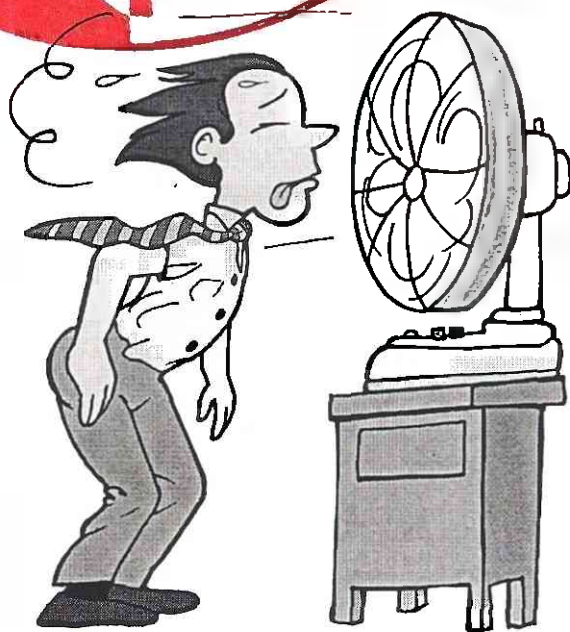


The Canadian Rover, EHI!

June/July 2001



DON'T FORGET...the next deadline is July 1, 2001

The Canadian Rover EH!

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Ben Noseworthy

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

Send Submissions to:

The Canadian Rover EH!
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canadian_rover@hotmail.com

Questions ? Problems ? contact:

Ben Noseworthy - (519)747-7000 ext. 6109

< < < < or at our e-mail address

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

Advertising Rates

Rates for the Scouting and Guiding movement are as follows:

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From the Editor's Desktop



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You've probably heard the statement "you can't teach an old dog new tricks" quite a few times, and accepted it as the truth simply because "everbody says so".

Not being a dog owner myself (neither old dog nor young dog), I can't comment from personal experience, but listening to friends, relatives and neighbors, I believe that the relationship between the dog and the owner makes a difference. If the dog loves and trusts the owner, even old dogs will make the effort to learn something new.

It's the same with people. If you're in a situation where you want to make a good impression with somebody you care about, you make the effort to do something the other person enjoys.

On this level, ye olde editor (hereafter known as "the old guy") can relate. When my oldest son decided he was going to become a computer expert way back in the dark ages of computing, I began reading articles and paying attention in the background when the topic of computers came up. I didn't become an expert, but I learned enough to have conversations with him about his field of expertise. I reasoned that was only fair, because while he was growing up, he put up with "the old guy" as the expert, right?

Pretty soon, this old dog learned quite a bit about personal computers. I can even turn mine on and off by myself (honest). I can even curse at Bill Gates, Microsoft and the "Windows" operating system with the best of them (that's one thing my son and I don't agree on). I've even learned enough to do the layout work for this magazine on my computer, not to mention keeping in touch with the other members of the staff and our contributors by sending and receiving email (gasp, it's true).

Of course, none of this happened overnight. it's been a l-o-o-o-o-n-g struggle (I did say I was "the old guy", right?), but little by little I did learn what to do when "Windows" crashed (call my son, what else?). I learned the hard way - save your work often so that system crashes don't wipe out hours of painstaking details.

I'm proud of myself. I've come through a mid-life crises (learning new technology when you're an "old guy" IS a crises) and survived. My five year-old grandson even lets me play his computer games with him (when he's in a good mood), but he gets frustrated when I can't reach the same level that he can. Oh, Well!!! Practice, practice, practice.

Right now the five year-old's seven year-old cousin is trying to teach me what I'm doing wrong when I try to program my VCR. Maybe I can learn how to do that before I retire... ..or maybe I won't be able to retire because I can't program the VCR... ..whichever comes first!

The moral of this story is that if an old stuck-in-a-rut kind of guy like me can learn new technology to be able to converse with his son, all you young Rovers shouldn't close your minds when something comes along that you feel is b-o-r-i-n-g. Guess what, someday it could be a means of communicating with "an old guy". NAH - that would be boring, right?

Keep on Rovering,
Stan Kowalski Jr.

Rovers in Alberta? Of Course!



Well, there's been no big Rover activities here in Alberta since it's finals time and all. So, I'd like to talk about a new initiative the Alberta Rover Round Table has undertaken. ARRT has begun a service they are calling the ARRT-RT, or the Alberta Rover Round Table Resource Team. I think this is a great idea! They have created a list of people, updated regularly, who can be contacted on any Rovering matter. It is composed of the Mate of ARRT, a youth representative from each region, as well as any interested and available Advisors. This should be a great resource to new crews and to Rovers coming to the province for the first time. They can also provide training, since I noticed that the advisors involved are all trainers. I'm not going to publish their personal information, if you want it, you can contact me. However, I would like to thank these dedicated individuals. So, a great big thanks goes out to Adrienne Clay (Mate of ARRT), Chad Bolster (Northern Lights Region Rep), Will Conners (Chinook Region Rep), Smoke Blacklock (Advisor), Jody Ziegler (Advisor), and Wayne Gosche (Advisor). Your dedication and service to Rovering is greatly appreciated!

A point of housekeeping: the new ARRT webpage address is:
<<http://welcome.to/albertarovers>>

Some Recent Events:

The ARRT weekend — May 5th and 6th. A social was held on the evening of May 5th and the ARRT meeting was held in the morning of May 6th at the 14th Service Battalion, Calgary by The Knights of Cerberus

JOTT — Jamboree on the Trail — Not Just an Alberta Event! Hiking on your local trails with thousands of Scouts around the world! Hope to see you there! <jott.org> or <canada-west@jott.org> Let me know what you guys did!

The BC/AB Moot — May long weekend, held 1 hour outside Invermere, BC.

Upcoming Events:

July: CJ'01 - PEI

September long-weekend: Alberta Rover Moot, North Ghost Recreational Area (most likely), hosted by the Knights of Amikeco. More info? contact Sherrie at <slschrei@ucalgary.ca>

November: E-vent 2001 — Camp Impeesa — near Pincher Creek, AB, hosted by the Knights of the WestWind

Finally: Due to a transit strike, I couldn't get these photos scanned in time for the last issue, so here they are. Enjoy.

Happy Rambling,
Kat Nielsen
The KOSD
outpost_8@yahoo.com

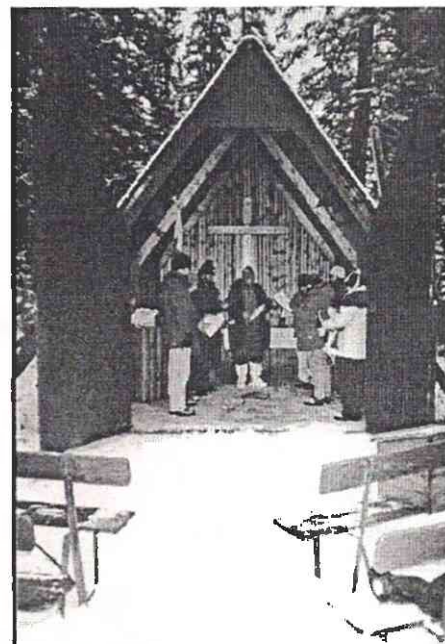
Alberta's Rover Scrapbook

"Boot Party" for Sherrie Schreiber



Sherrie Schreiber

After the Ceremony
l to r
Gerald Bizot (The KOSD)
Henry Schreiber (Knights of Amikeco)
Sherrie Schreiber (Knights of Amikeco)
Adrienne Clay (Knights of the Unknown)
John McGhee (Knights of Ceberus/
the Unknowns)
Naomi Anton (Knights of Amikeco)
Scouter Bob (Regional Office)
Wayne Gosche (Knights of Amikeco)



The Ceremony



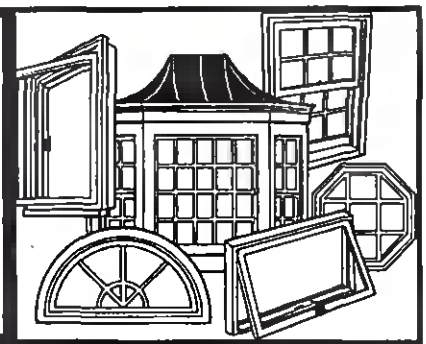
After the Ceremony



After the Ceremony



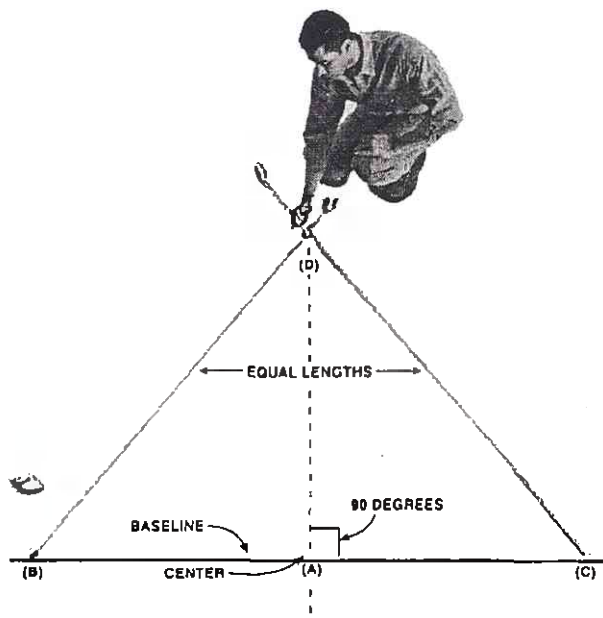
TOOL TIME



All Rovers, male and female, young or old, get called upon at one time or another to do fix-it jobs. Sometimes as a Crew project, sometimes as a home repair project, and sometimes to help a friend. In this column, we're going to try to bring you tips to make some of these jobs easier.

MAKE RIGHT ANGLES WITHOUT MATH

"Measuring Tips" MAY 2000
"THE FAMILY HANDYMAN"

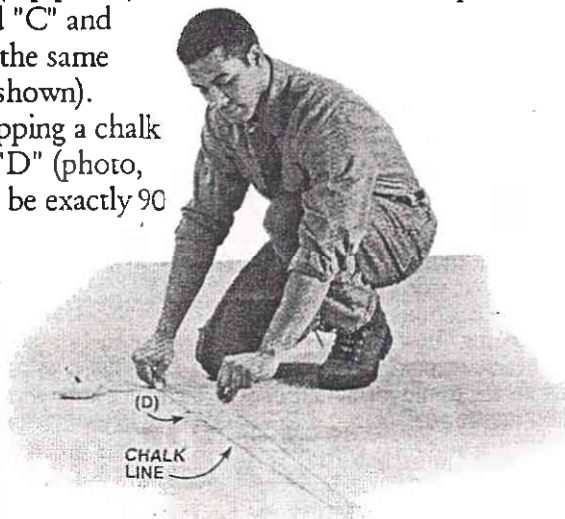


Unless you live in an igloo, you'll probably have to establish right-angle reference lines for one of your home improvement projects. Laying floor tile, building walls and laying patio bricks are a few examples of jobs requiring perpendicular layout lines to get started. The method we're showing is based on simple geometry, but you don't have to do any math to make it work.

The photo at left demonstrates the

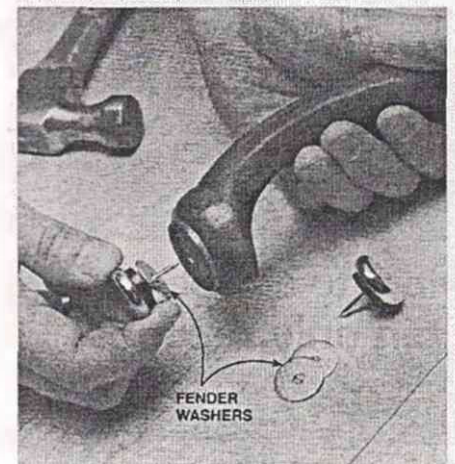
principle. The goal is to draw a line that's exactly perpendicular to the baseline. Decide where you want the perpendicular line to intersect the baseline and make a mark ("A" in the top photo). Now measure out an equal distance on each side of this mark along the baseline and make marks "B" and "C." The distance isn't critical. In general, you'll get more accurate results with a larger distance (top photo). Hook the ends of two tapes on nails driven at points "B" and "C" and extend them so they cross at the same measurement (point "D," as shown). Complete the process by snapping a chalk line through points "A" and "D" (photo, right). The resulting lines will be exactly 90 degrees to each other.

If you only have one tape, swing two arcs an equal distance from points "B" and "C" that cross at point "D." Then connect "A" and "D" to create the right angle.



WASHER SHIMS FOR WOBBLY TABLES

It seems that every time you put a table on a hard floor such as wood or tile, the table rocks or wobbles no matter how flat the floor is. Any matchbooks or scraps of wood used for shims constantly slip out of place.



For a permanent fix, extract the plastic or metal button foot and slip a washer or two through the built-in nail so the washer is between the foot and the wooden leg. Then pound the foot back into the original hole, trapping the washer between the foot and the leg of the table. Before you start, position the table in its permanent spot and slip washers under the feet until you find the right combination.

"Fender" washers work best. Their thinness allows for finer adjustments, and their small holes fit tighter around the nail.

"Handy Hints" MAY 2000
"THE FAMILY HANDYMAN"

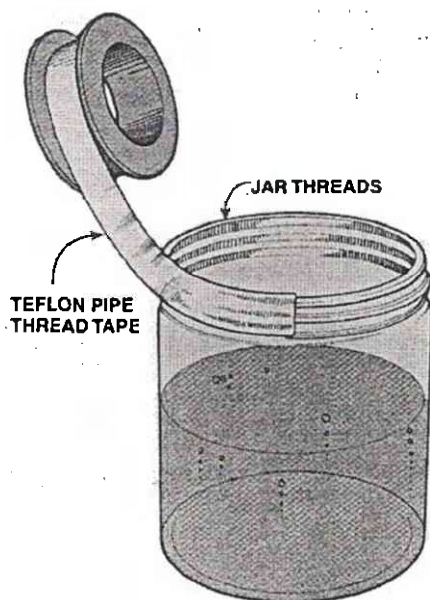
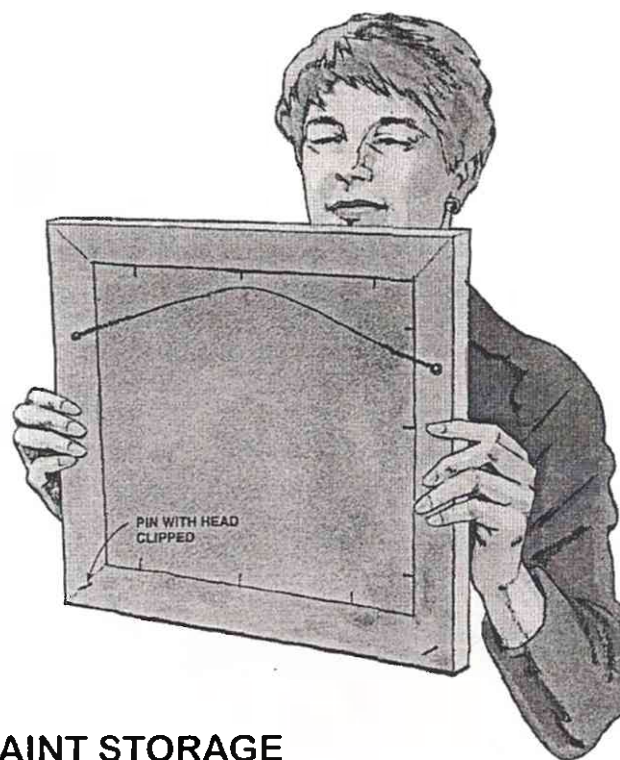
EVER-LEVEL PICTURES

Here's a way to keep pictures hanging level forever. Push a straight pin into each lower corner of the frame, then clip off the heads so that $\frac{3}{8}$ in. of the pin protrudes. Level the frame, then push the pins into the wall. This works better on drywall than plaster.

"Handy Hints"

APRIL 2000

'THE FAMILY HANDYMAN'



LEFTOVER PAINT STORAGE

Jars are great for holding leftover paint. The paint is less likely to dry out and you can always spot the color you need quickly. But the paint can seal the lid on permanently. To prevent this, simply wrap Teflon tape—the tape that plumbers use to seal pipe joints—around the glass threads and top lip. Wrap the tape in the same direction that you tighten the lid so it stays put when you screw the lid on.

"Handy Hints" MAY 2000 'THE FAMILY HANDYMAN'

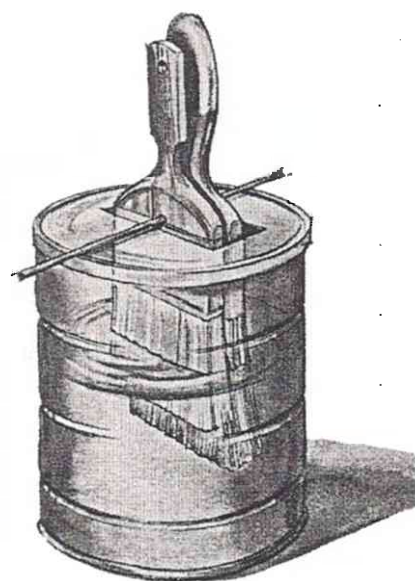
BATH FOR A PAINTBRUSH

There are few chores as tedious and messy as cleaning paintbrushes. But the results of doing the job right are brushes that will last a lifetime. Here's how to make brush cleaning easier and much less messy: Start by cutting a slit in the plastic lid of an empty coffee can. Bore a small hole through the paintbrush handle, just above the metal ferrule.

Push the brush handle up through the slit in the lid and insert a 4 to 6 in. long piece of wire coat hanger through the hole in the handle. Now pour into the can either water (for latex paint) or mineral spirits (oil-based paint). Make sure the bristles and not the ferrule are immersed and that the tips of the bristles are at least a half inch above the bottom of the can. (If the brush rests on the bottom, the bristles will become permanently bent.)

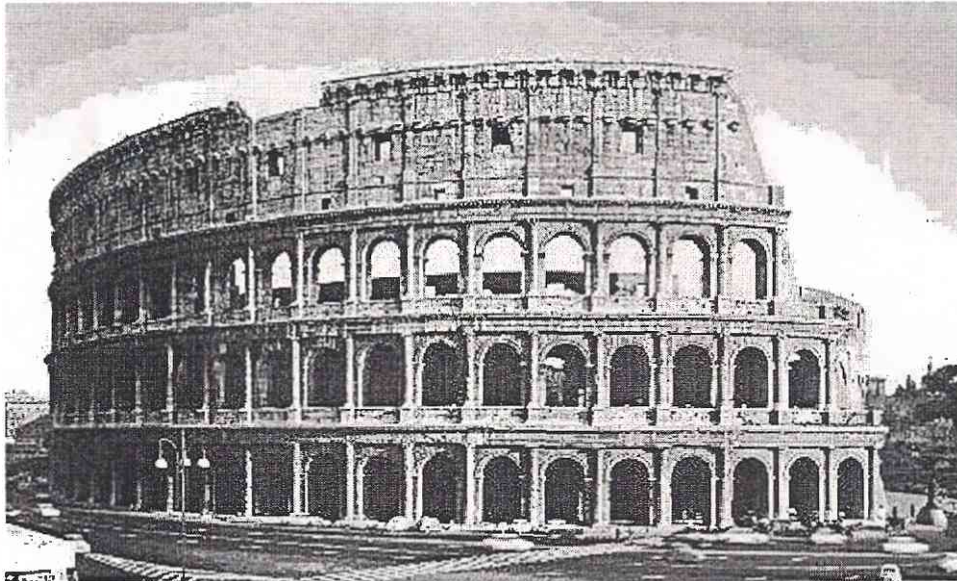
Soak the brush for at least two hours. Rake the bristles clean with a brush comb, then hang up the brush until it's dry. Before storing the brush, wrap the bristles in either paper towels or brown paper cut from a grocery sack.

"Simple Solutions" APRIL 1999 'TODAY'S HOME OWNER'



The Rover Moot

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



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

When: August 24, 25 and 26, 2001

Where: Langley Scout Park, Peterborough, Ontario

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

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

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

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

Still not enough? Ask us!

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

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

Send registrations to:

Jen Cowey

1001 Maria Street,

Bridgenorth, ON K0L 1H0

We hope to see you there!!

OUT & ABOUT

"Number 12 – The Dirty Dozen – what an All Star Cast!"

CANOEING

Summer is approaching and it's time to get "Out & About" in a canoe on a lake or river. Away from everything that kept us inside while we dreamed of adventure somewhere out there during those long winter nights. So where to go? Well, I've started the ball rolling for you. I've listed a few rivers that came recommended by a number of Canadian outdoor writers. It's a big country, someone once said, and it would take more than a lifetime to canoe it all, so you better get started. Oh, yeah, by the way, feel free to submit any recommendations you have and we will print them in a later column.



Before any of the fun starts, let's take care of some of the rules each of your future canoe trips **must abide by**:

Boating Safety Regulations:

Items required to be worn or carried within every Canoe, Kayak, Rowboat or Rowing Shell (not over 6 metres in length) in Canada, as per the Safe Boating Guide published by Fisheries and Oceans Canada, Coast Guard.

- 1) One Canadian-approved personal floatation device or lifejacket of appropriate size for each person on board.
- 2) One buoyant heaving line of not less than 15 m in length.
- 3) One manual propelling device OR an anchor with not less than 15 m of cable, rope, or chain in any combination.
- 4) One bailer or one manual water pump fitted with, or accompanied by, sufficient hose to enable a person using the pump to pump water from the bilge of the vessel over the side of the vessel.
- 5) A sound signalling device or a sound signalling appliance
- 6) Navigation lights that meet the application standards set out in the *Collision Regulations* if the pleasure craft is operated after sunset and before sunrise or in periods of restricted visibility.

A Few Improvements on the Ministry's Minimum Requirements:

- 1) Wear your Lifejacket at all times, it's no good to you when you're not wearing it. It's not a seat cushion!
- 2) Know how to properly use a heaving line! Practice makes perfect!
- 3) One extra paddle per person is better. If you capsize it will be easier to find your canoe than your paddles.
- 4) Always carry a bailer, but how about adding a large sponge to get all the water out.
- 5) While each boat must have a signalling device, ensure you have one every time. Tie a whistle to your lifejacket with enough string to allow you to blow it when you're in the water.
- 6) Plan your itinerary so that you're on shore with your campsite set up before dark.

Trail Tips:

"A large sponge placed at the lowest end of the canoe will absorb water as it collects. When it swells with water, just wring it out. It is also useful for washing the canoe from time to time as well." p. 278 Field Book for Canadian Scouting,

When securing your canoe to the roof of your car:

"Knots on the passenger side let you retie with safety on the road. Use the Truckers Hitch for all four tie-downs. This knot is so effective, it can bend your boat if it is too tight." p. 13 Jack Wainwright, Canoe Trips – British Columbia, (Abbotsford, BC: Wainbay Enterprises 1997)

International River Rating System:

In researching the canoe trips below, I have made an effort to take into consideration the degree of difficulty of the rapids. Bear in mind, it is always best to take along an experienced paddler who has been on the trip that you're attempting. In researching your own trips (or using one of the following trips) be sure to know the degrees of difficulty of the rapids you may be facing before hand. Also bear in mind that rapids change throughout the year as the amount of water flows through them changes.

The following descriptive list of rapid classes comes from page 13 of Canoeing Manitoba Rivers - Vol. 1 South (Calgary, Alberta: Rocky Mountain Books 1997) by John Buchanan:

- Class I: Small and regular waves; passages clear; occasional obstructions
- Class II: Passages clear and wide with occasional boulders or small ledges
- Class III: Waves numerous, high, irregular with rocks and narrow passages
- Class IV: Long, difficult rapids, powerful irregular waves, large boulders. Not suitable for open canoes.
- Class V: Extremely long, obstructed and violent rapid. Scouting is mandatory and rescue difficult. Ability to do Eskimo roll compulsory.
- Class VI: Class V carried to extremes. For teams of experts only.

Now the Fun Starts!!!

Kettle River, British Columbia:

Though this column is on canoeing, I've chosen this canoe trip because it reminds me of an incredible cycle trip along the Kettle Valley Rail Trail (see **Out & About #3**). Just proving that great cycle trips can be apart of any article. For those have seen Pierre Berton's National Dream mini-series, a number of the British Columbia scenes were shot along the Kettle Valley Railway to simulate what the Rockies looked like before the Canadian Pacific Railway linked British Columbia to the rest of Canada.

Jack Wainwright describes the trip as "easy river paddling or floating" (p. 131), except with high water turning some of the rapids in III pluses. Jack's directions for the access are: "...from Westbridge take the road up the East fork of the Kettle for 30 km." The entire trip from 30 km above Westbridge to the take-out at Midway is 59 km.

Camping is recommended at the Kettle Valley RA Provincial Park (a few km north of Rock Creek on Hwy. 33, south of Kelowna and just above the US border). Shuttling from to the provincial park eliminates the need to leave vehicles parked unsupervised overnight. The park has full camping facilities, so you won't be roughing it this time out.

"Locals say the East Kettle is the best and cleanest swimming pool in the world." p. 132 Though the trip may not be rugged, it would make an excellent and scenic August leisurely paddle in the mountains.



Red Deer River – Dinosaur Provincial Park, Alberta:

Bill Corbett recommends in his book Best of Alberta, Outdoor Activities in Alberta's Heartland, (Whitecap Books of Vancouver/Toronto, 1993), a trip down the Red Deer River for a quiet day of paddling. In approximately 4 hours you can canoe the 18 kilometres through Dinosaur Provincial Park and witness some the best of the **badlands** scenery that the Red Deer River valley has to offer.

It's hard to believe, having grown up and lived all my life in Ontario, that Alberta's badlands offer the scenery that someone from central Canada would conjure up as being from a southwestern United States desert. Potentially you may see along the riverbank: prairie rattlesnakes, scorpions, cottontail rabbits, mule deer,

cacti and cottonwoods. Above you Ferruginous hawks, golden eagles or prairie hawks. Maybe even, Clint Eastwood filming a spaghetti western.

At the end of your canoe trip take the time to do a self-guided tour through the dinosaur exhibits that the park has to offer. The park is home to over thirty-five species of dinosaurs, including "hardrosaurs, centrosaurs, and Albertosaurus". p 89

Bill Corbett rates the trip as Novice Canadian Open: "Paddlers can effectively use all the basic strokes from the bow and stern of a open Canadian canoe, can read water, and manoeuvre through Class I rapids". p 81 He suggests that the river is best canoed in late spring or early summer to take advantage of the higher water levels. He also warns that the water is undrinkable due to high alkaline levels, individuals are required to bring their own water.



Manigotagan River, Manitoba:

The Manigotagan comes highly recommended by John Buchanan as it has ample water flow throughout the summer (something that can be difficult to find in the prairies), it has a wilderness setting and it has many rapids of different degrees of difficulty. Its one major drawback is a couple of areas which have had major forest fires, specially the area between Long Lake and the Ontario border (in a 1983 fire).

For a three-day trip begin at Caribou Lake Lodge on Quesnel Lake and travel the 76-km to Hwy. 304. Arrangements can be made with the owners of the lodge to have your cars shuttled ahead and be waiting for you on your arrival.

Along the Manigotagan there are a number of mandatory portages and some recommended portages depending on the skill of the members of your party. Though Buchanan describes the river as having "many exhilarating rapids", the exhilarating part comes from attempting rapids you're aware of, and not from attempting the unknown. The first step would be to get a copy of his book and then research the river. He also recommends Bucky's River Runner Guide and Berard's Oiseau-Manigotagan Routes.

The river was used in recent history to bring supplies to the Tene and Wadhope gold mines near Long Lake; in fact you'll find the remains of an Alligator in the willow thickets between the third and fourth rapids after Pillow Falls. No not reptilian, a boat that uses winches to drag itself over land between bodies of water. The alligator (using the power of steam) was extremely important to the logging industry to transport equipment and logs in Canada's early development. It was Canada's first 4 x 4.

Lake Superior to James Bay, Ontario:

Explore Magazine has been revamped for its March/April 2001 issue and now has a centre section entitled "explore adventure guide". The magazine gives three "very cool" reasons for undertaking the trip from Lake Superior to James Bay:

"The route – which links the Michipicoten, Missinaibi, and Moose rivers, follows the same one that the voyageurs used in the 1600s to transport beaver pelts to James Bay. Second, there's something about saying you paddled from Lake Superior to James freakin' Bay. But the third, and without a doubt, best thing about this route is, get ready, 600 kilometres of downstream paddling. Six hundred." p.50

For those of us who are weekend paddlers, and may be a little stiff come Monday morning, the article estimates the trip to take 20 days (from Michipicoten Harbour on Dog Lake to Moosonee). Your only encounter with civilization will be when Highway 11 (or more affectionately known as Yonge Street and no the TTC doesn't run this far north) crosses the Missinaibi near Hearst. If you weren't committed by your crew for promoting this adventure as the crew's trip of a lifetime, you will be once you start. It's a long, long, long way to Hearst from Lake Superior and even farther from Hearst to Moosonee. This trip would best be taken with the aid of an Outfitter/Guide.

Chochocouane River, Quebec:

The Chochocouane River is situated in the northeastern end of the La Verendrye Wildlife Reserve. Kevin Callan echo's the thoughts of other canoeists in his book Further Up the Creek – A Paddlers Guide to the Rivers of Ontario and Quebec (Erin, Ontario: Boston Mills Press, 1999) when he compares the reserve with Ontario's Algonquin Park. The main difference he states is that while Algonquin Park averages 200,000 visitors per year; the La Verendrye Wildlife Reserve averages 5,000. This difference he points out almost guarantees that due to the remoteness of the Chochocouane River, you'll have the river to yourself, something Algonquin Park could never offer.



Sixty-three km up the Chimo Road which runs off Hwy. 117 there is a fork in the road. Callan recommends putting in on the right fork and doing the 5-day trip down to Camping des Outaouais on Hwy. 117 (86 km north of Le Domaine). He also recommends getting the map of the route that La Verendrye Canoe Camping has produced. The maps Kallan has put in his book indicate that there are many class III rapids, a couple of class IV rapids and even a class V. Knowing where the portages are is a must for anyone attempting this river. In fact his book lists twelve portages on the five-day route.

Humber River Race:

Done the Lake Superior to James Bay adventure trip several times and looking for sometime new and exciting? How about the Annual Humber River Race! Whitewater canoeing and kayaking at its finest. Ok, Ok, how about, "Some of the best whitewater canoeing and kayaking the City of Toronto has to offer." Well believe it or not, each April for over 20 years canoes and kayaks have raced down the Humber with Scouts, Venturers and Rovers being a part of it. Roger Parsons, a Scout and Venturer Leader with the 4th Weston group began the race as a fundraiser event for the Mohawk Rod and Gun Club. This year's event saw 53 canoes and kayaks entered in various categories.

I would like to thank Michael Twitchin and his group for putting on a great afternoon. All kidding aside, who would have thought that a canoe and kayak race trough Toronto would capture the interest of people as far away as New York State. For those unfamiliar with the geography of Toronto we have three rivers flowing through the city and into Lake Ontario. Incidentally the river valleys and lakeshore contribute to the excellent cyclepath system in Toronto.

Congratulations to Walter Dorlandt and his 2nd Agincourt Scouts and Venturers for taking 1st (Brian Liberty and Robert Whitten) and 3rd (Mathew Fisher and Daniel Yoshizawa) in the Venturer category.

Final Thoughts:

Where as many of you may have seen the items on the television news where school trips to Great Britain have been cancelled or returning students having their shoes disinfected, it's also having an affect on Scouting there as well. High on the priority list for British Scouting (see www.scoutbase.org.uk) are their competitive hikes. Unfortunately a number of their annual events now have a "Bold Red Notice" on their web site reading: "This event has been cancelled due to the Foot and Mouth Epidemic". Let us hope that after a year off, all of their cancelled events reappear next year as strong as ever.

In the previous "Out & About" #11, I mentioned cycling, hiking or canoeing to your next moot. Yes I really mean it. Take it from an old Rover, when you look back on your time you spend in Scouting, you truly remember the times you or someone else went to great pains to make-something special. Ok, enough reminiscing, go out and make a memory, go the extra mile.

Finally I would like to take the liberty of congratulating my nephew Joshua Wilde of the 13th Oshawa Cubs for completing his final year in Cubs and earning all of the badges and stars that the programme has to offer. Best of Luck as you move onto Scouts. And to my nephew Jamie, your Dad can't wait for you to finish Beavers; he's got the next Kub Kar Kit waiting.

Kirby McCuaig
Proud Uncle

KAYAK SYMPOSIUMS

Western:

June 16th and 17th

The Okanagan Paddle Festival
Swim Bay, Peachland British Columbia
Peachlandchamber@cablelan.net

June 23rd and 24th

Vancouver Island Paddlefest & Kayak 2001 Conference
Ladysmith, British Columbia
www.PaddleCentre.com

September 15th to September 17th

West Coast Sea Kayak Symposium
Port Townsend, Washington
KayakOOC@silverlink.net



Central:

June 16th to June 18th

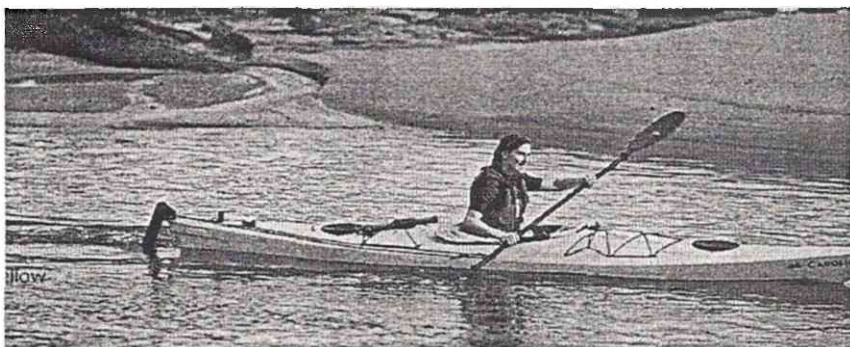
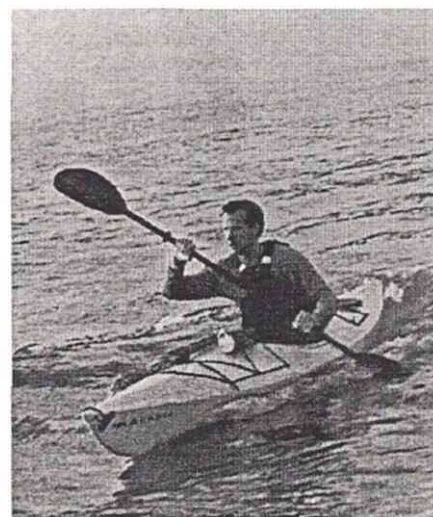
Horizons Sea Kayak Symposium
John Island, North Channel,
Lake Huron, Ontario
www.horizons.isys.ca

June 23rd and 24th

Rosspoint Island Sea Kayak Symposium
Rosspoint, Ontario
www.superioroutfitters.on.ca

June 29th to July 1st

Heritage Coast Sea Kayak Festival
Hilton Beach on St. Joseph's Island
(east of Sault Ste. Marie, Ontario)
www.exnorth.com



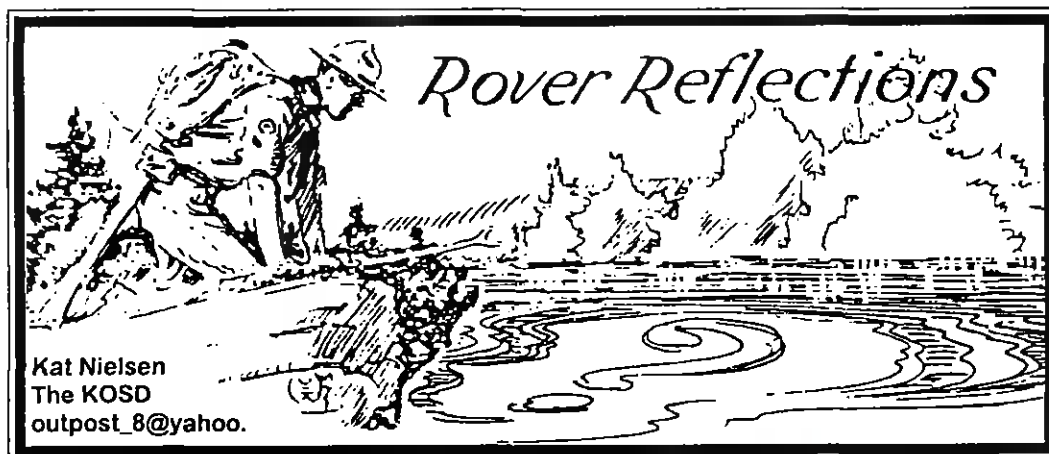
Eastern:

July 7th to July 9th

4th Annual Newfoundland Sea Kayak Symposium
Explore Newfoundland Inc
Steady Brook, Newfoundland
www.explorekayaking.com

July 13th to July 15th

Atlantic Coast Sea Kayak Symposium
Castine, Maine
Outdoor.discovery@lbean.com



Spirituality in life is important. In Rovering to Success (1922) Baden-Powell called this the "Rock of Irreligion." In it he states that "religion is essential to happiness" (p. 176). However, religion does not have to be "Religion" like going to church very week. It means being spiritual in your life and your actions.

Baden-Powell recognized this, and chose a patron saint for Scouting. St. George was chosen by BP to be an example of service for not only Scouting in general, but for the Rover Scouts in particular. St. George is also an example of how to live your life. First off, let me introduce the legend of St. George.

St. George was born in Cappadocia, into a Roman family, but his mother was Christian. When he became a man, he enlisted in the Roman army, where he would go into pagan temples, destroy them, and, if the opportunity presented itself, kill their priests, Christians included. As the years went on, George became a Tribune in Diocletian's Imperial army.



from B-P's sketches

However, George soon realized that it was easy to play the hero, to parade in uniform, and to kill others, but to let your own body to be subjected to all kinds of refined tortures reveals your physical, and above all, your moral endurance. On his way to see the Emperor Diocletian to try to convince him that the persecution of the Christians was unnecessary, George arrived at Silene in Lybia. When George came upon Silene, he found the city plagued by a dragon, which the citizens appeased by feeding it one human sacrifice each day.

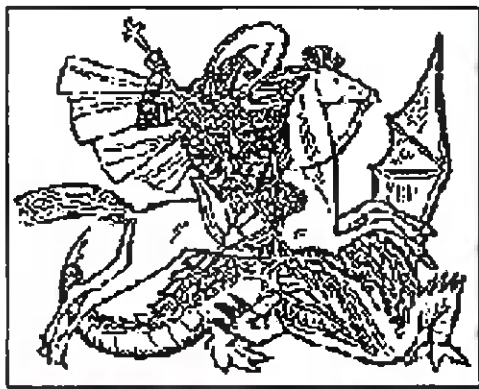


Russian Orthodox icon of St. Gyorgy

On the day George rode into Silene, the king's daughter Cleolinda was to be the sacrifice. He hurried to help her, even though his only weapon was a spear. With awesome courage he charged on his horse, knowing that he had only one shot at killing the dragon. He succeeded and saved the princess' life. The people of Silene were so thankful that they converted to Christianity, which lead to the baptism of thousands. It is this event which later granted George sainthood.

But shortly afterwards, George was arrested by the Roman authorities. This is because he no longer tried to destroy pagan idols or priests; he had become wise, he was on the road to sanctity, he was beginning to understand that silence was stronger than a parade.

George was tortured and beheaded in Nicomedia for his Christian faith on April 23rd, 303 A.D. The noblest question in the world, George teaches us, is "What good can I do?", not "What harm do I do?" Always remember that Baden-Powell chose St. George as the patron saint of Scouting because he reflected the qualities of responsibility, truthfulness, devotion to duty, a brave heart, religious faith, a noble spirit, and dedication to helping others which Baden-Powell wanted to bestow in every Scout.



Ukrainian Orthodox icon of St. George

So why is this relevant to Rovering? The Cross of St. George (red cross on white background) is found on the Rover flag in Canada. Often in knighting ceremonies the altar is covered with the flag of St. George. If we are going to use his symbols, we should also know what they represent, that's why we're using them after all. Crews can spend some time celebrating with other Rovers or with their groups "St. George's Day", April 23rd of each year.

Now, St. George is the patron of my crew, but perhaps a Catholic and Orthodox saint isn't your cup of tea. Don't remove spirituality from your life. It allows each individual to make sense of their lives. For example, I know of a crew whose patron is Dionysus, the Greek god of music and the water. This is very meaningful for a crew that does a lot of scuba diving. Choose someone who has meaning to your Crew and who will be an example for Rover Scouts.



from B-P's sketches

In Rovering to Success (1922), for example, Baden-Powell suggests a spirituality derived from knowledge of nature. Who could be a patron in that capacity? Why not the Greek goddess Artemis (of the hunt and wild animals). If you're a sailor, why not someone like Neptune (in Greek Poseidon), the god of the sea. If you're a crew of Engineering students, perhaps the Greek Hephaistos, the Greek smith god who was in charge of engineering feats.

Now these are Greek examples, but there are lots of other patron saints available from Catholicism and Orthodoxy, and other groups of gods as well.

Perhaps one of the prophets from Judaism or Islam. You can choose anyone, just make sure that they are meaningful to you. Just wander over to your local library and peruse some encyclopaedias, I'm sure something will jump out at you that you would like to learn more about.

There are a lot of possibilities out there. Just think about it. That's all I'm asking. And if you need any help, there are many people out there who can be resources for you. Your friends, advisors. Please don't hesitate to contact me if you have any further questions.

I'm also looking for new topics for the Rover Reflections columns in the future, so if you have any questions, let me know, and I will try to answer them with as much detail as I can.

THE ROVER

Julie Corrigan



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

ON THE GO

On my recent trip back home "down under" I was lucky enough to get to a couple of scouting activities. The two major ones would be "Formula Bike" and "Hoadley Hide" (As was written about in a previous edition of this great mag!)

Formula Bike is an all section event held at Sandown Race Track, Melbourne, Australia. Where they would normally be racing cars, for one weekend in April they race scouts on bikes. Each section has it's own competition with the Scouts, Venturers and Rovers going all night from about 9pm Friday to 3pm Saturday.

It is a relay event with 2 riders from each team riding together for a lap or two then swapping with team mates. Each lap is about 3.6kms and the idea is to have your team with the most laps. Teams for the older sections consist of 6 to 8 riders along with some support staff. The pits are used for camping out in while members are not on the track.

There is an on-site canteen and on the Saturday they also have displays showing off various aspects of Scouting and activities they can do. For the younger children they also have a bicycle safety course.

Hoadley Hide is a Venturer event held over the Easter weekend from Friday through to the Monday. It has been going each year for the past 30 years. The Venturers are in teams of 4 to 6 people and spend the weekend hiking around to various 'stunts' where they earn points based on their teamwork, leadership, initiative and enthusiasm. The stunts are challenges set up by leaders and Rovers and usually have a theme. This year's was the Circus. The ideas for the stunts are left up to those running them and therefore can range dramatically.

Each night the Venturers are required to camp in a Venturer Overnight Camp (VOC) and there are 3 of these run by the different regions. The first two nights the Venturers are split between 2 of the VOC's and on the third night they are all in together. The VOC's have fire pits for cooking and usually some entertainment.

On one of the nights the rovers usually gather at one of the unused VOC's to get together and socialise. This makes it a great weekend for them as well as for the Venturers.

Hoadley Hide is usually held around the central Victoria area which is where the Hoadley Region is. This year saw 79 teams with 375 Venturers. Prizes are awarded for the best Venturer teams and also for the best stunts and best VOC's.

If you'd like to know more about these events just email me at girlvic@hotmail.com

Cheers!

Julie C.

The Rover on the Go

(Currently travelling across Canada and loving it!!)

ATTAWANDERONK MOOT

2000

NEW

JUNE 8TH, 9TH & 10TH

CHANGED
DATES



COME AND ENJOY OUR "MEDIEVAL TIMES"

ATTAWANDERONK MOOT

*PRE-REGISTRATION PREFERRED
MAIL TO: ATTAWANDERONK MOOT

BOX 41
ELMIRA, ONTARIO
N3B 2Z5

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

PRE-REGISTRATION FORM

CREW NAME: _____

MAILING ADDRESS: _____

CONTACT PERSON: _____

PHONE#: () _____

NAMES OF CREW MEMBERS

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

NO. OF PEOPLE _____ X \$10.00 = _____

FRIDAY

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

SUNDAY

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

SATURDAY

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

INFORMATION

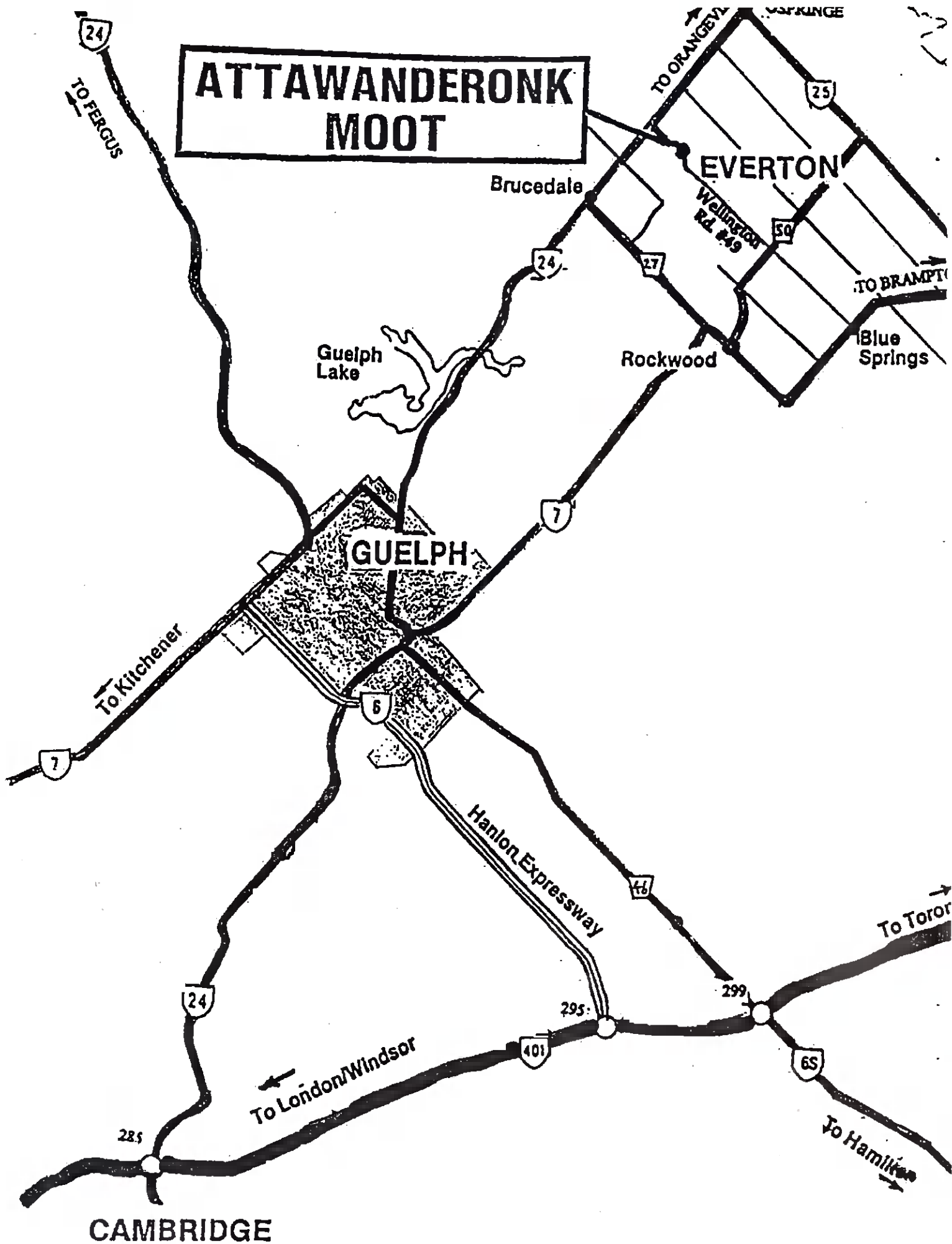
- ✧ THERE ARE NO TRAILERS SITES, UNLESS EXTENUATING CIRCUMSTANCES OR MEDICAL REASONS ARISE. EACH CREW SHOULD COME LIGHT WEIGHT AND SELF CONTAINED
- ✧ A LIST OF FESTIVITIES AND A MAP WILL BE PROVIDED AT REGISTRATION.
- ✧ SWEETS WILL BE PROVIDED FOR A SMALL FEE AT CANTEEN.
- ✧ VENTURE COMPANIES ARE WELCOME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

RULES & REGULATIONS

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

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

THANKS,
ELMIRA ROVERS AND RANGERS





IRISH EXPLORER BELT ITALY 2001

July 25th to August 10th

Background:

Over the past 25 years almost 1900 Venturers in Ireland have participated in the Explorer Belt Expedition. This is an internationally recognized challenge, which has set the standard for venturing throughout the world and is one of the highest accolades that a Venturer can aim for. Such is the level of interest here that the numbers participating are now limited to 25 teams of 2.

Italy is the chosen destination for this year's Expedition. In the recent past the Explorer Belt has provided young people with the opportunity to experience a diverse range of cultures from the rugged landscapes in Slovenia to the plains of America.

The Challenge Itself:

- Dropped on the side of the road in the middle of nowhere, with nothing but an envelope containing the following:
- The location of a base camp, which they must reach in 10 days later;
- A map of the Country;
- A limited amount of money on which to survive;
- A number of challenges they must undertake on the way.

Key Fundamentals:

The participants must walk for 10 days, covering 200 km, on a limited budget, while carrying out a number of projects designed to give them an in-depth experience of another culture. This is a wonderful exercise in the development of personnel skills for young people as illustrated below.

Communication Skills:

- Overcoming the language barrier;
- Motivating yourself to communicate with people you meet;
- Understanding cultural differences;
- Understanding yourself and your team mate.

Teamwork:

- Spending every waking hour and sleeping moment with your team mate;
- Working together to accomplish the many tasks at hand;
- Completing the projects assigned to you;
- Co-operating to overcoming the mental and physical difficulties you encounter.

Physical Challenge:

- Walking for 200 km;
- Carrying everything you need on your back, from your tent to your toothbrush;
- Sleeping out of doors, night after night
- Adjusting to the rigors of a different climate.

Personal Achievement:

- The confidence you gain from having completed what at times seemed like an impossible task;
- Pushing yourself everyday in order to complete 200 km;
- Experiencing more in ten days than you ever have done previously;
- Knowing that now you have done this, nothing will ever seem impossible again.

The Explorer Belt Expedition is rounded off in a highly emotional and nerve-wracking, but exhilarating presentation when Explorer Belts are awarded to successful participants.

If you are interested in taking part in this year's Explorer Belt Expedition you should write to HQ and request an application form. Please include your name, address and a contact phone number when you write.

Irish Explorer Belt
Scouting Ireland CSI
26 Dolphin Barn Street
Dublin 8
Republic of Ireland
Tel: (+353 1) 6761598 Fax: (+353 1) 6768059
Belt@irish-venturers.org

While the tradition of Explorer Belt Expedition is strong in Europe, it's a shame we don't have anything comparable in Canada. The U K Venturers are visiting Italy as well this year for their Expedition but earlier in July from the 6th to the 22nd. Polish Scouting is organizing an Expedition in reverse (July 29th to August 15th), instead of their Venturers leaving Poland; they are promoting other Venturers come there from across Europe as they organize the Expedition for the attendees.

Additional information packages to the information above is provided by Irish Scouting to would be attendees. The participants are required to register in October or November of the previous year after the country the Expedition will be held in is announced. The Venturers will then prepare both physically and mentally for the trip. Hiking, Orienteering skills, and Language skills are honed in preparation.

Two of the major aspects of the Expedition are not mentioned in the introductory information. Each team must maintain a log of their trip and hand it in for examination as they reach the base camp on the tenth day. On the eleventh day, after a one-day rest, the Expedition staff after reading the log has a long chat with the team reviewing the team's ten-day experience. This ensures that nothing is missing from the log and allows the team to explain specific items in their own words.

As a safety precaution the team is given a sealed emergency envelope (to be opened only in case of an actual emergency) which contains additional money and a "Don't Panic" letter. The team is also given a contact number which they are required to call at specific times, and at any other time they wish as it is manned 24 hours a day.

Finally, they also provide a "Leaders Challenge" from July 21st to August 1st for those leaders in Irish Scouting who didn't get a chance to attempt an Explorer Belt Expedition when they were of Venture age. Same rules. I thought doing the Rambler Badge under my crews' requirements, as a leader was tough enough. 200 km in ten days would have done me in.

Kirby McCuaig

May 6, 2001



1st Downsview Medical Venturers Get Baptism Under Fire

*MedVent Unit supports
Major Fire Scene
at Dufferin and Lawrence*

Shortly after arriving at Toronto EMS HQ for a social meeting of the 1st Downsview MedVents on Wednesday May 2, 2001, I was called aside by Mr. Ric Rangel Bron at One Desk. He told me that he had a job for our group. We were to go to stores, load as much bottled water and cold packs into an ambulance as we could, and get down to the fire scene as soon as possible.

All of the MedVents helped to load the water but only the five who had the uniform Toronto EMS T-shirt and long pants were selected to go to the scene. Advisor Al-Noor Alladin also accompanied us.

On our arrival we were met by Mr. Steve Tykodi who was in charge of Toronto EMS at the scene. He told me to unload half the water and leave half the MedVents because he had a job for them. He told me to take the other half of the water and MedVents and go to the north rehab center at Dane and Dufferin Streets.

At the north rehab center there was an ambulance and ESU 6. We unloaded some of the water and cold packs. We met Glendon McAuley and two of his Cadets from St John Ambulance. Glendon is former Scout, Venturer and is currently a leader with my old 1st Mt. Albert group. The Cadets were already helping out and I pressed them into service with us. The MedVents were given a case of water to distribute to the Police on the perimeter of the scene who had not been given anything to drink yet. They also walked down Dane Street to distribute water to firefighters who were returning from the fire scene, tired, thirsty and hungry. Dane Street was very smoky at the time, being downwind of the fire.

They also assisted the residents who were displaced from their homes, directing them to the shelter set up by the Red Cross at the Columbus Center. One bed-ridden resident was moved down the street by wheelchair and had to be lifted over all of the fire hoses criss-crossing the street. Then, they returned to the woman's residence to recover diapers and other personal items that she would require for the night. At about 21:15 the situation at Dane Street was stable and we returned to the fire command area.

Chief Al Speed of the Toronto Fire Service came over to our MedVents and thanked them all for helping and asked how they were enjoying their Venturing. My eyes were getting tired but I thought I saw them each grow about six inches with pride.

We then took the opportunity to see the Emergency Lighting Unit in action and saw for the first time the destruction left by the fire. It looked like a bomb had gone off. Broken glass from the office building, melted bumpers and blistered paint on the cars quite a distance from the fire attested to the intense heat that the fire had been generated.

When we walked back to the fire command area we were met by Mr. Tykodi who told me that he was about to become short of ambulances due to the 22:00 end of shift. He asked if, as a last resort, I felt that the MedVents were capable of handling the transport of the minor walking wounded to the hospital. I did not hesitate to say yes, they were ready to do anything he wanted. The MedVents were advised that their role at the scene was changing and they were instructed to check out every cupboard of the ambulance and familiarize themselves with the equipment in it. We remained on scene with a paramedic crew and Mr. Al Craig until we were released to return to HQ at about 22:30. We returned to some anxious parents that were relieved by the smiles on the faces of the MedVents.

The MedVents involved were:

Jessica Lunney
David Wharrie
Kelly Wison
Gamy Silvero
Cassandra Silvero
Al-Noor Alladin, Advisor

The others that helped us were:

Glendon McAuley, 1st Mt. Albert, SJA DS, # 829
Jason Komdeur, SJAmb. Cadet, Thornhill # 829
Christine Komdeur, SJAmb. Cadet, Thornhill # 829

I would like to thank Mr. Ric Rangel Bron and Mr. Steve Tykodi for thinking of using the MedVents and respecting their abilities and all of the Paramedics at the scene and for treating them as a valued part of Toronto EMS.

This evening was an unexpected event. We had no time to make any plans. It just happened and we reacted to the best of our ability. We all learned a great deal. The MedVents learned that the EMS business is unpredictable and you must always be prepared. They learned that they will be taken seriously by our Supervisors and Paramedics if they take their jobs seriously. Toronto EMS learned that they have a great resource in their MedVent Company. I learned that my pride in the youth in our MedVent Company is not misplaced.

Bruce Janes, Paramedic/MedVent Key Advisor



the Gourmet Rover

ONE SKILLET SUPPERS CAN BE SIMPLE AND SENSATIONAL

BY Carol J.G. Ward

Knight Ridder

There's work, school, sports, etc., and you still have to get dinner on the table. The solution: one-skillet suppers.

But just because they're simple doesn't mean they can't be sensational. With the right ingredients and a little planning, you can create imaginative, healthful meals in one pan.

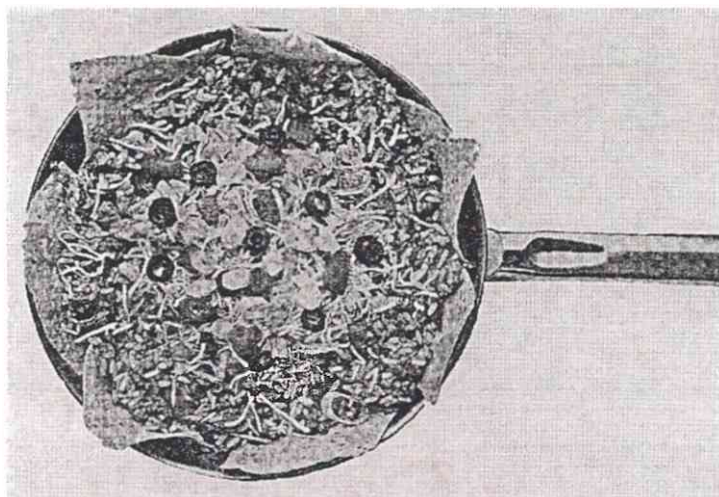
Gone are the days of the "add a can of cream of mushroom soup" casseroles. With today's no-fuss, ready-to-use ingredients, it's easy to enjoy flavor and variety as well as convenience when preparing meals.

The key to serving a world of flavors at the dinner table is as close as your local grocery story. Shelves brim with quality convenience foods such as frozen chopped onions and peppers, stir-fry mixes, frozen chicken breasts and canned artichoke hearts.

Starting with a single pan, we created four days' worth of flavorful suppers to make life easier for you. These meals are a pleasure to cook, and perhaps more importantly, they're easy to clean up.

Plan ahead and you can stock most of the ingredients in your pantry or freezer for quick after work or after-shopping suppers (*Editor's note: or a quick and easy camp meal*).

Just add a salad or rolls, and put dinner on the table.



A one-skillet dinner, like this hamburger-rice combination, is delicious, can be prepared quickly and requires very little kitchen cleanup afterward.

HAMBURGER RICE SKILLET

- 1 pound ground chuck
- 1 small onion, chopped
- 1 small green pepper, chopped
- 1 can (10-ounce) diced tomatoes and mild green chills
- 1½ cups water
- 1 cup uncooked long-grain rice
- 1 envelope mild taco seasoning mix
- ½ teaspoon salt
- 2 cups chopped lettuce
- 3 green onions, chopped
- 1 tomato, chopped
- 1 avocado, chopped (optional)
- 1 can (2.25-ounce) sliced black olives, drained (optional)
- 1 cup Mexican cheese blend Tortilla chips (optional)
- Salsa (optional)

Cook first three ingredients in a large skillet over medium heat, stirring until beef crumbles and is no longer pink. Drain.

Stir in tomatoes with chilis and next four ingredients. Cook, covered, over medium heat 15 minutes, stirring occasionally. Uncover and cook 10-15 more minutes; remove from heat.

Sprinkle lettuce and next five ingredients over hamburger mixture. Stand tortilla chips around edge of skillet; serve with chips and salsa, if desired.

Note: To prepare a vegetarian version, omit the ground chuck. Makes 6 servings.



the *Gourmet* **Rover**

SAUSAGE AND PEAR DINNER FRITTATA

- 1 can (16 ounces) pear halves or slices
- 8 ounces lean ground sausage
- 1 cup chopped frozen broccoli, thawed
- ½ cup thinly sliced green onion
- 8 large eggs
- 1 cup grated cheddar cheese
- ½ teaspoon salt
- pepper, to taste

Drain pears; discard syrup or juice. Cut pears in half-inch pieces and set aside.

In a 10- or 12-inch ovenproof skillet, cook and stir sausage over medium heat until brown and crumbly. Pour off drippings, if necessary. Add broccoli and onion; cook and stir until broccoli is crisp-tender, about 5 minutes.

In a medium bowl, lightly beat eggs; stir in cheese, salt, pepper and reserved pears. Pour into skillet; cook over medium heat until firm around edge. Lift frittata with, spatula to let uncooked egg flow underneath, until top is set.

To complete cooking, broil 6 inches from heat source for 4-5 minutes or until top is firm and cheese is golden brown. To serve, cut in wedges. Makes 4 servings.

In a large, heavy skillet, heat 1 tablespoon of the butter and 1 tablespoon of the oil over medium high heat. Add the pepper, carrots and scallions; saute until just limp, about 2 minutes. Stir in the artichoke hearts and peas. Remove the vegetables to bowl and keep warm.

Heat the remaining 1 tablespoon oil and 1 tablespoon butter in the skillet. Add the shrimp and saute for 1 minute. Add the tomatoes and wine and continue to cook until the shrimp are pink and firm, 4-5 minutes. Toss the vegetables with the shrimp in the skillet. Season to taste with salt and pepper. Serve over hot rice, if desired.

Makes 4 servings.

SHRIMP AND VEGETABLES IN WHITE WINE

- 2 tablespoons butter
- 2 tablespoons olive oil from marinated tomatoes (below)
- 1 red or yellow pepper, julienned
- 2 carrots, julienned
- 4 scallions, including green tops, diced
- 1 can (14-ounce) artichoke hearts packed in water, drained and sliced
- 1½ cups fresh or frozen peas
- 1½ pounds medium shrimp, peeled and deveined
- ½ cup slivered sun-dried tomatoes marinated in oil
- 2 cup white wine
- Salt and pepper, to taste
- hot cooked rice, if desired

SKILLET BEEF PAPRIKASH

- 1 tablespoon butter or margarine, optional
- 1 pound lean ground beef
- 1 cup fresh or frozen chopped onion
- ½ pound julienned bell peppers
- 1 large garlic clove, minced
- 3 tablespoons paprika
- 1 teaspoon dried marjoram, crumbled
- ½ teaspoon dried thyme, crumbled
- 1 can (14½ ounce) chicken broth
- 1 tablespoon all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 can (10 ½ ounce) beef consomme
- ½ pound medium egg noodles (4 cups)
- 1 package (9-ounce) frozen cut asparagus (separated into individual pieces)
- 4 ounces light cream cheese, cut into small pieces

Melt butter in a large, heavy skillet over moderate heat. Add beef and cook, breaking up large clumps, until no longer pink. Drain.

Add onion, peppers, garlic, paprika, marjoram and thyme; cook uncovered, stirring often, until mixture is quite dry, 5-8 minutes.

Mix chicken broth with flour, salt and pepper. Add to skillet along with beef consomme and bring to boiling.

Add noodles; stir well and return to boil. Adjust heat so liquid bubbles gently but constantly, cover and cook 5 minutes.

Stir well, lay asparagus pieces on top, cover and cook until noodles are tender, about 5 minutes.

Remove from heat, add cream cheese and stir until melted. Season to taste with salt and pepper, and serve. Makes 6 servings.

Rover Formal

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

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

Come out, have a great time and see fellow Rovers dressed in their best!

Just imagine.....no uniforms or camp clothes in sight.

Now for the details:

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

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

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

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

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

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

Directions:

To dinner:

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

To the Hall:

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

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

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



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.

Measuring Up

Knowing your body mass index helps your health awareness

We're constantly bombarded by images of stick-thin models, muscle-bound actors and taut teenage pop singers. It can make anybody feel like their body strays quite far from the ideal.

But "the ideal" in health terms has a lot more to do with how your body functions than how it looks.

One way to find out how close you come to the fitness ideal is to learn your body mass index (BMI). The BMI is determined by a formula that compiles your weight and height to produce a single number. This number can help you determine whether you are overweight, underweight, or just right.

Check the chart on this page to determine your BMI.

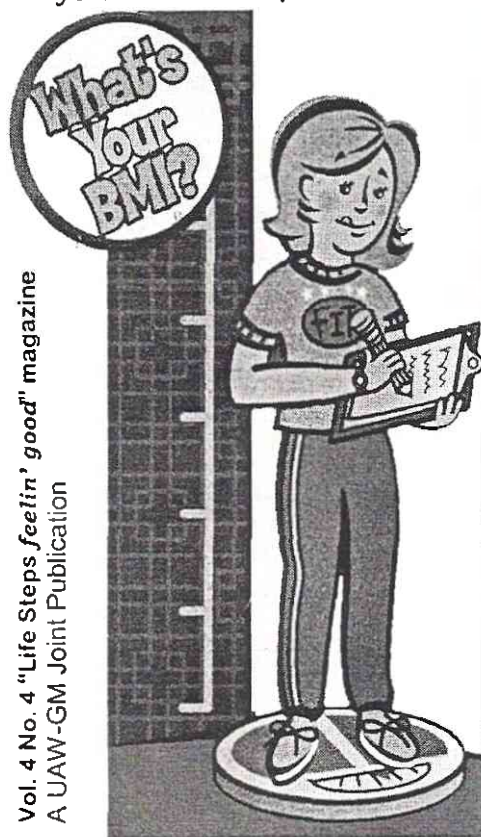
The higher your BMI the worse it is for your health. Being even slightly obese can double your chance of developing heart disease.

One weakness of the BMI is that it doesn't account for the difference between lean muscle mass and body fat. The best way to determine if your weight is more muscle than fat is to have your body-fat percentage tested, a procedure available at many hospitals. But very few people can truly say their high BMI comes from muscle and not body fat - perhaps weight lifters or professional athletes.

Obesity accounts for more than 50% of all cases of high blood pressure, more than 85% of all adult-onset diabetes and at least half of all cholesterol and lipid problems, as well as heart disease.

The good news? Losing even 5% of your body weight, if you are obese, can help lessen your chance of heart disease. Adopting a healthy lifestyle that includes a sensible diet and regular exercise is the best way to lose weight for the long term.

Before beginning any exercise program, you want to check with your doctor and have a good picture of your overall health.



Underweight below 18.5		Ideal						Overweight						Obese					
		19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	
Height in inches		Weight (pounds)																	
4'10"	58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	
4'11"	59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	
5'0"	60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	
5'1"	61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	
5'2"	62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	
5'3"	63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	
5'4"	64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	
5'5"	65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	
5'6"	66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	
5'7"	67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	
5'8"	68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	
5'9"	69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	
5'10"	70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	
5'11"	71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	
6'0"	72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	
6'1"	73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	
6'2"	74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	
6'3"	75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	
6'4"	76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	

BC TREK 2002



Message from

the Camp Chief

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

Hello Venturers and Rovers,

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

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

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

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

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

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

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

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

Garry Ness (Camp Chief)

BC Trek 2002

<<http://bctrek.com>>

<garry_ness@telus.net>

103-3301 Skaha Lake Road

Penticton, BC V2A 6G6

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

Bring it On!

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

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



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

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

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

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

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

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

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

Visit them at: www.qldrovers.com

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

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..

Send your works of art to:
the Canadian Rover, EH!
844 Frederick St.
Kitchener, ON N2B 2B8
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.



Alison Gothard caught cheating at a game of cards
Snow Moot 2001

Julie Corrigan, the "Rover on the Go" not going anywhere for a little while
Snow Moot 2001



the Sportsman Show in Toronto 2001



2nd Agincourt Scouts & Venturers at the 2001 Humber River Canoe Race
to rWalter Dorlandt, Alex Finn, Paul Liberty, Matthew Fisher, Brian Liberty, Robert Whitten, Daniel

at the *Supernova Venturee 2001*

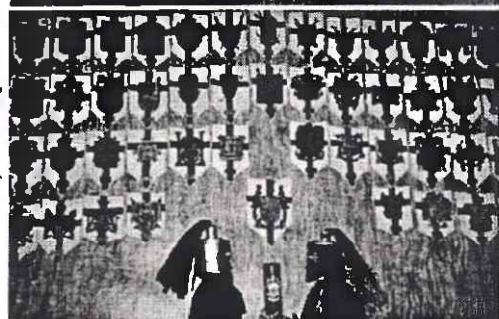


These pictures supplied by Kirby McCuaig



"PORN STAR SHOT #1"
Alison Gothard posing on the hood of Duncan's car. Sunday morning at the 2000 JamFest
from Ali's web site album
<www.geocities.com/armedwithjello>

An old guy and a really, really old guy playing chess at the 2001 Halloween Moot
photo by Art Franklin



Puebla, Mexico – Crew Shields on display in Rover Hall

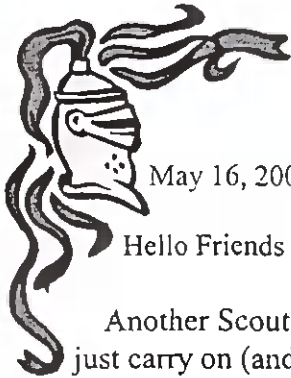


Puebla, Mexico – Crew Scarves on display in Rover Hall



Puebla, Mexico – A Knight's Round Table on display in Rover Hall

the 3 photos above were taken by Joanna Dimambro and came from the Alberta Round Table web site <<http://welcome.to/albertarovers>>



From the ORC Chair

May 16, 2001

Hello Friends

Another Scouting year is fast approaching the end, fortunately for Rovers there is no end, we just carry on (and on, and on!!!). The weather is great, summer is near, and I hope that everyone has a great summer of fun. If your Crew doesn't already have an outing planned I would encourage you to plan something soon, and enjoy the friendships you have. C.J. is still in need of volunteers, there are lots of Moots planned for the upcoming months, Attawonderonk, Sonic Boom, and The Roman Holiday Rover Moot, just to name a few.

This past year has been an interesting one for Rovers and the O.R.C. and I thought I would give a bit of a year end summary here, and say a few words about what to expect in the year to come. One year ago at the Annual Meeting the theme was change, and moving forward. To get the ball rolling there was an event in September that was an outdoor weekend, and although attendance was small it was a strong start to the year and some very good ideas for improvement came to light. Next was the Conference that was held in Leamington, the 2nd Leamington Crew did a fantastic job of hosting the event, and the Rovers of Ontario would like to thank them very much, and hope there will be another event in that area shortly. In fact the Crew is involved in the Shakedown Camp that has been advertised in the EH! (at least it was in the last issue, but I can't speak for this one), I'm sure it will be a great event. Next was the January meeting, held in Aurora. This meeting saw a great discussion, from which many changes to the ORC have come about, and hopefully these will benefit Rovers in the future. Last but not least was the March event held in the Belleville area, hosted by the Stirling Dragons, thank you very much to them as well.

Last weekend (May 11th to 13th) the ORC had its Annual Meeting Weekend in Toronto. This turned out to be a great event that saw several very positive developments for the future of the ORC and Rovers in Ontario. The Meeting on Saturday was highlighted by a major change in how the ORC conducts business. The general idea is that (in most cases) every Rover in attendance at any General Meeting is now invited to vote and have an official say in where the body is headed. Every Rover has always been invited to participate at Meetings, however when it came to voting, or decision making that responsibility had been left to the Regional Rover Representatives (of which each region is entitled to three). There is still a clause that allows for a "Quorum Vote" (Quorum for ORC Meeting consists of representatives from at least 5 Regions and one other official member i.e. Executive) should there be a need for one, and for the Annual Meeting (which hosts the Executive Elections). This ensures that a vote or decision can't be swayed by a group of Rovers overwhelming any meeting with numbers and therefore leaving other Regions without a voice, so there is still a need for Regional Representatives. There are still some quirks in the official wording to be worked out, but the structure is in place. This change to the voting structure has come about as a result of several discussions this year, and seems to be the direction that Rovers would like to see the ORC head. Considering the amount and type of business the ORC has been up to since we left Province, this new set up should work quite well.

Another development that came to light last weekend was the announcement of locations for the 2001/2002 ORC Events. The first of which is in September and will take place at Moot Moot

(September 28th to 30th) most likely on Saturday shortly after dinner, but watch for upcoming details. Hopefully this will benefit the Moot and the Rover community, and will be the start of a very successful pattern. The second event is the Rover Conference hosted by the Voyageur Region Round Table, in Kingston the weekend of November 9th to 11th, and has a Technology/History Theme. Next, January 11th to 13th, 2002 the University of Waterloo Crew is hosting the event in the Kitchener/Waterloo area, March 8th to 10th, the event will be in the London area, and finally the Annual Meeting in the G.T.A., May 10th to 12th. Every Rover in Ontario is welcome, and encouraged to participate at all of these events, they aren't just meetings they are full weekends of fun!!!! Watch for details, you never know what events might be added to this list!!

The next part of the weekend was the Awards Dinner. This went very well, we had a fantastic turkey dinner, many Awards were presented the highlight was the R.S. Dell Award presented to John Parks of 5th Peterborough Rovers, John is a dedicated Scouter and a very deserving recipient. All those in attendance enjoyed the dinner, there were some after dinner activities and games the everyone seemed to enjoy, hopefully this will be just the beginning, who knows what the after dinner entertainment will be next year!! There are many people to thank for the success of the year, and the Annual Meeting, I would like to name everyone here, but this article is already long enough. What I will say is, Thank You to all that supported the ORC this year without many people this year wouldn't have been the success it was. Please remember without new faces and ideas the ORC will not survive, there is a great deal of momentum and life in the organization right now please help to keep the ball rolling.

As for the year to come, the new Chair is Jeremy Shoup of Atironta Region. Shoup is supported by, Ryan Jenkins of Atrionta Region as Vice Chair Program, Mike Pembleton of Tri-Shores Region as Vice-Chair Promotion, Neil Looby of Voyageur Region as Vice Chair Internet, and Greg Elfers of Tri-Shores/GTR as Secretary. I'm sure these Rovers will do a fantastic job, thank you to Amy Patterson-Higgins and Matthew Street, who also ran for executive positions. With the recent steps forward this upcoming year should prove to be another ground breaking one, look for details at the ORC website, and at the discussion Meeting at Moot Moot in September, I know the new Executive has some great plans for the future.

On a personal note, thank you very much for the fun year that I have had, for the support, for the great ideas, and for the patience and understanding every Rover has shown this year. I had no idea where this year would lead when I took the Chair position last year. I would like to apologize if politics took a bit of a front seat, that really wasn't the plan, but it turned out to be a necessary evil to accommodate the ideas and changes that came about this year. I very much appreciate the opportunity that the Rover community afforded me this year, I hope Rovering and the Rover community flourishes for many years to come.

Thanks,
Kev

Kevin Oates
ORC Chair 2000/2001
(905) 954 1801
koates@home.com





the 2001 - 2002 ORC Executive

Chair – Jeremy Shoup

Age 23.....Member of the University of Waterloo Rover Crew.....Presently working as a software developer (flew in from California to be at the Annual General Meeting & elections).....Total of 19 years in Scouts, including 6 as a Rover.....Began in Beavers, through Cubs, Scouts and Venturers.....Earned the Chief Scout Award.....Active with ORC for 4 years.....Served as Conference Co-Chair 1 yr ; Conference Consultant 3 yrs ; Vice-Chair Program 1 yr ; Co-Chair of the upcoming Rover Moot



Vice-Chair Program – Ryan "Jynx" Jenkins

Age 25.....Member of the University of Waterloo Rover Crew.....Presently working as PC support for Rogers AT&T Wireless.....Total of 20 years in Scouts, including 7 as a Rover.....Began in Beavers, through Cubs, Scouts and Venturers.....Earned the Chief Scout Award; Completed Gilwell Part III in Cubbing; earned the Gold Quester Award.....Active with ORC for 6 years.....Served as Email Administrator for 4 years; Vice-Chair Program for 1 year

Vice-Chair Promotions – Mike Pembleton

Age 26.....Member of the University of Waterloo Rover Crew.....Presently working as a manager with Mr. Lube.....Total of 20 years in Scouts, including 7 as a Rover.....Began in Beavers, through Cubs, Scouts and Venturers; now also on training team.....Earned the Chief Scout Award; Completed Gilwell Part I in Scouts, Part III in Rovers; earned the Gold Quester Award.....Active with ORC for 5 years.....Served as '99 Conference Co-Chair; London Regional Rep; Tri-Shores Regional Rep



Vice-Chair Internet – Neil Looby

Age 23.....Member of the 6th Rideau Lakes Rover Crew.....Presently working as a senior web developer with Corel Corp.....Total of 18 years in Scouts, including 7 as a Rover.....Began in Beavers, through Cubs, Scouts and Venturers.....Earned the Chief Scout Award; Attended CJ '89, '93 '97.....Active with ORC for 5 years.....Served as St. Lawrence Regional Rep; Voyageur Regional Rep; Youth Rep St. Lawrence Region; Co-Chair '97 Conference; ORC Secretary 1 yr.....Met & married fellow Scouter

Secretary – Greg Elfers

Age 25.....Member of the 26th London Rover Crew.....Presently working as an engineer with PCS (Precision Communication Services).....Total of 17 years in Scouts, including 7 as a Rover.....Began in Beavers, through Cubs, and Sea ScoutsActive with ORC for 3 years



Advisor – Carl Pitman

Age 21+.....Advisor to the 1st Stirling Dragons Rover Crew.....Retired from teaching.....Total of 41 years in Scouts.....Began in Cubs through Scouts and Rovers.....Active as a Rover for 7 years, as an Advisor for 16.....Earned the Gold Quester Award.....Presented with the Medal of Merit.....Has been active with ORC for 2 years, serving as the Advisor for 1 year

Help Reconnect Some Lost Friends

I am trying to trace an old Scout friend whom I lost contact with about 8 years ago and I was wondering if any of the readers of Rovering Magazine know him.

His name is Dave Hoseson (Hose) his last known address was Dundas Street in Toronto. He is married and his wife's name is Kathy. I think he worked in the parks dept for a while and at the time, because of work, had to give up active scouting. I would be really grateful if anyone could help by emailing me at
<allenhomes@eastbelfast.org >

Thank you in advance,
Allen A McKee

A Sorrowful Message

The Rover community lost one of its members when Adam Quibell passed away over the Easter weekend. Adam was a member of the 8th Ajax Rovers. The details of his passing provided to us have been slim so far. All that we've learned at the magazine is that he fell down some stairs and suffered a head injury. He then lapsed into a coma and passed away.

I know the entire Rover community joins the staff of this magazine in offering condolences to his family, friends and Crew. He will be missed by those that knew him and all Rovers.

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

Announcements, Announcements, Announcements.

Thank You

Thanks to Kevin Oates and the rest of the outgoing executive of ORC for allowing the staff of this magazine to present our Roger Awards at your awards dinner, even though we're not a part of the ORC. Thanks also for the appreciation certificate for "Commitment and Dedication to Rovering in Ontario".

Congratulations

A tip of the hat to Mike Pembleton, member of the University of Waterloo Rover Crew for completing his Rover Gilwell. He was presented his beads at the recent ORC awards dinner, as well as being sworn in as the Vice-Chair Promotions for the coming year.

Kudos to Chris Gleave of the Queen's Rovers for earning his B.A. from Queen's University.

Congratulations also go out to the following 81st Hamilton Thunderbirds who recently graduated:

Adam Pyke – B. Sc.

– Univ of Guelph

Neal Pyke – B. Eng. Mgmt.

– McMaster Univ.

Hope Jervis – B.A.

– Wilfred Laurier Univ.

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

or

canadian_rover@hotmail.com

TEAM BEDLAM PRODUCTIONS PRESENT

THE ROVER PROMOTIONAL VIDEO

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

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

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

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

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

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

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

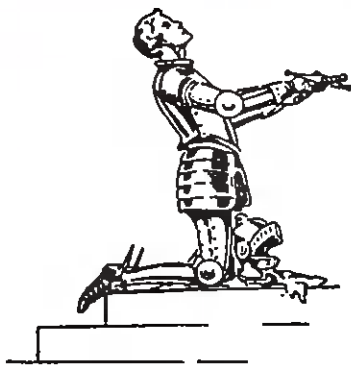
Keep checking <http://www.teambedlam.tv> for what else you can do to help make this Video a success. We will be posting a survey there that will help us decide some content.

To send us submissions or for more Info, please contact

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

2000 AWARD WINNERS

R.S.Dell Award



The winner of the award for 2000 is
John Parks
 Advisor of the
 5th Peterborough All Saints Rover Crew

Roger Awards

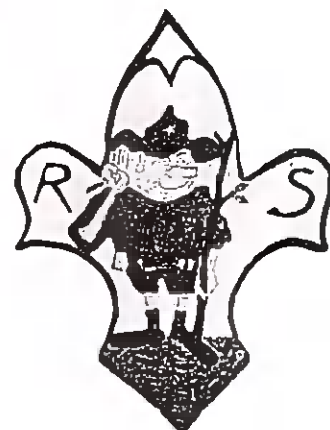
Dedication to Rovers: Stewart and Mary Murchie
 1st Burford Rovers

Dedication to Rangers: Sue Schultz
 1st Elmira Rangers

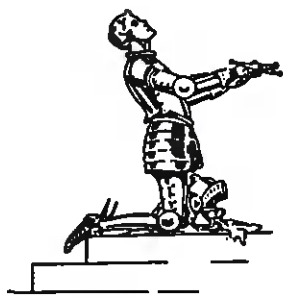
Best Moot: Halloween Moot

Best Continuing Article: Kathy Starr — the Funny Bone

Best Feature Articles: Stan Kowalski Jr. —
 Memories: Halloween Moot Remembered



Quester Awards



Silver Quester (for successfully recruiting a new member)

Steven Vinnai

Tri-Shores Region

Ramona Vinnai

Tri-Shores Region

Michelle Babcock

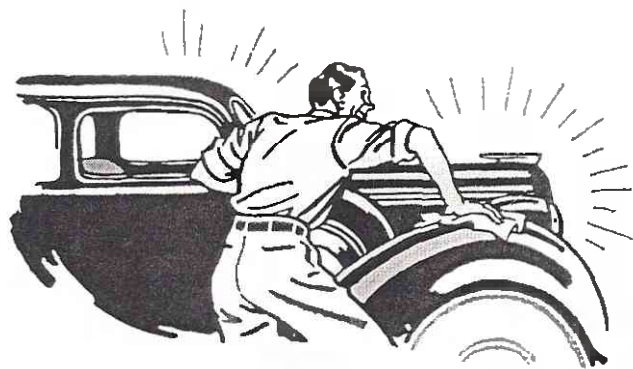
Tri-Shores Region

(these recipients will officially receive their awards this summer)

Robert Lang

White Pines Region

Car Care



Be Prepared

by Sally Moe

March/April 2001

"Going Places"

AAA Western & Central NY

WITH AN AUTOMOTIVE EMERGENCY KIT

On a glorious autumn day years ago, I was careening down the Santa Monica freeway in my mammoth '72 Torino when I thought I heard a helicopter overhead. As my friend and I craned our necks to catch sight of it, it dawned on me that this was no helicopter, this was a blow out! I was able to safely maneuver the car onto the shoulder, but as my friend laughing uproariously, much to my annoyance) took a picture of the demolished tire, I stood there feeling utterly unprepared. This experience did not become the disaster I dreaded—shortly after, a knight in a white AAA tow truck materialized and saved our day. But I was lucky; events could have unfolded differently. To prepare yourself for the extreme inconvenience of a flat tire or engine failure, below is a checklist of some items you should have on-hand, along with a few basic safety precautions.



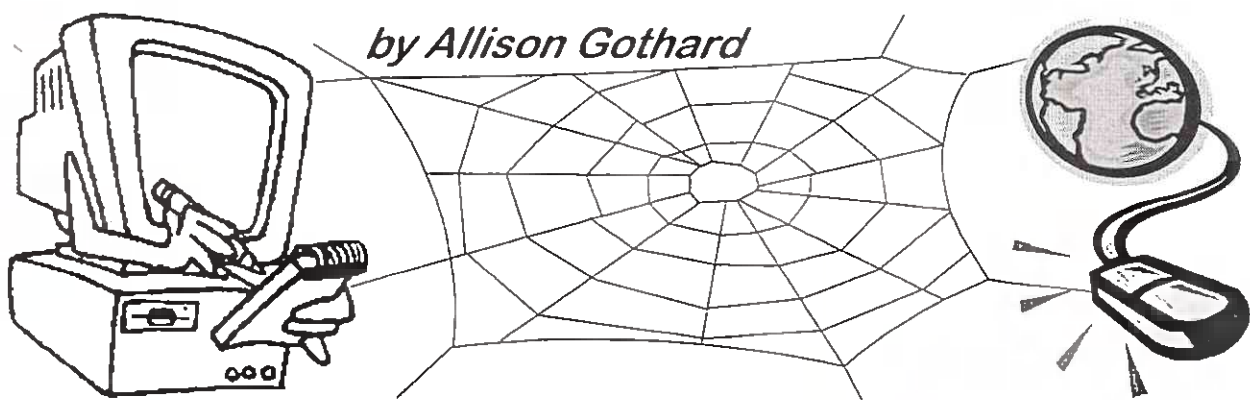
AUTOMOTIVE *Emergency* ESSENTIALS



- ☐ first-aid kit
- ☐ blankets, towels, rags
- ☐ battery recharger or 12-foot jumper cables
- ☐ assorted batteries and fuses
- ☐ candles, safety matches
- ☐ bottled water and non-perishable snacks (granola bars, energy bars, trail mix, etc.)
- ☐ knee pads, gloves, fluorescent safety vest
- ☐ SOS banner or windshield sign
- ☐ tire inflator and sealer, tire pressure gauge
- ☐ flashlight and lantern
- ☐ 15-minute roadside flares
- ☐ reflective triangles
- ☐ duct tape
- ☐ bungee cord or tie-down strap
- ☐ emergency poncho
- ☐ wheel chock
- ☐ short-handled shovel
- ☐ pliers, screwdrivers
- ☐ funnels, motor oil, radiator-plugging fluid
- ☐ ice scraper and kitty litter or rock salt
- ☐ shower curtain (in case you have to lie under your car to make repairs)
- ☐ large sturdy bag or container to put it all in



PLUS! Consider keeping an emergency escape hammer in the passenger compartment (used to free yourself from a vehicle when doors or windows can't be opened or seatbelts can't be removed)



Netiquette on the Wild Wild Web

As the internet becomes more and more accessible, its popularity makes it almost impossible to live without these days. As the webmistress of *Ali's World: Live to Camp - Camp to Live* I have noticed that many people are even dependant on the internet, opting to e-mail for information rather than phone and incur long distance charges.

Part of the popularity of e-mail is the fact that you can get directions to camp or find out if drinking water will be available, all without talking to a stranger on the phone. This faceless, anonymous quality has its appeal, but can become a nuisance when many users begin to forget that there really is a live person receiving their messages.

Because of this, I would like to point out common misuse of the internet in hopes that users will think a bit before hitting the Forward button to everyone on their list.

Lesson 1: Blind Carbon Copy

I often get the same message forwarded from each of my friends and acquaintances 10 or more times. Then, my friends' friends pick up the same e-mail and steal my address off the list at the top. These total strangers send me e-mails because they've been promised that if they forward this message to 100 people, they will marry their crush and live in a castle happily ever after. This problem could be easily solved by the simple use of the **BCC:** box.

BCC: is short for *Blind Carbon Copy*. This means that if you type an address in that box, that person will get the e-mail but their address will be invisible to everyone else you sent the message to. You can type all of the addresses in the **BCC:** box, and then nobody has to scroll through all the forwarding addresses to get to the point.

Lesson 2: Chain Letters

I would really discourage anyone from sending on chain letters. They are simply a nuisance. The virus is most likely not real, and even if it was, I protect myself by not opening ANY attachment without phoning the person it supposedly came from. There is nobody going around dance clubs stabbing random people with HIV-infected needles (I called the police and inquired about this one, and got a very irritated No from an officer who had been asked this question one too many times.) and no, your wish will not come true by forwarding an e-mail message. Also, if I really am such a great friend, please write me a real e-mail telling me what's new in your life, rather than sending me a URL (web site address) to see silly happy faces. If I've known you for years, I don't need a questionnaire with your life story written in. If you're a camp acquaintance, I'd prefer to get to know you through conversation.

This may sound harsh, but those are the majority of time-wasting e-mails that I receive. Some people stop sending them when I ask them nicely, other times I have had to phone the parents of young teenage strangers who will not stop harassing me. If someone asks you not to send these things, PLEASE COMPLY. It's not a hard thing for you to hit the delete button and stop it.

Lesson 3: Forwarding Jokes

If you find a really funny joke and you want to pass it on, great. Just follow some courtesy rules first.

Copy the message ONLY into a new message. Remove the addresses at the top of the e-mail. Delete the little forwarding arrows so it is easy to read. If spelling is particularly bad, correct it. If the joke is part of a chain letter, cut the bit off the end that says your friends must forward it or they will die of the Ebola virus within 10 seconds. And remember to use the **BCC:** box!

Lesson 4: ICQ Rumours

If you use ICQ or any other instant messenger, be careful what you forward. Your free account WILL NOT be deleted if you don't forward the message. ICQ is NOT planning to charge for its services. You WILL NOT have a cartoon dance across your screen if you send this URL notice to all your contacts. If you have any questions about the validity of any rumours going around, go to the Mirabilis web site at [<www.mirabilis.com>](http://www.mirabilis.com) and look it up. I have NEVER seen any of these rumours substantiated. Also, before you forward a URL someone has sent you, look at it to see what it is. I have had people mistakenly send me pornography sites because they didn't look at the URL their buddy said was "way kew!!"

Lesson 5: E-Mail Discussion Groups

E-mail discussion groups such as those found on *Yahoo! Groups* (formerly *E-Groups*) are wonderful tools for communication. They are a great way to share experiences and ideas among a large number of people. Fortunately, my experience with groups such as *CanRovers* and *Rovers* has been very positive, except for the occasional blunder. Please remember, when posting to these groups, try not to add attachments to your messages. Also, when responding to another person's message, make sure you only quote the necessary parts of the message in your reply. Sometimes discussions can be really hard to follow because of extra text in the message. This confuses the ideas being expressed, and therefore loses the point the author is trying to make.

Please also make sure that the message you are posting is relevant to the group that will be reading it. The same goes for bulletin boards, which are usually divided into tidy little subheadings so users can read only what interests them. I've seen people try to advertise their Venturee or dance by posting their ads in every available place. This disrupts the flow of conversation and can even deter people from wanting to attend the posted event.

Resources

There are thousands of web sites out there offering advice on protecting yourself on-line. Some of them are simply hoaxes in themselves, making the problem bigger. The best advice comes from reputable ISPs (Internet Service Providers) and makers of virus-scanning products. Try the following links for more information on internet hoaxes:

McAfee Virus Protection	http://www.mcafee.com
Netscape Homepage	http://www.netscape.com
ICQ Rumours Page	http://www.mirabilis.com/#Rumors
FREE Virus Scanner	http://www.virusafe.com
Coalition Against Unsolicited Commercial E-mail	http://www.cauce.org
Fight Spam On The Internet!	http://spam.abuse.net
My Rumours Page	http://www.geocities.com/armedwithjello/
rumours.htm	

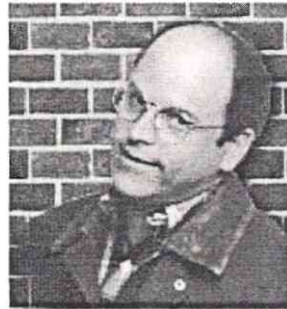
And last, but not least, check out my personal favourite site for rumour verification: **Diamond-Back's Lies, Damn Lies & ICQ Messages** web site at [<http://diamond-back.com/icqlies.html>](http://diamond-back.com/icqlies.html). Diamond-Back used to be a hacker, now he keeps this smart-ass web page up to date for the continuing education of internet users everywhere. He describes, in layman's terms, how a hacker can get into your computer and wreak havoc on your system, stealing passwords and personal information. Then he tells you how you can reduce your odds of being attacked (Rule #1: Don't tick anybody off!). A very entertaining read, and very educational.

Remember: The World Wide Web is also Wild and Wicked. Use it wisely. - Ali :-)

Ali Gothard's Web Site can be found at [<http://www.geocities.com/armedwithjello>](http://www.geocities.com/armedwithjello).

George Costanza:

10 commandments for 'working hard':



1. Never walk without a document in your hands

People with documents in their hands look like hardworking employees heading for important meetings. People with nothing in their hands look like they're heading for the cafeteria. People with a newspaper in their hand look like they're heading for the toilet. Above all, make sure you carry loads of stuff home with you at night, thus generating the false impression that you work longer hours than you do.

2. Use computers to look busy

Any time you use a computer, it looks like "work" to the casual observer. You can send and receive personal e-mail, chat and generally have a blast without doing anything *remotely* related to work. These aren't exactly the societal benefits that the proponents of the computer revolution would like to talk about but they're not bad either. When you get caught by your boss - and you **will** get caught -- your best defense is to claim you're teaching yourself to use new software, thus saving valuable training dollars.

3. Messy desk

Top management can get away with a clean desk. For the rest of us, it looks like we're not working hard enough. Build huge piles of documents around your workspace. To the observer, last year's work looks the same as today's work; it's volume that counts. **Pile them high and wide.** If you know somebody is coming to your cubicle, bury the document you'll need halfway down in an existing stack and rummage for it when he/she arrives.

The
Funny
Bone

The Funny Bone

4. Voice Mail

Never answer your phone if you have voice mail. People don't call you just because they want to give you something for nothing - they call because they want YOU to do work for THEM. That's no way to live. Screen all your calls through voice mail. If somebody leaves a voice mail message for you and it sounds like impending work, respond during lunch hour when you know they're not there - it looks like you're hardworking and conscientious even though you're being a devious weasel.

5. Looking Impatient and Annoyed

According to George Costanza, one should also always try to look impatient and annoyed to give your bosses the impression that you are always busy.

6. Leave the office late

Always leave the office late, especially when the boss is still around. You could read magazines and storybooks that you always wanted to read but have no time until late before leaving. Make sure you walk past the boss' room on your way out. Send important emails at unearthly hours (e.g. 9:35pm, 7:05am, etc.) and during public holidays.

7. Creative Sighing for Effect

Sigh loudly when there are many people around, giving the impression that you are under extreme pressure.

8. Stacking Strategy

It is not enough to pile lots of documents on the table. Put lots of books on the floor etc. (thick computer manuals are the best).

9. Build Vocabulary

Read up on some computer magazines and pick out all the jargon and new products. Use the phrases freely when in conversation with bosses. Remember: They don't have to understand what you say, but you sure sound impressive.

10. MOST IMPORTANT:

DON'T forward this to your boss by mistake!!!

Words to live by!

COMING THIS FALL TO A GRUNT MOOT NEAR YOU

C R O U C H I N G
G R A N N Y
H I D D E N
G R U N T

EARLY BIRD SPECIAL

REGISTER BEFORE
AUGUST 10TH

PAY ONLY \$30
per person

EVENTS:

-  **Martial Art Madness**
-  **Insane Moot Games**
-  **Spiritual Mind Tests**
-  **Exotic Meals**
-  **Costumed Dance**
-  **Souvenir Moot T-shirt**

...and much more!!

October 5-8, 2001

Thanksgiving Weekend

@ Camp Tamaracouta

Only 1 hour North of Montreal

Milles-Illes, Quebec

Info & RSVP: pauldavidson@mac.com

website: www.grannygrunts.f2s.com

(online registration available soon)

The Granny Grunt Rovers are proud to announce their 9th annual Thanksgiving Moot. This year's theme is **Martial Arts**

Are you ready for some kung-fu fighting? Can you dance in a kimono, as fast as lightning? Expect fun and adventure at *Camp Tamaracouta*, Quebec's best outdoor Scout camp.

2 FULL COURSE MEALS

Two meals will be cooked up by *Wok With Chan's* apprentices — the Grunt Moot staff.

The first will be Saturday night supper. The 2nd meal will be Monday morning brunch.

GRUNT MOOT SOUVENIR T-SHIRT

Every pre-registered guest receives one Grunt Moot souvenir t-shirt. Just don't ask what colour the shirts are.

CRAZY MOOT GAMES & MIDNIGHT RAMBLE

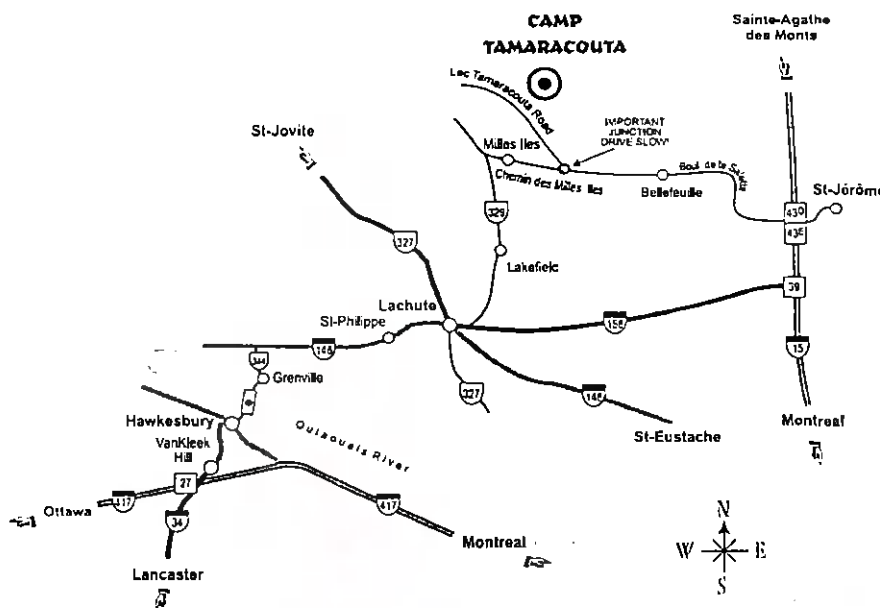
No Grunt Moot would be complete without challenging and insane moot games. Show us what you're made of. Bring a compass.
— MORTAL COMBAT!! FINISH HIM!!

SUNDAY NIGHT DANCE

Kabuki actors, ninjas, Bruce Lee wannabee, Geishas, Buddhist mafioso. This is a costumed dance if you haven't already guessed. Let your imagination go wild! Prizes will be awarded for the best costumes.

LATE NIGHT MARTIAL ART FLICKS

Come view a pick of the best and cheesiest martial art flicks available. Beware! Some movies will have subtitles.



Pre-registration deadline is September 21st, 2001.

Please make your cheques payable to:
GRANNY GRUNT ROVER CREW
10\$ pr person Non Refundable.

Moot participants who fail to register before the September 21st deadline will not be eligible for the Moot package including the t-shirt and 2 meals. Groups must also include with their registrations an approved copy of the Camping and Outdoor Activity Application.

This form is available in pdf. format www.scouts.ca/scinfo/outguide.htm

Mail your registration to:

PAUL DAVIDSON
192 BRAEBROOK AVE.
POINTE-CLAIRE, QUEBEC
H9R 1V5

For further information

gruntmoot@grannygrunts.f2s.com
or pauldavidson@mac.com
website: www.grannygrunts.f2s.com
(online registration available soon)

REGISTRATION FORM

Crew/ Unit/ Company Name: _____

Contact Person: _____

Full Address: _____

Phone number: _____ E-mail address: _____

Total Participants: _____ *Advisor/Sponsoring Rover Crew (if Venturers and Senior Branch): _____

Special Dietary requirements and allergies: _____

Number of outdoor campers: _____ Number staying in cabins: _____

TOTAL AMOUNT ENCLOSED: _____ \$

TOTAL CHEQUES: _____ \$ TOTAL CASH: _____ \$

T-SHIRT SIZES: XL _____ XXL _____

*All camping rules and policies are in effect.

Venturer Companies and Senior Branch groups must be accompanied by an advisor.

EARLY BIRD SPECIAL 30\$
before Aug. 10th, 2001

Pre-registration 35\$
after Aug. 10th, 2001

40\$ at the door
No moot package

IF YOUR GROUP RENTS A CABIN,
PLEASE DEDUCT 10\$ FROM MOOT
FEES PER PERSON. PLEASE MAKE
YOUR OWN CABIN RESERVATIONS
BY CALLING
SCOUT'S CANADA MONTREAL
OFFICE 514-683-3004.

ask Serge for details and prices.

International Events

JUNE

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

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

AUGUST

4-11 Hampshire Venture #
Hampshire, England
<lv3.patrick@ukonline.co.uk>

OCTOBER

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

DECEMBER '01

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

JUNE '02

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

JANUARY '03

22-27 12TH Australian Venture
Extreme Venture Act 2003
Camp Cottermouth
New South Wales, Australia
<allan.dean@webone.com.au>

AUGUST '04

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

Training Dates

VOYAGEUR REGION ONTARIO

Aug 25-26 River Rescue Course

ONTARIO B-P GUILDS AGM

Oct 20-21 Blue Springs

NORTHWESTERN ONTARIO REGION

June 22-24

Regional Leadeer
Trout Lake Scout Camp

GREATER TORONTO REGION

November 23-24, 2002

OR

November 22-23, 2003

Crew Woodbadge Part I
Scout House
Greater Toronto Region
Ontario



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

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

OR

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

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

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

BC/YUKON - Northern Region

JULY 7-15 Rover Woodbadge Part II (all sections)
<terrace.automail@telus.net>

SASKATCHEWAN

AUG 19-26 Saskatchewan Service Corp
<bhwatson@sk.sympatico.ca>



UPCOMING EVENTS

UPCOMING EVENTS

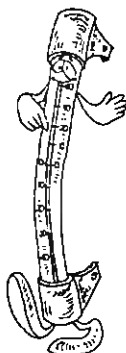
JUNE

- 1-3 Shakedown 2001
Two Creeks Conservation Area
Wheatley, ON
<www.crosswinds.net/~thebear/shakedown1.htm>

- 8-10 Attawonderonk Moot
Everton Scout Reserve
Guelph, Ont.
see ad in this edition

- 15 Big Daddy Dance
Newmarket Scout Hall
Diana (905) 853-0100
Jackie (905) 841-2874
<pasphilos.homestead.com>

- 16 Rover Formal
Moir, ON
see ad in this edition



AUGUST

- 3-6 SERV
Stationary Event for Rovers & Venturers
Camp Barnard
Victoria, BC
<igillford@uvic.ca>

- 13-18 Venturer Northern Canoe Trip
Northern Saskatchewan
<info@servicecorps.cjb.net>

- 24-26 Sonic Boom Moot
Beaverton Fair Grounds
Beaverton, Ont.
<sonicboommoot@hotmail.com>

- 24-26 A Roman Holiday
THE ROVER MOOT
Peterborough, ON
see ad in this edition

ORC Events:

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

- 31-Sept 3 Rover Moot 2001
Ruckle Point, B.C.
<everest1@intergate.bc.ca>

SEPTEMBER

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

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

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

OCTOBER

- 5-8 Grumpy Grunt Moot
Camp Tamaracouta
Milles-Illes, PQ
see ad in this edition

- 12-14 Nightmare in Hockley
Goodyear Memorial Scout Camp
Orangeville, ON
1st Orangeville Rangers & Venturers
<nightmareinhockley@home.com>

- 26-28 Jail Break Moot
ARPAD Park
Niagara Falls, ON
<jailbreakmoot.com>

AUGUST '02

- 17-25 BC Trek
see ad in this edition



South Lake Simcoe Rover Round Table:

Monthly Meetings:

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

Nova Scotia

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

MORE INSIDE !!!!

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

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