

# The Canadian Rover, EHI!

December 2001/January 2002



DON'T FORGET...the next deadline is Jan. 1, 2002

# 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



## To contact me

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*A friend of mine, a former Rover Advisor, constantly sends me email. It usually has the joke of the day, but sometimes it's more profound, more like the "thought of the day". His latest submission was really something to think about and I thought I'd share it with you.*

Recently I overheard a father and daughter at the airport in their last moments together.

They had announced her departure and, standing near the security gate, they hugged and he said, "I love you. I wish you enough."

She in turn said, "Daddy, our life together has been more than enough. Your love is all I ever needed. I wish you enough, too, Daddy."

They kissed and she left. He walked over toward the window where I was seated. Standing there I could see he wanted and needed to cry. I tried not to intrude on his privacy, but he welcomed me in by asking, "Did you ever say goodbye to someone knowing it would be forever?"

"Yes, I have," I replied. Saying that brought back memories I had of expressing my love and appreciation for all my Dad had done for me. Recognizing that his days were limited, I took the time to tell him face to face how much he meant to me. So I knew what this man was experiencing.

"Forgive me for asking, but why is this a forever goodbye?" I asked.

"I am old and she lives much too far away. I have challenges ahead, and the reality is, the next trip back will be for my funeral," he said.

"When you were saying goodbye I heard you say, 'I wish you enough.' May I ask what that means?"

He began to smile. "That's a wish that has been handed down from other generations. My parents used to say it to everyone." He paused for a moment and looking up as if trying to remember it in detail, he smiled even more. "When we said 'I wish you enough,' we were wanting the other person to have a life filled with just enough good things to sustain them," he continued and then turning toward me he shared the following as if he were reciting it from memory:

I wish you enough sun to keep your attitude bright.

I wish you enough rain to appreciate the sun more.

I wish you enough happiness to keep your spirit alive.

I wish you enough pain so that the smallest joys in life appear much bigger.

I wish you enough gain to satisfy your wanting.

I wish you enough loss to appreciate all that you possess.

I wish enough "Hello's" to get you through the final "Goodbye".

He then began to sob and walked away.

\* \* \*

I wish you enough.

Keep on Rovering,  
Stan Kowalski Jr.

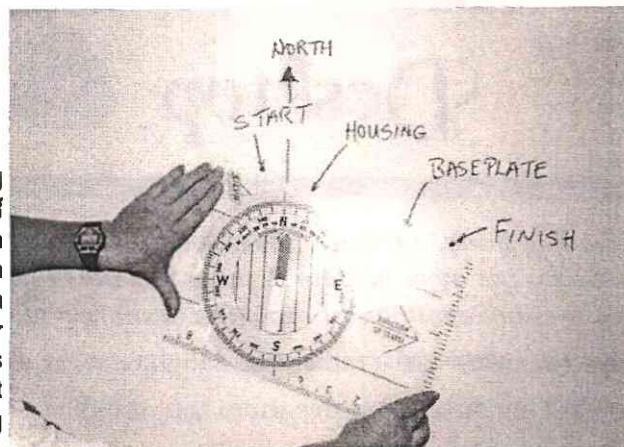


# OUT & ABOUT

Number 15 – “You’re on in 15 minutes, Mr. Warhol”

## Orienteering

In my previous column I blamed our predicament of ending up on a “goat track” during this year’s loaded bicycle tour of Manitoulin Island (when my group selected a dotted line on the map as an alternative road to the one we missed), on falling a sleep during an Orienteering Course. If the truth were known that was a little bit of literary license. I’d never taken a course on Orienteering before. To keep things honest and to protect any group I’m with from roads that turn out to be “goat tracks”, I enrolled in an Orienteering course at Humber College.



The course is part of an Outdoor Education Certificate, which has five required courses: Backpacking, Canoe Camping, Winter Camping, Outdoor Survival and Orienteering. In addition you must complete two elective courses from Rock-Climbing, Weather Forecasting, Wilderness First Aid, and Wild Edibles and Ecology. No goat husbandry, no goat tracks.

## Compass Declination:

Compass Declination is the difference between True North on your map and the Magnetic North your compass indicates. You may ask, “why not use Magnetic North when drawing maps to make everything simple?” The reason is that the Magnetic North and South Poles change every year in their relationship tectonic plates of the continents. The North Magnetic Pole, located north of Victoria Island in Nunavut, has moved northwest 800 km from 1904 to 1980. To use Magnetic North for the gridlines would then mean rotating them every year, rather than simply calculating the approximate change in your compass reading.

“If you live close to the imaginary line that runs from Thunder Bay through Savant Lake, in northern Ontario, northwest through Churchill Manitoba, you’re in luck. Here your compass north is approximately the same as grid north. But if you live east of this line, your compass points off to the west, while west of that line it points off to the east.” Source: Maps 101 from the Centre for Topographic Information, Geomatics Canada, <http://maps.nrcan.gc.ca/maps101/bearings.html>

## Calculating Declination:

You will find within the legend of your topographic map the three things required to calculate the map’s declination. The actual declination amount at the time the map was drawn, the year the map was drawn and the annual change. Example: The Minden (Ontario) topographic map 31 D/15 4<sup>th</sup> edition indicates that Magnetic North is 12 degrees, 51 minutes west of True North at the time of printing which was 1993. It also indicates that Approximate Mean Declination is increasing 3.2 minutes per year since 1993. Armed with this information we can calculate the compass declination as follows: From 2001 to 1993, eight years have passed, therefore 8 years times 3.2 minutes equals 25.6 minutes. We then add the 25.6 minutes that have occurred since the map was printed to the declination at the time the map was printed and the declination becomes 13 degrees 16.6 minutes for the year 2001. The rule of thumb for using the declination is round up to the next degree if you have more than 30 minutes (half of a degree, since there are 60 minutes in one degree) and round down for less than 30 minutes. We are not likely to be concerned with the difference between adding or subtracting of ½ a degree since most compass housings are marked in 2-degree intervals.

You might have asked how do I know when to add and when to subtract? If you’re east of Thunder Bay/Churchill

you have a western declination and you add to go from the map to your compass. The rhyme is Declination West – Compass Best (i.e. usually something is better when it's added too). If you're west of Thunder Bay/Churchill you have an eastern declination and you subtract to go from the map to your compass. The rhyme being Declination East - Compass Least (i.e. usually something is lesser when it's subtracted from). In our example above we have both a western declination and the map indicated that the annual change was increasing, therefore we added both. In some cases there may also be a difference between the grid north (the blue parallel lines on the map) and True North. In the Minden map there's a difference of 1 degree and 35 minutes east, which would have to be subtracted to get True North.

### Taking a Bearing:

Now that we have our declination calculated let's imagine we want to walk cross-country from the Gelert to the Dutch Line on our Minden topographic map. Step 1: align the edge of our base plate of your orienteering compass with the direction of travel arrow pointing from Gelert to the Dutch Line. Step 2: rotate the compass housing until the orienting lines with the housing are parallel to the blue grid lines on the map with the Red North Arrow within the housing pointing north (i.e. the North of the rotating dial on the compass will point to the top of the map). You should get a reading of approximately 176 degrees. Step 3: We take our map reading of 176 degrees add our declination calculation for the map (calculated above) of 13 degrees and our bearing on the compass would be 189 degrees. Consequently if we had a compass reading of 189 degrees from our starting point to a place or object ahead of us we would subtract 13 degrees to go from the compass to the map. Step 4: locate an object in the direction of your bearing and walk toward it. The farther off the object the smaller the error from multiple readings.



### Suggestions on How to Avoid Getting Lost:

In Terry Krautwurst's article Keeping Your Bearings, written for the June 1997 issue of Backpacking magazine, he lists several suggestions for staying found:

- Learn to use a compass – its important to know the different between True North and Magnetic North
- Learn to "see" the territory on a topographical map – remember a map is a two dimensional representation of the real world. Know how to interpret it.
- Use your map and compass before you hit the road – get familiar with using the map and compass together. Lost on a trail to not the time to learn by trial and error.
- At the trailhead orient your map – start visualizing points on the map with what you can see around you immediately
- On the trail keep track of your location – when you cross a stream note where it is on your map.
- Look back often – if your coming back the same way or if you get turned around, be able to recognize where you've been from the reverse direction.
- Cultivate an "inner compass" – be aware of the direction the sun is in terms of the time of day or know the nearby stream runs east to west.
- Most important learn from your mistakes – Horace Kephart wrote: "In the school of the woods, there is no graduation day."

### Update on Hiking vs. Mountain Biking:

The November/December 2001 issue of Explore magazine has an article entitled "Damage control: a new study claims hikers tear up as much trail as bikers" by Mark Reynolds based on a study done by Eden Thurston. Thurston now with the Canadian Wildlife Service, completed a comparison study of damage by hikers and bikers when she was a graduate student in the Botany Department of the University of Guelph. The study, which took place in Boyne Valley Provincial Park near Orangeville, Ontario compared the damage to plants in a controlled

area after 25, 75, 200, and 500 passes by either a hiker or mountain bike rider.

**Conclusion:** "Although she cautions that her research is far from conclusive, Thurston (who now works for the Canadian Wildlife Service) discovered that hiking has as much impact on trail ecology as biking-almost 100 percent of plants on each of the 500-pass trails suffered some damage. It happens quickly too: Most of the damage occurred within the first 25 passes." "Land managers need to be aware that it may not be the user types that are important," she says. "My bottom line is that all recreation users have an impact." p. 22 Explore magazine.

### Further Update on the Trans Canada Trail:

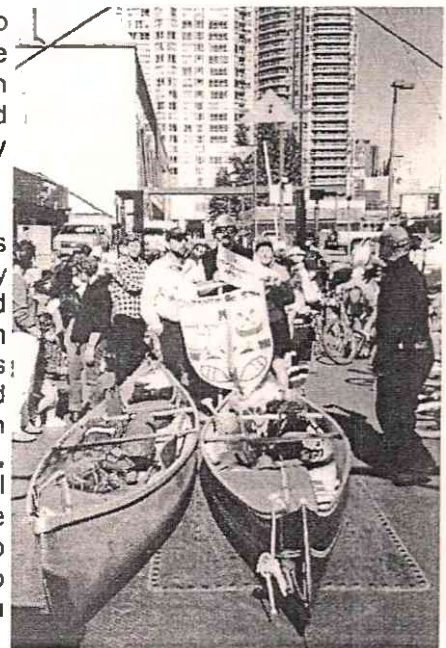
During the month of October, Mountain Equipment Coop, otherwise known as MEC ran a series of guest speakers at its Toronto location on the theme of "trials". On October 18 I caught a slide show whose main speaker was Sue Lebrecht (author of *Mountain Bike Here!* and *I Hate Winter*). Having read and used *Mountain Bike Here!* as a resource for previous articles, it was great hearing from Sue how the book had come together, including antidotes about many of her slides that were photos in her book. To my surprise the underlying theme of her presentation was the conflict growing between hikers and bikers on trail use, the main theme behind my previous column. She told us that as she collected the favourite trails of groups from around southern Ontario and western New York State, they all had to have one thing in common - all the trails she collected for the book had to be **legal** trails. It was important to Sue that she didn't recommend any trails that would increase conflict between mountain bikers and non-mountain bikers.

Those who read my previous column (*Out & About # 14*) might recall that I mentioned that Sue would be putting out the official trail guide to the TCT for the Maritimes. Well first things first, the Spring Launch of Boston Mills Press (expected in May or June of 2002) will feature Sue's TCT trail guide for Newfoundland. The Maritimes guide will follow in the fall of 2002 or spring of 2003.

### Final Thoughts:

In the past our Crew had attended **Moot Moot** on Snake Island in Toronto the usual way - by taking the ferry across and walking to the island. We have even ridden our bikes down to the ferry and taken our bikes across on the ferry. This year it occurred to us that **Moot Moot** is on an island, and what would be the most appropriate way to get there? Of course! By Canoe!

Fresh off our canoe trip while attending **Roman Holiday Moot**, the canoes were still in my backyard looking like they would never get back to my cottage before the snow flies. For those unfamiliar with Toronto's history and geography, it was chosen as a town site because of its natural harbour on Lake Ontario. Toronto's Inner Harbour is created by Centre Island which is a flat horseshoe shaped island whose centre portion is approximately 1 and ½ kilometres from shore and whose arms stretch back to the mainland. On the inside of the horseshoe are several smaller islands: Mugg's, Olympic, South, Snake, and Algonquin, which strung together, create a calm channel for canoeing. In some places as narrow as 50 feet across as at Snake Island and as much as 500 feet across at Long Pond where the Toronto Dragonboat races are held. A great place to introduce canoeing to someone new as we did or a quick canoe trip on a beautiful day when you just don't have the time to drive out of the city.



In short, our Crew had a great time paddling around and between the islands as we participated in the Moot's treasure hunt and photo-scamenger hunt. Thanks to the Moot Staff for putting on a great event.

Kirby McCuaig



# the Photo-Journalist

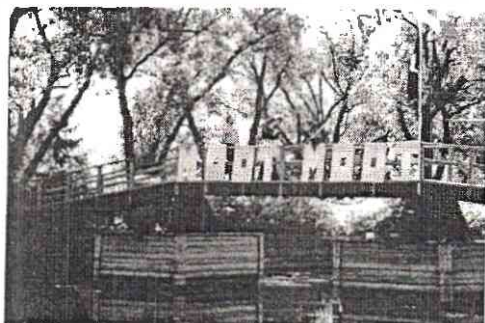


Like to see your name in print, but you can't write an article? How about sharing the highlights of your Rover experiences with the rest of us by sending in picture(s) with appropriate captions. We'll print them and list your name as the contributor..

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 or via email:

<canadian\_rover@hotmail.com>

**NOTE:** If you mail us the actual photographs and you want them returned, please include a self addressed envelope.



**MOOT MOOT 2001**  
 photos by Kirby McCuaig



## World Moot 2000

photo, taken by Jamie Fisher, is from  
 the Alberta Rover Round Table web site,



## CJ 2001

photos, taken by Bridget Greer & Bob Craig,  
 are from the Alberta Rover Round Table



# From the ORC Chair

## Highlights of the September ORC Forum.

On September 29 the Ontario Rover Community tried a little something new. We held a meeting in conjunction with a Moot. Unfortunately the meeting turned out to be more of a forum, one which was not very well attended. There were a few new faces, but only about a dozen people in total. Despite the low numbers, there were still a few items discussed. Of most note were:

1. People would like a better registration system for ORC weekends
  - to know the cost of the next weekend at the current weekend, although that is normally not a problem
  - to be able to pre-register for the next one at the current one
  - those organizing weekends would like to have a better idea of how many people to expect (20-60 is a big range)
  - as an extra to the previous point, it was suggested that a more severe 'penalty' be applied to those who do not pre-register (ie a significant cost difference between pre-registered and not)
2. More discussion about the Provincial Rover Events Calendar as an online one-stop place to see what's happening. Everybody we've spoken with agrees that it's a great idea, now all we have to do is implement it.

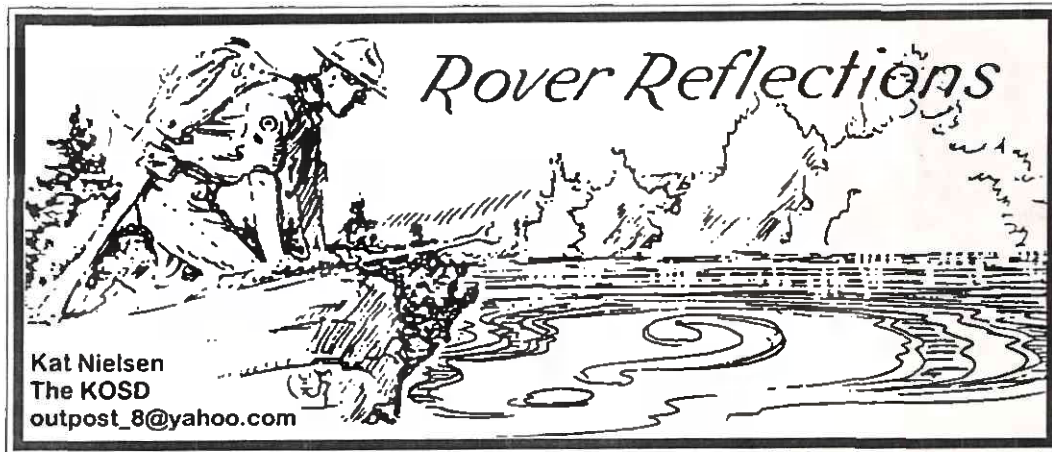
I think that pretty much highlights the 45 minutes or so that we sat around on the grass talking about Rover stuff. Nothing else of much note happened.

The low turnout at the forum/meeting has led us to believe that, although Rovers asked to have it, ORC meetings at Moots isn't going to work out. We will, however, try to have better representation at Moots. That is, we are hoping that members of the ORC Executive and/or Regional Representatives will be able to attend many of the Rover functions that happen around the province to keep in touch with the Rovers we represent. However, we will also continue to hold forums/meetings 5 times a year as an opportunity for Rovers to meet and communicate. **Every Rover in Ontario is a member of the Ontario Rover Community**, so come out and share your ideas with us.

Jeremy Shoup  
Chair - Ontario Rover Community







They say "I'll never forget where I was when I heard". Maybe they're right, the world will never be the same. I remember walking into the Grad House on campus, where I was supposed to meet a colleague for lunch. I walked in, and everyone was focused on the television, so I looked too. I thought they were watching a movie. Then time stopped. "Live on CNN, America Under Attack". It was September 11<sup>th</sup>, 2001 and planes were bombs which were driven into buildings.

Hours passed, and still I watched. Days passed, and still I watched. After several days it was official, the FBI had determined that a Muslim fundamentalist group was involved. Shortly thereafter, Muslims, and those who looked to be of Arab descent, were being attacked in North America, both verbally and physically. There were also attacks on mosques. I was horrified.

And this is when I decided that the world I had known was coming to an end, and a new one was just beginning. I don't know anyone who was in the World Trade Center, or even in New York, but still I grieved, and still I worried about my friends.

So in this column I would like to introduce my friend Hasan, one of those friends I worried about. So, who is Hasan Lalji? I met Hasan several years ago in an anthropology class at the university. He was very smart, and a little inquisitive, and we were part of the same study group. As we spent more time together, something in him caught my attention, and we have been friends ever since.

He is an artist, currently doing design for digital and desktop publishing. He is also a former Rover and Scout. I greatly enjoyed the time I spent with him over the years, and miss his insights now that I have moved away. Hasan has a unique and interesting perspective on the world, and it is always uplifting to talk with him. It is in culture we live, and share ourselves with others. Hasan has been gracious enough to share his ideas and insights with me over the years, and in this article, he would like to share his thoughts about September 11<sup>th</sup> with you. So here are his words:



Hasan Lalji

When I was young, some people corrected me on how to properly pronounce my name. Most of them do not know the Arabic pronunciation. Or even how my family pronounces it, and asking does not occur to them. They are used to hearing the Arabic anglicised, the way it's pronounced by the news media, and on the radio, and in television programmes and the movies – where they are “assured” of their popular (non-Arabic) pronunciation.

On the morning of September 11<sup>th</sup>, the tragic events ripped through my heart. In addition to feeling pain for the World Trade Center's loved-ones, I was concerned for my family, a cousin in Manhattan, and other Muslims in the west. Immediately after the bombing in Oklahoma City, racial and religious profilers were quick to blame Muslims for actions not of their fault. This sort of collective persecution is hushed when the terrorist is a blond blue-eyed religiously motivated American, and the profiler's implications are too sensitive for popular consent (Timothy McVeigh's name and look is not representative of a vulnerable segment of our society or the disadvantaged people sharing this planet). Circumstances are different this time.

Being critical of dehumanising practices is not equivalent to expressing support for those who plan and act violence against other human beings. For example, both sides claim the good (moral) and/or civilized position—that of being closer to God's favour. And in so doing, they imply that the others are somehow less human or even evil. The even-minded, humanistic perspective was the first casualty to follow the 11<sup>th</sup> of September. As a humanist I believe that together—as decent people—we should care for our fellow beings. John Ralston Saul, in *The Unconscious Civilization* explains that “[t]oday's power uses as its primary justification for doing wrong the knowledge possessed by its experts.... Knowledge is more effectively used today to justify wrong being done than to prevent it.” And when the expert's knowledge reduce the humanity of other human beings, either by branding names, undermining their judgement, or estranging their persons, and so on, I worry. Is this sound “reasoning” to continue the cycle of violence? Will this kind of “self-validation” secure a peaceful future? Why don't politicians negotiate equitable solutions to other people's grievances? Sustainable solutions that benefit the whole of humanity (instead of just a portion) would make this world a safer place.

In *The Prophet*, poet philosopher Kahilil Gibran wrote, “I would have you consider your judgement and your appetite even as you would two guests in your house.... Surely you would not honour one guest above the other;



for he who is mindful of one loses the love and faith of both.” Likewise, I can rationalise George Bush and Tony Blair’s actions, but I have Afghani friends who are devastated by what is going on. While western governments, the media, and other dominant cultural institutions manufacture consent for the war in Afghanistan, the death toll rises, and my friends privately shed tears for their children, mothers, sisters, brothers, and fathers at home.

Around the world, more commonalties unite humans than divide us: We are all our parent’s children; most of us have brothers and sisters; and we share practical needs for water, food, shelter, and companionship. Additionally, we all hope, wish or pray for good health, happiness, and security. Sharing experiences with others assures our sanity, allows us to understand different viewpoints, and to reflect on life’s meaning and purpose.

Somewhere a child dies and how many of us think about its family? Someone loses a brother or sister, mother or father, and do we care? Do we first seek the common human understanding, or separate ourselves with different historical or cultural backgrounds? Do we understand them first through humanistic lenses, as living, breathing, caring people, or, after distancing ourselves through political-economic (religious, et cetera) binoculars, as subjects with alien thoughts and lives? Ultimately, does it matter if the dead are Israeli, Palestinian, poor, rich, American or Afghani, of this faith or that? Should we care why our brothers and sisters are fighting, and act on our common interest to stop them from killing each other? It is shameful to cause extreme grief to an other person, or other people, that they must consider suicide to solve their desperation.

Today people are more sensitive about pronouncing my name. We are able to know more about how billions of people are born, pass their time, about their dreams and worries, or even what happens after they depart this world. The courtesy of learning my name is extended to other cultures, learning the ways they understand themselves is as important as knowing how we understand them, and in turn, how they see us. When we come to realise that there is no “them” and “us”, we may conclude that divisions of this sort rarely serve the interests of the whole of humanity.

Now, what exactly am I saying? I believe that thinking in the common human interest, as decent people, will evolve mutual trust and understandings (the international Scouting movement already plays this leadership role). I suggest that we extend it by tempering society’s attitude to better understand other people as human beings worthy of our care and attention. Expressing care for other people ought not to be

confused with support for any form of violence. Just talking about this will get people thinking. Be aware that "us" and "them" dichotomies muzzle other viewpoints, and conceals the true diversity that exists among human beings, and that this is true whether they're over there, at the jamborees, or right in front of you across the dinner table. It is cliché on a global scale: "treat others as you would like to be treated," and "what goes around, comes around."

Love and understanding is a better cycle than suspicion and hate. After all, where would we be without the others to share with? It is much easier for me to use the anglicised version of my name than to correct well-intentioned mispronunciations. Don't let silence be misconstrued for compliance. The most important point I want you to consider is that we are directly responsible for making our children's future a safer place. As the world gets smaller, humanity's hope concentrates. Humanistic answers to world security will not materialise without more voices to make it happen. Asking tough questions, in your conversations, with telephones, electronic and paper mail is easier today than it has ever been. Yet, how many of us do? Reality is changing, in what way is up to *all* of us.

I am grateful to Hasan because he was willing to share his thoughts with us. I would like to elaborate on one of his points. He quotes from John Ralston Saul discussing the use of knowledge produced by experts. As a scholar I study the religions of the world, and the meaning they have for individual people. As part of my work, I discuss these issues. It is my fear that my ideas might be used in the wrong way, used against other people. The path for each person is not only different, but valuable in understanding humanity as a whole.

The more I learn, the more I realize how complicated, and beautiful, this world really is. When we lose a child, humanity loses more than a single life. The world loses a human being, whose potential can be an inspiration, such as Robert Baden-Powell, Ghandi, Martin Luther King, Jr., or one of the "Famous Five", Irene Parlby, Emily Murphy, Nellie McClung, Henrietta Muir Edwards and Louise Crummy McKinney, whose dedication in the 1920's resulted in the identification of women as "persons" under Canadian law for the first time.

So, the world came to an end. It is time to create a new one. What is this new world going to be? It is up to each and every one of us to determine how we will live together in the world. So sit, talk with your crews, do what Hasan suggests, ask tough questions, and look at what you can do to make this a better world for everyone.

Hasan has agreed to respond to anyone who would like to comment about his statement. He can be reached via email at: [artechdesign@lycos.com](mailto:artechdesign@lycos.com)



# 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.

## 20 20 Ways to boost your metabolism, burn more fat and bust plateaus

twenty

20

**M**aybe you've never made a connection between your stair climber and your significant other, but here's an idea to consider: Your relationship with exercise is a lot like a relationship with your significant other. "You go through that honeymoon phase of newness, but that 'in-love' stage lasts only so long," says Daniel Baker, Ph.D., clinical director, Life Enhancement Program at Canyon Ranch Health Resort in Tucson, Ariz. "You get into a groove with your workouts, and then you go stale and need a new way to make the relationship exciting again."

Eventually, the workouts that used to invigorate you instead leave you stuck in a rut. You run those same three miles at your plodding pace. Or you sleepwalk through that same weight machine circuit without developing stronger muscles. Or you faithfully show up for step aerobics but can't seem to lose any more fat.

What's a woman or man to do? Try the solution that works for stagnant personal relationships: "We have to reinvent ourselves," Baker says, "and change our way of doing things." We asked fitness experts for their best tips to bust a plateau, boost your calorie bum and develop more muscle so you rev up your metabolism. Here's what they recommend.

1. **Train for an event**, such as a 10k run or mini-triathlon. The moment you mail your entry fee, you have a new sense of purpose and a concrete goal that will push you to achieve more.
2. **Do a split routine**. If you usually train all of your muscle groups in a single workout session, split up your routine so you work your upper and lower body on different days. "This way, you'll have the time and energy to hit each muscle group harder and longer," says Grace DeSimone, a New York City trainer.
3. **Add hills to your workouts**. For every 2 percent grade increase, you'll burn approximately 25 percent more calories walking. Plus you'll boost your fitness level. Try hill "repeats" once a week.



Find a hill that you can climb in three to five minutes at about 80 percent of your maximum heart rate. Start with two or three repeats and gradually work up to five.

4. **Try periodization**. Every two to four weeks, change your number of sets and repetitions. For example, start with one set of 10-12 reps for two weeks, then do two sets of eight to 10 reps the next two weeks, then three sets of six to eight reps, and then four sets of three to five reps, increasing weight as you decrease reps. Research shows that those who repeatedly perform the same training routine tend to plateau after four to six months. Whereas those who do periodized training, (as described above) keep improving. "Periodized training is a lot more effective and fun," says William Kraemer, Ph.D., director of the Human Performance Laboratory at Ball State University in Muncie, Ind.

5. **Use a heart-monitor to gauge your intensity and your progress.** "Your heart rate is a window to your body," says Edmund Burke, Ph.D., professor and director of the exercise science program at the University of Colorado, Colorado Springs, and editor of *Precision Heart Rate Training* (Human Kinetics, 1998). Let's say you can walk 1 mile in 15 minutes at a heart rate of 135 beats per minute. Six weeks from now, you may be able to cover more ground-say 1.1 miles - in the same amount of time at the same heart rate. You've become fit when you can accomplish more work without putting additional stress on your body.

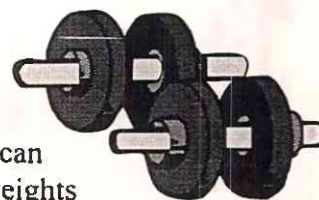
6. **Try "breakdown" training.** After fatiguing your muscles at 10 reps, immediately reduce the weight (by 10-20 percent) and squeeze out two to four more reps. Over eight weeks breakdown training can boost your strength by nearly 40 percent compared to stopping at 10 reps, says Wayne Westcott, Ph.D., fitness research director at Boston's South Shore YMCA. "You have to reach deeper," Westcott says, "since the muscle fibers you normally use are already fatigued. (Only do this for eight weeks, then return to more moderate workouts for four weeks to avoid injury.)"

7. **Add intervals to your cardio workouts.** For one to two workouts per week, alternate 30-60 seconds of high-intensity exercise with three times as much "active" rest. As you become fit, increase the length of your high-intensity intervals and decrease the length of the slower intervals, eventually aiming for a 1:1 hard/easy ratio. For every 1-mph increase in your pace, you will burn about 25 percent more calories. Translation: Walking at 4 mph (a 15-minute-mile pace), a 140-pound woman will burn 270 calories, compared to 216 calories at 3 mph.

8. **Schedule rest into your routine.** "When athletes hit a plateau, they often add more mileage when what they really need is just the opposite: time off," says exercise physiologist Edmund Burke. "Rest is just as important a component of performance as the actual training." Take one or two days off each week.

9. **Use heavier weights.**

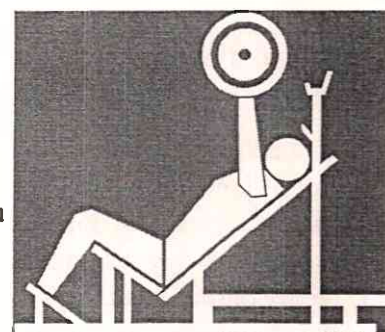
Fearful of bulking up, many women won't lift a dumbbell heavier than a can of diet Coke. But light weights won't do diddly. "Many times people plateau because their muscle is so used to a weight," says fitness researcher Wayne Westcott. If you can easily complete 12 reps, go heavier. "You need to go to the point where you absolutely cannot do another rep," Westcott says. Don't worry: You won't sprout biceps the size of cantaloupes; women don't have enough testosterone.



10. **Keep a training log.** "Write down everything you can - the course, your time, your pace, who you worked out with," says running coach Mindy Solkin. Also note the details of your strength workouts. Then, use your log to see which training patterns and techniques seem to work the best for you and which ones seem to lead to injuries or plateaus.

11. **Try a new jogging or hiking route.** Even the most scenic route can cease to inspire you after a while. "The Grand Canyon is beautiful," says Dan Baker of Canyon Ranch, "but once you have seen it, you might want to check out Yosemite. Or do something as simple as running your regular route in the opposite direction or at a different time of day," Baker says.

12. **For every muscle group, try a different exercise.** When you work your muscles from different angles, you reach different fibers and stimulate more growth. So



instead of doing that same flat-bench dumbbell chest presses you've been doing try performing a chest press on an incline or decline bench. Use a barbell instead of dumbbells. Try the chest fly or cable crossover. For each muscle group, the possibilities are virtually limitless.

13. **Hire a short-term trainer.** In just one or two sessions, a trainer can help determine the cause of



your plateau, such as poor technique. "People will do biceps curls with their elbows resting on their waists, so they're only lifting half the weight," says trainer Camilla Callaway, a spokeswoman for the American Council on Exercise. Or they may lift too quickly, relying on momentum instead of muscle power. A trainer can offer custom-tailored solutions to your problems.

- 14. Get an assist in the weight room.** Set the weight so you reach fatigue on your tenth repetition. Then have a buddy help you eke out an additional three to five reps. "Get just enough assistance so you can complete the repetition," Westcott says. "When you have trouble lowering the weight, you've done enough." Tip: Your assistant should hold the machine or the weight, not your limbs.

- 15. Join a club or team.** Become a member of a bicycling club, a walking group, and a swimming team, a soccer league or another activity-related organization in your area. "Working out with a group encourages competition, which always pushes you to a higher level," says Wes Oishi, a cyclist who works with new riders who join the Velo Club La Grange Westwood, a Los Angeles area bicycle-racing club.



- 16. Slow down.** Take a full 10 seconds to lift the weight and four seconds to lower it. "Superslow" training forces you to rely on muscle strength, not momentum. Over 10 weeks, this can boost your strength 50 percent more than the traditional two seconds up, four seconds down, research suggests. Do one set of four to six repetitions. Just beware: This is an intense, sometimes tedious, technique. Rather than make it a regular part of your routine, try it for a few weeks to give yourself a boost.

- 17. Take a class.** Some of us are so glued to our favorite cardio machine at the gym that we never consider sampling what's going on in the studio. "If you are feeling stagnant on the bike or the elliptical trainer, try a Spinning class," says trainer Grace DeSimone. "When the music is going, the instructor is fired up and you are all in

there sweating together, you push yourself harder. It's more inspiring, and it can be humbling too. You might discover muscles that you never knew you had." If you are already taking classes, try simply switching to a new instructor. Or take a break from your same-old step class and venture into something new, like a cardio kickboxing session, instead.

- 18. Try "pre-exhaust" training.** Challenge each muscle group by first doing an isolation exercise. Then, without resting, do a multi-muscle move that also works your chosen muscle group. For instance, for a killer quad workout, do 10 reps on the leg-extension machine and then a set of 10 reps on the leg press. For your chest muscles, do the pec deck followed by the chest press. For your triceps, do triceps extensions followed by dips. "You'll reach more muscle fibers this way," says Wayne Westcott, Ph.D.

- 19. Try yoga or Pilates.** "These disciplines, force your body to work in new ways that translate well into your existing workout," says trainer Grace DeSimone. For instance, with stronger abdominal and back muscles, you will be able to stabilize your body more effectively when you do a squat and, therefore, you may be able to lift more weight.

- 20. Keep your training goals in plain sight.** Tape your fitness goals to your bathroom mirror or refrigerator, or enter them into your computer screen saver. Glancing at them on a daily basis will keep you inspired to achieve more,

*"Fitness Line", September 2001 – a monthly publication of Harris Healthtrends Incorporated  
Original Source: Shape Magazine, September 2001.*



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# Car Care



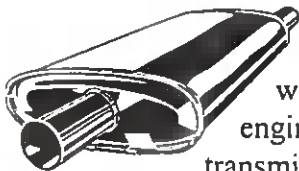
*the following article came from a Rover Advisor of long standing.*

## ONTARIO DRIVE CLEAN

### .....Emissions Testing

Hi fellow Rovers.

I am an emission tester with the Ontario Drive Clean Program. I thought I would give you a better idea of what goes on and what to do if your vehicle fails the Emission test. First of all, you may get a notice from the Ministry when your vehicle license renewal comes due. You will probably have to locate a Drive Clean Facility and book an appointment to have the test done. Your vehicle will receive one of two methods that test your emissions. The first involves driving your vehicle on a dynamometer that simulates a slight grade at 40 kilometers an hour. A probe is inserted into the tail pipe and the exhaust gases sampled. If your vehicle has traction control or all wheel drive that cannot be switched off you will get a two stage idle test. The vehicle is run at 2500 rpm and then returned to an idle. Again the exhaust gases are sampled during the test. If you meet the standards that apply to your vehicle, you will get a form that records the results of the test and records a pass. If you pass, you can get your renewal sticker, from a licensing agency. If you fail you will get the following, 1) the fail form, 2) a pamphlet that gives common causes for the failure and 3) a sheet explaining the conditional pass requirements. During your test at one point your gas cap is tested and if it is leaking will need to be replaced at that time. If you refuse to have it replaced you will have to pay for the test (\$30). and then return with a new gas cap and retest for a \$15. charge. Since most caps are only about \$14 you can save yourself some trouble and let the Inspector replace it during the test if it happens to fail. Don't make the mistake of buying a cap ahead of time as I have found 98% of gas caps pass.



Ahead of your test, check your drive wheel tires for wear bars or exposed cords.

Either of the above will reject your vehicle from testing as will excessive blue, white, or black smoke from either the engine or exhaust. Sometimes valve covers or engine seals allow oil to drip onto hot exhaust pipes and manifolds. Look for dripping transmissions, engines oil, leaking gas lines or rads and hoses. Try to drive the vehicle for at least 45 minutes on a highway. Especially if you do mostly city driving. This will help to clean out emission controls, specifically the catalytic converter. Make sure your oil is clean and check your air filter and PCV valve. If you have Air Injection (AIR), make sure the belts, hoses and pump are working. If the pump is seized and the belt missing you will automatically fail the emission test. However replacement of that system is part of the costs included in the waiver for a Conditional Pass. If there is supposed to be a hot air duct from your exhaust manifold to your air cleaner, make sure it is present. If it is missing you will get a fail for that system. In the case of the air cleaner duct it will not cause you to fail the test if the gases measured are OK during the test. Also make sure all of the hoses are attached to the canister purge system.





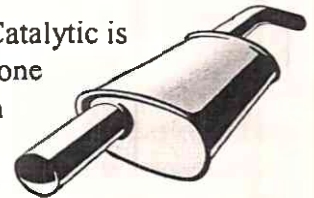
So now you have had your test. Congratulations to you if you passed your test and for driving an environmentally friendly vehicle. If you failed the test, it was because either the HC-hydrocarbons, CO- carbon monoxide or NO-nitrogen oxides readings were too high. You are now faced with three choices.

Your first choice is to fix your vehicle yourself. Second choice is to let your favorite garage repair your vehicle. You need to know that if your vehicle fails on the retest whatever money you spent for parts and labour for either of the above, does not apply to the Government waiver. Depending on where you live the waiver is either \$200 or \$450. Your best choice is to let an Accredited Repair Facility do the diagnostics and recommend the repairs needed on your vehicle. Mechanics at those facilities had to write a very challenging exam to become an Emission repairer. You have to spend up to the waiver limit if repairs can be done within them. If any repair will exceed the limits, you do not have to fix your car. However you must do something that will improve your vehicles emissions if at all possible. On a retest, you will be issued a conditional pass. I have found most cars need at least \$200-\$350 to get them to pass. However the cause of your emission failure could be as inexpensive as replacing a broken vacuum hose.

#### Now a few hints from my experience:

If your vehicle failed on HC and CO you may have a bad O2 sensor. Some cars have more than one. There are other possibilities though. A bad Catalytic converter will also cause this. Also a misfiring spark plug or high tension lead because you have neglected to do a tune up when you should have. Leaky vacuum hoses can also cause the failure.

If you failed because of NO, it means your exhaust is either running too hot or the Catalytic is not doing its job. First place to look for the problem is your EGR valve if you have one and the controls and hoses in that system. A vehicle with a faulty EGR will allow a carbon to build up in the manifold and not allow exhaust gas into the manifold to cool down combustion in the cylinders. You might also remove the valve and see if it is plugged with carbon. A good test is to lift up on the diaphragm. If you can almost stall your engine your manifold is reasonably free of carbon buildup. Also check to see if when you rev the engine the valve opens. On most cars you can see this. Sometimes you will have to load your engine down to see this. **Be careful and do it safely.** Remember some vehicles have digital EGR's controlled by your computer and you cannot do the aforementioned test. If you don't have an EGR, check how hot the engine is running and also fluid levels in the rad. Be careful not to open the rad cap if the car has been running. Instant steam and severe burns would result. Make sure the rad fan is working. Ignition timing can also cause a NO failure. If you have a distributor, check the timing. A lot of cars are equipped with DIS systems controlled by a computer so you cannot adjust timing. Another cause of NO failure is the 3 way Catalytic converter. Now some of those can be expensive. And some vehicles have more than one.



From these clues, I hope you have gained an insight into probable causes of emission failure. If you opt to have a garage do the repairs, by using this as a guide as well as the pamphlet you will be given, you can check and see if you are being had!

If you are considering buying a car, DO AN EMISSION TEST ON IT FIRST. If it does not pass it might cost you as much as \$1000 or more to get it to pass. \$30 is pretty cheap to avoid that!

Russ Kelk  
Rover Advisor  
Kings Own Knights Rover Crew  
1st North Grimsby

# BC TREK 2002

Message from



the Camp Chief

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

Hello Venturers, Rovers, Scouters and friends of Scouting,

Well we finally have accomplished posting everything to our web site to enable all Venturers and Rovers to register for the first Nationally endorsed exciting "Event" for our "Senior Sections". The BC Trek "Team", consisting of members of our **Youth Committee, Rovers and Crispies (old Rovers, over 26) and interested Adults** from around the Council have worked very hard and diligently to put together a experience worth attending for all our youth members. Our youth under the guidance of Robyn Tkatch, Trevor Crosse and Jeff Merry are working with the Youth Committee across Canada to enable us to have **Ruckles and Roundtables (Youth Forum)** that is truly designed by the "Youth" for the "Youth". We have explored around Beautiful British Columbia and assembled some awesome "Excursions". We have four "Hubs" (excursions) that are capably supervised by "HubCaps", with experienced and knowledgeable Staff, to ensure you have a unforgettable experience of a lifetime. **West Coast Challenge, Alpine Extreme, Ropes, Rails and Trails, Sea to Sky and Mountains, Meadows and the Mighty Fraser**, these are some of the **Excursions** that can be yours for the taking! Sound exciting then go to our web site <http://bctrek.com> and sign up today so you will not disappointed because **Your excursion was full and when it's full it's full! Rest and Relaxation** (closing weekend) will allow all the participants and staff to have some time to share their experiences over the past seven days before they depart for home.

This is a brief overview of our planning and I suggest and encourage each of you to explore our web site <http://bctrek.com> to get all the details and register on line for this first time event.

Garry Ness (Camp Chief)  
BC Trek 2002  
<http://bctrek.com>  
[garry\\_ness@telus.net](mailto:garry_ness@telus.net)  
103-3301 Skaha Lake Road  
Penticton, BC V2A 6G6  
1-800-788-7948 (Message)

PS/ I would personally encourage each of you to pass this e-mail to all youth that you know so all will have had the opportunity to visit the web site. We have approximately 400 "Trekkies" signed on to our Web site to receive all updated information as it becomes available, but as you all will agree there are many more who could possibly be unaware of this exciting project. It's up to all of us to encourage the passing of important information to the Youth!

## GENERAL INFORMATION

August 17-25, 2002

Any registered youth member of the World Scout or Guide Movement aged 14-26 in August 2002 can apply to register. Youth 18 and under may participate on their own with the written consent of their parent/guardian. Advisors/Leaders may attend with their youth members. It will be the expectation, as BC Trek is open to individual members not of legal age, that all Advisors/Leaders participating with their youth will help with the responsibility and safety of all youth during the event. All Canadian Advisors must have completed Volunteer Screening.

For the majority of the events and activities, adults will be directly recruited to serve as BC Trek Staff. All Staff will be recruited for specific skills and must be screened in accordance to the Volunteer Screening Policies of Scouts Canada or the policies of other Scout or Guide Organizations. The Screening Procedure for Canadian Scouters will require the submission of two references, one of which must be an adult member of Scouting, and a current clean Police Record Check on file with the person's local Scout Office. The fees for staff will be variable. Full details will be published as they are finalized.

### NOTES FOR INTERNATIONAL REGISTRANTS:

Participants from countries outside of Canada will need to obtain permission from their International Commissioner on the official letterhead of their Scout Association in order to attend and travel. Please mail this letter to the BC-Yukon Provincial Scout Office (see Money Matters for the address).

Participants that require a visa to enter Canada as a visitor are to submit their request for a letter of invitation to attend BC Trek, on the official letterhead of their country, to:

Scouts Canada  
Attention: Mr. Robert Butcher, Executive Director International Relations  
1345 Baseline Road, Ottawa, Ontario, Canada K2C 0A7

For this communication, e-mail is not acceptable.

A full list of the countries requiring a visa can be found on the web at [http://www.cic.gc.ca/english/visit/visas\\_e.html](http://www.cic.gc.ca/english/visit/visas_e.html)

## FORMS AND GUIDELINES

Please carefully and thoroughly read the *Registration Guidelines* before submitting an *Application to Register* for BC Trek.

- To obtain these *Guidelines* and *Application to Register Forms for Youth and Advisors*: log on to the BC Trek Web Site <http://bctrek.com> and click on *Registration Guidelines* and *Forms*. Copies are available at these two sites for downloading.
- If you do not have access to the Internet, please phone the BC-Yukon Provincial Office at 604-420-1111 and request copies. Or, you can fax your request to the BC Trek Registrar at 604-581-8325

## RUCKUS and ROUNDTABLES

Your BC Trek adventure will begin with the "Arrival Ruckus & Roundtables" weekend at the University of British Columbia (UBC). Saturday and Sunday will be filled with many options for all of you Trekkers to meet, mix, participate in roundtables and challenges, and generally have fun as you prepare for the exciting week ahead. Ruckus and Roundtables events will take place throughout the University of British Columbia campus.

Look forward to brainstorming sessions and roundtables on youth, Scouting and community issues and ideas, along with activities designed in a casual "drop-in" format.

All meals will be catered, lots of meeting and conference rooms will be available, and the bedrooms are single rooms in high rise towers. What a great way to meet new friends, take part in youth-driven discussions and have fun!

SIGN-IN BEGINS at 1pm (1300hrs) on August 17, 2002 in the foyer on the main floor of the Gage Tower Complex.

## MONEY MATTERS

### THE BC TREK FEE:

The fee for BC Trek Youth and Advisors/Leaders is in two parts:

- Part 1 The \$395 Basic Fee. This may be paid in 2 installments.
- Part 2 The Excursion Fee. The amount of this fee will depend on the Excursion that is chosen.

### PAYMENT OF FEES:

Fees can be paid by Cheque (check), Money Order or VISA and MASTERCARD.

Cheques (checks) and Money Orders are to be mailed to the BC-Yukon Provincial Scout Office, #35 - 250 Willingdon Avenue, Burnaby, British Columbia, Canada V5C 5E9

### VISA and MASTERCARD:

Phone the Fraser Valley Regional Scout Office during regular office hours at 604-581-5777 and give name, BC Trek Registration Number, charge card number and expiry date.

### FEE SCHEDULE:

November 30, 2001 \$75 non-refundable deposit (a Registration is not official until the Deposit is made.)

March 15, 2002 \$320 + Physical Fitness/Consent Forms + Choice of Excursion.

*Any new registration after March 15, 2002 will require Part 1 payment in full (\$395) at the time of registration.*

May 31, 2002 Excursion Fee is due.

*Any new registration after May 31, 2002 will require payment in full at the time of registration (\$395 + excursion fee) + Physical Fitness/Consent Form + Choice of Excursion*

BC TREK 2002



Rover thru BC  
bctrek.com

## PLEASE NOTE

Excursions cannot be chosen until the Deposit is paid. After that, it is first come, first served.

*Early payments of the \$75 non-refundable Deposit are to be encouraged.*

The Preferred Method for registering is "ON-LINE".  
Log on to [bctrek.com](http://bctrek.com)!  
BC Trek has joined the New Millennium with Electronic Registrations!

## REFUND POLICY

The Refund Policy for Youth, Advisors/Leaders and Staff are outlined in detail on the Registration Guidelines. All requests for refunds must be submitted in writing.

## RUCKUS and RELAXATION

After your high-energy week testing your skills at river rafting, rappelling, mountain biking, or any of the other exciting excursions being offered, this weekend gives you the opportunity to:

- Camp in the trees with soft grassy sites with access to washrooms and "hot" showers.
- Explore nature trails or retreat to quiet wooded surroundings.
- Enjoy the opportunity to challenge your newfound friends to survivor type challenges on the playing field; or get a game together with a bunch of others.
- If you have been too challenged in the excursions then we have some relaxing activities like souvenir chasing, electronic mind boggling challenges or just pig out with junk food --- the choices are yours for the taking.
- Join in and enjoy the evening activities like campfires, Karaoke and the closing ceremonies.
- Gather your memories and dig-in to a hot meal before your departure to the real world on Sunday morning.

bctrek.com

bctrek.com

Excursions ➡➡➡ Excursions ➡➡➡ Excursions ➡➡➡ Excursions ➡➡➡ Excursions ➡➡➡



## Excursions

### SEA TO SKY

Accommodations alternate between a first class chalet at the world famous Whistler Village and an outdoor camp located on the Sea to Sky corridor. Hiking, biking, rock climbing, golf and river rafting program options are being explored, as well as many other activities offered at Whistler. Transportation is by BC Trek Buses.

*FEE is being determined.*

### VANCOUVER ISLAND

Travel on BC Trek Buses and BC Ferries to Vancouver Island. Accommodations will be under canvas. High Adventure Hiking, Rock Climbing, Beach Camps and BBQ's, Whale Watching, Sea Kayaking, Surfing Lessons, Hot Springs, Shopping and touring Victoria are just a few of the options being explored.

*FEE is being determined.*

### VANCOUVER "CITY LIGHTS"

"The Jewel of the Canadian West Coast": The excursion fee will include a sightseeing tour of Vancouver, a bus pass, camping in one of three distinctly different campgrounds, admission to waterslides and breakfast each morning. On a User Pay basis, you decide what you want to do in and around the city of Vancouver, and when you want to do it. Public Transit is your means of transportation.

*FEE is being determined.*

### OKANAGAN

Travel on BC Trek Buses for fun and sun in the Okanagan Valley! "Home" is Camp Boyle near Summerland, and the 24<sup>th</sup> B-P Guild will be preparing some great food! Some local activities will include hiking and fishing. A variety of exciting optional outings are being explored: Bike ride on the famous Kettle Valley Railbed, a 4x4 tour, sailing, tube riding, water slides and many more!

*FEE is being determined.*

### OKANAGAN / FRASER CANYON TOUR

Based out of the Okanagan Hub (above), this trip includes a circle tour starting with traveling along the scenic Hope Princeton Highway, continuing with activities in the sunny Okanagan, and finishing by traveling through the Fraser Canyon (Canada's Grand Canyon!) with rafting on the Mighty Fraser River!

*FEE is being determined.*

### MESSAGE FROM THE CAMP CHIEF

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". The Program people are working hard on using all of the information you "Trekies" have supplied through the web site and our visits to Forums and Roundtables to gather ideas and suggestions. 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 thought about mountain biking, and water sports in the sunny Okanagan? This is just a 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 of your burning questions have not been answered in my message, Trekies, all you have to do is call 250-493-1707 or e-mail [garry\\_ness@telus.net](mailto:garry_ness@telus.net) at any time.

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

Garry Ness (Camp Chief)

### KIT LISTS

Lists of "Things to Bring" will be available closer to the Event. In the meantime, if you have any questions, please e-mail Greg Nicholson [nicholson@telus.net](mailto:nicholson@telus.net) or mail a note to BC Trek, BC-Yukon Provincial Scout Office, #35 - 250 Willingdon Avenue, Burnaby, BC, Canada V5C 5E9

### TRADING POST

A variety of items will be available for purchase prior to the Event and at Ruckus and Relaxation (the Closing Camp). Pre-event, we will be taking orders on-line and will add the costs to your final fee payment. Items ordered and paid for in advance will be in your Tucker Bag which you will get upon arrival at the University of British Columbia.

### Enter to Win a Free Registration – Become a Treky !

(A person who is kept informed about BC Trek)

Log on to the web [www.bc.scouts.ca/bctrekFreeDraw.html](http://www.bc.scouts.ca/bctrekFreeDraw.html) fill in and submit the web form.

*If you don't have access to the Web:*  
fax your Name, Scouting/Guiding Role and full mailing address to the BC Trek Registrar at 604-581-8325 and your name will be entered into the Draw. In addition, a Registration Form and Guidelines will be mailed to you.

### CONTACTS

Garry Ness; Camp Chief [garry\\_ness@telus.net](mailto:garry_ness@telus.net)

Greg Nicholson; Deputy Camp Chief [nicholson@telus.net](mailto:nicholson@telus.net)

Marian Mason; Registrations and Web [m.mason@telus.net](mailto:m.mason@telus.net)  
or by fax 604-581-8325

Don Morse; DCC Program [don\\_morse@hotmail.com](mailto:don_morse@hotmail.com)

Gloria Nicholson; Deputy Registrar and Staff Co-ordinator  
[nicholson@telus.net](mailto:nicholson@telus.net)

Denise Station; Scout Field Executive [dstation@bc.scouts.ca](mailto:dstation@bc.scouts.ca)

This past year we've seen many mergers. Anticipating them could mean excellent market gains. Just recently, Cendant and Galileo announced they will merge. Being an astute investor, we're sharing these these likely mergers with you, so you will know what to expect:

1. XEROX and WURLITZER  
(They're going to make reproductive organs)
2. FAIRCHILD ELECTRONICS and HONEYWELL COMPUTERS  
(The new company will be called Fairwell Honeychild)
3. POLYGRAM RECORDS, WARNER BROTHERS and KEEBLER  
(The new company will be called Poly-Warner-Cracker)
4. W.R.GRACE CO., FULLER BRUSH CO., MARY KAY COSMETICS,  
& HALE BUSINESS SYSTEMS  
(The company will be called Hale, Mary, Fuller, Grace)



5. 3M and GOODYEAR  
(MMM Good)
6. JOHN DEERE and ABITIBI-PRICE  
(Deere Abi)
7. HONEYWELL, IMASCO and HOME OIL  
(Honey, I'm Home)



8. DENISON MINES, ALLIANCE and METAL MINING  
(Mine All Mine)
9. 3M, JC PENNEY and THE METROPOLITAN OPERA COMPANY  
(3 Penney Opera)
10. GREY POUPON and DOCKERS PANTS  
(Poupon Pants)
11. KNOTT'S BERRY FARM and THE NATIONAL ORGANIZATION FOR WOMEN  
(The new company will be called Knott Now)
12. ZIPPO MANUFACTURING, AUDI, DOFASCO and DAKOTA MINING  
(The new company will be called Zip Audi Do-Da)



13. NETSCAPE and YAHOO  
(Net n'Yahoo - the Israeli branch)
14. COORS and BETTY CROCKER  
(Pisquick)
15. Federal Express & United Postal Service  
(Fed-UPS)

The  
Funny  
Bone

# The Funny Bone

## WHO SAYS NEWFIE'S AREN'T REAL BRIGHT??????



"Hello, is this the RCMP?"

"Yes. What do you want?"

"I'm calling to report about my neighbor, Mike Fitzpatric! He is hiding marijuana inside his firewood."

"Thank you very much for the call, sir."

The next day, the RCMP officers descended on Mike's house. They searched the shed where the firewood was kept. Using axes, they busted open every piece of wood but found no marijuana. They swore at Mike and left.

The phone rang at Mike's house.

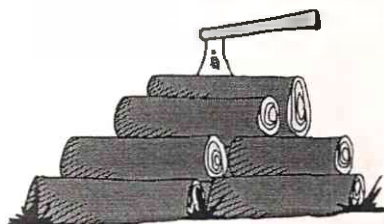
"Hey, Mike! Did the RCMP come?"

"Yeah!"

"Did they chop your firewood?"

"Yep."

"Happy Birthday, Buddy"



## Why God Loves Blondes

A blonde woman named Brandi finds herself in dire trouble. Her business has gone bust and she's in serious financial straits. She's so desperate that she decides to ask God for help.



She begins to pray..."God, please help me. I've lost my business and if I don't get some money I'm going to lose my house as well. Please let me win the lottery. Lotto night comes and she does not win.

Brandi again prays..."God, please let me win the lotto! I've lost my business, my house and now I'm going to lose my car."

Lotto night comes and Brandi still has no luck.

Once again, she prays..."Dear Lord, why have you forsaken me?? I've lost my business, my house, my car. My children are starving. I don't often ask for help, and I have always been a good servant to you.

PLEEEASE just let me win the lotto this one time so I can get my life back in order."



Suddenly, there is a blinding flash of light as the heavens open and Brandi is confronted by the voice of God himself...

"Brandi, work with me on this. Buy a ticket."





# **ROVERING TO SUCCESS AWARD**

The Ontario Rover Community recognizes that each Rover Crew is unique, and that their program reflects the interest and abilities of their members. Not all Rovers are interested in an award scheme, or are able to participate in one that runs during a fixed, consecutive time period.

The Rovering to Success Award is open to every registered Rover in Ontario. It is an individual-oriented award that allows every Rover to participate at their own pace and at their own level. Every possible interest and skill level is accommodated. To earn the award, the Rover sets and completes a goal that is a challenge to them personally. Unlike some awards, a Rover can earn this award more than once. The requirements for each Challenge will be different each time since the Rover has grown since their last application. However, an individual cannot apply for and complete more than one Challenge in a 12-month period, starting the day the application is first received. Only one challenge from each Rover will be honoured at a time. There is no maximum time limit but the award must be completed before the Rover's 27th birthday.

To apply for the award, the Rover submits their challenge to the ORC Awards Committee c/o Provincial Council Office. Rovers will be on their honour to carry out their work as outlined in their application. The application should explain what their goal is, how they will accomplish it, and why it is a challenge for them. The application will also request a reference person who may be contacted if the Awards Committee has any doubts about the extent of the challenge for the individual. This reference may be the Rover's sponsor the Crew, an Advisor, or somebody in the community who knows the Rover. A Challenge may be revised only under extenuating circumstances once it has been submitted, and at the Award Committee's discretion.

As part of the requirement, the Rover must keep and submit a log of their work. The level of detail in the log is left up to the individual, but it should stand on its own to justify why the challenge has been met. The Awards Committee will read the log to determine if the requirements have been satisfied.

When the Rover feels that they have met the challenge that they have set for themselves, they will inform the Awards Committee and submit their log. The Committee will confirm that the requirements have been completed, and will make the formal award presentation at the next earliest opportunity.

Examples of Possible Challenges include:

- Complete a 25 km hike after recovering from a broken leg injury
- Become an accredited trainer with Scouts Canada
- Learn about and experience a different culture

The Award Recognition will consist of two parts. The first time a Rover earns the award, a small pin will be presented that they may wear on the right breast pocket flap of their uniform. As the Rover completes each successful Challenge, they will earn a red ribbon with a gold number on it to indicate the number of completed challenges to date. This ribbon may be worn behind the pin on the uniform, and only the highest-numbered ribbon will be worn. The highest possible numbered ribbon will be 9, since this is the maximum possible Challenges that an individual could complete in their Rovering career.

The Awards Committee will consist of the following people.

- The ORC Vice-Chairperson (Program)- Voting privileges (Elected official)
- The ORC Past Chair - Voting privileges (Elected official)
- One Registered Rover - Voting privileges (Appointed official)

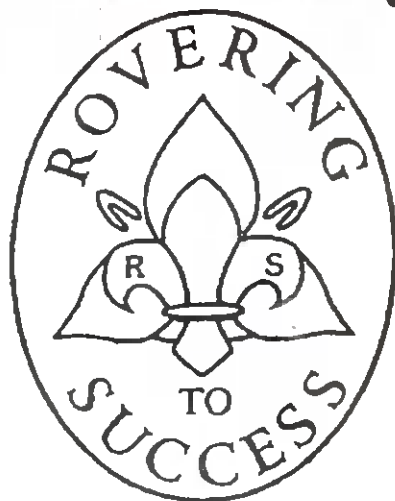
*Names of volunteers will be taken at the September ORC Meeting, and the Executive will appoint one of these Rovers who best meet the criteria specified.*

- The ORC Advisor - No Voting privileges

The criteria for Committee Members will be

- A firm understanding of the Rover Program, the Award scheme, and Scouting
- Willing to commit the time and effort in reviewing the award applications and logs.
- Be able to quickly respond to Award requests
- Diplomatic and people skills.
- Be fair in judging the Award applications

# Rovering To Success Award



The Rovering to Success Award is open to every registered Rover in Ontario. It is an individual-oriented award that allows all Rovers to participate at their own pace and at their own level. Every possible interest and skill level is accommodated.

To earn the award, a Rover must set and complete a goal that is a challenge to them personally. Unlike some awards, a Rover can earn this award more than once. The requirements for each Challenge will be different every time, since the Rover has grown since their last application, and has a new challenge to accomplish. However, an individual may not apply for and complete more than one Challenge in a 12 month period. Also, only one challenge from each Rover will be honoured at a time. There is no maximum time limit, but the award must be completed before the Rover's 27th birthday.

Each Rover must keep and submit a log of their work. Rovers will be on their honour to carry out their work as outlined in their application. The level of detail in the log is left up to the individual, but it should stand on its own to justify why the challenge has been met. When the Rover feels that they have met the challenge, they will inform the Awards Committee and submit their log. Once the Committee confirms that the requirements have been completed a formal award presentation will be made at the earliest opportunity.



Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Fax: \_\_\_\_\_ Phone#: \_\_\_\_\_ E-mail: \_\_\_\_\_  
Crew: \_\_\_\_\_ Region: \_\_\_\_\_  
Age: \_\_\_\_\_ RTS Level: 0 1 2 3 4 5 6 7 8 9  
Occupation (if Student please specify School Name and Grade or Program):  
\_\_\_\_\_  
\_\_\_\_\_

Challenge Description (i.e. What is your Goal? How will you accomplish it?  
Why is it a Challenge for you? Attach a separate sheet if necessary).  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_

Proposed Start Date: \_\_\_\_\_ Proposed End Date: \_\_\_\_\_  
Reference: (to verify challenge's suitability)  
Name: \_\_\_\_\_  
Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Committee Comments:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please Send Applications to:  
Rovering to Success Award  
c/o Ontario Rover Community  
Attention- Vice Chair (Program)  
Scouts Canada, Provincial Council for Ontario  
4141 Young St, Suite 102  
Toronto, ON M29 2A8

or online at:

<[www.orcweb.org/interactive/awards/rts.shtml](http://www.orcweb.org/interactive/awards/rts.shtml)>



## Welcome New Subscribers!

Jeremy Shoup  
1st University of Waterloo Crew  
Kitchener, Ontario

Howard Teal  
1st Holland Landing Black Knights  
Keswick, Ontario

Carrie Chattell  
10th White Rock  
Langley, British Columbia

Mark Winchester  
21st Hamilton Rover Crew  
Hamilton, Ontario

Mike Pembleton  
99th Inner Circle  
London, Ontario

Kevin Dunn  
9th Bramalea  
Mississauga, Ontario

Bill Karam  
2nd Scarborough East Rover Crew  
Scarborough, Ontario

# Announcements, Announcements, Announcements.

### **Staff Wanted for Haliburton Scout**

**Reserve:** Venturers and Rovers are needed at HSR for the summer of 2002. Applications are available by calling 416-490-6364 Extension 233. All applications must be returned by December 31st.

### **Thanks from Camp Lone Cloud**

The Camp Management Board wishes to acknowledge with gratitude, the generosity of Nova Scotia Fisheries and Aquaculture in supporting the construction of docks, ramp and steps at Camp Lone Cloud, now making the island wheel chair accessible.

### **UK Census 2001**

According to this year's census the UK Venturer population has declined 6% from 2000 to 19,254. As in Canada, retention of members from section to section is a major problem in the older sections. UK Scouting points out that if all 14 and 15 year old Scouts joined a Venturer Company, the population would double.

**Send in your announcement  
and have it appear on this  
page in a future edition**

## **Congratulations**

To Andrew Christie of 2nd Oakville and Kevin Moore of 4th Georgetown, Ontario for being awarded Reginald K. Groome Memorial Scholarships from Scouts Canada and Good Luck in where ever your post-secondary school travels take you.

**Congratulations** to Ian Clifford for accepting the position of APC Venturers for the province of British Columbia

**Heading to Britain for College or University?** How about becoming a member of a SSAGO. Many of the schools have a Student Scout and Guide Organization club to continue your association with other members of Scouting and Guiding. For more information check out: < [www.ssago.org.uk](http://www.ssago.org.uk) >

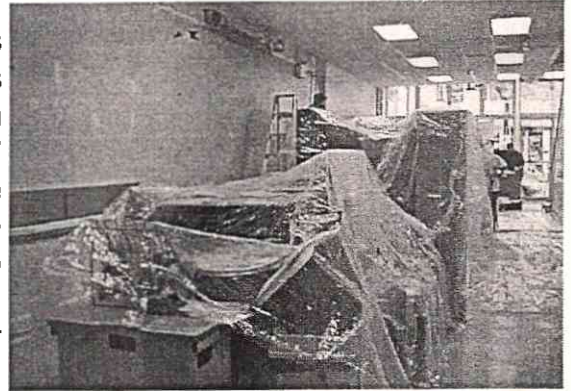
**Send your FREE announcements to:  
The Canadian Rover Eh!  
844 Fredrick St  
Kitchener, Ontario, N2B 2B8**

or

[canadian\\_rover@hotmail.com](mailto:canadian_rover@hotmail.com)

# A RE"QUEST" FOR SERVICE

I invite other companies and crews to use this column's banner to inform our readers of the service projects they've done. I hope that these examples will spur on other groups to perform service in their community and thus to carry out the Rover Motto of **Service**. Some service projects can be simply the joe-jobs no one else wants to do, others bring a sense of accomplishment to those involved in the planning and execution. Send us a report on what you've done and help spread ideas for great service projects.



One of the recommendations I made in "Out & About" #8 under the topic: Building Your Crew's Resume was to: "Combine your Crew with other service groups. Share the limelight on the big-ticket projects in your community rather than attempting everything on your own." Our crew has been able to do just that, through partnering up the Board of Trade Young Professionals when we have taken part in their **Fall Fix-Up** events.

Traditionally the Board of Trade Young Professionals (of Toronto) have been sprucing up different hostels in Toronto with a new coat of paint for years. Last year began a new trend for the event as they invited our crew, 3<sup>rd</sup> Newtonbrook, and the Jaycees of Greensboro, North Carolina. This year 25 people were involved in the event from three groups, the Board of Trade Young Professionals, the Metro Toronto Jaycees and our crew.

This year's Fall Fix-Up was held at the Evangel Hall on 573 Queen Street West in downtown Toronto. The hall has been serving disadvantaged people in the inner city since 1913. It specializes in programmes aimed at the homeless such as its Adult Drop-In, which provides a safe, welcoming, helpful environment for the homeless. Its Food and Nutrition programme provides up to 150 meals per day for those on the street (working in conjunction with the Adult Drop-In programme). And the Youth programme that aims to provide a safe supportive environment for youth



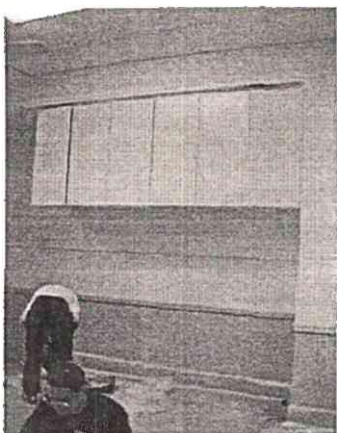
between 13 and 19 years of age, in which to develop self esteem and caring relationships and to improve academic and employment skills.

The Evangel Hall has also developed partnerships with other social agencies and groups including Alcoholics Anonymous, Alex Wilson Community Garden, Corrections Canada, Second Harvest, Narcotics Anonymous, and Out of the Cold Program to name a few. For more information check out their website at [www.evangelhall.com](http://www.evangelhall.com)



I can't recommend joint projects strongly enough for every Crew or Company. They improve the size and scope of service projects your





group can accomplish. They provide networking for you and your crew and thus produce new contacts, new resources, new projects, new friends and just possibly new members. Our crew and its members benefited in three ways from joining this year's Fall Fix-Up. We were able to provide service to our community by helping make the Hall a little nicer for those requiring its services. We made a new contact, the Metro Toronto Jaycees, who we may later join in a project to feed people living on the streets of Toronto later this year. Finally we joined the other two



groups at party at Montana's later that evening to celebrate the successful conclusion of another Fall Fix-Up.

On behalf of the Evangel Hall, the Board of Trade Young Professionals, the Metro Toronto Jaycees, and 3<sup>rd</sup> Newtonbrook Rovers, I would like to thank the following companies. Para Paints for supplying the paint for the project. Burman and Fellows Group Inc. for providing funding for painting supplies purchased. Canadian Tire for supplying masking tape, Polyfilla and rubber gloves. Druxy's for supplying sandwiches and pop for lunch. Loblaws for providing chips and cookies for snacks. Pizazz Promotions for providing matching Fall Fix-Up baseball caps for the entire group of participants. Without product donations from companies like these, this service project would not be possible.

A final thank you to **Kathleen Wong** of the Board of Trade Young Professionals, this year's Fall Fix-Up Chair, for including our crew in this great service project. We had fun doing it and felt great afterwards for having contributed to our community.



## RE"QUESTS" for Service

**PJ'03 Pacific Challenge** is looking for Offers of Service from Venturers, Rovers and Adults as staff for the July 5 to 11, 2003 event for British Columbia Scouts. It will be held at Camp Byng, Sunshine Coast, B.C. For further information or to volunteer e-mail Bob Gourley (Camp Chief) at [rgourley@montship.com](mailto:rgourley@montship.com)

**Mix and Fix Weekend** at Camp Gardner and Camp Apisitoke, Chinook Region of Southern-Central Alberta is scheduled for May 17-20, 2002. For more information contact Bob Schwanzenberger at (604) 283-4993 or [bschwart@chinook.scouts.ca](mailto:bschwart@chinook.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, or 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@shaw.com](mailto:afwilcox@shaw.com)

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.*

## **A RE"QUEST" FOR SERVICE**

Scouts Canada Ontario Gilwell Reunion  
Accommodations and First Aid  
Glenda Scott  
16 Rosscowan Crescent  
Scarborough, Ontario  
M1W 1K6

September 13, 2001

Jerry Crawford  
Group Chair  
1<sup>st</sup> Downsview  
1<sup>st</sup> Scarborough  
Toronto EMS Medical Venturers and Rovers  
4330 Dufferin Street  
Downsview, Ontario  
M3H 5R9

Dear Sir,

We were very pleased with the services and deportment of the Rovers and Venturers who assisted in providing First Aid at the 50<sup>th</sup> Annual Gilwell Reunion at Blue Springs Reserve last weekend.

With approximately 2000 Scouters in attendance, many of whom elderly, these young men and women gained valuable experience and provided superb service in tandem with the St. John's personnel we usually have.

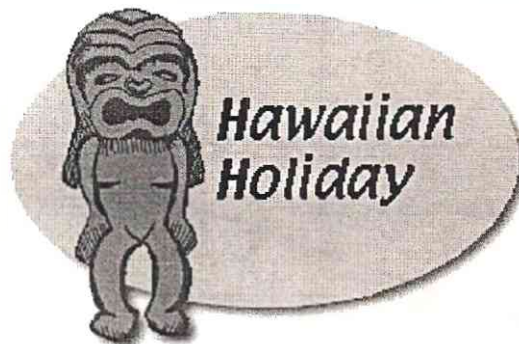
As a showcase opportunity for the MedVent program, the weekend was a success and I hope we can have your services at future reunions.

Sincerely

Glenda E. Scott  
Accommodations and First Aid  
For the Ontario Gilwell Reunion Committee

*Another example of doing service to the community. In this case the community in question is made of current and formerly active Scouters attending the 50th Ontario Gilwell Reunion at Blue Springs Scout Reserve.*

# ROVER MOOT 2002



(Once again, a moot for Rovers only!)

July 26<sup>th</sup> – 28<sup>th</sup>, 2002  
Langley Scout Park, Peterborough, ON

## Events Include:

Surfing  
"Escape the Lava" Obstacle Course  
Bring Your Own Active Volcano and Win  
Saturday Night Luau (Campfire)  
Best Lei Competition  
Best Coconut Creation  
And Much More

Come in costume, double your fun! There will be a costume contest at the Saturday Night Luau

Cost: \$16.00  
25% Pre-Registration Discount  
(For the math impaired, that's \$12)

Pre-Registration Date: Monday, July 1st, 2002  
Pre Registration guarantees you a Lei

Come out and have a great time at the Rovers Only moot!

## Registration Contacts:

Kevin Dunn  
905-278-4518 (home)  
416-819-4518 (Cell)  
[kdunn@softhome.net](mailto:kdunn@softhome.net)

Erin Slingerland  
519-821-7290  
[babsbunnyv@excite.ca](mailto:babsbunnyv@excite.ca)



### The All Important Directions

IF YOU HAVE ANY QUESTIONS, PLEASE CALL IN ADVANCE!  
WE'D RATHER YOU FOUND US THAN GET LOST.

#### Written Instructions:

Take the 115 till you see the exit for highway 7A north to Lindsay, Fowlers Corners.

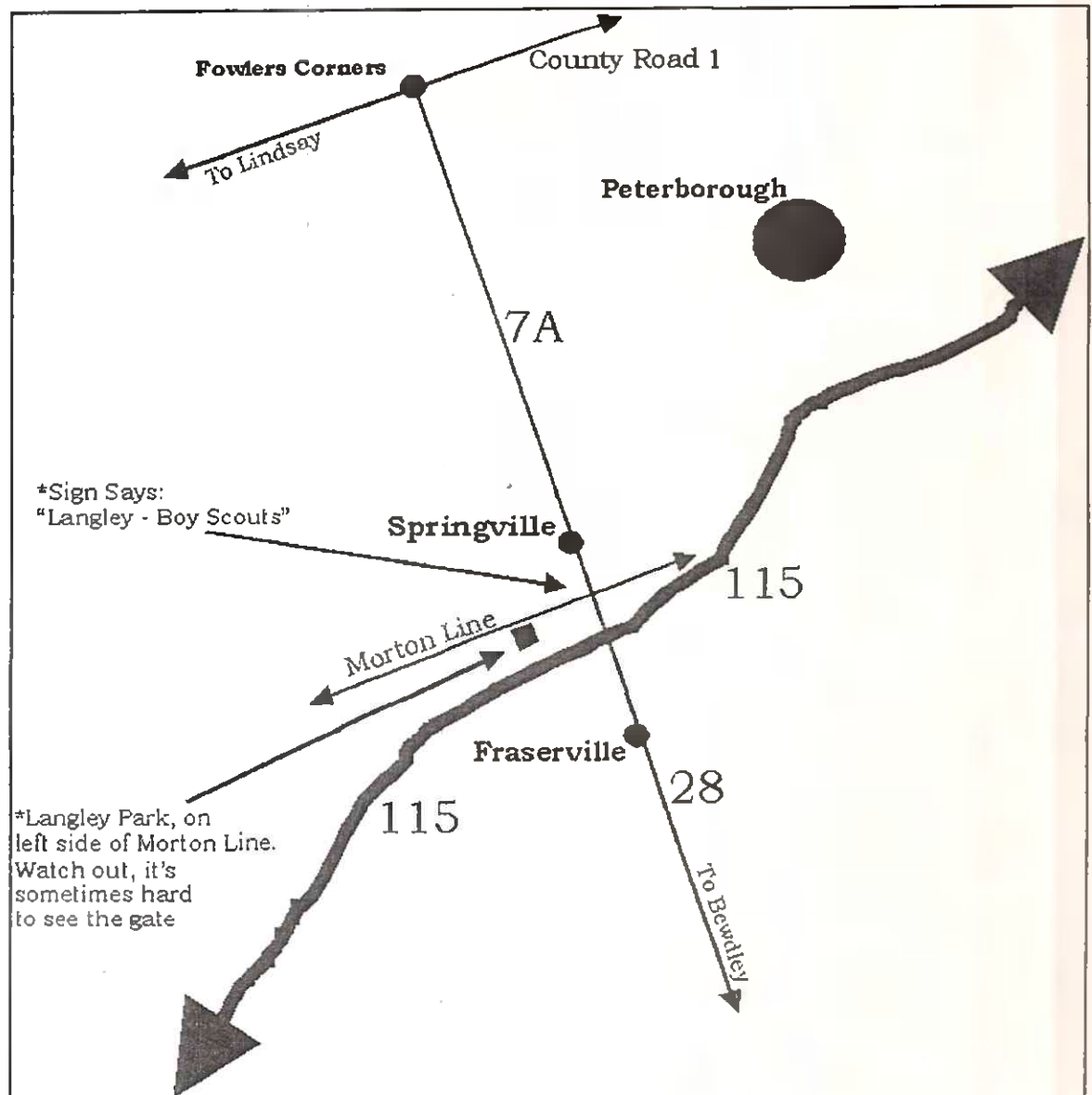
Take the exit and follow 7A toward Fowlers Corners.

Turn left onto Morton Line (not very far from the highway).

There is a sign that says: "Langley, Boy Scouts"

The camp is on the left, be careful, it's sometimes hard to see the gate.

If you hit the railway tracks, you've gone too far! There will be signs posted.



If you hit Springville or Fowlers Corners, you've missed Morton Line, turn around and come back.

If you hit Fraserville, you turned the wrong direction off the 115 – don't worry, you're still ok! Just turn around cross the 115 and look for Morton Line.

ONCE AGAIN, IF YOU HAVE ANY QUESTIONS ABOUT THESE DIRECTIONS EITHER BEFORE LEAVING HOME OR WHILE ON ROUTE, PLEASE CALL 416-819-4518



# the ORC 2001 Conference Report

## A Weekend of Remembrance

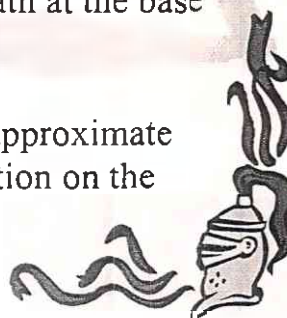
It was a weekend of remembrance when the Rovers of the ORC descended upon Kingston for the 7<sup>th</sup> annual ORC Conference. This year the Conference was run by the Voyageur Region Rover Round Table. The main focuses of the weekend's sessions were centered on History & Technology. The morning sessions were split up into 3 groups: Genealogy, Personal Data Assistants, and Television. The groups joined together for a session on History of Scouting (Books & Collectibles),

The afternoon was time for a walking historical tour of Kingston. First on the list a bit of the history of the city hall then on to the Shipyard dry-dock, Then on again for the Steamworks. Finally it was on the Kingston Penitentiary, to finish the tour with a Photo of the Group on the front steps of the now deserted Kingston Penitentiary for Women. We all returned to the Church hall for the Meeting, Followed by a wonderful home cooked stir-fry dinner.

On Sunday morning we cleared out of the hall by 8am it was on to Selby Hall for the continental breakfast. After breakfast it was on to the Kingston Cenotaph for the Kingston City Remembrance Day Ceremonies. Where the ORC Chair Jeremy Shoup assisted by ORC Vice-Chair Promotions Mike Pembleton participated in the ceremony by laying a wreath at the base of the Cenotaph.

All in all, the weekend was a complete success with an approximate attendance of 35 Rover and Advisors. For more information on the ORC visit our *NEW* Website at [www.orcweb.org](http://www.orcweb.org)

*Mike Pembleton-ORC Vice-Chair Promotions*





The ORC

# K-Town Konference 2001

photos by Neil Looby  
and  
Ryan "Jynx" Jenkins



Russ Kelk  
presenting  
Bob Lewis of the  
1st Mt. Hope  
Rovers with his  
Beads  
and Gilwell  
Neckerchief

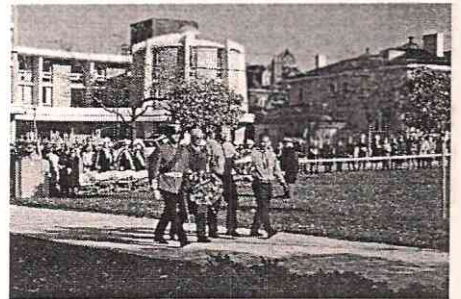
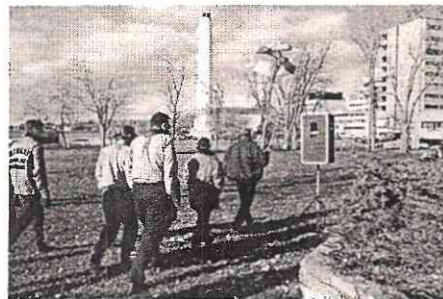
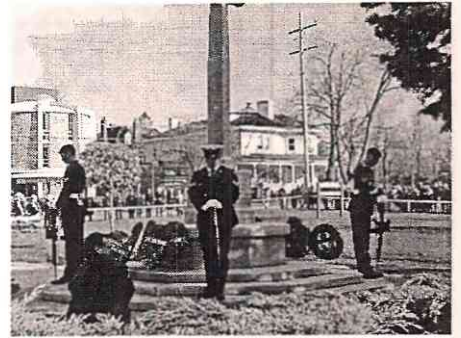




# The ORC K-Town Konference 2001

*photos by Neil Looby  
and  
Ryan "Jynx" Jenkins*

## Remembrance Day Ceremonies



# TEAM BEDLAM PRODUCTIONS PRESENT

## THE ROVER PROMOTIONAL VIDEO

November 2001 Update

Greeting to all Rovers past and Present. The Rover Promotional Video is coming along. I've received many pictures and videos from Ontario Rovers. I am hoping to make the video reflect Rovers across Canada but I can't do this without more 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. We want to see the moments that make Rovering special to you.

We are also looking for original music to put in the video. All you aspiring singer/songwriters take note. This is your chance to get Canada wide exposure. We are looking for both Instrumental and lyrical songs that reflect the lifestyle of Rovering.

We also would like to know why you joined Rovering and what makes it Special to you.

We would also welcome any ideas for things you would like to see covered in the video

If you know of any Rover webpages with photo galleries that I might be able to use then let me know.

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 4314844

NOTE: All submissions become the property of Team Bedlam and permission to use is assumed unless otherwise mentioned.



# Rovers in Alberta? Of Course!



**H**ello! It's Pamela McMillan with the 187<sup>th</sup> Excalibur Rovers from Edmonton. Here is the news from Alberta Rovers.

We just finished off our annual camp called E-Vent that brings together Ventures and Rovers from across Alberta. The camp is run and organized by one crew that picks a theme and activities related to that theme. Participants are split into groups and compete in different activities. The camp this year was held in Camp Impesa near Lethbridge Alberta. There were about 40 participants from Edmonton, Calgary and Lethbridge. The theme was MASH and the activities included: code break, stretcher obstacle course, orienteering and target practice using paintballs. A good time was had by all.

On the service front over the next few months my crew is planning on doing some service for the Christmas season by dressing up as elves at an inner city event. Also, talks of participating in Operation Red Nose have been undertaken. Operation Red Nose is an organization that drives people home in their own cars when they are drunk for free. We are also planning on having a camp in which the rovers will be teaching our scouts how to build quinzees.

As for activities, our crew is planning on going backcountry skiing. An activity where you go up into the mountains and hike up slopes with skins and ski down. We will have to take an avalanche type-training course where we will learn to recognize where crevasses will be and how to use transeverses. We also plan to make several trips out to our cabin called "The Den" and do repair work and just to relax. We will be the hosts of the next ARRT Meeting. ARRT meetings happen twice a year. The Rovers from across Alberta get together and discuss what everyone has been up to and various other issues.

Well that is about all I have to report for now. Seasons Greetings and Happy Rovering.



**YOU'RE INVITED TOTHE...**

# **JANUARY ORC MEETING!!!**

---

Come join us and discover  
interesting facts and secrets  
about the

**University of Waterloo!**

Also, see what you can create with  
**Lego™!**

**Date: January 11th—13th, 2002**

---

**COST**

**\$12.00**

Breakfast on Saturday and  
Sunday will be provided  
as well as dinner on  
Saturday. Participants are  
encouraged to visit the  
local eateries for lunch.

Please bring your warm clothes because we will be outside!

For up to date information, directions, schedule changes, and contacts please check out our website:

[www.bigfoot.com/~uw\\_rovers/ORC](http://www.bigfoot.com/~uw_rovers/ORC)

or please contact:

Janet Kubisewsky

Phone: 519-722-6192 Email: [uw\\_rovers@bigfoot.com](mailto:uw_rovers@bigfoot.com)



Hosted by: Atironta Region and the  
University of Waterloo Rover Crew



You are invited to...

# SNOW MOOT 2002

15-17 February - Mt. Nemo Scout Camp Burlington, Ontario.  
\$12 pre-registered or \$15 at the gate.  
Participants should be over 16!

**The Biggest Moot in Canada!\***

For more details check out [www.snowmoot.cjb.net](http://www.snowmoot.cjb.net)

Email us: [snowmoot@canada.com](mailto:snowmoot@canada.com)

Come meet all your Moot Friends.  
Participate in crazy Friday night games  
Come prepared to get chilled in the POLAR DIP  
Rev. your engines for the ever popular Car Tour.  
The Tuck Shop will be open all weekend for meals, snack food  
and souvenirs!

Brought to you by the [Hamilton Rover Round Table](#)

**P.S. We promise snow in the forecast!**

# WE'VE been to the Snow Moot? Have YOU?





# WE'VE been to the Snow Moot? Have YOU?



# PHILOSOPHY FROM THE LATE CHARLES SCHULZ

This puts things in proper perspective.

Take this quiz:

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America contest.
4. Name ten people who have won the Nobel or Pulitzer prize.
5. Name the last half dozen Academy Award winners for best actor and actress.
6. Name the last decade's worth of World Series winners.

How did you do?

The point is, none of us remember the headliners of yesterday. These are no second-rate achievers. They are the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolade and certificates are buried with their owners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.
6. Name half a dozen heroes whose stories have inspired you.

Easier? The lesson?

The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones that care.

Pass this on to those people who have made a difference in your life.

And don't worry about the world coming to an end today. It's already tomorrow in Australia.

## UPCOMING EVENTS

## International Events

### DECEMBER '01

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

### MARCH '02

28-April 1 Wellymoot 2002  
Brookfield Outdoor Education Centre  
Wellington, New Zealand  
<wellymoot@yahoo.nz>

### JUNE '02

1 Nymboida Challenge  
Nymboida Canoe Centre  
New South Wales, Australia  
<nswrovers@email.com>

9-15 23<sup>rd</sup> World Conference of International  
Scout and Guide Fellowship  
U of BC  
Vancouver, BC

### JULY '02

5-7 Dragnet 2002  
Cumbria, Lake District, England  
<post@dragnet.org.uk>

8-11 8th World Youth Forum  
Metsovo, Epirus, Greece

### JULY/AUGUST '02

Explorer Belt - Poland  
UK contingent contact:  
<chris.noble@polandnetwork.org.uk>

### 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

## BRITISH COLUMBIA

*January 18-20, 2002*

Rover Basic & Rover Advisor Basic (Part I)  
Camp McLean; Langley, BC

*Contact: Fraser Valley Region Scout Office (604)581-5777  
or <koverchuk@wcteltech.net>*

*Jan 18-20; Feb 22-24; Apr 12-14, 2002*

Company & Crew Part II

Fraser Valley Region  
Erickson House, Camp McLean  
Langley, BC

*Contact: Fraser Valley Region Scout Office (604)581-5777*

## GREATER TORONTO REGION

*November 23-24, 2002*

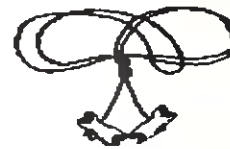
OR

*November 22-23, 2003*

Crew Woodbadge Part I  
Scout House  
Greater Toronto Region  
Ontario

*January 26, 2002*

GTR Scouter's Conference  
Centennial College  
Toronto, ON



*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*

## NOVA SCOTIA

*November 2-4*

Scouter's Conference 2001  
Yarmouth, NS  
<boulilier@ns.scouts.ca>

## NEWFOUNDLAND

*November 16-20, 2001*

Venturer Part I  
Northeast Avalon Region  
Waterford Hospital  
St. John's, Newfoundland  
(705)368-9855

## ONTARIO

October 12-14; *1st Session-Done*

October 26-28; *2nd Session-Done*

November 9-11

Part II All Sections  
Blue Springs Scout Reserve  
3rd Session Acton, ON  
(519)795-7249



## Quebec

*April 6-7, 2002*

Rover Part I  
Scout HQ; Dorval, PQ

<info@qc.scouts.ca>

# UPCOMING EVENTS



# UPCOMING EVENTS

## NOVEMBER

- 9-11 Event 2001  
Camp Impeesa  
Beaver Mines, Alberta  
<icca@earthling.net>



## DECEMBER

- 21 the Christmas Tea Party 2001  
Location TBA  
WET Dance - FREE  
Jason: (416)402-1651  
<teaparty@sonicboommoot.com>  
web site:  
<www.jboyweb.com/christmasteaparty>

## FEBRUARY '02

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



## MARCH '02

- 1-3 16th Annual Club Med Moot  
(WET MOOT)  
Rawdon, Quebec  
Christina: (450)653-1815  
<themissinglinkrc@hotmail.com>  
web site:  
<www.geocities.com/Yosemite/Rapids/8544>

## ORC Events:

- 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  
July 26-28 Rover Moot  
Langley Scout Park  
Peterborough, ON  
for details on any of these:  
<orcweb@bigfoot.com>  
web site:  
<www.orcweb.org>

## MAY '02

- ???? 11th Annual Looney Tunes Moot  
Blue Heron Site  
Blue Springs Scout Camp  
Acton, ON  
Mike: (905)510-1293

- 11 JOTT (Jamboree On The Trail)  
Where ever you want to go  
web site:  
<www.jott.org>

- 24-24 5th Markham's New Venture  
Markham, ON  
FREE CAR (????)  
Mark: (9905)472-MARK  
<djmark@bigfoot.com>



## JUNE '02

- 14 Yuk Yuk's Comedy Night  
Pas Philos Rover Crew  
Legion Hall  
Aurora, ON  
<luni\_bare@hotmail.com>

## JULY '02

- 12-14 Ancient Moot  
Lion's Park  
Burford, ON  
<powwil@execulink.com>
- 12-14 JAMBEC 2002  
Scouts & Venturers  
Camp Tamaracouta  
Milles Isles, PQ  
<www.welcome.to/jambec2002>

## AUGUST '02

- 17-25 BC Trek  
*see ad in this edition*

## SEPTEMBER '02

- 27-29 Moot Moot 2002  
Snake Island  
Toronto, ON



## South Lake Simcoe Rover Round Table:

### Monthly Meetings:

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

**MORE INSIDE !!!!**

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

**IT'S FREE!!!**