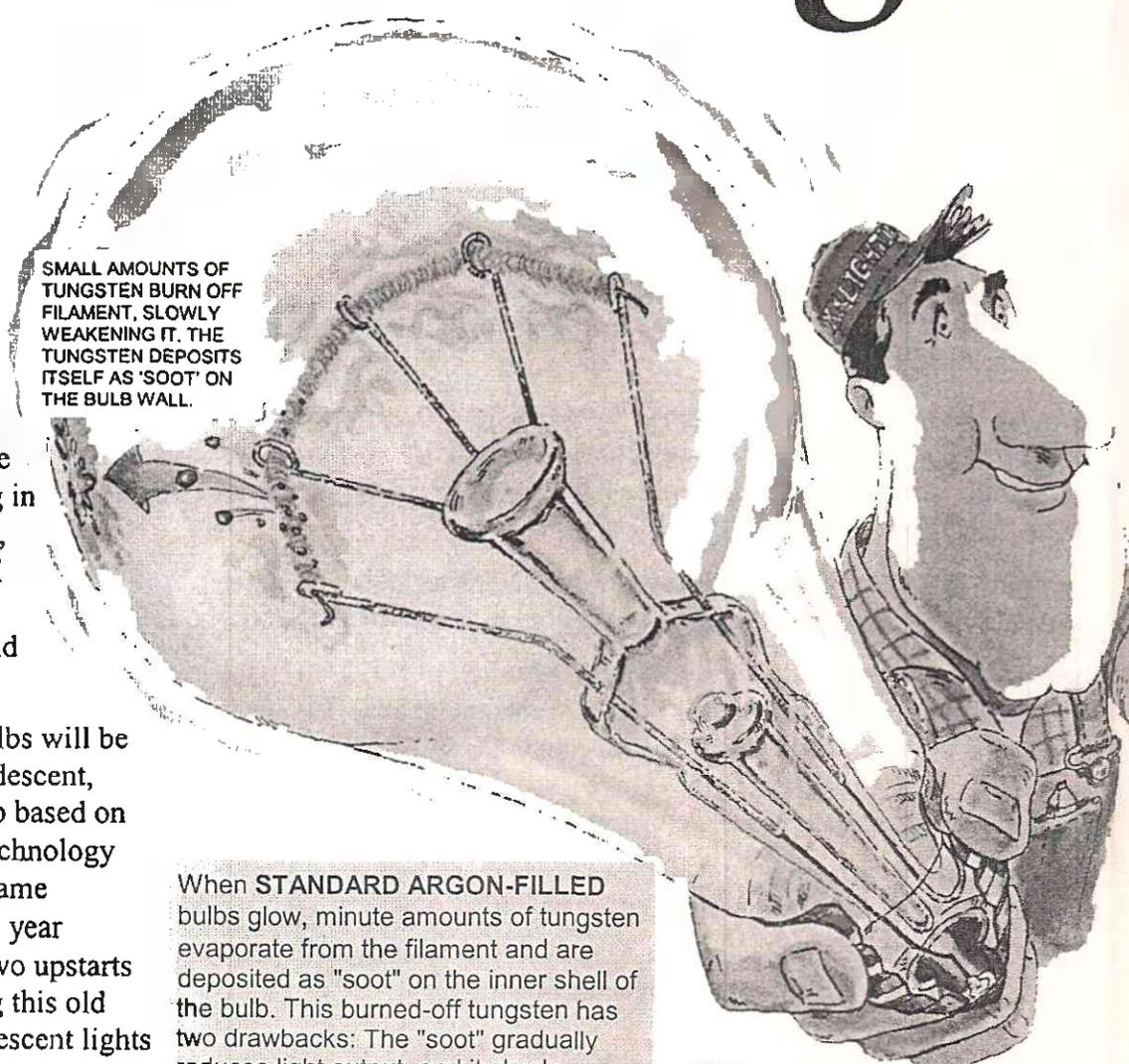
How a **house works**
by **Spike Carlsen**

Halogen

When and where halogens are worth the extra three bucks.

If you're an average homeowner living in the average house, 32 light bulbs will blaze away in your hallway, refrigerator and workshop tonight. The

lion's share of those bulbs will be the standard 50¢ incandescent, screwbase type—a bulb based on simple yet ingenious technology that has remained the same throughout its 100-plus year history. But recently, two upstarts have begun challenging this old standby: compact fluorescent lights (CFLs), because of their tremendous efficiency, and halogen bulbs, because of their longevity and brighter, whiter quality of light. For the lowdown on halogen bulbs, read on.



SMALL AMOUNTS OF TUNGSTEN BURN OFF FILAMENT, SLOWLY WEAKENING IT. THE TUNGSTEN DEPOSITS ITSELF AS 'SOOT' ON THE BULB WALL.

When **STANDARD ARGON-FILLED** bulbs glow, minute amounts of tungsten evaporate from the filament and are deposited as "soot" on the inner shell of the bulb. This burned-off tungsten has two drawbacks: The "soot" gradually reduces light output, and it slowly weakens the filament until it becomes thin and breaks and the bulb "burns out."

COST: About 50¢ for a 75-watt bulb
LIFE SPAN: 750 to 1,250 hours
LIGHT OUTPUT: 1,180 lumens for a

Fig. A

75-watt bulb

BEST USES: The best and most affordable all-purpose bulb around. Good for general lighting in bedrooms and other living spaces where you want "soft" light and for fixtures with bulbs

HOW HALOGENS ARE DIFFERENT

Standard incandescent bulbs (Fig. A) work on a very simple principle: Electric current passes through a thin tungsten filament inside a gas-filled bulb. The resistance that the filament puts up causes it to heat up and glow. The

gas inside the bulb—traditionally, argon—prevents the filament from combining with oxygen and burning out. As the filament, glows, microscopic amounts of tungsten burn or evaporate from the filament and are deposited as "soot" on the bulb wall. When enough tungsten has evaporated, the weakened filament finally breaks (usually from the shock of

being clicked on) and POOF, you've got a burned-out light bulb.

Halogen bulbs (like the one shown in Fig. B) function similarly, but with a few key differences: They're composed of a small, pressurized, peanutsize bulb inside a larger outer shell. The gas inside this inner bulb is halogen.

When tungsten evaporates from

Bulbs—a brilliant idea

the filaments of *these* bulbs, the halogen combines with it, escorts it back to the filament where it's redeposited, then heads out to round up more escaped tungsten particles. Since there's less soot on the bulb's shell, light output remains strong, and since filaments are constantly being rebuilt, the bulbs last longer. But the key difference—and the quality that makes them useful and unique—is they emit a whiter, brighter and more easily focused beam of light, almost like real sunshine.

BRIGHT BENEFITS OF HALOGEN LIGHTS

The pure white light halogens emit makes them ideal for certain fixtures and situations.

For reading and other exacting tasks, the bright light reduces eyestrain.

For display lighting, where you want to highlight artwork, photos, crystal or architectural features, the white focused light makes colors appear more vibrant. Halogen spotlights allow pinpoint focus. Using standard bulbs for general lighting in the same room heightens the effect of halogens even more.

For outdoor use, halogen floodlights cast a , brighter, easier-

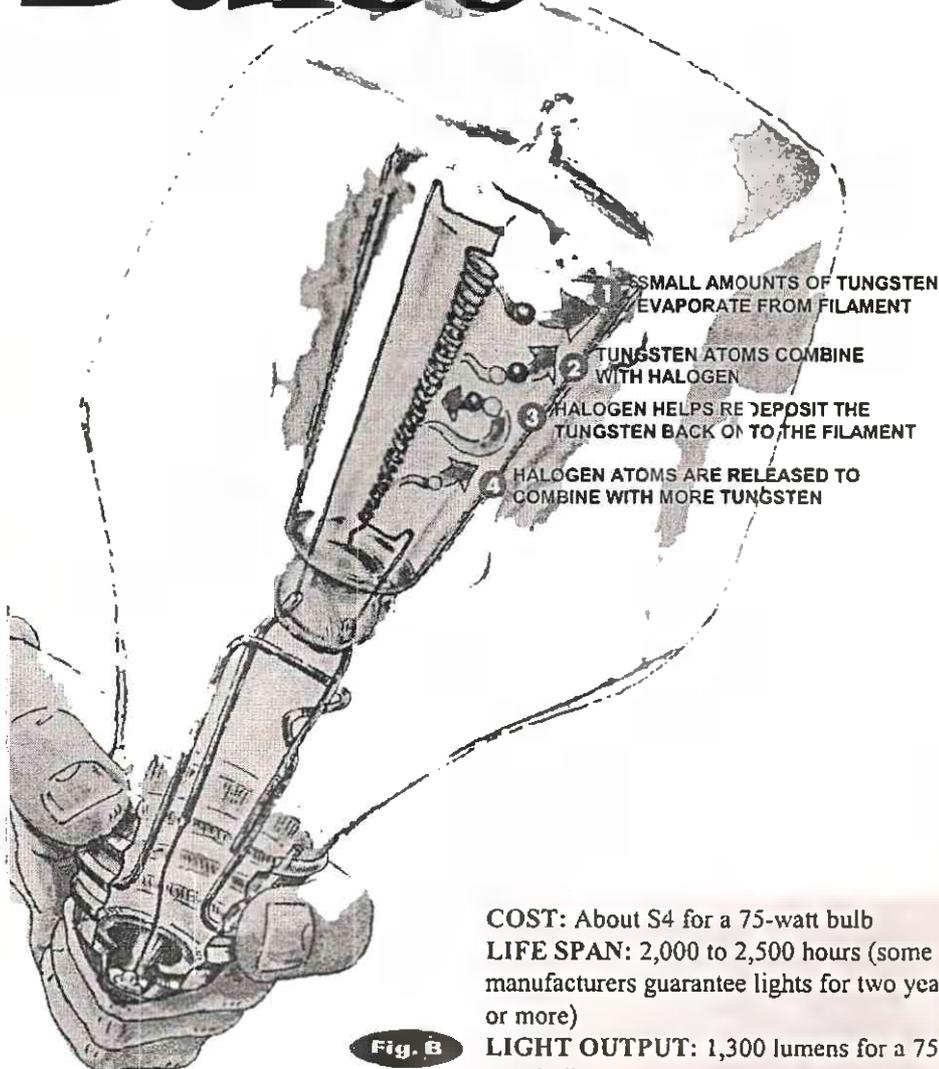


Fig. B

When **HIGH-TECH HALOGEN-FILLED** bulbs glow, small amounts of tungsten burn off the filament, but instead of being deposited on the bulb shell, they combine with argon, which redeposits the tungsten back onto the filament. This has two advantages: The globe isn't darkened by soot, and the filament lasts longer, since it's continuously being "rebuilt."

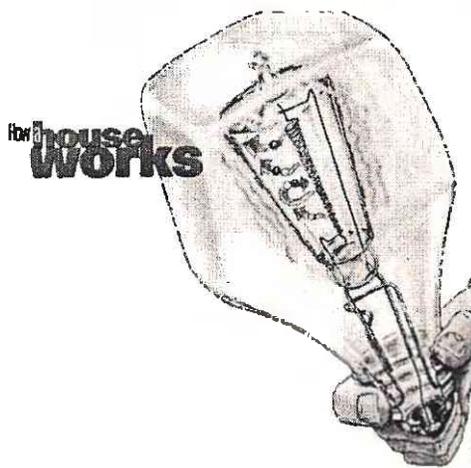
COST: About \$4 for a 75-watt bulb
LIFE SPAN: 2,000 to 2,500 hours (some manufacturers guarantee lights for two years or more)

LIGHT OUTPUT: 1,300 lumens for a 75-watt bulb

BEST USES: In track and recessed light fixtures that you want to focus or concentrate light on a particular area or object; in desktop, reading or other work-area lights where you want bright, focused light; in fixtures that are tough to reach where you want long-lasting bulbs; in banks of light where you want all the bulbs (new or old) to glow at the same intensity.

to-see-by light. And since they last twice as long as standard bulbs, you won't need to struggle to reach hard-to-access outdoor fixtures as often. They have other benefits too. They're 10 to 20 percent more energy efficient and cheaper to operate. They burn brighter longer (a halogen bulb will still be cranking out 94 percent of its original light output near the end of its life, while a standard bulb diminishes to a measly 82 percent).

Of course, not everyone or every place loves halogen. They cost at least four times as much and don't give off that warm glow of a standard bulb we're accustomed to. And they have an intense glare; they need to be shaded, shielded or directed so the filament isn't in your line of sight.



HALOGEN BULBS BURN HOTTER

Halogen bulbs burn hotter than standard incandescents, so care must be taken in their use. It's possible for the protective outer shell to break and for the inner bulb to continue working (though the outer shells are incredibly durable). This can pose a hazard, as the hot inner bulb can explode if

moisture hits it. Dispose of any damaged bulbs. And, as you should do before replacing *any* bulb, check the light fixture label to make sure a halogen bulb is compatible and within the fixture's listed limits.

Halogen floor lamp bulbs caused a flurry of fires a few years back. The bulbs weren't the standard screwbase type bulbs shown here, but long, skinny types with 500-watt filaments positioned only 1/8 in. away from the outer glass shell. These ultra-hot bulbs, coupled with the open-top design of torchiere lamps, meant objects contacting bulbs could easily ignite. Torchiere lamps today have safeguards—protective glass domes and metal grids—to shield the bulb and minimize fire hazards.

What you get when you mix passion talent, and dedication...

On Nov. 18, 1999, Itzhak Perlman, the violinist came on stage to give a concert at Avery Hall at Lincoln Center in New York City. Getting on stage is no small achievement for Mr. Perlman. He was stricken with polio as a child. He has braces on both legs and walks with the aid of two crutches. To see him walk across the stage one step at a time, painfully and slowly, is an awesome sight. He walks painfully, yet majestically, to his chair. Then he sits down, slowly, puts his crutches on the floor, undoes the clasps on his legs, tucks one foot back and extends the other foot forward. Then he bends down, picks up the violin, puts it under his chin, nods to the conductor and proceeds to play.

The audience knows this ritual. They sit quietly while he makes his way to his chair. They remain reverently silent while he undoes the clasps on his legs. They wait until he is ready to play. But this time, something went wrong. Just as he finished the first few bars, one of the strings on his violin broke. You could hear it snap -- it went off like gunfire across the room. There was no mistaking what that sound meant. People who were there that night thought they know what would happen next: "We figured he would have to get up, put on the clasps again, pick up the crutches and limp his way off stage -- to either find another violin or another string." But he didn't.

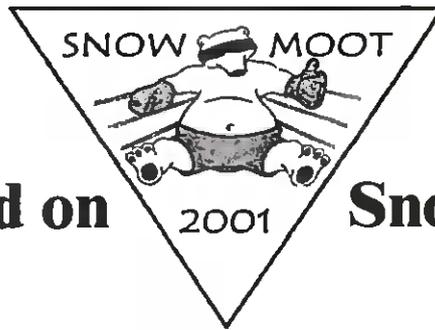
Instead, he waited a moment, closed his eyes and then signaled the conductor to begin again. The orchestra began, and he played from where he had left off. He played with such passion and such power and such purity as they had never heard before.

Anyone knows it is impossible to play a symphonic work with just three strings. I know that and you know that, but that night Itzhak Perlman refused to know that. You could see him modulating, changing, re-composing the piece in his head. At one point, it sounded like he was de-tuning the strings to get new sounds from them that they had never made before.

When he finished, there was an awesome silence. And then people rose and cheered. There was an extraordinary outburst of applause from every corner of the auditorium. We were all on our feet, screaming and cheering, doing everything we could to show how much we appreciated what he had done. He smiled, wiped the sweat from his brow, raised his bow to quiet us, and then said -- not boastfully, but in a quiet, pensive, reverent tone -- "You know, sometimes it is the artist's task to find out how much music you can still make with what you have left."

What a powerful line. It has stayed in my mind ever since I heard it. And who knows? Perhaps that is the definition of life -- not just for artists but for all of us. Here is a man who has prepared all his life to make music on a violin of four strings, who, all of a sudden in the middle of a concert, finds himself with only three; so he makes music with three strings, and the music he made that night with three strings was more beautiful, more sacred, more memorable, than any that he had ever made before. So, perhaps our task in this shaky, fast-changing, bewildering world in which we live is to make music, at first with all that we have, and then, when that is no longer possible, to make music with what we have left.

Jack Riemer, Houston Chronicle, February 10, 2001



The last word on **Snow Moot 2001**

We'd like to say a big, "Thanks for comin' out" to everyone who attended SM2001. It was a great moot, and a great opportunity for each of us to help organize it. Thanks to all of you for helping this event to grow by about 150 participants from a year ago, and making it the 2000 KYBO Award-winning Best Moot in Canada!

Unfortunately, there are a few people who we can't really thank. Sadly, some complete morons decided that it would be ok to cut down about a dozen evergreen trees while at the moot. They were wrong.

Whoever these people are, they should know that cutting down trees, live (like these ones) or dead, harms the environment in several ways. Habitat for birds and small animals is lost, atmospheric oxygen-replacement is hampered and animal movement patterns along the edge of the forest are altered. Beyond any environmental affects, the trees that were cut were actually planted at Camp Nemo as part of the Trees for Canada programme. Therefore, I challenge the guilty parties to come to any one of the hundreds of Beaver, Cub, Scout and Venturer meetings that take place in Hamilton every week and explain why they thought it was appropriate to destroy something that those kids had created. Or we could just piss in their cereal.

Anyway, Snow Moot will go on. Everyone [who is not a complete moron] is invited back to Camp Nemo for the weekend of 15-17 February 2002 for our 30th Anniversary Moot. Check our website (<http://snowmoot.cjb.net>) for updates as Camp Chief Pat Cheatley, and the rest of the Snow Moot staff build on the successes of this year.

Thanks again,

*Heather James, Tom Woodhall, Heather Pyke,
Mike Logan,, Neal Pyke, Brian Winchester*

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.

Give Yourself A Lift

Look better, feel better - and all it takes is 20 minutes twice a week

By KEVIN FOLEY

From "REAL SIMPLE"

Appeared in Reader's Digest March 2001

In their mid-30s, women begin losing about one-third of a pound of muscle a year. At 35 they start losing as much as one percent of their bone mass every two years, and this gets worse at menopause. It adds up-one tendency leads to fat, and the other can lead to osteoporosis.

But you can slow down the process-in just 40 minutes a week. Researchers have known for a long time that strength training can delay bone and muscle loss, but now they have discovered that the workouts can also be minimal.

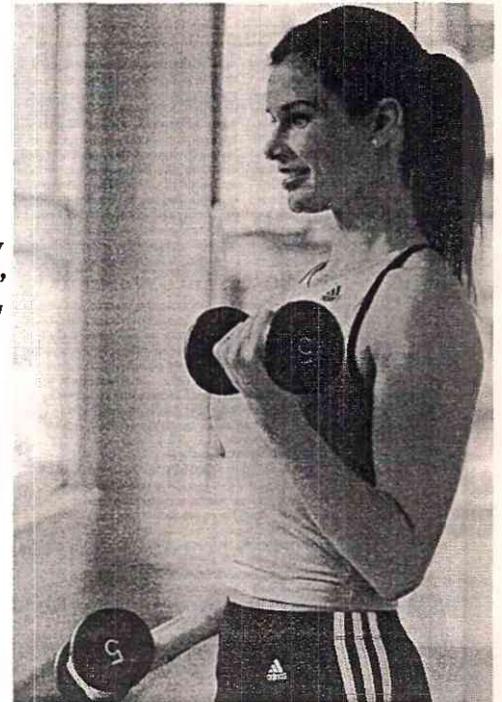
Strength training helps keep your weight down, because muscle burns more calories than does fat. Bones need regular, varied stress to promote growth. Improving bone strength takes somewhat longer than building up muscles, says Boston's Tufts University scientist Miriam E. Nelson, author of *Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis*.

In a 1994 study, Nelson compared the bone density of women in a control group with that of women on a simple strength-training program. After a year, the control group had lost about two percent of their bone density, but the women who lifted weights had gained an average of one percent. The difference is small, but highly significant for preventing osteoporosis, Nelson says.

Recent research shows that building up enough muscle to make a substantial health difference takes far less time and effort than previously thought. For instance, in most strength-training programs, exercises are done in three sets of eight to 12 repetitions each. But it turns out that you can do yourself almost as much good with just one set per exercise.

"When researchers compare people on three-set and one-set programs, they find that novice exercisers get about 90 percent of the strength and endurance benefit simply by doing the first set," says Barry Franklin, co-author of the American Heart Association's recent advisory on strength training. "To get the most benefit in the least amount of time, do one set each of eight to ten different exercises twice a week."

To make the most of your 20



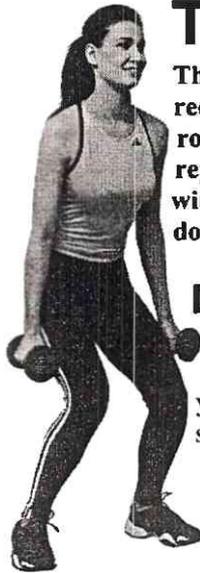
minutes twice a week, however, you need to observe some rules:

- Start small. "Keep your program simple, something you can do for a lifetime," says Wayne Westcott, fitness research director for the South Shore YMCA in Quincy, Mass.
- Begin with a weight that you find somewhat challenging. Lift slowly-two seconds raising the weight, four lowering it. At the end of a set, you should feel tired.
- Keep progressing. As the exercises become easier to handle, move to the next heavier weight.
- Combine the workout with something you like, suggests Nelson, such as music or TV.

Finally, just try it. "Within three weeks, you'll feel so different " Nelson says. "The transformation is amazing.

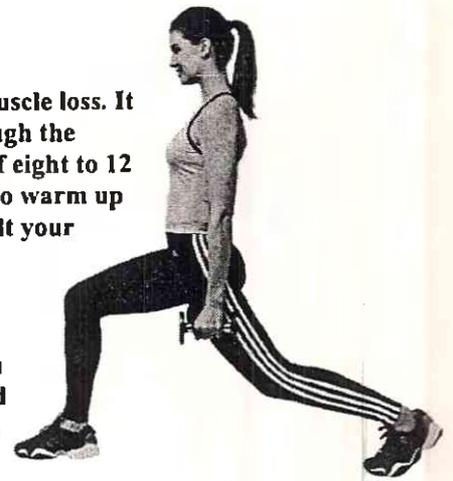
The 20-Minute Workout

This BARE-BONES WORKOUT is a great start to slowing bone and muscle loss. It requires only dumbbells, a chair, and a carpeted area to lie on. Go through the routine twice a week on nonconsecutive days. Unless noted, do one set of eight to 12 repetitions for each exercise (ten to 15 reps if you are over 50). Be sure to warm up with five minutes of stretching, brisk walking or jogging in place. Consult your doctor before starting any exercise program.



Dumbbell Squat *(shown left)*

Stand holding two dumbbells at your sides. Bend your knees as if you were about to sit in a chair. Do not allow your knees to extend beyond your toes. Pause when your thighs are almost parallel to the floor, and slowly rise back to the starting position.



Alternating Lunge *(shown above right)*

Next, stand holding two dumbbells at your sides. Take a long step forward with your right foot. Your right thigh should be almost parallel to the floor, and your left knee should point at the floor. Do not let your right knee extend beyond your toes. Return to starting position and repeat with other foot. Do eight to 12 reps on each side.

Shoulder Press *(shown right)*

Stand holding two dumbbells slightly in front of your shoulders. Lift the dumbbells straight over your head until your arms are fully extended. Pause and lower the weights back to shoulder level.



Dumbbell Row

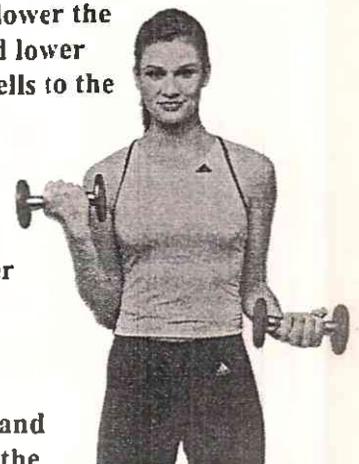
Stand alongside a chair, left foot in front of your right foot, and a dumbbell in your right hand. Bend over, holding the chair with your left hand for support, and drop your right hand toward the floor. Pull the dumbbell up until it is tucked into your side. Lower the weight, do eight to 12 reps, and repeat with your left arm.

Triceps Extension

Stand with arms extended straight up, a dumbbell in each hand. Bend your elbows to lower the dumbbells in back of you. Do not allow your elbows to move forward or backward and lower the weight only until your forearms are parallel to the floor. Pause and lift the dumbbells to the starting position.

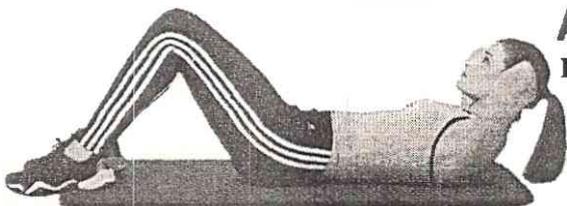
Biceps Curl *(shown right)*

Stand with elbows tucked into your sides, a dumbbell in each hand. Raise the right dumbbell by bending your elbow until your arm muscle is fully contracted, then lower the weight. One set consists of eight to 12 reps on each arm.



Lower-Back Extension

Lie flat on your stomach with your legs straight. Place your right arm along your side and your left arm straight forward. Raise both your right leg and left arm a few inches off the floor, keeping your leg straight. Slowly return to the starting position - Do eight reps, then eight with the other arm and leg.



Abdominal Crunch *(shown below left)*

Lie on your back with your knees bent. With both hands behind your neck for support, contract your abdomen and raise your shoulder blades a few inches off the floor. Slowly lower your shoulders and repeat.

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 than 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 than "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

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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



the Gourmet Rover

the following recipes appeared in the article:

GOOD FOOD FOR THE GOOD TIMES

by Mary Risley
with photography by Steve Cohen
from "Bon Appétit" August 1999

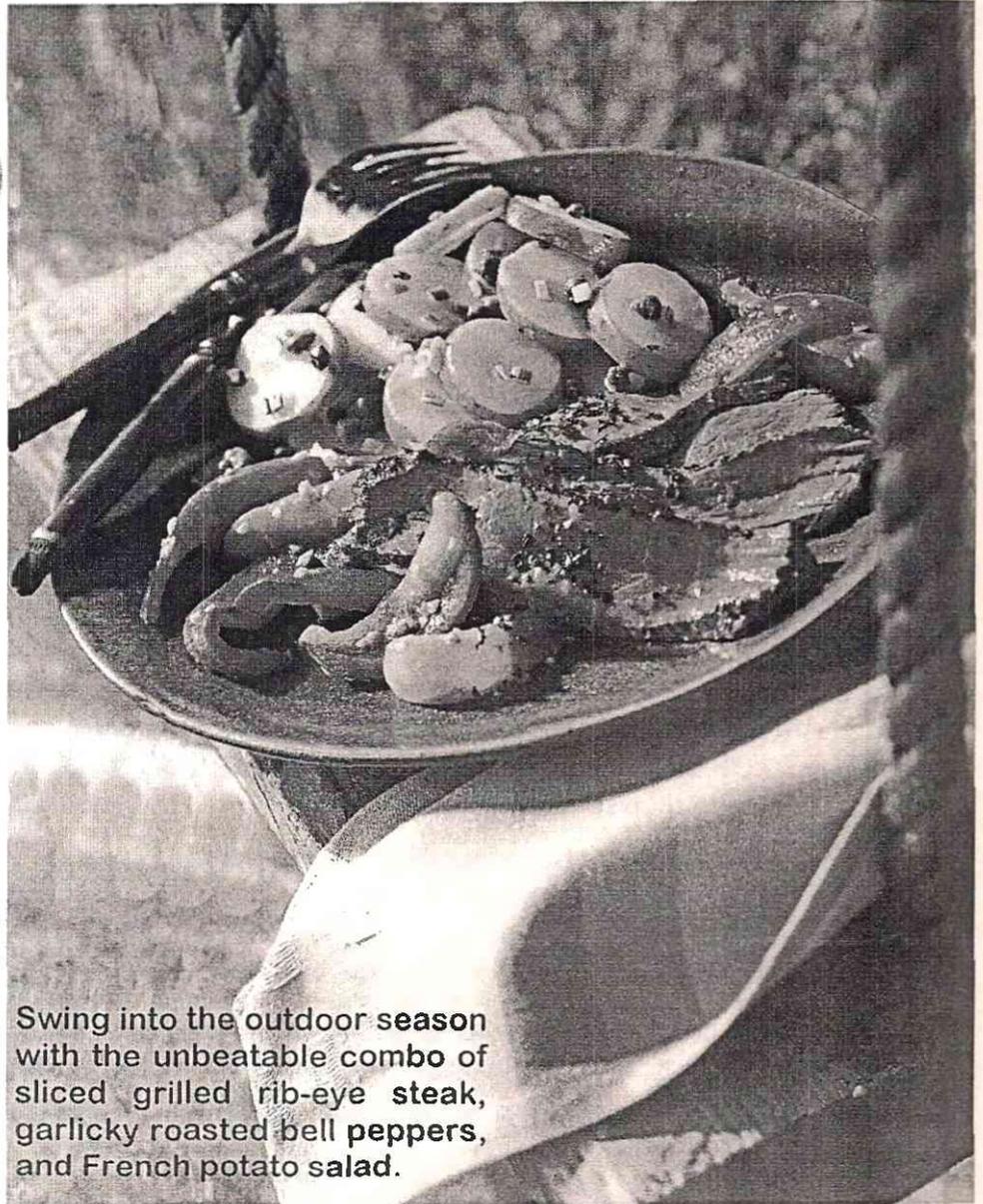
GRILLED RIB-EYE STEAKS WITH ROASTED PEPPERS

Uncork a Gamay Beaujolais. to go with this menu, or here's a nice alcohol-free alternative: cranberry juice and sparkling water with a spritz of fresh lime juice. Serve grilled slices of French bread or the Baked Baguette with Lemon-Garlic Butter to soak up the rich juices from the steaks and peppers.

8 servings

- $\frac{2}{3}$ cup olive oil
- 2 tablespoons minced fresh thyme
- 2 tablespoons minced fresh savory or 2 teaspoons dried
- 4 teaspoons mashed anchovy fillets
- 4 14- to 16-ounce rib-eye steaks (each about $\frac{1}{2}$ inches thick), trimmed of excess fat
- 3 red bell peppers
- 3 yellow bell peppers
- 2 green bell peppers
- 4 garlic cloves, minced
- 2 tablespoons minced fresh parsley

Whisk $\frac{1}{3}$ cup oil, thyme, savory and 2 teaspoons anchovies in 13x9x2-inch glass dish to blend. Add steaks; turn to coat. Let



Swing into the outdoor season with the unbeatable combo of sliced grilled rib-eye steak, garlicky roasted bell peppers, and French potato salad.

stand at room temperature 1 hour, or cover and refrigerate overnight.

Char all peppers over gas flame, in broiler or on barbecue until blackened on all sides. Enclose peppers in paper bag 10 minutes. Peel, seed and cut peppers into $\frac{1}{2}$ -inch-wide strips. Mix $\frac{1}{3}$ cup oil, 2 teaspoons anchovies and garlic in large bowl to blend. Add peppers. Season with salt and pepper (Can be made 1 day ahead. Cover and chill. Bring peppers to room temperature before continuing.)

Prepare barbecue (medium-high heat). Remove steaks from marinade; pat dry. Sprinkle steaks with salt and pepper.

Grill steaks to desired doneness, about 6 minutes per side for medium-rare. Transfer to cutting board. Let stand 5 minutes.

Cut steaks diagonally into thin slices. Divide meat among plates. Spoon peppers next to meat. Pour any juices from cutting board over peppers. Sprinkle with parsley and serve.



the Gourmet Rover

LEMON MOUSSE WITH FRESH BERRIES

A very pretty, fresh-tasting dessert that can be assembled a day ahead.

8 servings

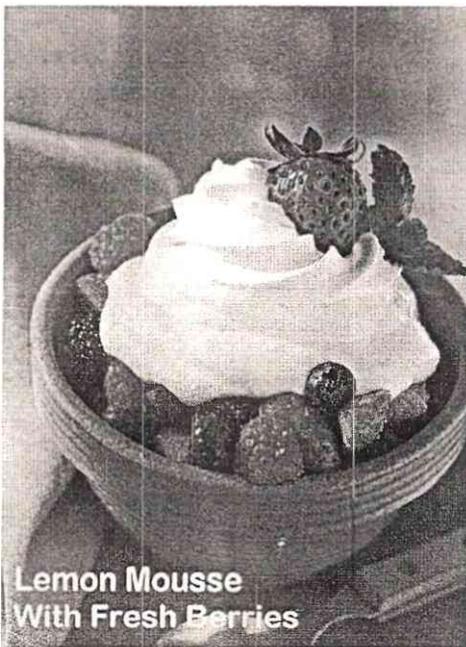
- 1 cup plus 1 tablespoon sugar
- $\frac{3}{4}$ cup fresh lemon juice
- 6 large egg yolks
- 2 large eggs
- $1\frac{1}{2}$ tablespoons grated lemon peel
- 1 12-ounce basket strawberries, hulled, halved (or quartered if large)
- 1 6-ounce basket fresh blueberries
- 1 6-ounce basket fresh raspberries
- 1 6-ounce basket fresh blackberries
- 2 cups chilled whipping cream
- 8 whole strawberries (for garnish)
- Fresh mint sprigs

Combine 1 cup sugar, lemon juice, 6 egg yolks, 2 whole eggs and grated lemon peel in large metal bowl. Set bowl over saucepan of simmering water (do not allow bowl to touch water). Whisk until mixture thickens and thermometer inserted into mixture registers 160° F. Transfer lemon curd to another large bowl. Chill until cool, whisking occasionally.

Toss halved strawberries, blueberries, raspberries, blackberries and remaining 1 tablespoon sugar in another large bowl.

Using electric mixer, beat $1\frac{1}{2}$ cups cream in medium bowl until medium-firm peaks form. Fold $\frac{1}{3}$ of whipped cream into lemon curd to lighten, then fold in remaining whipped cream.

Divide berry mixture among 8 dessert bowls or wineglasses.



Lemon Mousse
With Fresh Berries

Spoon lemon mousse over berries. (Can be prepared 1 day ahead. Cover and refrigerate.)

Using electric mixer, beat remaining $\frac{1}{2}$ cup cream in medium bowl until stiff peaks form. Spoon whipped cream atop desserts or transfer whipped cream to pastry bag fitted with large star tip and pipe atop desserts. Garnish with whole strawberries and mint sprigs.

FRENCH POTATO SALAD

Hold the mayo: This rustic side dish is dressed with a Provence-inspired blend of white wine, Dijon mustard and capers. Be sure the potatoes are still warm when you add them to the dressing, they'll absorb it better, enhancing the flavor of the dish.

8 servings

- $\frac{1}{4}$ cup canned low-salt chicken broth
- $\frac{1}{4}$ cup dry white wine
- $\frac{1}{4}$ cup olive oil
- 4 green onions, chopped
- 2 tablespoons Dijon mustard
- 2 tablespoons white wine vinegar
- 2 tablespoons drained capers
- $3\frac{1}{4}$ pounds of $2\frac{1}{2}$ -inch diameter red-skinned potatoes

Whisk first 7 ingredients in large bowl to blend. Season dressing to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to room temperature before continuing.)

Cook potatoes in large pot of boiling salted water until just tender, about 35 minutes. Drain. Return potatoes to pot. Place pot over low heat until liquid from potatoes evaporates, about 2 minutes.

Cut warm potatoes into $\frac{1}{3}$ -inch thick slices. Add to dressing. Toss gently to coat. Let stand at least 1 hour at room temperature. Toss again and serve.

BAKED BAGUETTE WITH LEMON-GARLIC BUTTER

Lemon peel gives extra zip to this warm, garlicky bread. The recipe makes enough for everyone to have more than one helping.

6 servings

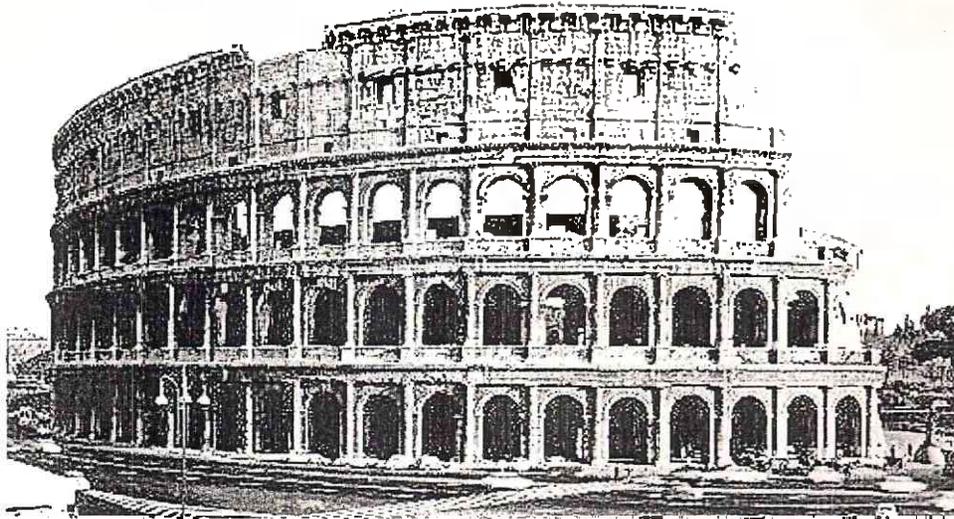
- $\frac{1}{2}$ cup (1 stick) butter, room temperature
- 2 tablespoons chopped fresh parsley
- 3 garlic cloves, pressed
- 1 teaspoon grated lemon peel
- 1 French-bread baguette, cut crosswise into 1-inch-thick slices

Mix butter, chopped parsley, garlic and grated lemon peel in small bowl to blend. Season lemon-garlic butter to taste with salt and pepper. Spread evenly over 1 side of each bread slice. Reassemble bread slices; wrap in foil. Place on baking sheet. (Can be made 8 hours ahead; chill.)

Preheat oven to 300° F. Bake bread until heated through, about 20 minutes; serve bread warm.

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)

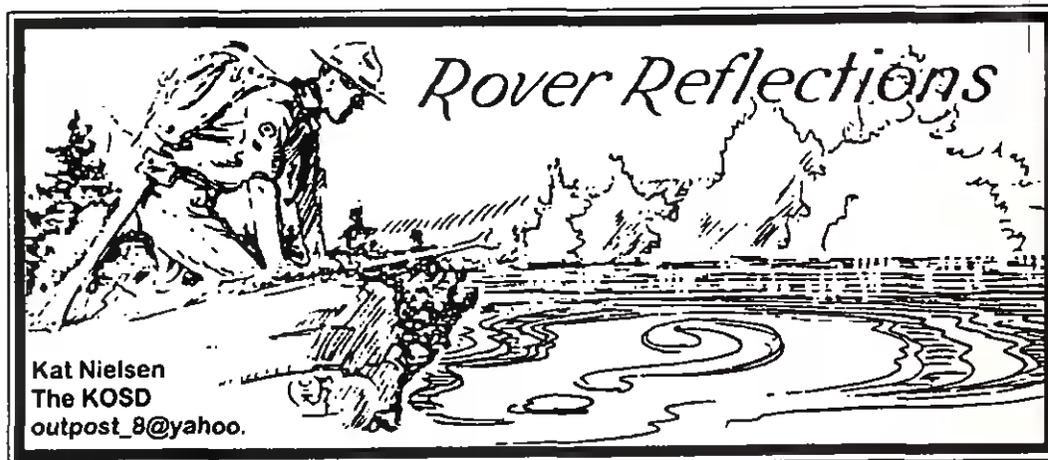
Send registrations to:

Jen Cowey

1001 Maria Street,

Bridgenorth, ON K0L 1H0

We hope to see you there!!



The 2005 Canadian Jamboree, scheduled for July in Alberta, has been cancelled.

So, do you think this is a good thing or a bad thing? I say both. What do you think?

First off, what is a "Canadian Jamboree"? I've often heard it described as "the experience of a lifetime." And certainly, for me at least, it was. The Canadian Jamboree is a time where Scouts from not only all over Canada, but all over the world come together. This environment promotes the ideals set forward by Baden-Powell, and challenges the youth with new experiences. Canadian Jamborees are fantastic opportunities.

So why was it cancelled? There were many factors involved in the cancellation. Certainly, money does come into play here, but in several fashions. It is no small feat to put on a national Jamboree, and certainly the fees Scouts pay reflect this. However, because some of this cost is passed on to the groups, some groups spend three years fundraising in order for their troop to go to CJ instead of reinvesting that money into the Troop's day to day activities. In that three year period, Scouts Canada loses members who are not enjoying their Scouting experience, and as a result, never get to go to a national jamboree. Is this fair?

This cost also seems extravagant when you consider the fact that there was a group from Calgary who found it cheaper to go to a national jamboree in England than to go to Thunder Bay in 1997.

There is also a staffing problem. When you look at the numbers of adults and youth at a Jamboree, there is something striking. There are enough adults to run the program. When you look at staff numbers, they are not enough. What happened to these adults? They go with their units. Certainly we need adults to go with their units. But not to the point that there is a 1:3 adult/youth ratio. This is another issue Scouts Canada is trying to address, returning the Jamboree to the youth to enhance their experience at the Jamboree.

So, what exactly is going on? The decision to cancel CJ'05 was made in September 2000. The National Management Committee opted to not only cancel this jamboree but also the four year rotation in favour of an evaluation. This evaluation is being conducted by a "Jamboree Task Force" lead by Deputy National Commissioner for Program Mike Scott. Certainly, re-evaluating an event to make it better is not a bad thing.

There is a fear that this means no more national jamborees, but that does not seem to be the intent of this decision. Prior to 1977 national jamborees were not held at regular intervals, but rather when the funds were available. The idea of a "national jamboree" is not being scraped, but instead reevaluated in order to be of the most benefit possible to as many people as possible. Who knows, they may decide to hold '05 as scheduled, we will just have to wait and see. Perhaps regional jamborees would be a good idea. I, for one, would love to go to a "Western Jamboree" in the Yukon for example.

On an interesting note, Scouter David Forshaw has begun a petition regarding Canadian Jamborees. He is looking for signatures to promote the purchase by Scouts Canada of three "Jamboree sites," one each in Western, Central, and Eastern Canada, in order to facilitate the regularity of national jamborees. Scouter David can be contacted at david_forshaw@sympatico.ca or 69 Hadati Road, Guelph, Ontario N1E 6G9 regarding this petition.

In the mean time, there are many options available to members of Scouts Canada. This decision does NOT in any way affect the provincial jamborees. So what are the options besides provincial jamborees? The list below is by no means complete. For some, Rovers can even be participants. These events have been taken from <http://www.scout.org/wse/> :

2001

Oman	August 1-10	14 th Arab Rover Moot
Japan	August 7-12	Moot 2001
Bulgaria	August 2-17, 18-September 2	International Rover Volunteer Projects
South Africa	December 10-19	Sanjamb: South African National Jamboree
Australia	December 27-January 7/2002	15 th Australian Rover Moot - Queensland
New Zealand	December 29-January 6/2002	16 th New Zealand Jamboree

2002

Indonesia	July	Rover Moot
Iceland	July 16-23	InterNational Jamboree
Portugal	July 29-August 4	20 th National Camp
Canada	August 17-25	BC Trek 2002

2003

Thailand	December 28-January 8/2003	20 th World Jamboree
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2004

China	August 1-11	12 th World Scout Moot
Australia	December-January 2005	16 th Australian Rover Moot

2007

United Kingdom	August 2007	21 st World Jamboree
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If my "big brother Mike" can do it, anyone can. Mike Wellwood, from the Knights of the Loch in Calgary, went to Australia for the Rover Moot two Christmas' ago, and came back energized. He is now applying to immigrate there, and in the meantime went to state Moots, local events, and the Australian National Jamboree. He's lov'n it down there. If you want to go to the next Australian Moot, he's the contingent leader. You can contact him at <mwellwood@home.com>

So, don't loose heart, I suspect that CJ will be back with a vengeance and better than ever. In the meantime, there are lots of other opportunities, so don't look at this as a door closing, but rather as a door opening. Why not travel internationally? That is certainly an "experience of a lifetime" too!

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.

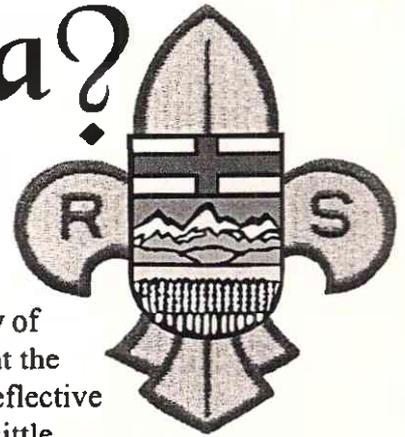
Additional information please contact the Canadian Contingent
Michael Wellwood: email (mwellwood@home.com)

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!

Rovers in Alberta? Of Course!



Now that I have finished my degree here at the University of Calgary, I am moving on. I will be moving to Ontario at the end of July to continue my studies, so I am in a rather reflective mood. In light of that fact, I would like to indulge in a little reminiscing about the highlights of my Rovering career here in Alberta.

I would like to thank the Knights of the Unknown, the Knights of the WestWind, the Knights of Amikeco, and the Knights of Sicarius Dracorum for giving me the pleasure of being a member of their crews over the years. I also participated as a member of the Calgary Rover Council and the Alberta Rover Round Table.

I was the Jamboree on the Trail coordinator for Western Canada for three years, earned my Rover Woodbadge I, and was staff at the Canadian Jamboree 1997, the Alberta Jamboree 1999, Cuborama 1998, and E-vent 1997.

I volunteered at the Cerebral Palsy Great Canadian Bike Race, the Catholic Charities Clothing Drive, the K-100, and with one of the local Service Teams. I organized Campus Rover dinners at the University and every year we went to Wildlights at the Calgary Zoo.

Over the years we road tripped all over Southern Alberta, and I went to a Pow Wow for the first time with the Rovers. We traveled to Banff, Canmore, Exshaw, Bragg Creek, Strathmore, Cochrane, Waiporous, Okotoks, Sylvan Lake, Edmonton, Lethbridge, Langdon, Caroline, and Pincher Creek, just to name a few. We also traveled to Banff National Park, Kananaskis Country, Waterton National Park, and Camps Gardner, Kasota, and Impeesa.

Ah, memories... Well, the future holds many possibilities, but one thing I know for sure, I will miss this place. And no, "little brother Mike," you are my sweetie and I will not forget you. But back to the future... I would like to introduce Pam McMillan, who will be taking my place as the contributor to the "Rovers in Alberta? Of Course!" column. Pam is a Rover from the 187th Excalibur Rover Crew from Edmonton, Alberta. If you would like to contact her, Pam's e-mail is <canteengal@yahoo.com>

And with that, I take my leave.

Happy Rambling,
Kat Nielsen
The KOSD

Alberta's Rover Scrapbook

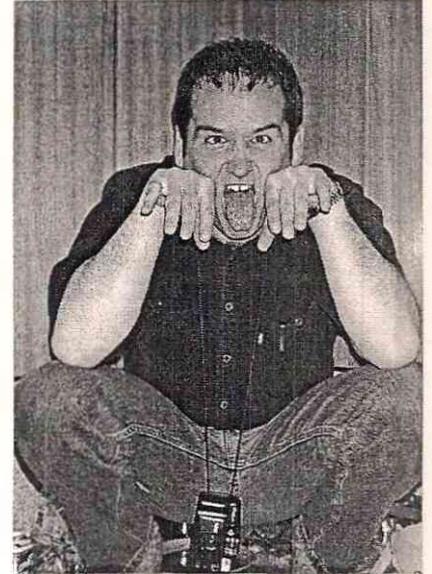
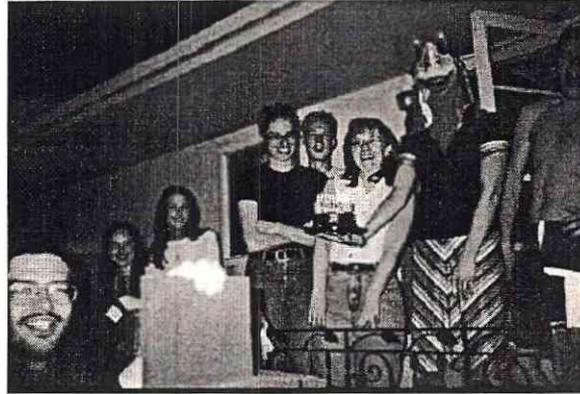
John's Graduation w/special guest:
KOSD grad party

l to r:

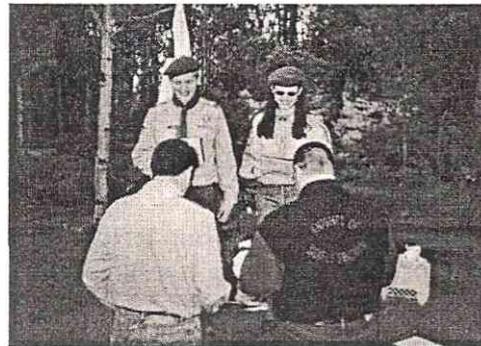
Orin, Kat, Paula, Cathy Mike,
"guest of the special guest",
"Special Guest", Darcy

the "responsible" advisor
John Wear Wolf

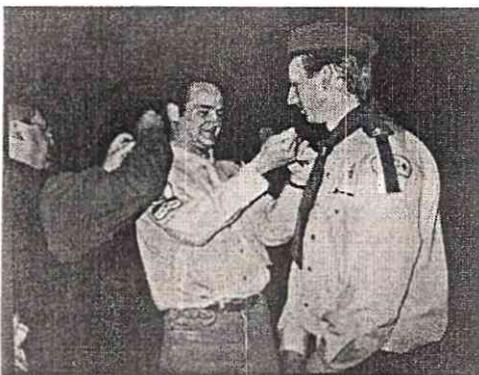
May 2000: KOSD Birthday
Party....Kat & Mike



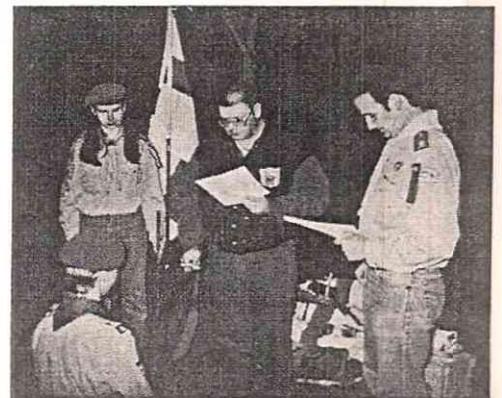
Advisor Knighting of John Johnson
and Gerald Bizot, Jr.
Background: Mike & Kat



Knighting Ceremonies:
Getting dressed properly



Knighting of Mike Anderson
l to r Mike, Kat, Gerald, John



Car Care



*from the 'Elmira Independent'
Elmira, Ontario
June 8, 2001*

Regular brake inspections are good maintenance habits



Typical drivers will travel approximately 70 feet during an emergency stop, from 65 miles per hour, before their feet reach the brake pedal.

With poor eyesight, bad lights or streaking windshield wipers, or if under the effects of alcohol or medicine, their reaction times will be even slower.

Hitting the brake pedal can be just the beginning of their problems if they've failed to keep up regular mechanical maintenance. Erratic braking can cause a bad emergency situation to become worse; it can pull cars right into the middle of an accident or it may not stop the car at all.

Despite recent advancements in braking system design, including anti-lock brakes, this safety system is among the most neglected on vehicles and a leading mechanical cause of accidents.

A car's braking system is a complex system of parts. A malfunction of any part can cause brakes to be erratic or fail.

When pressure is applied to the brake pedal, the pressure against the pedal is transferred to the hydraulic master cylinder, where pressurized fluid is fed to hydraulic cylinders at the four wheels.

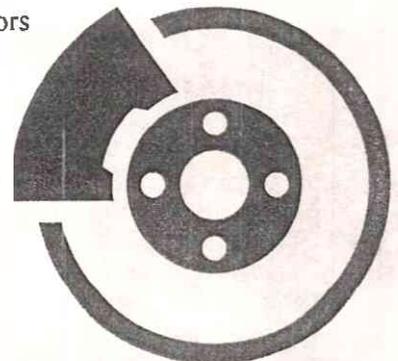
On disc brakes, the caliper causes friction pads to squeeze the spinning rotor, slowing or stopping the wheel. On rear-wheel drum brakes, a wheel cylinder receives the pressure and forces the brake shoes against the rotating drums.

Some vehicles have disc brakes or drum brakes on all four wheels; most have a combination of disc on front and drum on rear. Friction stops the vehicle.

Motion energy is converted to heat, which is dissipated by air cooling the rotors and drums.

This complex system can deteriorate easily. Not only is there friction and heat, but the system is exposed to the elements and road contamination every day. Therefore, regular inspections and service are necessary. Don't take braking problems for granted.

If a vehicle isn't stopping as quickly or as well as it used to, have the brakes inspected. Not only will this procedure protect your car, but yourself as well.



OUT & ABOUT

"Lucky Number 13"

Hiking

"We need the wild places for our souls – the churning, swirling sea as it shoots and swells up surge channels, the liquid emerald of a stream running through a rocky gorge, the glint of the sun off a tiny fern in the dank humus of the forest floor. And perhaps we need them just to be and not necessarily to be there for us. The myriad species that make up the forest ecosystem can survive without us quite nicely. And there should be such places on this globe where humans don't tread.

So by all means enjoy these hikes. Take in their incredible beauty and inexhaustible wonder. But leave these sacred places as you found them. Or better still, do your part to ensure that there are other wild places that we may know in our hearts if not with our eyes."

p viii Tim Leadem, 8th Revised and Expanded Edition: The West Coast Trail and Other Great Hikes, (Vancouver, B.C.: Greystone Books 1998)

Tim Leadem captures a lot of the essence and the concerns of hiking in his Preface to his 8th edition. He has combined some of the incredible moments that can be experienced on a hike, things that just jump out at you, though they were always there, you just didn't see them the same way, with the question should we actually go out and mess up this natural beauty. With the increased volume of people on trails today, its more important than ever to go as no trace as possible to limit damage to nature.

This issue's column will follow the format of last issue's **Out & About #12** on canoeing. I hope it provides you will the urge to get **Out & About** on a trail this year, but then you probably already have during JOTT in May, right? I've collected some hiking tips and trail recommendations from a few of Canada's outdoor writers (and even an American or two). I hope they give the urge to get out on the trail at least once this year. Whether it's a short walk in the woods or a few days of backpacking, take the opportunity to vary your crew's scheduled activities by **taking a hike**.

Hiking Tips for Leaving No Trace:

"Minimize mess in the camp kitchen by repackaging your food before you leave home. Take food items out of their boxes, wrappers, and cans and place them in meal-sized portions in resealable plastic bags to cut down on trash and help prevent you from cooking more grub than you want to eat." p. 50 Annette McGivney, Leave No Trace: A Guide to the New Wilderness Etiquette, (Seattle, WA, The Mountaineers 1999)

"When you are ready to leave a campsite, inspect the ground after you have packed all your gear to make sure you did not inadvertently leave some small item hidden in the grass or buried in the sand." Ibid. p. 55

"Do not wash or bathe directly in a river, lake or stream." p. 128 and " Use biodegradable soaps and shampoos." p. 129 Field Book for Canadian Scouting

"Stay on the trail, even if it means muddy boots. Leaving the trail creates parallel tracks and widens existing trails. Shortcutting switchbacks causes erosion." p. 9 Brian Patton and Bart Robinson, Seventh Edition: The Canadian Rockies Trail Guide, (Banff, Alberta: Summerthought Ltd. 2000)

"If possible, if you do encounter someone's else's trash and you have room in your pack for it, consider carrying it out as well. P. 19 Michael W. P. Runtz, The Explorer's Guide to Algonquin Park, (Toronto, Ontario: Stoddart Publishing Co. 1996)

Doing the Dishes:

"Straining: The first method is to strain the water to remove the food particles; pour slowly through a small strainer, coffee filter, bandanna, or even your fingers. These remaining tiny food scraps should be packed out in your trash bag, and the waste water should be scattered in the bushes or poured into a sump (pit) well away from the campsite and 200 feet from any water sources."

"Drinking: The other option is to send the liquid down the human hatch. Rinse the dish you ate out of and drink the water. It is, after all, just a little bit more of the food you ate, mixed with warm water--kind of an after-dinner broth." p. 51 Annette McGivney, Leave No Trace: A Guide to the New Wilderness Etiquette, (Seattle, WA, The Mountaineers 1999)

The West Coast Trail, British Columbia:

Originally a telegraph line to connect the transpacific cable at Bramfield to Victoria, it later became a lifeline for shipwrecked mariners, and finally an 80 km recreational trail. In 1906, when a shipwreck killed 126 people a trail was constructed by the Federal Government to give access to the coastline for any subsequent occurrences along the existing line of telegraph poles. After World War II, the trail had fallen into disrepair until it saw improvements in the 60's, 70's and 80's by the Sierra Club. In 1993 it became officially the West Coast Trail Unit of the Pacific Rim National Park.

The trail while considered one of the most beautiful in Canada and a challenge to the average hiker; it's not for the inexperienced backpacker. Better to hone your skills and use it as one of your ultimate goals. Highlights include: 50 foot tall Tsusiat Falls, and the chance to see pacific gray whales, killer whales, and sea lions. The challenges include vertical ladders, narrow log bridges and 270 cm of annual rainfall.

Caution should be taken along the trail. While it's beautiful to hike next to, the Pacific Ocean can throw up rogue waves that have carried unwary hikers off into the ocean. "...be aware and wary of tides. More than one camper has set up a tent well away from the sea at low tide, only to find tent and gear awash and afloat in the middle of the night. Another serious situation is hiking along the shore at low tide and finding your progress barred by a cliff or surge channel and your return barred by incoming tide." p. 4 Tim Leadem, 8th Revised and Expanded Edition: The West Coast



Trail and Other Great Hikes, (Vancouver, B.C.: Greystone Books 1998)

Access to the trail is limited (sixty per day) and a permit is required for overnight camping. Reservations (1-800-663-6000 in Canada or the U.S.) are a must for July and August, unless a "day of" cancellation occurs for your one of the six spots they hold open each day for those without reservations, you may have to wait at the trailhead for an opening.

Alternatives to hiking the West Coast Trail in the same region of southwest Vancouver Island are hiking the Juan de Fuca Marine Trail or hiking in Carmanah-Walbran Provincial Park or canoeing the Nitinat Triangle.

Brazeau Loop, Jasper National Park, Alberta:



The loop is described by Bill Corbett as "one of the most complete and satisfying backpacks in the Canadian Rockies." P. Bill Corbett, Best of Alberta, Outdoor Activities in Alberta's Heartland, (Whitecap Books of Vancouver/Toronto, 1993). "The circuit includes one of the park's largest backcountry lakes and an extraordinary 13 km alpine traverse culminating on the park's second highest trail-accessible summit. Along the way there are glaciated peaks, lush wildflower meadows, and opportunities to view a wide variety of alpine wildlife ranging from hoary marmots to mountain caribou." p. 214 Brian Patton and Bart Robinson, Seventh Edition: The Canadian Rockies Trail Guide, (Banff, Alberta: Summerthought Ltd. 2000)

Taking 4 to 6 days to travel the 80-km, you will spend much of the trip above the treeline, but be aware that the Jonas Pass occasionally sees snow into early August. The minimum elevation of the trip is 1,720 metres (5,650 ft) and the maximum is 2,470 metres (8,100 ft).

Patton and Robinson recommend that anyone wishing to hike the entire loop in the summer high season make reservations for a campsite at the Four Point Campground as it the favoured first night destination and the busiest on the circuit.

The Mantario Hiking Trail, Whiteshell Provincial Park, Manitoba:

The 66-kilometre trail is one of Manitoba's best known and most rugged. The three to six day hike is for experienced backpackers, as you will travel over beaver dams, bogs, and precambrian shield. The upside is the possibility of seeing moose, beaver, muskrat, bald eagles during the day or hearing wolves at night as the park is remotely located on the Manitoba/Ontario border.

Part of the trail exists within the Mantario Wilderness Zone, which is protected from motorized access, hunting, resource extraction or development. The trail itself can best be described by the "Friends of Mantario Trail" website: "Outcrops of precambrian shield surrounded by lakes, streams and peat bogs typify the trail. The trail climbs up and along gran-



ite ridges with awesome panoramic views of lakes and bogs surrounded by undulating boreal forest."

A number of primitive campsites are available at many of the lakes along the trail including Caribou Lake, Marion Lake, Olive Lake, Moosehead Lake, and Mantario Lake

Considering the bogs and beaver ponds the trail is best hiked in the fall after mosquito and black fly season.

The Bruce Trail, Ontario:

The results of our informal hiking survey of **Out & About # 9** were not surprising as we found that when people were asked to name a favourite hiking trail in Ontario, the Bruce Trail came out as number 1. For those outside of Ontario, the Bruce Trail follows the Niagara Escarpment from outside Niagara Falls (Queenston Heights) to Tobermory (on Lake Huron).



While I will not go into detail about the actual trail, I would like to mention two companion books worth picking up on the trail in conjunction with, of course, the Bruce Trail Guide. The Best of the Bruce Trail by Katherine Jacob, printed by Amersand Printing provides a great way to cut up the trail in manageable chunks. It's extremely valuable for those with an afternoon of hiking on their minds. Information on each hike (under 10 km) includes: the location, distance, a rating, Bruce Trail Guide reference page and coordinates, highlights of the hike, trail surface, directions to the hike and a black, white and green map of the hike.

The second book and a great gift to anyone who loves natural beauty is Waterfalls-The Niagara Escarpment by Jerry Lawton, printed by the Boston Mills Press. While everyone around the world knows about Niagara Falls, few realize that the escarpment produces many more spectacular waterfalls throughout its range. Lawton not only includes how to find these incredible waterfalls; he also offers information on how best to see them including season of the year and time of day. The only things that beat Lawton's prose in the book are Mikal Lawton's photographs. One wonders after seeing Mikal's photos why our tourist bureaus aren't promoting these locations more.

After reading these two companion books to the Bruce Trail Guide, you'll have a list of day trips you won't be able to wait to try. These books also are great for those who aren't familiar with the trail and don't know quite where to start.

The East Coast Trail, Newfoundland:

Modeled after the B.C. West Coast Trail, Newfoundland's East Coast Trail (on the Avalon Peninsula) was newly opened in 2000. The northern half of Canada's newest long trail (approx. 520 km) from St. John's to Cape Broyle is fully constructed. The southern half from Cape Broyle to

Cappahayden is open but parts of it are still under-construction. Sections north of St. John's and south of Cappahayden are not yet officially open.

Among the highlights of the trail are: humpback whale watching, a 20-metre geyser named "The Sprout", 8 historical lighthouses, towering cliffs, a 50-metre suspension bridge and 30 historical communities.

The East Coast Trail offers a rugged hike along an ocean coastline like its West Coast counterpart, but being new and having hundreds more hiking kilometres, it doesn't have the restrictions in availability that the Vancouver Island trail has.



Update:

For those who thought the canoe trip from Lake Superior to James "Freakin'" Bay was a little far at over 600 km (in *Out & About #12*) how about 1,200 km from Winnipeg to Hudson Bay as a crew outing? A group of eight paddlers (7 men and 1 woman) will paddle a York boat from the forks of the Assiniboine and Red Rivers in Winnipeg to Hudson Bay for the History TV series *Quest for the Bay*. The group will carry an estimated 2,700 kilograms of cargo and will take only equipment and provisions that would be available to Hudson Bay traders of the 1800's.

For one of the paddlers, Geoff Cowie, it's a trip back into his family history. His great-grandfather, Isaac Cowie, worked for the Hudson Bay Co. and wrote a book on his experience of paddling from Hudson Bay to Winnipeg. Said Geoff Cowie: "The trip will really allow me to have an experience beyond just reading the book..." p D7 *National Post*, Monday, June 25, 2001

The trip is estimated to take eight to ten weeks and the programme to air in January 2002.

Final Thoughts:

And oh, by the way, since you did get out on the trails for JOTT (Jamboree on the Trail), how about sharing a few stories with us. And if you didn't get out last May, start making plans now.

Lasts year's hike survey asked the question: "Does or did your group require a hike as part of its investiture requirements?" More than 59% of respondents answered the question "No". If not a requirement for squireship, then how about doing a hike as a challenge to the membership. Our Crew completed a squireship hike in June on the Bruce Trail. One of the natural outcomes is a bonding of the crew's members. As opposed to everyone scattering at a moot, you're with your fellow Crew members all weekend. Another outcome from hiking is shared experiences, which then lead to old war stories. One of which came from the June Hike. As the crew sat by a stream on the trail cooling their heels in the water, out from the woods came a group of Senior Citizens for an afternoon **skinny dip**. If you don't believe me, last year Backpacking magazine had an article on those who prefer to hike in the nude. Go ahead look it up.

Now, **GO TAKE A HIKE!**

Kirby McCuaig

TOP TEN

BEST LONG TRAILS IN U.S.

as voted by the Readers of Backpacker Magazine
December 2000 issue:

1. Washington's Wonderland Trail – Mt. Rainer National Park
www.nps.gov/mora/trail/trail/wonder.htm
 2. Minnesota's Superior Hiking Trail – North Shore of Lake Superior
www.shta.org
 3. Continental Divide Trail – Along the Rocky Mountains from Mexico to Canada
www.cdtrail.org
 4. Pacific Crest Trail – Boasts widest range of diversity of geography: deserts, forests, mountains, volcanoes
www.pcta.org
 5. Vermont's Long Trail – Oldest long distance trail in U.S.
www.hikevermont.com
 6. Colorado Trail – Most of the 465 miles are at 10,000 feet of altitude or greater
www.coloradotrail.org
 7. Washington's Olympic Coast – 60 some odd miles of Pacific coastal beaches and cliffs
www.nps.gov/olymp/trails.htm
 8. California's John Muir Trail – 160 miles of the 211 total trail miles uncrossed by roads
www.pcta.org/jmt/index.html
 9. Appalachian Trail – approximately 4 million visitors attempt part of the trail annually
www.atconf.org
 10. North Carolina/Georgia's Bartram Trail – alternative low use trail to the Appalachian Trail in the same mountain range
www.gcortiatrills.com
- Oklahoma/Arkansas's Ouachita Trail – an opportunity to experience a low mountain range (600 to 2,600 feet in elevation) in the characteristically flat Midwest of the U.S.
www.fs.fcd.us/oonf/ouachita.htm

While it's hard to even consider a vacation in the U.S. with a 65-cent Canadian Dollar, it maybe possible in the time honoured (and cheap) hiking vacation. If you do attempt on of these well highly rated trails, drop the magazine a line and give us your opinion.

EVENT 2001
Sponsored by
The Knights of WestWind

A Bit of Information:

- Event 2001 will take place on November 9th, 10th and 11th at Camp -Impesa located in Beaver Mines. Maps will be provided to those who do not know how to get to the Camp site.
- Registration forms need to be filled out in full and sent to the following address:
The Knights of WestWind
c/o Jennifer Jacques
1208 13th St. N
Lethbridge, AB T1H 2T6
- Or you can email them to: icea@earthling.net Online registration will be available in February at www.scout.to/Rovers , our crew website. Any updated information for Event will be posted on our website and sent to the crew contacts.
- The registration cost is \$35 dollars per person and this fee must be paid in advance. We will not be able to cover the cost of everyone beforehand. If there is a reason that someone can't pay until the Event we will try to work around it.
- The \$35 dollar fee is to cover your food, camp fees and the T-shirts. The design for the T-shirts are staying under wraps for now, but believe us you won't be disappointed!
- If you require any further information or need assistance with anything concerning Event feel free to email us at icea@earthling.net and we'll try to answer all of your questions.

Registration Form for Event 2001

Please fill out the following form completely for each participant and mail to

Knights of Westwind
c/o Jennifer Jacques
1208 13th St. N.
Lethbridge, AB T1H 2T6

Registration Is \$35.00 Per Person

Name: _____

Company/Crew Name _____

E-mail address _____

Age: _____

Emergency Contact & Number _____

Do you have any food allergies? _____

If Yes, then what? _____

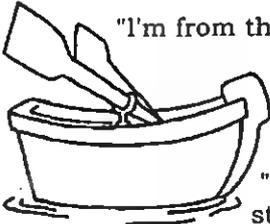
Do you have any medical conditions that we should be aware of? _____

If yes, then what _____

Registration Deadline

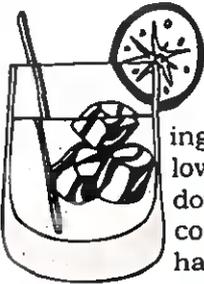
October 15 2001.

A rather inhibited engineer finally splurged on a luxury cruise to the Caribbean. It was the "craziest" thing he had ever done in his life. Just as he was beginning to enjoy himself, a hurricane roared upon the huge ship, capsizing it like a child's toy. Somehow the engineer, desperately hanging on to a life preserver, managed to wash ashore on a secluded island. Outside of beautiful scenery, a spring-fed pool, bananas and coconuts, there was little else. He lost all hope and for hours on end, sat under the coconut tree. One day a woman in a small rowboat appeared.



"I'm from the other side of the island," she said. "Were you on the cruise ship, too?" "Yes, I was," he answered. "But where did you get that rowboat?" "Well, I whittled the oars from gum tree branches, wove the reinforced gunnel from palm branches, and made the keel and stern from a Eucalyptus tree."

"But, what did you use for tools?" asked the man. "There was a very unusual strata of alluvial rock exposed on the south side of the island. I discovered that if I fired it to a certain temperature in my kiln, it melted into forgeable ductile iron. Anyhow, that's how I got the tools. But, enough of that," she said. "Where have you been living all this time? I don't see any shelter."



"To be honest, I've just been sleeping on the beach," he said. "Would you like to come to my place?" the woman asked. The engineer nodded dumbly. She expertly rowed them around to her side of the island, and tied up the boat with a handsome strand of hand-woven hemp topped with a neat back splice. They walked up a winding stone walk she had laid and around a Palm tree. There stood an exquisite bungalow painted in blue and white. "It's not much, but I call it home." Inside, she said, "Sit down please; would you like to have a drink?" "No, thanks," said the man. "One more coconut juice and I'll throw up!" "It won't be coconut juice," the woman replied. "I have a crude still out back, so we can have authentic Pina Coladas."

Trying to hide his amazement, the man accepted the drink, and they sat down on her couch to talk. After they had exchanged stories, the woman asked, "Tell me, have you always had a beard?"



"No," the man replied, "I was clean shaven all of my life until I ended up on this island." "Well if you'd like to shave, there's a razor upstairs in the bathroom cabinet."

The man, no longer questioning anything, went upstairs to the bathroom and shaved with an intricate bone-and-shell device honed razor sharp. Next he showered -- not even attempting to fathom a guess as to how she managed to get warm water into the bathroom -- and went back downstairs. He couldn't help but admire the masterfully carved banister as he walked. "You look great," said the woman. "I think I'll go up and slip into something more comfortable."

As she did, the man continued to sip his Pina Colada. After a short time, the woman, smelling faintly of gardenias, returned wearing a revealing gown fashioned out of pounded palm fronds. "Tell me," she asked, "we've both been out here for a very long time with no companionship. You know what I mean. Haven't you been lonely, too...isn't there something that you really, really miss? Something that all men and woman need? Something that would be really nice to have right now!" "Yes there is!" the man replied, shucking off his shyness. "There is something I've wanted to do for so long. But on this island all alone, it was just...well, it was impossible." "Well, it's not impossible, any more," the woman said.



The man, practically panting in excitement, said breathlessly: "You mean.....you actually figured out some way we can CHECK OUR EMAIL HERE!?!?!"



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How To Handle a Speeding Ticket



A police officer pulls a guy over for speeding and has the following exchange:

Officer: May I see your driver's license?

Driver: I don't have one. I had it suspended when I got my 5th DUI.

Officer: May I see the owner's card for this vehicle?

Driver: It's not my car. I stole it.

Officer: The car is stolen?

Driver: That's right. But come to think of it, I think I saw the owner's card in the glove box when I was putting my gun in there.

Officer: There's a gun in the glove box?

Driver: Yes sir. That's where I put it after I shot and killed the woman who owns this car and stuffed her in the trunk.

Officer: There's a BODY in the TRUNK?!?!?

Driver: Yes, sir.

Hearing this, the officer immediately called his captain. The car was quickly surrounded by police, and the captain approached the driver to handle the tense situation:

Captain: Sir, can I see your license?

Driver: Sure. Here it is. It was valid.

Captain: Who's car is this?

Driver: It's mine, officer. Here's the owner's card.

The driver owned the car.

Captain: Could you slowly open your glove box so I can see if there's a gun in it?

Driver: Yes, sir, but there's no gun in it.

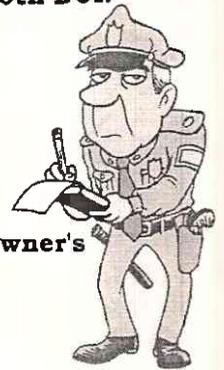
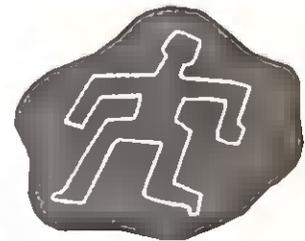
Sure enough, there was nothing in the glove box.

Captain: Would you mind opening your trunk? I was told you said there's a body in it.

Driver: No problem. Trunk is opened; no body.

Captain: I don't understand it. The officer who stopped you said you told him you didn't have a license, stole the car, had a gun in the glove box, and that there was a dead body in the trunk.

Driver: Yeah, I'll bet the lying s.o.b. told you I was speeding, too!



International Events

JUNE

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

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

AUGUST

4 Bush Dance
Centenary Hall
Albion Park, NSW
<chopley@earth.net>

4-11 Hampshire Venture #
Hampshire, England
<hw3.patrick@ukonline.co.uk>

SEPTEMBER

29-Oct 1 "The Uktimate Scout"
Hornsby, NSW
<patrick.jackson@nsw.scouts.com.au>

OCTOBER

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

DECEMBER '01

27-JAN 6 '02 the 12th Asia-Pacific
15th Australian Rover Moot
see ad in this edition

JUNE '02

1 Nymboïda Challenge
Nymboïda Canoe Centre
New South Wales, Australia
<nsvrovers@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

VOYAGEUR REGION ONTARIO

Aug 25-26 River Rescue Course

ONTARIO B-P GUILDS AGM

Oct 20-21 Blue Springs

GREATER TORONTO REGION

November 23-24, 2002

OR

November 22-23, 2003

Crew Woodbadge Part I

Scout House

Greater Toronto Region

Ontario

Separate Part II in Company and Crew, running at the same times (each is a three week-end course):

Feb 22-24; Apr 5-7; Apr 6-8, 2002

OR

Feb 21-23; Mar 28-30; Apr 18-20, 2003

Crew Woodbadge Part II

Leatham Center

Woodland Trails Scout Camp

Greater Toronto Region

Ontario

Contact: GTR Training Department

(416) 490-6364 ext 237

SASKATCHEWAN

AUG 19-26 Saskatchewan Service Corp

<bhwatson@sk.sympatico.ca>



UPCOMING EVENTS

UPCOMING EVENTS



AUGUST

- 3-6 SERV
Stationary Event for Rovers & Venturers
Camp Barnard
Victoria, BC
<igillford@uvic.ca>
- 13-18 Venturer Northern Canoe Trip
Northern Saskatchewan
<info@servicecorps.cjib.nct>
- 17-19 Sonic Boom Moot
Beaverton Fair Grounds
Beaverton, Ont.
<sonicboommoot@hotmail.com>
- 24-26 A Roman Holiday
THE ROVER MOOT
Peterborough, ON
see ad in this edition
- 31-Sept 3 Rover Moot 2001
Ruckle Point, B.C.
<everest1@intergate.bc.ca>

SEPTEMBER

- 16 3rd Annual Vancouver Coast Region
Scouting Family Picnic
Spanish Banks, BC
Scouthouse: (604)879-5721

ORC Events:

- Aug 24-26 A Roman Holiday Moot
see ad in this edition
- Sept 28-30 Forum at Moot Moot
Greater Toronto Region
- Nov 9-11 Conference 2002
Voyageur Region - Kingston
- Jan 11-23 Atironta Region
2002 Kitchener/Waterloo
- Mar 8-10 Tri-Shores Region
2002 London/Sarnia Area
- May 10-12 Annual General Meeting
2002 Greater Toronto Area

- 28-30 Moot Moot 2001
Snake Island - Toronto
Derek Stokke (416)937-3313
Kevin Suchostawski (905)676-9128

- 28-30 Mardi Gras
Camp Byng
Sunshine Coast, BC
<15throvers@capilanoscouts>

OCTOBER

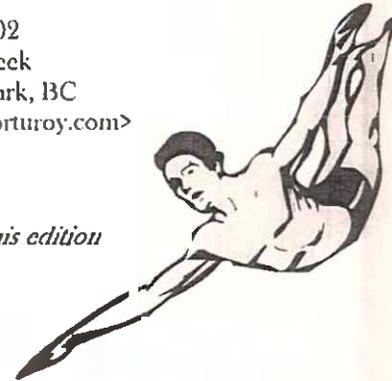
- 5-8 Granny Grunt Moot
Camp Tamaracouta
Milles-Illes, PQ
see ad in this edition
- 12-14 Nightmare in Hockley
Goodyear Memorial Scout Camp
Orangeville, ON
1st Orangeville Rangers & Venturers
<nightmareinhockley@home.com>
- 26-28 Jail Break Moot
ARPAD Park
Niagara Falls, ON
<jailbreakmoot.com>

FEBRUARY '02

- 15-17 Snow Moot
Mount Nemo Scout Camp
Burlington, ON
<snowmoot@canada.com>
- 15-17 RoVent 2002
Cambie Creek
Manning Park, BC
<rovent@corturoy.com>

AUGUST '02

- 17-25 BC Trek
see ad in this edition



South Lake Simcoe Rover Round Table:

Monthly Meetings:

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

Nova Scotia

- October RAVE 2001
<<http://boards.eesite.com/board.cgi?boardset=rovers>>
<adverge@attcanada.ca>

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!!!