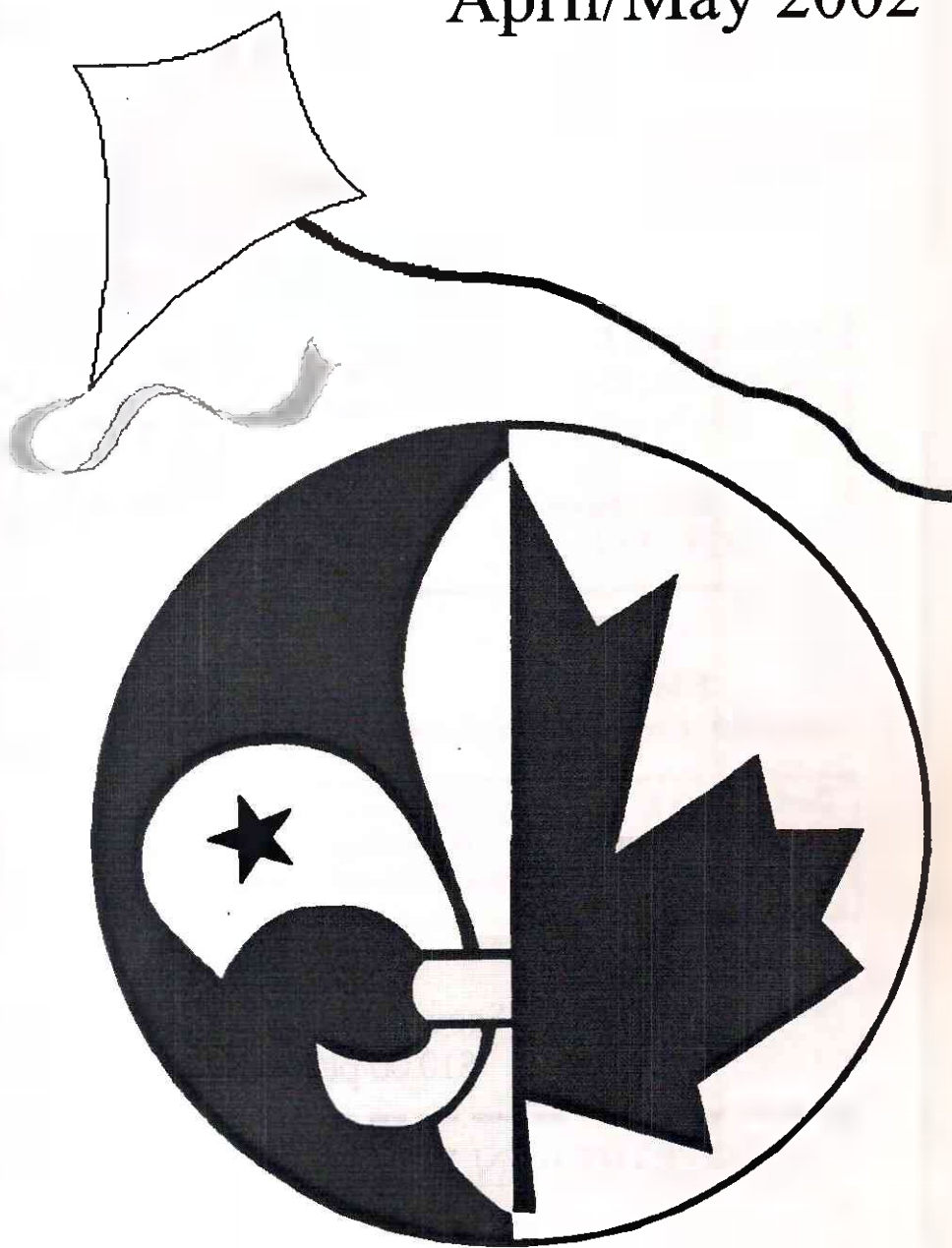


The Canadian Rover, E.H!

April/May 2002



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

The Canadian Rover EH!

Magazine Staff

Editor
Stan Kowalski Jr.

Subscription Manager &
Advertising Coordinator
Ben Noseworthy

Promotions
Kirby McCuaig

Advertising

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

Send Submissions to:

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

Questions ? Problems ? contact:

EMAIL US!
canadian_rover@hotmail.com < < < < or at our e-mail address
Ben Noseworthy – (519)747-7000 ext. 6109

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

Advertising Rates

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

SUBSCRIPTION FORM

Group Name: _____

Name: _____

Address: _____

City: _____

Postal Code: _____

E-mail: _____

Rates:	1 Year	2 Years
Canada	\$15.00	\$28.00
U.S.A.	\$25.00	\$48.00
Overseas	\$30.00	\$58.00

Country: _____

Phone: _____

PLEASE PRINT !!!!

New Subscription [☐] Renewal [☐]

Amount Enclosed _____ for a _____ year subscription.

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

From the Editor's Desktop



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I recently came across a new Rover Message Board on the internet titled '**Ontario Rovers Speak Out**', found at: http://ontario_rovers.tripod.com. It offered some interesting and opinionated postings. The topic that really caught my eye, for obvious reasons, was headlined 'What's up with the Rover EH?'

The writer that started this chain of discussion stated, "The Canadian Rover EHI used to be really good, but it's really gone downhill. The whole magazine is that photocopied stuff from do-it-yourself books and other magazines. I like Out and About and Request for Service, but why do I want to read about traffic jams and buff crunches???"

This brings up a couple of interesting questions: "When and why 'did it used to be really good' and when and why has it really gone downhill? Since I spend more time working on this magazine than I usually spend with my family, I'd really like to know. Not that I lay claim to being infallible, or that all of the articles we print will interest all of our readers, but the point I'd like to bring up is that different people have different tastes, and what one reader might not like some other reader does.

If I might, I'd like to give you a brief outline of where this magazine was in the past as opposed to where we are now. When Don Sitler passed away, the original "Rovering Magazine", which he published, died with him. A group of Rovers in the Kitchener-Waterloo area felt that there was still a need for a magazine of this kind to keep Rovers informed and in touch with each other. Thus, this magazine came into being (in early 1996 ?? - I'm not really sure, because I can't find all my back issues).

It went through growing pains, staff turnover, and at least three editors. To give you an idea of how hard it is to put out a publication like this, the issues in '96 and most of '97 had 18 to 20 pages with half or more filled with advertising and only about a quarter filled with "content". In late '97 things picked up, and they got up to 30 pages by the end of the year - with about half still advertising, but the "content" went up a little. In 1998, the magazine went through hard times, with staff turnover, a printer change, a postal strike, and a lot of confusion.

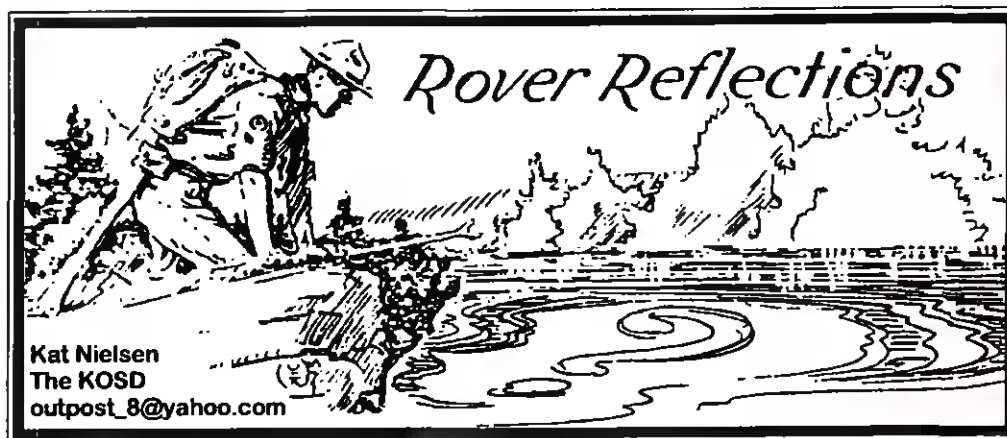
After the June/July edition the editor resigned because of other commitments, and the magazine wasn't doing too well, when Kathy Starr and Michelle Currie found a viable candidate with a soft spot in his heart for Rovers (and a soft spot in his head, too, if you listen to his wife), and convinced him to come aboard as the new editor. Since the August/ September '98 edition, I've set out to do several things: 1] **publish on time**; 2] increase the number of articles; 3] improve the quality of the magazine visually (it's amazing what you can do with the desktop publishing programs now available); 4] **try** to meet the needs and wants of the readers.

A year later, Kirby McCuaig submitted a column on outdoor experiences, then began buttonholing other people to write articles. He became so involved, he took charge of our promotions. We started getting writers from across Canada, writing on activities in their Provinces, as well as Rovering in general. In the meantime, first Michelle Currie, later Kathy Starr, found another direction to their lives and left the staff. Ben Noseworthy joined us as subscription manager and advertising coordinator last year, taking over for Kathy.

To prove that we really care about what our readers think and want, we ran a survey to find out, and have tried hard to get columns on those topics, but guess what? We don't have a stream of people hammering at our doors wanting to write articles. We have been fortunate to find a few people who contribute on a steady basis, but they're hard to find. I'd like to point out that the columns our critic specifically didn't like **aren't a replacement** for articles she did like, **they're in addition** to those articles. We're starting to **average** 50+ pages an issue, which means you don't have to like **everything** to find something you **do** find interesting.

Since I have listed three ways to reach me directly (check above), plus having the magazine's e-mail address and postal address listed on the second page, I don't understand why the critics who find this magazine "booooring" haven't sent in any suggestions for improvements, or articles on topics they find interesting. I'd just like to add one of the positive statements from that message board: "In the meantime, if you find the Rover Eh! boring, write something you find interesting and submit it to canadian_rover@hotmail.com. A magazine is only as good as the authors who submit to it." The writer of that statement **has** contributed material to keep our pages filled. How about you doing the same? Be a **constructive** critic and not just a negative voice.

Keep on Rovering,
Stan Kowalski Jr.



I was recently recalled to Calgary because on January 5, 2002, Doris Lyle of Calgary died at the age of 101. Doris lived an amazing life and is a wonderful example of what "service" means. Doris meant much more to me than any of you. She was my great-aunt. I would like to share her story with you. Although she was never a scout nor a guide, she was one at heart.

Doris Lipsey was born in Parkhurst, Quebec on July 28, 1900 (a week before the Queen Mum was born). She moved with her family to Vermillion, Alberta in 1911. After a year back east for teacher's college in Quebec, Doris returned to Alberta as a teacher in 1920. She eventually moved back to Quebec to teach for several years, but returned to teach in Vermillion from 1934-1947.



Helping Doris
celebrate 100 years

She retired in 1947 after marrying her husband, Henry Lyle and moved with him to Manning, Smoky Lake, and Edmonton, Alberta. After 20 years of marriage, Henry died. Henry became ill before his death and could no longer drive, so Doris learned to drive after her 65th birthday.

After her husband's death she volunteered at the Evelyn Unger School in Edmonton. The students she taught spread all over western North America, many of whom remember her fondly and either sent birthday wishes for her 100th birthday or even came to the party that her nieces and nephews threw for her in 2000.

While taking care of all these children in schools in both Quebec and Alberta, she took care of her family. Both my uncles had scarlet fever while visiting her, several of my cousins had the chicken pox while in her care. When my cousin Jennifer had to travel to the US for cancer treatment, Doris accompanied her on the plane. Doris took care of her mother May before her death, inviting May to stay with herself and her husband.

As long as I can remember Doris stayed with my family for weeks at a time. My grandmother had had a stroke before I was born and could not take care of herself. Doris would come to stay with us while visiting her. She taught many of my cousins (myself included) how to cook, sew, and was even a school teacher for my aunts and uncles. My uncles used to visit her and Henry all summer.

So, what is the point? Doris, despite dedicating her life to children, never had any children of her own. Despite this, Doris held family in the highest esteem, and dedicated her life to helping them. No one asked her to do this, and no one expected her to do this. She did it with a song in her heart and delighted in a visit or a letter from her relatives.

Doris is survived by her brother's four daughters, Leslie Brimacombe (Edmonton), Phyllis Clark (Calgary), Marjorie Turnbull (Vancouver), and Pat Anderson (Edmonton) and their families. She is also survived by my side of the family, namely her sister's three sons Jim Nielsen (Calgary), Eric Nielsen (Victoria), and Rob Nielsen (Belleville) and their respective families. One of Doris' greatest delights was when little 2-year old Henry Rossiter, her great-great-nephew, would come to visit her.

Doris taught me the importance of family. I'm sure I have not done this lesson justice in this article, but remember, service is something you should do every day, even in mundane activities. It is something that you can share with your family and friends, as well as Scouting and strangers. It is in this light that I would like to express my gratitude to Kevin Dunn of Ontario and the KOSD of Alberta for their assistance in January for helping me get to the memorial of this wonderful lady.

THE ROGER AWARDS

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

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

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

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

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

Please note: If you nominate somebody in category 1 or 2, you MUST fill in your name at the bottom so that we can verify who the nominee is and where they're from.

PLEASE PRINT CLEARLY

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

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

3. Name what you feel were the four best moots in the past year in order of preference.
A. _____
B. _____
C. _____
D. _____
4. Name the best continuing article to appear in the Canadian Rover Eh! magazine during the past year.

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

SEND YOUR NOMINATIONS AND VOTES BY APRIL 20, 2002, TO:

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

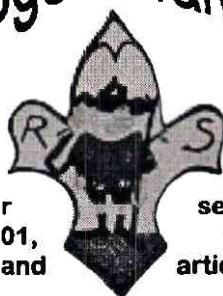
OR EMAIL: <canadian_rover@hotmail.com>

Awards will be presented at the awards dinner Saturday evening
during the ORC Annual Meeting May 11, 2002.

NOMINATOR:

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

the Roger Awards



To help you with your
Awards for the year 2001,
following lists of Moots and

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

MOOTS

Attawanderonk Moot
15th Club Med Moot (Quebec)
Camp Skeeter 2001 (BC)
Granny Grunt Moot (Quebec)
Rover Moot 2001 (BC)
Dance Moot 2001

Snow Moot 2001
A Roman Holiday
Mardi Gras (BC)
Shakedown 2001
E-Vent 2001 (Alberta)
Jailbreak Moot

Sonic Boom Moot
Moot Moot 2001
RAVE Rover And Venture Event
(Nova Scotia)
SERV-Stationary Event for Rovers
and Venturers (BC)

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

Best Feature Article

Drinking vs Development.....	Kat Nielsen
Don't Forget the Vigil.....	Kat Nielsen
Gone Home - Brain Tumor.....	Kathy Starr
Moot 2000 Mexico City - Photo Journal Report.....	Mike Logan
Jamboree on the Trail.....	Kat Nielsen
1st Downsview Medvents & Rovers.....	Bruce James
K-Town Conference Report.....	Mike Pembleton/Neil Looby/Jynx
Technology vs Environment	Stan Kowalski Jr.
Anatomy of a Traffic Jam	Stan Kowalski Jr.
Canoe Tripping - the Indian River	Steve Bone
Attawanderonk Moot Report.....	Rae Genereaux
the Brotherhood of Scouting	Julie Corrigan

Best Continuing Article

From the Editor's Desktop	Stan Kowalski Jr.
Out & About.....	Kirby McCuaig
Tool Time	Stan Kowalski Jr.
Rover Reflections	Kat Nielsen
Rovers in Alberta.....	Kat Nielsen/Pam McMillan
the Gourmet Rover	Stan Kowalski Jr.
the Nova Rover.....	Audrey Dianne Verge/Mary Edwards
the Funny Bone.....	Stan Kowalski Jr.
Announcements	Kirby McCuaig
Fit As a Fiddle	Stan Kowalski Jr.
Re"Quests" for Service	Kirby McCuaig
From the ORC Chair.....	Kevin Oates/Jeremy Schoup
Car Care	Stan Kowalski Jr.
Rover on the Go.....	Julie Corrigan
Photo Journalist.....	Stan Kowalski Jr.
Carrie's Corner (BC-Yukon Report).....	Carrie (Tessier) Chattell
Upcoming Events	Stan Kowalski Jr./Kirby McCuaig

5TH ANNUAL ROVER FORMAL

DINNER AND DANCE

WE ARE THE ROVER FUNCTION THAT CAN OFFER YOU...

- ◆ NO UNIFORMS, JUST SOME FANCY DUDS
- ◆ DOOR PRIZES
- ◆ ARRANGED DINNER WITH ALL YOUR BEST DRESSED CREW MATES
- ◆ DANCING TILL DAWN
- ◆ ALL YOU CAN EAT REFRESHMENTS
- ◆ ARRANGED ACCOMODATIONS
- ◆ AND A CHANCE TO COME BACK NEXT YEAR

THE GRAND EVENING WILL TAKE PLACE ON JUNE 15th, 2002. IT WILL BEGIN WITH DINNER AT AL GONQUIN'S RESTAURANT IN NEWMARKET AT 6:00 pm. FROM THERE WE WILL HEAD TO NEWMARKET SCOUT HALL IN NEWMARKET FROM 8:00 pm TO 1:00 am FOR THE BEST DANCE SINCE YOUR HIGH SCHOOL PROM!

TO GET YOUR TICKETS PLEASE CALL...

JENNIFER COWEY 705-292-5566 (PETERBUROUGH DISTRICT)
AMY PATTERSON-HIGGINS 613-395-3191 (MOIRA VALLEY DISTRICT)
NICOLE PATTERSON 905-954-1801 (SOUTH LAKE SIMCOE DISTRICT)

JUST CONTACT YOUR CLOSEST FORMAL REPRESENTATIVE AND WE WILL MAIL YOUR TICKETS TO YOU UPON RECIEVING YOUR CHEQUE! LET US KNOW RIGHT AWAY IF YOU REQUIRE OVERNIGHT ACCOMADATIONS.

TICKET COST...

BEFORE MAY 30

\$5.00 PER PERSON

\$10.00 PER COUPLE

AT THE DOOR

\$7.50 PER PERSON

\$15.00 PER COUPLE

DEADLINE TO BE ABLE TO JOIN US FOR DINNER WILL BE MAY 30th. AFTER THIS DATE, TICKETS CAN BE BOUGHT AT THE DOOR WHEN THE DANCE PORTION STARTS AT 8:00pm.

DIRECTIONS TO DINNER

Via 404 - take 404 north to New Market (exit hwy. 9 Davis Drive) turn left onto Davis and go west. Follow Davis through several lights until a large intersection (Young St.) turn left onto Young then turn right at the 1st lights into a plaza with Chapters & Pier 1. Turn North in parking lot. Al Gonquins is at north end of lot.

Via 400 - take 400 north to hwy. 9 (New Market) head east on Hwy. 9 (exit ramp veers right) if coming from the north you'll have to turn left onto Hwy. 9. Once you are in New Market turn right onto Young and follow above directions to Al Gonquins.

DIRECTIONS TO HALL

Via 404 - same as dinner directions to New Market except now turn left on Prospect St. (hospital is on corner) turn left on Gorham St. (may say Eagle St., it's the same Rd) turn left on Pine St. (1st side street) the hall is a small brown building on the right.

Via 400 - same as dinner directions into New Market but go past Young St. (past several lights) & turn right on Prospect St. (hospital on corner) follow directions above once on Prospect.

TEAM BEDLAM PRODUCTIONS PRESENT

THE ROVER PROMOTIONAL VIDEO

April 2002 Update

Greeting to all Rovers past and present.

The Rover Video is progressing well. I plan on having it finished by late August. For a sneak peek at the video check out <http://members.rogers.com/teambedlam>

We still need more pictures, video and stories of your time in Rovers. Right now the video is looking very Ontario specific and this is not what I intended.

We want to see Rovers doing what they do best.... having fun and letting their inner children out. We want to see the moments that make Rovering special to you.

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

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

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

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

To send us submissions or for more Info, please contact:

Kevin Dunn
295 Lakeshore Rd East Apt 3
Mississauga, Ontario
L5G1H3
(905)278-4518
teambedlam@rogers.com
ICQ 4314844

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



the *Gourmet* Rover

Editor's Note:

The last couple of times I met Ben Noseworthy and the 17th Cambridge Rover Crew in camp, I was invited to join them for a steak dinner, prepared over an open fire.

I forced myself to eat their steak (as I'm sure most of our readers would have ☺), then I thought this might make an interesting recipe.

I'm not sure what they had in the secret sauce" they used for marinating (Ben's not talking), but here's a recipe that my wife suggested.

Marinated Rib-eye Steaks

Ten minutes is all it takes to prep these juicy steaks! Simply add fennel, cayenne and salt to store bought seasoning and enjoy zippy flavor with almost no effort at all.

- 3 Tbs. oil, preferably olive
- 3 Tbs. dry Greek seasoning
- 2 tsp. fennel seed, crushed
- 1 tsp. salt
- 1/2 tsp. cayenne pepper
- 4 boneless beef rib-eye steaks, each about 3/4" thick

Combine oil, seasoning, fennel, salt and pepper; rub over both sides of steaks. Cover with plastic wrap; refrigerate at least 1 hour.

Prepare grill for direct-heat cooking or position broiler so that meat in pan on rack will be about 4" from heat source; preheat broiler.

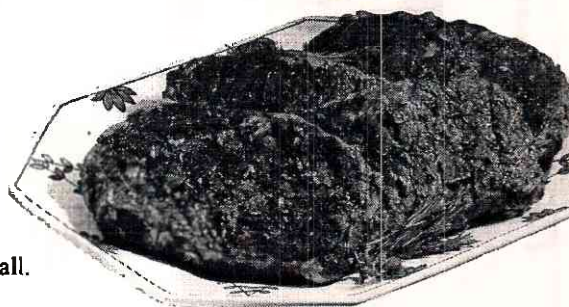
Grill or broil steaks 4-5 minutes per side for medium-rare.

Makes 4 servings.

Per serving: 425 cal.; 40 g. protein; 28 g. fat; 96 mg. chol.; 1 g. carbs.; 1,341 mg. sodium; 0 g. fiber; 0 g. sugar

Your time in the kitchen:

10 minutes; ready to serve in 1 hour, 20 minutes



from "Woman's World" magazine August 14, 2001



Glazed Snap Peas and Baby Carrots

Make sugar snap peas and carrots taste irresistible with an extra-easy glaze of sugar, balsamic vinegar and sherry. For a bit of spicy heat, add a dash of red pepper flakes!

- | | |
|--|--|
| 3 Tbs. butter | 2 Tbs. balsamic vinegar |
| 1 pkg. (1 lb.) mini peeled carrots | 2 Tbs. cream sherry |
| 1 large shallot, minced (about 1/4 cup) | 8 oz. sugar snap peas (about 2 1/2 cups) |
| 1/8 or 1/4 tsp. crushed red pepper flakes (to taste) | 1/4 tsp. salt |
| 3 Tbs. sugar | |

In large skillet melt butter over medium-high heat. Add next 3 ingredients; cook 1 minute. Add sugar; cook until melted, 2 minutes. Cover; cook until carrots are almost tender, 3 minutes. Remove cover. Stir in vinegar and sherry; cook until liquid becomes a thick glaze, 1-2 minutes. Add peas and salt; cook until just tender, 2 minutes.

Makes 6 servings.

Per serving: 138 cal.; 2 g. protein; 7 g. fat (4 g. saturated); 16 mg. chol.; 19 g. carbs.; 226 mg. sodium; 3 g. fiber; 14 g. sugar

Your time in the kitchen:

20 minutes; ready to serve in 20 minutes

from "Woman's World" magazine October 2, 2001

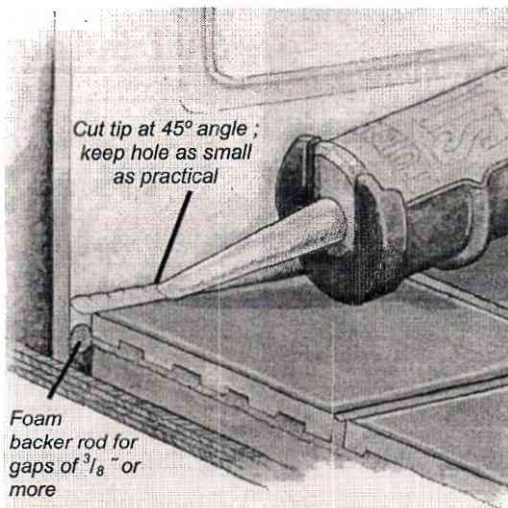
TOOL TIME



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.

Effective Caulking

"tradesecrets"
from Danny Lipford
'Today's Homeowner' magazine
July/August 2000



Life seemed much simpler when the hardware store carried only three kinds of caulk. Now, home centers dedicate an entire aisle to caulk. As a result, confusion reigns when it's time to do a very simple job.

But I don't think caulking needs to be that complicated. Other than specialized caulk for specific tasks, like patching gutters, I've found that a high-quality siliconized acrylic-latex caulk is an

excellent choice for almost all interior and exterior uses. That's what my crews use most of the time.

I know people who have paid \$5 to \$6 per tube for 100 percent silicone caulk and filled every crevice and seam they could find. It was only at the end of the job that they discovered that paint won't stick to silicone caulk. They were left with a job that could have looked much better. On the other hand, acrylic-latex caulk can be painted, cleans up with water and is almost half the price of 100 percent silicone.

But there are a few exceptions to that rule. You should use silicone tub-and-tile caulk in the bathroom because it resists mildew and doesn't shrink. For gaps of 1/4 in. or more, or where the caulk must join dissimilar materials, use urethane caulk because it's more elastic. For joints more than 3/8 in. wide, pack the crack with foam backer rod before applying

caulk so the seam won't crack later. And bridge gaps up to 1 in. with a combination of backer rod and urethane caulk, but don't try to caulk anything wider than that.

When applying caulk, more is not always better. If you apply too much caulk to a joint and then smooth it out with a finger, the caulk tends to spread onto adjoining surfaces. This is just plain unattractive. And outdoors, this thin layer of caulk will weather differently than the rest of the seam. Getting an even bead of caulk is easier with a high-quality caulk gun, so skip the 99-cent special. Just remember to cut off the plastic tip at a 45-degree angle, which will help you apply the caulk evenly. Another tip: Take advantage of the many colors that caulk now comes in. They help paint cover much better than regular old white.

Besides caulking around tubs and sinks (where you are protecting against water damage), don't forget to seal around window and doors, and any crack that leads to the outside. I tell people that if they were to add up all the cracks and holes in a typical 20-year-old house, it would amount to a 3x3-ft. space, which would be just like leaving a window open all the time.

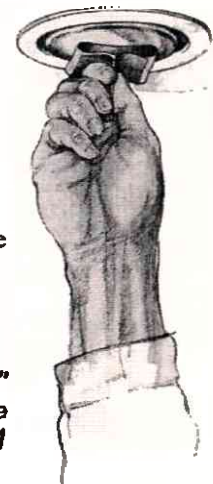
Loosening Recessed Lightbulbs

Changing a lightbulb in a recessed ceiling fixture can drive you crazy. That's because there's very little space between the bulb and the trim ring, making it impossible to get a firm grip on the bulb.

Defeat this frustrating problem with a strip of duct tape. First, make sure the bulb is cool to the touch. Then tear off a 12-in.-long strip of tape and press it onto the middle of the bulb. Fold each end of the tape back against itself to create two nonsticky handles.

Grip the handles between your thumb and forefinger and give them a quick twist in a counterclockwise direction. That should loosen the bulb so you can easily spin it out the rest of the way.

"simple solutions"
'Today's Homeowner' magazine
February 2001



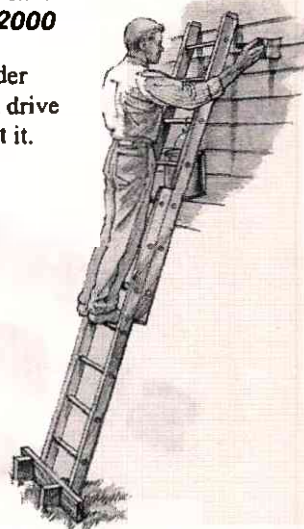
Tips on this page from: "simple solutions"
'Today's Homeowner' magazine
July/August 2000

Ladder-Safety Tips

For many exterior chores, you need an extension ladder. Here's a way to keep it steady. Support the ladder base with a 2x4 cleat, as illustrated. Cut the cleat about 12 in. longer than the width of the ladder. Then drive two 16-in.-long 2x4 stakes a foot into the ground. Screw the cleat to the stakes and set the ladder against it.

Keep these safety rules in mind:

- Put the ladder only on dry, level ground, never on top of mud, ice or snow.
- The distance from the house to the base of the ladder should equal one-fourth the height of the ladder.
- When working on a ladder, don't overreach. Keep your hips within the vertical rails.

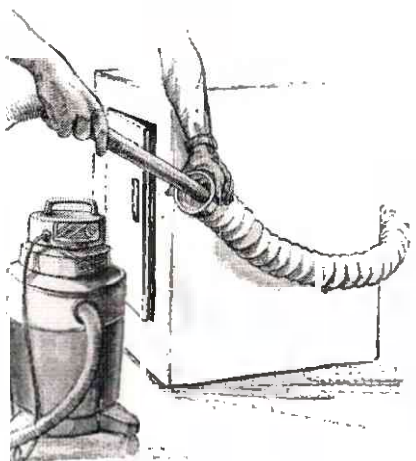


Cleaning Out Dryer Ducts

Clothes dryers exhaust more than just hot, moist air. They also spew out lint and dust, much of which gets stuck inside the ductwork. Over time, a thick layer of debris can build up and create a fire hazard.

To help reduce the chance of fire, use a shop vacuum to clean out the dryer duct at least twice a year. Start by disconnecting the flexible duct from the rear of the dryer. Insert the vacuum wand into the duct as far as possible. Then disconnect the other end of the duct and repeat the process. Vacuum out the port on the rear of the dryer, too, before replacing the duct.

Also, remove the louvered vent on the outside of the house and insert the vacuum wand into the duct to clear out any remaining dust and lint.

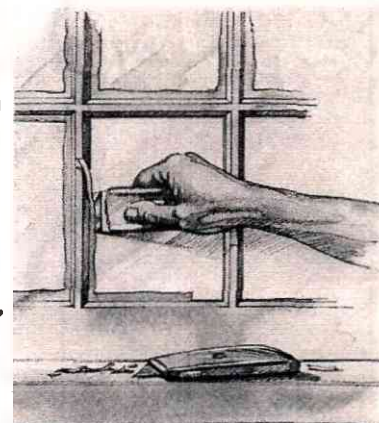


Paint-Scraping Secret

It's easy to paint the narrow wood muntins between window panes. The hard part comes when you have to scrape off the dried paint from the glass. Here's how the pros do it:

First, use a sharp utility knife to score the paint on the glass. However, don't press the knife tip right up against the muntin. Instead, score the line at least 1/16 in. onto the glass pane. This technique eliminates the likelihood of your cutting into the wood muntin and, more important, allows the paint to form an airtight seal between the glass and wood.

Next, use a razor-blade paint scraper to remove the excess paint. Push the blade into the paint, as illustrated, being careful not to scrape beyond the scored line.



Drywall-Tape Dispenser

This simple drywall-tape holder allows you to keep both hands free for positioning the paper tape and for pressing it down with a drywall knife. Take a wire hanger and bend it, as illustrated, to form a squared off U-shape. Turn down the two ends of the wire so that the holder can be clipped onto your belt or pants waistband. Make the hook section of the holder at least 2 1/2 in. wide so it will easily accept the 2-in.-wide tape roll.

Recycling Solvents

Paint thinner, or mineral spirits, is commonly used to clean oil-based paints and stains from brushes and tools. Most people dispose of the thinner after just one use, but that's wasteful and unnecessary.

Next time, soak the brushes clean, then allow the dirty solvent to sit overnight. The paint sludge and pigment solids will settle to the

bottom of the jar, leaving a layer of clear thinner on top. Gently pour the clear thinner into a second clean jar and reseal it for future use.

Seal the jar of paint sludge and save it for the next paint cleanup. When it's full, bring it to a hazardous-waste-disposal site or similar municipal facility. Never pour solvents or paint sludge down a sink or into a storm drain.



**THE BEST
STAND UP
COMEDY**



Brought to you by The PAS PHILOS ROVERS

Friday June 14th, 2002

Newmarket Optimist Hall

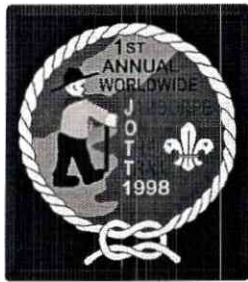
56 Forhan Drive; Newmarket, ON

Doors Open at 7pm

Tickets must be purchased ahead of time!

Contact: Jacqueline Emes at Jacqueline.emes@sympatico.ca

or The Pas Philos Hotline at: (905) 868 8793



The birth of Jamboree On The Trail

Scouts Walking Together World Wide

By Kevin Thomson

A Canadian Scout Troop hiked part of the Trans Canada Trail one fine October weekend in 1997. The following Monday, Scoutmaster Dave Wiebe sent a trip report to Internet email list ScoutsCan-L, beginning a conversation on hiking. The conversation lead to the idea of a Scout hiking day for all sections and on any trail. Further discussion set the date for the first event as April 25, 1998; late enough that those in the Northern parts were likely to have trails free of snow on which to walk.

Reading list messages about the idea, UK Scouter Kevin Thomson began to wish that he could take part in this too. It then occurred to him that this needn't be limited to the shores of Canada as there are trails to walk on all over the world. Scouters quickly agreed that this could be a world-wide event.

Now that the event was born, they discussed what to call it. For a while it was going to be World Wide Walk because it had been started through discussions on the World Wide Web. In the end, they decided on Jamboree On The Trail (JOTT).

With the idea developed, it was time for implementation. Many volunteers were needed to make the event a success. Dale Kelly, Joe Kotch, Judy Harcus, and Kathy Nielson helped with coordination, registration, and publicity. Cody Armstrong coordinated the submission of designs for the event crest. Liam Morland set up a web site for the event and in Britain Dave Stokes put information on The Scout Association's web site, ScoutBase UK. Jean-Francois Lagarde's work with translation lead to a French version of the web site.

In Canada, *The Leader* magazine carried information about JOTT and people were asked to publicise and promote the event locally. Registration were handled by post and by an on-line registration form on ScoutBase UK.

The first Jamboree On The Trail took place just 29 weeks after the fall hike that started it all. There was no official recognition for the event, no funding for publicity, and just the Internet and word of mouth to spread the news. Nonetheless, the event did catch the imagination of a great number of Scouters. The inaugural JOTT had over twenty-four thousand participants in seventeen countries around the world. From this beginning, Jamboree On The Trail has grown. JOTT 1999 had thirty thousand participants and JOTT 2000 was bigger still.

Jamboree On The Trail is the only international annual event for every member of the Scouting family; Scouts of all ages and all sorts. It is an ideal opportunity to come together in spirit with Scouts all over the world and to promote the world-wide aspect of this growing Movement.

material from the jott.org web site

Car Care



How Do Brakes Work?

Most cars on the road today use hydraulic braking systems, usually with disc brakes in the front and drum brakes in the rear. With disc brakes, hydraulic fluid operates a caliper, which presses the brake pad against the brake disc (rotor). In drum brakes, fluid pressure through the cylinder presses the brake shoes against the inside wall of the brake drum. In either case, the hydraulic pressure and friction causes your vehicle to stop.

Ask the Experts

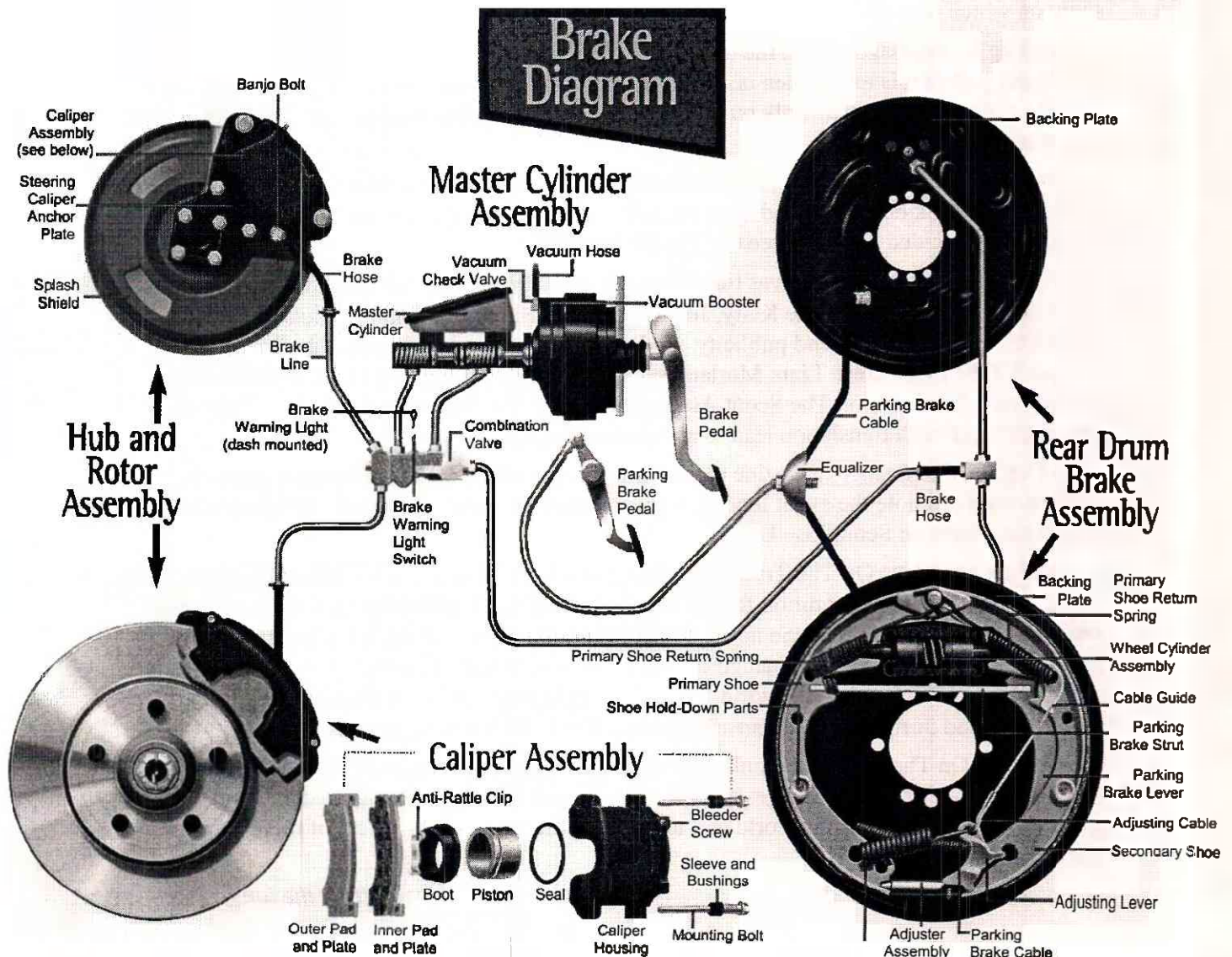
At the first sign of brake trouble, you need to take your car to a certified brake specialist. Only an experienced professional has the training to provide high quality brake work and the knowledge to answer specific questions about your brake system.

For routine inspection, bring your car in every eight to ten thousand miles for a thorough check of all the braking components. It'll protect you against avoidable brake failure in the future.

Heed the Warning Signs

Chances are you'll be the first to know if you have brake problems. Be alert. These are some common warning signs that indicate you should have your brakes inspected:

- **Grab-brakes** that grab with the least amount of pressure.
- **Low Pedal**-the brake pedal almost touches the floor before activating.
- **Pull-the car** pulls to one side when the brakes are applied.
- **Vibration**-any vibration you feel when the brakes are applied.
- **Hard Pedal**-extreme pressure is needed to make the brakes function.
- **Noise**-some noise is normal, but excessive grinding, squeal, chatter or screeching is not.



ATTAWANDERONK MOOT

WANTS YOU TO BE A COUCH POTATO
FROM
JUNE 7TH TO JUNE 9TH, 2002



B.Y.O.C. "BRING YOUR OWN COUCH"
(YOU ABSOLUTELY NEED ONE TO PARTICIPATE IN ALL
EVENTS!)

WELCOME TO

ATTAWANDERONK

MOOT



EVENTS

- COUCH BASEBALL
- COUCH WATERBALL
- SLING SHOT FIGHTS
- COUCH VOLLEYBALL
- KUB CAR FIRE JUMP
- MANY, MANY MORE
- AWESOME EVENTS!!

HELLO!

This year we are getting a little laid back, and decided to make this moot as comfortable as possible! That's why we are asking you to B.Y.O.C (Bring your own couch)! All of our events are centered around you bringing a couch/love seat. However, if you do bring a couch you must take it home with you.

Our events are jammed packed with goofy fun, and are defiantly the highlight of the weekend. We do, however, need to give you some information on one of our events, The Kub Car Fire Jump. You are allowed to bring your own Kub car from home, but it must comply with the Official Rules and Regulations of Kub Car racing. There will be Kub Cars on sale in the tuck shop also.

Hope to see you there with your couch, because your in for one EXCELLENT TIME!

Yours in Scouting and Guiding,
The Attawanderonk Moot Staff

RULES & REGULATIONS

1. RULES OF THE EVENT ARE THAT OF THE SCOUTING AND GUIDE ORGANIZATIONS.
2. ALL PARTICIPANTS MUST BE MEMBERS, IN GOOD STANDING WITH THEIR UNIT.
3. ALL ACTIONS OF YOUR GROUP REFLECT BACK ON SCOUTING AND GUIDING!
4. 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.
5. *NO PETS PERMITTED IN CAMP! *
6. 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

ATTAWANDERONK MOOT

PRE-REGISTRATION PREFERRED
MAIL TO: ATTAWANDERONK MOOT

BOX 41
ELMIRA, ONTARIO
N3B 2Z5

- ⊗ PRE-REGISTRATION: \$15.00
 - ⊗ GATE REGISTRATION: \$18.00
 - ⊗ SATURDAY-SUNDAY REGISTRATION \$18.00
 - ⊗ ONLY DANCE REGISTRATION: \$10.00
 - ⊗ DUE TO NEW GUIDELINES FROM HEADQUARTERS WE ARE BEING CHARGED AN EXTRA \$4 A CAMPER FOR THE WEEKEND, THEREFOR WE HAVE RAISED REGISTRATION \$7. WE ARE SORRY FOR ANY INCONVENIENCE THIS MIGHT HAVE CAUSED.
 - ⊗ IF YOU WISH TO USE AN ADIRONDACK THEN YOU MUST RESERVE IT BY CONTACTING HEADQUARTERS: (519) 742-8325
 - ⊗ MAKE CHEQUES PAYABLE TO: ATTAWANDERONK MOOT
 - ⊗ Pre-Registration must be in before May 10TH, 2002
- For any further information, please contact: Rae Gencereux @ (519) 669-2753

PRE-REGISTRATION FORM

CREW NAME: _____

MAILING ADDRESS: _____

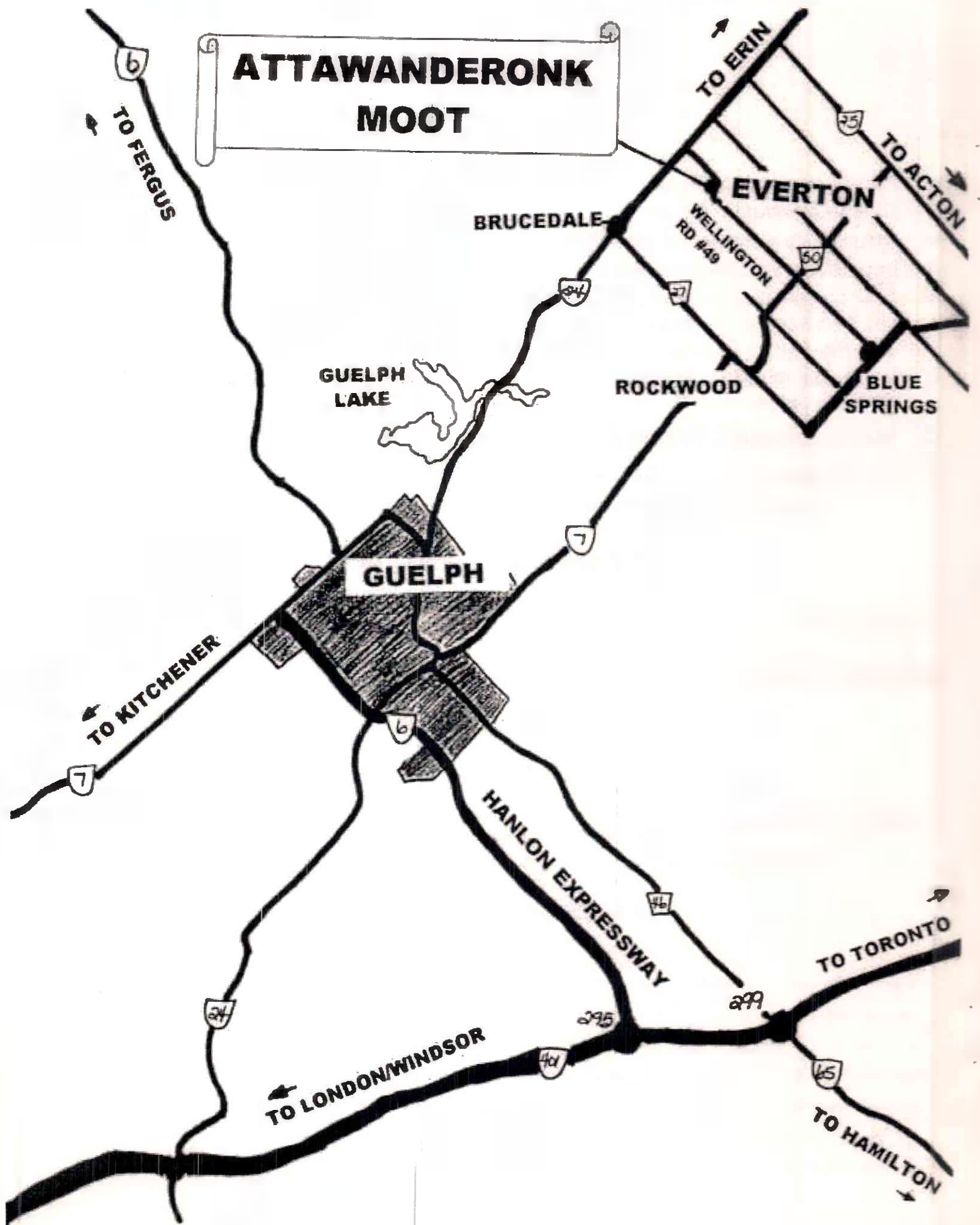
CONTACT PERSON: _____

PHONE#: () _____

NAMES OF CREW MEMBERS

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

NO. OF PEOPLE _____ X \$12.00 = _____





ORC Annual Meeting

Saturday, May 11th, 2002

Greater Toronto Region

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

The Meeting and Awards Dinner are Full uniform Events.

Annual Meeting

Saturday, May 11th 2002 2:00 pm

Church Of Jesus Christ, Latter Day Saints. Broadview Branch
1099 Broadview Avenue (North Of Mortimer and Broadview Ave.)
(Beside the convenience service station)

Join us as we celebrate the successes of the 2001/2002 Rovering Year and vote in our new Executive to lead us into 2002/2003.

Awards Dinner

Saturday May 11th 2002 5:30pm

Stan Wadlow Clubhouse
373 Cedarvale Ave (Just East of Cosburn and Woodbine Ave)
(Beside the East York Memorial Arena)

Help Us Celebrate Rovering In Ontario

We will be honouring those who have supported Ontario Rovering and present the Roland S Dell Memorial Award for 2001

This is a catered dinner. Pre-registration is required.

ORC Annual Meeting Weekend **May 10th-12th 2002**

Cheques should be made payable to Scouts Canada – ORC. For registration and further information, please contact Kevin Dunn, 295 Lakeshore Rd East, Apt 3, Mississauga Ontario, L5G 1H3 905-278-4518 (kdunn@softhome.net)

Weekend Price - \$30.00 before April 23rd 2002. \$35.00 After April 23rd 2002

This covers the Annual Meeting, Awards Dinner, sleeping accommodations and breakfast for Saturday and Sunday. You will need a sleeping bag, foam pad, cutlery, dishes, mug, and full uniform. We will be staying at Don Mills United Church (located at the corner of Pape and O'Connor Drive). Each Person is responsible for their own lunch on Saturday. There are no activities planned for Sunday.

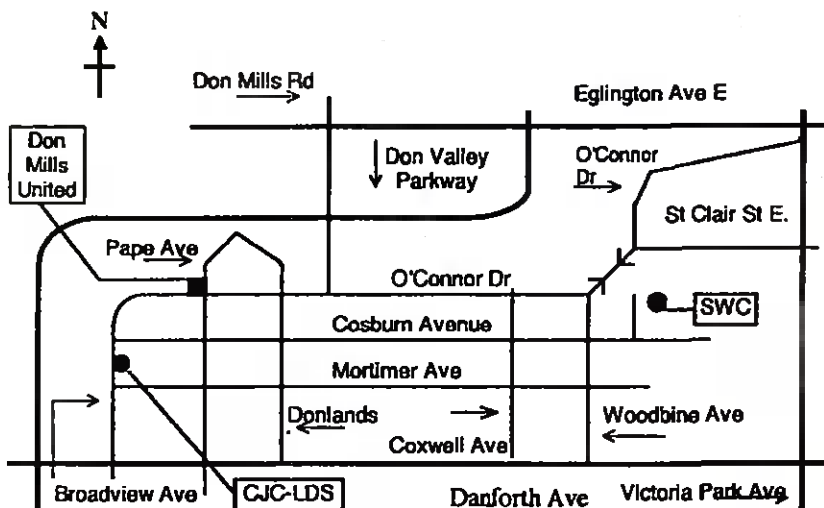
Meeting and Awards Dinner Price - \$15.00 before April 26th 2002. \$17.50 after April 26th 2002

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

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

Timetable

Friday	6:30 pm	Arrival Fun and games
Saturday	8:00am	Breakfast
	9:00am	Free time / Trivia
	2:00pm	Annual Meeting
	5:30pm	Awards Dinner and Dance



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

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

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

Map not drawn to scale.

**www.MOOTMOOT.
ca**



September 27-29, 2002
Snake Island - Toronto

\$14 before Aug 1 - \$16 before Sept 1 - \$18 at Gate

For More Information

Contact:

Eleanor Blake

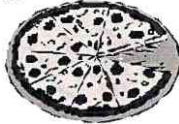
905-336-7548

registration@mootmoot.ca

Schedule

Friday

6:00 PM Registration Opens
10:00 PM Group Social



Saturday

10:00 AM Opening
10:30 AM Day Events Open
12:30 PM *PIZZA LUNCH*
1:30 PM Day Events Continue
7:00 PM Dance Begins
12:00 AM Dance Ends
1:00 AM Camp Fire



Sunday

9:30 AM Closing
1:00 PM All groups must be off Snake Island

***Please note that Pizza Lunch is only*
provided for groups that pre-register
before Sept 15, 2002.**

Facilities

- Tent camping facilities overlooking the Toronto skyline
- Cold running drinking water
- On-site outhouses
- Nearby washrooms
- 24 hour First Aid and Security
- Emergency Call in phone # 416-937-3313



The Scouting and Guiding Law

All participants are expected to live up to the spirit of Scouting and Guiding laws as well as abide by all policies and procedures set by the National Council of Scouts Canada and the laws governing this event.

Specific Rules of www.MOOTMOOT.ca

- Absolutely no alcohol allowed on site
- No firearms, fireworks, bows, or other weapons
- Medical forms must be on participants at all times
- No swimming anywhere on Snake Island. Swim at your own risk on other parts of the Islands
- No campfires allowed on the beach
- A site curfew is in effect on Friday and Saturday Night
- Venturer Companies and Ranger Units must have an advisor present on site all weekend.



Groups may be asked to leave at anytime for breaking the rules of the event or for interfering with the enjoyment of the Toronto Islands by others.

Benefits of Pre-Registration

Cheaper Price

\$14.00 before Aug 1
\$16.00 before Sept 15

Friday Night Snack

Tim Horton's Donuts and Coffee

Saturday Pizza Lunch

2 Slices of Pizza, Pop, and Chips



Better Camp Site

You can setup as early as 4:00 PM on Friday, while others have to wait until 7:00 PM

Camp Highlights

Toronto Island Camping

Better Friday Night Social

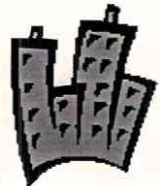
Pizza Lunch for those who Pre-Register

DJ Cat in the Hat and The FLOW 93.5
Present the Moot Moot 2002 Dance



NEW Day Events

NEW Moot Moot Toys



www.MOOTMOOT.ca Resource List

Toronto Island Ferry

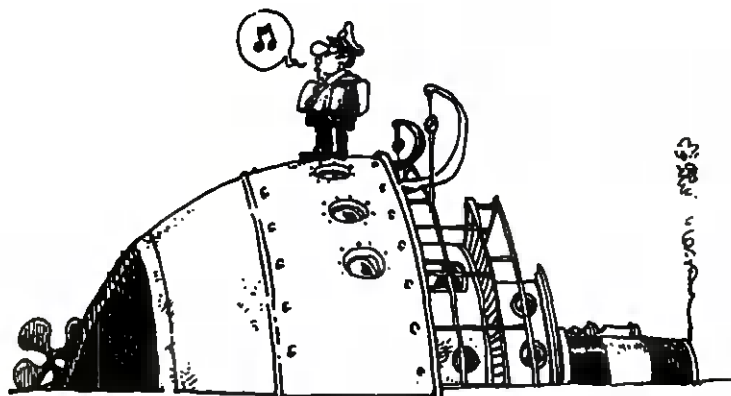
(Take the Wards Island Ferry)

The City of Toronto provides frequent ferry service from the Toronto Island Ferry Dock, which is located at the foot of Bay St. on the south side of Queens Quay. Parking and Ferry costs are your group's own responsibility.

For up to date ferry cost and schedule information, contact the Quays Quay Ferry Terminal directly.

416-392-8193

www.city.toronto.ca/parks/to_islands/ferry.htm



Take Local Transit

Save on parking and hassles by making arrangements for transportation to and from camp using local transit. Take Go Transit and the TTC to Moot Moot and avoid parking in Downtown Toronto. Take the Lakeshore RT from Union Station one stop to the Queens Quay Ferry Dock.

Go Transit Information

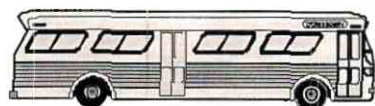
1-888-GET-ON-GO

www.gotransit.ca

TTC Information

1-416-393-4636

www.ttc.ca



www.MOOTMOOT.ca Directory

registration@mootmoot.ca

Eleanor Blake

905-336-7548

siteoperations@mootmoot.ca

Derek Stokke

416-937-3313

Online Risk Management Forms

Scouts Canada

www.scouts.ca/scinfo/outguide.stm

Finding Out About Other Events

Ali's World

www.geocities.com/armedwithjello/scouts.htm

Ontario Rover Council

www.orcweb.org

Other links available on our site!

www.MOOTMOOT.ca

Moot Moot is committed to keeping you informed of camp developments. The following information will be available **as of January 5th** on our new interactive web site:

Program Information as it Develops

Registration Forms

Transit Information

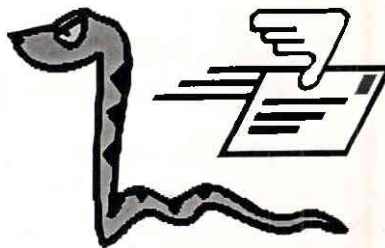
Risk Management Links

Links to Rovering Related Sites



www.MOOTMOOT.ca Registration

Please make all checks payable to:
"Scouts Canada Moot Moot Committee"



Group Name: _____

Section: Venurers [] Rovers [] Rangers [] BP Guild []

Contact Person: _____ Phone #: _____

Address: _____

City: _____ Postal Code: _____

of People Registering @ \$14.00 Per person (Before Aug 1) _____

of People Registering @ \$16.00 Per person (Before Sept 15) _____

of People Registering @ \$18.00 Per person (After Sept 15) _____

Total amount enclosed: \$ _____

www.MOOTMOOT.ca
co/ Sniley the Snake
1390 Fisher Ave.
Burlington ON L7P 2L6

You must provide a list of those
registered with your group at gate

Medical forms must be made
available upon request

For Registration Information Contact:
Eleanor Blake, 905-336-7548, registration@mootmoot.ca

OUT & ABOUT

Number 17 – "Oh she was just seventeen, if your know what I mean" The Beatles

Winter Camping and Backpacking

My first experience with winter camping came from attending **Mini Moot** in Buffalo, New York and **Snowball Moot** (now called **Snow Moot**) in Milton, Ontario. Later while a member of my crew, I became the Scout Leader of our group's scout troop and took my Scouts away winter camping on my Uncle's Farm near Lindsay, Ontario. My experiences have largely been what I would call 'Winter Camping' and not 'Backpacking' as we did the 'car camping thing' in an organized Scout camp or at a farm. This year I got to experience Winter Backpacking with my Humber College class in Algonquin Park



Once you get past the thought of sleeping outside in the SNOW in the WINTER, it can be as much fun as regular three seasons camping or backpacking. Plus, you get a feeling of accomplishment from doing something other people feel you must be **Nuts** to try.

Trip Planning:

1) Route:

Even on trails you have done in warmer months, you should consider scaling down the number of kilometres you plan on backpacking during the winter for number of reasons.

- You have fewer daylight hours in which to complete your hike.
- The snow conditions on the trail will be unknown right up to beginning the trip and may change during the trip due to additional snowfall, rain or major temperature changes.
- Trying to complete a longer distance may persuade you to push on harder, thus causing you to sweat and lowering the insulating value of your clothes and bring on hypothermia.
- You will likely be carrying a heavier load than in warmer months.

It's important not to rely solely on past summer experience of an area, when planning a winter trip. Many of the conveniences counted on in the summer months may be closed after Thanksgiving. Many gas stations, stores, lodges, campsites, etc. may be closed for the season and may become unavailable for obtaining supplies, information or assistance in an emergency.

1) Menu:

Planning your menu is extremely important in keeping you warm during your trip. Our instructor jokingly warned us that winter backpacking is not the time for sticking to a diet. Your body produces heat in three ways. One of which is by the burning of the calories consumed during meals (see clothing segment for the other two). Having snacks available along the trail is always advisable, as it keeps the digestion process ongoing.

Our instructor, Peter Hughes, used the building of a fire as a metaphor in describing a balanced approach to planning your menu. It was important to include food items in your menu containing sugars, **tinder**, and complex carbohydrates, **kindling**, for quick boosts of energy. Items such as energy bars, GORP, granola

bars, pastas and cookies. They will help you bounce back when you become tired and cold.

Proteins and Fats, **fuel or logs**, keep you going long term as they take longer to be digested by the body. By increasing the amount of proteins and fats in your wintertime diet, you will lengthen the digestion process, provide you with more enduring energy, and keep you warmer longer after the meal.

Plan winter meals to be at least two courses. Have something you can eat right out of the box or bag while you wait for the main course to cook. Items like salami, cheese, bread or dried fruit. By having an item that requires no preparation to start off a meal while your waiting for the rest to cook keeps your energy level up and helps keep you warm. Then follow up the first course with a chilli, stew or goulash and a hot drink. A meal that retains its warmth in a bowl is best, fried foods on a plate cool quickly. For lunch try the combination of a sandwich (prepared at home), followed by hot soup (prepared on the trail).

Cooking is usually a little slower in the winter and you will want to make more hot beverages or soups, or to turn ice and snow in water, so bring extra fuel for the stove. Caution should be taken in handling liquid fuels in the winter as they freeze at a lower temperature than water. Spilling them on exposed skin could lead to immediate frostbite.

3) Clothing:

The second method (for first, see menu segment above) for the body to produce heat is through exercise of the major muscle groups. The most important thing is not to overdo it. Its extremely easy to build up a sweat when hiking. In warmer months evaporation of sweat is welcomed as it keeps you cool. In the winter it reduces the insulation value of your clothes.

The traditional three-layer method of dressing is highly recommended for backpacking. The base layer is the wicking layer. It should be made of a polypropylene or polyester like material and not cotton. Its job is to move moisture away from your skin. The middle layer is for warmth, and again, shouldn't be made of cotton. Fleece, pile or wool is best. The outer layer should be windproof and waterproof. The three-layer system doesn't necessary mean only wearing three layers. Doubling or Tripling up on the middle layer allows you to add or shed middle layers based on any change in your level of activity or the weather.

Plan to have a change of clothes for when you reach camp and for a complete change for bed. Remember anything worn (including your boots) will freeze over night. Place items in a bag at the bottom of your sleeping bag you plan on wearing the next morning.

The third method your body uses in shivering. Take this as a **warning sign** for Hypothermia. It means the body is using a defensive maneuver to keep warm as a last resort. This is definitely the time to limit your exposure to the cold and wind, change wet clothing if it can be done safely and to add additional layers.

Winter Backpacking in Algonquin Park:

When tripping in Algonquin Park, regardless of the time of year, each visit begins by registering with the park rangers. We registered at the West Gate on highway 60 and picked up our car passes on Saturday morning before heading to the Highland Backpacking Trail. While Algonquin Park is an extensive park, you may be shocked to know it has only three backpacking trails, the Highland Backpacking Trail (which we took), the Western Uplands Backpacking Trail and the newest trail the Eastern Pines Trail. The park has been ostensibly been developed for canoe tripping, car camping and day hiking rather than backpacking. This may have accounted for the fact that we bumped into three other groups out backpacking during our weekend.



Backpacking in the winter, unlike the rest of the year provides alternatives to simply hauling all your gear on your back. Depending on the terrain of the trail your contemplating you may be able to split your load or have it entirely loaded on a toboggan or sled. Our group had been split up into two's prior to the trip. The partners were to plan their menu together and split carrying the gear required for the weekend. While everyone else planned to carry everything in their backpacks, my partner, Alan Aslett (a Venturer Advisor from Newmarket, Ontario) and I decided to try something a little different and take a sled made by his scout group.

In hindsight taking the sled turned out to be a lot of extra effort on the Highland Backpacking Trail than we expected, due to its steep hills. We quickly learned to use the term "portaging" to refer to unloading the sled, carrying our packs up and down staircases and across footbridges, then carrying the sled up, down or across and finally reloading everything back into the sled. On one hand we seconded guessed our choice of bring the sled, on the other hand it provided us an opportunity to adapt to our situation and learn from it.



Using our orienteering skills from our previous Humber course (see "Out & About #15"), we determined that we could return to the cars on Sunday by turning off (half way back) the Highland Backpacking Trail and onto the Track and Tower Trail, which was flat. While our experiment with a sled had some shortcomings, a group of three people on snowshoes passed us on the trail with one member pulling a small toboggan. The small plastic toboggan, approximately three feet long and two feet wide was attached to the shoeshoer's waist by rope through aluminum tubing. This allowed him to carry a daypack-sized pack on his back for smaller items and pull larger bulkier items on the toboggan. Remember winter sleeping bags, winter tents, and winter clothing is a lot bulkier and heavier than you may be used to packing and carrying in warmer

months. It may be extremely difficult to get everything you need into your backpack and then carry it for the entire hike.

Algonquin provided us with two great gifts. First, the feeling of isolation had begun even though we had hiked into the bush only a few kilometres. When we found ourselves on Saturday night standing quietly on a frozen lake with a clear sky filled with stars, a feeling of isolation made us pause and reflect on the rush of life back in the city.

The second gift was the interaction with its wild life. When we paused for lunch where the trail intersects with the Madawaska River, Whiskey Jacks taught Humber College Students to remain perfectly still as they took food right out of our hands. Our camp came complete with a marten, which we occasionally saw, but always knew was out there circling just beyond reach. On Sunday the Whiskey Jacks returned to help cook breakfast (if you let them) and on the return trip we saw a moose with two calves.

The weather was perfect on Saturday for hiking; it was a few degrees below zero with no precipitation or wind. Sunday began the same way, but then wet snow began to fall, followed by a strong wind. As a result of people hurrying to get back sooner and the wet snow falling, people were getting wet on the inside and out. Because we knew our cars awaited us this wasn't as big a problem as it could have become. If we had been planning to hike an additional day, we would have had to stop and make camp earlier in the day than would be expected. We would have had to stop and provide ourselves with a shelter to get out of the wind and to change into dry clothes. Realizing when to stop is key to everyone's well being and survival.

Walking on the trail had been better than I had expected it to be. It was quite firm and well packed along both of the trails. This was probably due to the limited number of snowfalls we've had in southern Ontario this year and the traffic on the trail earlier in the year.

At our final class back in Toronto on the Tuesday night following the weekend it was unanimous that we all wanted to go back as soon as possible. We all pledged to sign up immediately for the college's Canoe Camping course in May.

Hypothermia:

While Hypothermia can occur on a warm summer's day under the right conditions, we must be extremely careful not

to miss the symptoms in others or ourselves, especially outdoors during the winter months. Those who are most susceptible to Hypothermia due to exposure according to the St. John Ambulance Official Wilderness First Aid Guide are Smaller People (babies, children and small adults), Elderly People, Sick or Injured People and Teenagers. **That's right Teenagers!** Why you may ask? Teenagers expose themselves to harsh weather to do snowmobiling, boating, ATVing, etc and compound their acceptability to Hypothermia by wanting to appear "**Tough**" by wearing less clothing than is required. Then, when they do get into trouble, (i.e. the snowmobile, boat or ATV breaks down) they're unprepared when the weather turns against them.

Learn to recognize the initial signs of Hypothermia, how to prevent it and how to treat it before venturing out on a winter backpacking trip. Taking a Wilderness First Aid course before heading out on any backpacking or canoeing trip that takes you outside of immediate 911 response is advisable.

Outdoor Adventure Show in Toronto:

Three of the Coors Light Outdoor Adventure Shows are already history for this year. The Edmonton, Vancouver and Toronto shows occurred during the month of February, but the fourth in Calgary on April 5th to 7th is your last chance for this year. I highly recommend attending at least once to gather information on outdoor activities, meet experts in your field of interest, check out new equipment that's become available, or simply to get charged up for the new season ahead.

If you would like to combine your interest in the outdoors with your pursuit of a post-secondary education, a number of Colleges and Universities maintained booths promoting their Outdoor Programmes, including Humber College from Toronto, Crambrian College, and Laurentian University from Sudbury.

The best part of this year's show by far for me was having the opportunity of meeting and chatting with Kevin Callan about rivers we had both canoed in Ontario. For those unfamiliar with Kevin's work, he has written approximately eight books on canoe routes in Ontario and Quebec including *Up the Creek-A Paddler's Guide to Ontario*, *Further Up the Creek-A Paddler's Guide to Rivers of Ontario and Quebec*, and *Brook Trout and Blackflies-A Paddler's Guide to Algonquin Park*.

Kevin is no stranger to Scouting, as he frequently does slide shows for local Scout groups in his hometown of Peterborough Ontario. In fact he has been kind enough to provide our magazine with a chapter from his latest book (not yet in bookstores) **Lost Canoe Routes**. It's due out this spring from The Boston Mills Press.

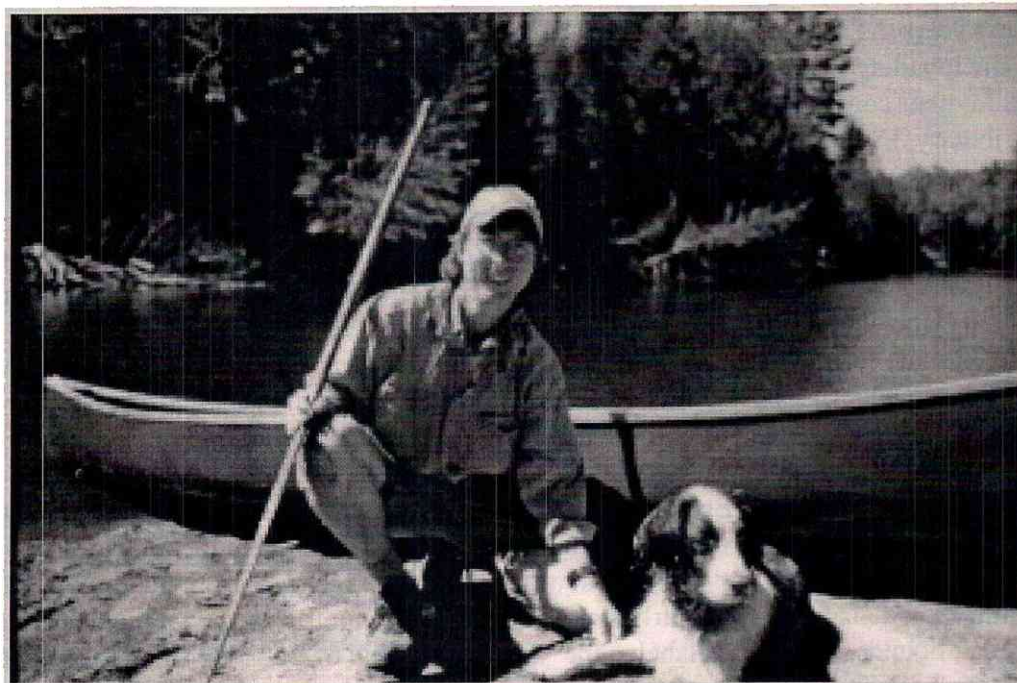


Final Thoughts:

I like to thank Kevin Callan for submitting a chapter from his latest book. Coincidentally Kevin also has an article on Algonquin Park in the April edition of Explore magazine. You can't miss it, it's the cover story for the issue. Entitled "**Secrets of Algonquin**"; Kevin outlines his choices for the best out of the way, and less crowded gems of the park for hiking, kayaking, whitewater paddling and mountain biking. By the way, his recommendation for the best backpacking in Algonquin is following the portage routes from Lake Travers along the Petawaw River to Eustache Lake.

For those who can't wait to get a paddle into the water, how about the Great Humber River Race? Michael Twitchen, the race organizer, has promised a Rover Category, if 5 canoes are registered before the April 6th race. It's approximately an hour paddle down the Humber River in Toronto. As I wrote in my column last year, the race began as a fundraiser for a scout group over twenty years ago. It presently has a Venturer category, but hasn't had a Rover category for some time. Well, how about? Michael can be reached at 416-742-5232 for registration info.

Kirby McCuaig



Top York River
Bottom: Steel River Loop

Ontario's Lost Canoe Routes York River

For countless years the York River was used as a major waterway. Algonquin tribes used it while re-treating from the invading Iroquois. Fur traders used it as part of a transport route from Georgian Bay to the Ottawa River. Lumber companies based in Haliburton began flushing their logs down it before any other neighboring tributary. Even the initial surveyors remarked it was a great-grandchild of the mighty St. Lawrence. But for a while now it's basically been forgotten. In fact, I can't recall ever seeing another canoeist while on the river. And for that reason alone, it definitely matches the "lost canoe route" category. The best section of the river to paddle is between Egan Chutes Provincial Park and Conroy Marsh. It's a perfect two day outing for novice canoeists or advanced paddlers looking for a leisurely getaway.

Egan Chute Provincial Park is 11-kilometers east of Bancroft, along Highway 28, with the public access road to the northeast of the highway bridge. Take note, however, that the park is no longer regularly maintained by the province and only has a small clearing below the remains of an old concrete dam acting as the put-in sight. Also, since it's a river route, a second vehicle must be shuttled to the public launch on the west end of Combermere, along Highway 62.

Not far from the starting point is Egan Chute itself, named after Lumber Baron John Egan, who, in the mid-1800s, built a number of timber chutes along the York River. He was in fact one of the first to hold a timber license in the district (1847), driving most of his logs down the river from nearby Baptiste Lake. To the left of the cascade is a short but fairly steep 50-meter portage. It's used on a regular basis. Not by canoeists. By rock hounds. Bancroft is labeled the "Mineral Capital of Canada" and Egan Chute is one of the local hot spots, holding a high quantity of nepheline, sodalite, biotite, zircon, and blue corundum.

Egan Chutes also happens to be the place where my poor dog, Bailey, almost plummeted to her death. It was during my last trip down the York. The dog, for some unapparent reason, decided to go for a swim just above the falls. In seconds I found myself leaping down a rock face and grabbing her paw just as she was going over the brink. The dog came out of the ordeal without a scratch. I, on the other hand, suffered a split knee and cracked shin bone.

Just beyond Egan Chutes are two more prominent drops - Middle Chute and Farm Chute. Both have portages (100-meters on the left and 200-meters on the right) but are hardly used and can be difficult to follow at times. The first trail keeps close to the edge of the river, where the second heads almost directly up and over a knob of granite. Both also have campsites on the east bank. But again, they are rarely used except by some local teenagers (Middle Chute's campsite has been marked "Buzzed Out Point").

Other sites are found not far downstream, situated on one of the many sandbars found between The Great Bend (where the river takes a dramatic twist to the northeast) and King's Marsh. I've always found these sites to be located too early in the trip, however, and much prefer to make my own further downstream - making sure to practice low impact camping of course. This stretch, with its large sections of deciduous swamps and forest levees, are typical to the York's native name Shawashkong (the river of marshes), and is my favorite place to paddle along the river.

If you're not that interested in making your own bush camp, it is possible to paddle a full 6-8 hour day and end your trip at the alternative take-out at the Boulter Road bridge. Better yet, you could also choose to book a cabin at Silgrey Resort, situated just below the Boulter bridge, on the south side of Conroy Rapids (three sets of swifts that can easily be run or lined down). However, by only paddling the first half of the route, the most significant portion - Conroy Marsh - is missed all together.

This unique wetland, named after Robert Conroy who held a timber license on land west of Robinson Lake, drained by the York River, was made famous some years ago after being painted by Group of Seven member A.J. Casson. And, with its rich diversity of plants and animals, as well as being set amongst the majestic hills of the Madawaska Highlands, the government soon designated it a Crown Game Reserve. Recently, it also ranked as the highest priority in the district, and third overall in Ontario, for protection under the new Living Legacy Program.

Due to its size, it's also an easy place to find yourself lost in. A couple kilometers downstream from Conroy Rapids the waterway spreads out over 2,400 hectares, with Robinson Lake to the west and Winter Lake, Garden Lake, One Mile Bay and the mouth of the Little Mississippi River to the east. To help keep yourself on track, it's best to stay in the center of the main channel and eventually you'll meet up with McKeek Lake, where the York River flushes into the Madawaska River.

From here it's just a short paddle west, under the Highway 62 bridge, and then left toward the public launch in Combermere. Or, if you don't happen to have a not-so-bright dog that's prone to swimming above waterfalls, you could travel east on the Madawaska and take in a week of adventurous whitewater paddling all the way down to the Ottawa River.

Time: 1 - 2 days

Number of Portages: 3

Longest Portage: 200-meters

Difficulty: The portages around Egan, Middle and Farm Chute are extremely steep but the river itself is still considered a novice route.

Alternative Access: Boulter Road bridge or Silgrey Resort, reached by turning east off Boulter Road onto Hass Road, and then left on Havergal Road. Also, off Highway 515 and at the end of McPhees Bay Road.

Alternative Route: The route can be divided into two day trips by making use of the Boulter Road bridge access or Silgrey Resort.

Outfitters:

Silgrey Resort

General Delivery

Boulter, Ontario

K0L 1G0

(613) 332-1072

email: silgreyresort@northcom.net

Earth Connections

P.O. Box 1646

Bancroft, Ontario

K0L 1C0

1-877-368-8687

(613) 332- 6807

email: earthcon@northcom.net

www.earthcon.on.ca

The Pinecone Forest Nature Sanctuary

691 Pinecrest Road

Boulter, Ontario

K0L 1G0

(613)332-365

email: forest@pinecone.on.ca

www.pinecone.on.ca

Topographic Maps:

31 F/4 & 31 F/5

Kevin Callan

EDITOR'S NOTE: While this article deals with High School athletes in the US, the comparison to the eating habits of most Rovers, Ventures and Rangers (as viewed at Moots, Conferences, training courses, awards dinners, etc.), indicated this just might be a good topic to bring up. I hope it gets all of you to consider what you're doing to those "finely tuned action machines" you call your bodies.

Food for thought

Busy kids with a lot on their plate too often put nutrition on back burner

By MARY JO MONNIN News Sports Reporter
the Buffalo News Tuesday, January 29, 2002

Athletes are supposed to be competitively hungry, but when it comes to their actual eating habits, that desire falls off the table.

At least that's the result of an informal survey by The Buffalo News into the diets of Western New York high school athletes.

Athletes spend hours at practice each week convinced they are doing everything possible to make themselves better. Wrong. Often overlooked is the fact that an athlete's diet can enhance performance too.

The survey of 108 athletes showed that they often overlook the importance of nutrition. Teenagers, who are getting old enough to have a say in what they eat, are opting for foods on the wrong end of the USDA Food Guide Pyramid.

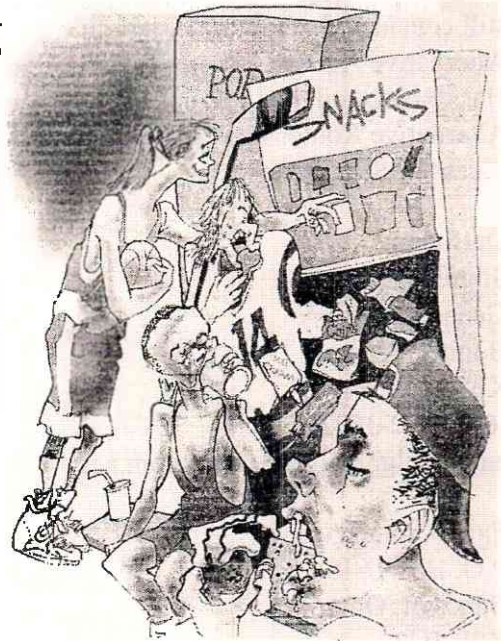
Boys and girls basketball players and swimmers from Canisius, Depew, Frontier, Iroquois, Lancaster, Maryvale, St. Mary's, Tonawanda, Williamsville South and Williamsville East (WNY High Schools) took part in the survey. The survey included nine questions, and then asked athletes to check foods from a list that they would consume during a typical day. The results showed:

- Twenty-three percent don't eat breakfast.
- Sixty-four percent said they don't eat any differently than their nonathletic friends.
- Fifty-six percent don't take a daily vitamin.
- Athletes eat a fast food meal an average of 1.7 times per week.
- They consume 1.5 cans of soda pop per day.
- They buy items from vending machines 3.3 times per week.
- Fourteen percent wouldn't be able to prepare a well-balanced meal for themselves if they were home alone.

An athletic teenage boy may need 5,000 calories a day, compared to the 3,000 calories required daily by his nonathletic friends. Fifty-eight percent of the boys surveyed by The News said being an athlete didn't affect what they ate. In one alarming survey, a male basketball player from the ECIC said he typically skips breakfast, lunch and has pizza for dinner.

"It depends on how hungry they are, what time of the day it is, and what's available," said Orchard Park Athletics Director Jim Trampert. "Our coaches talk about it (diet) with kids, but there's never any guarantee that the kids will use the information."

Iroquois addressed the issue last semester thanks to a workshop conducted by Trish Dobinski, a Family and Consumer Science teacher in the middle school. Boys and girls basketball players, and their parents, were educated on hydration, healthy snacking, prepractice and postgame meals, along with general nutrition.



Iroquois offers a milk machine in its cafeteria, which offers a variety of flavored milks including strawberry, chocolate, cappuccino and mocha.

In many busy families, the drive-up window is replacing the family dinner table. In 2000, Americans spent \$110 billion on fast food. It has led to climbing obesity rates and impending serious health problems. Recent reports confirm that obesity has become an epidemic on a global scale. Between 16 and 33 percent of children and adolescents are obese.

One athlete who seems to have gotten the message is Mike Postles of the Canisius swimming team. "As a kid my mom really didn't let me get into cookies and stuff. It basically started when I was a little kid. I don't intentionally ask my mom when she goes out to buy groceries, 'will you buy this?' "

Like many of his contemporaries, Postles knows an orange would be the better choice over twinkies, but he's not convinced a better diet would translate into faster times in the pool.

"I may not swim just as good, but I still think I would probably still be up there. I think anybody would," he said. "It depends on how hard you work in practice and your ability to endure pain. You could take one of those Olympic swimmers and have him eat junk food and he probably wouldn't do that much worse in a week."

A brief conversation with Rusty Jones might change Postles' mind about the impact of diet, Jones, now in his 18th year with the Buffalo Bills (NFL), is the team's strength and conditioning coordinator. He's considered one of Western New York's top authorities on fitness.

Jones said that 70 percent of physical development can be achieved through practice, but the other 30 percent comes from diet, rest and recuperation. He said convincing anyone to change his or her eating habits is difficult because food is addictive.

High school athletes in a lot of ways have expectations of looking like the athletes they see on TV, and it's not possible for where they are physically and the biochemical factors that go with maturation," Jones said. "It's not an easy thing. We realize the effects that are negative: heart disease, obesity, all those things, and still we can't change our ways."

Jones said among the benefits of eating well is lower body fat, gains in strength, size and attentiveness, and a decrease in acne.

While professional athletes have specially designed diets, high school and most college athletes don't.

"You have to have a coach or trainer who really wants to take a hold of that aspect, and is constantly talking about that," Jones said. "If you don't keep talking about it, it falls through the cracks and becomes unimportant."

Jones said there are diet supplements that work, but he discourages their use unless a solid nutritional foundation is in place. "You can make good decisions once you have the sound base, and your additions will become more powerful," he said.

Skipping breakfast reduces an athlete's energy level and keeps him or her from reaching top levels of mental and physical performance. But for too many athletes, it's a common practice.

"Breakfast doesn't appeal to me. I do eat something, but it's usually not a breakfast food," said Nicole Coddington of Williamsville East's basketball team "I have plenty of time, it's not that. But I only like certain foods and I'm very picky."

Assuming double-stuffed Oreos, Pop Tarts and macaroni and cheese aren't the answer, what should growing athletes be eating?

Carbohydrates (grains, pasta, fruit, cereal, whole-grain breads and crackers) are high-octane fuel and should provide 55 percent of an athlete's total daily calories, nutritionists say. Five servings of fruit and vegetables per day is needed for vitamins and minerals.

Six to seven ounces of protein are necessary to provide the iron and B vitamins that are important for tissue growth and development. Four servings of dairy products provide enough calcium for bones and teeth.

While strides have been made to improve lunch programs, and several schools don't allow pop machines in use during schools hours, it's just a start.

In the end, is it really a happy meal?

.....
e-mail mmonnin@buffnews.com

Fit as a Fiddle

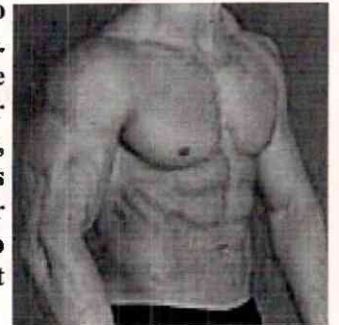
Personal fitness does not mean having a sculpted body and posing for weight lifting magazines. It does mean getting your body into a healthy state with a reasonable weight for your height and body structure, a firm muscle tone and being able to do some physical activity without wheezing. This column is **NOT** intended to replace your doctor, nutritionist or a certified trainer. It *IS* intended to give some common sense suggestions concerning exercise, nutrition and keeping fit.

CUT OUT THE MIDDLE, MAN

*To shrink your gut and build a six-pack,
awaken your inner abs*

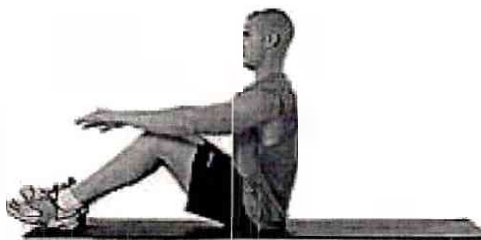
By Matt Fitzgerald
Men's Health magazine

Sucking in your gut doesn't fool anyone—not her, not you, not your tailor. So start using the natural corset you were born with: the transversus abdominis. It's the horizontal layer of muscle beneath your six-pack, and it can make your waist thinner. This 15-minute Pilates workout (no, Pilates is not just for girls—try it, and be ready to hurt) from Terrence Carey, a trainer in New York City, works both your transversus abdominis (for a smaller waist) and your rectus abdominis (for bigger abs). The key to working that transverse layer is to pull your belly button toward your spine and hold it there for the duration of each exercise. Do each one slowly, and breathe slowly. Perform five repetitions of the rollback and eight of the toe tap and pushup.



ROLLBACK

Sit with your knees bent and your heels on the floor. Keep your torso upright, shoulders back, and arms extended forward, parallel to the floor [A]. Inhale while keeping your belly pulled in. Roll backward, rounding your spine while you hold your chin to your chest. Stop two-thirds of the way to the floor [B]. Exhale and return to the starting position. As you gain strength, roll back closer to the floor.



TOE TAP

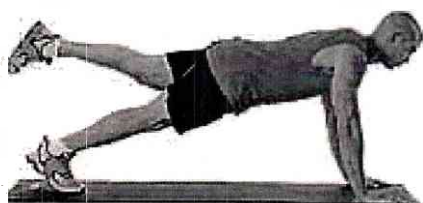
Lie on your back and place your fingers behind your ears. Lift your legs until your knees are above your hips and your lower legs are parallel to the floor. Press your lower back against the floor and crunch forward until your shoulders are off the floor. With your toes pointed down, lower your right foot as far as you can without lifting your back off the floor [A]. Return to the starting position and repeat with your left leg [B].





LEG-LIFT PUSHUP

Get into the down position of a pushup, your hands in line with your shoulders, about 6 inches away from your body. Set your feet hip-width apart. Push up by straightening your arms. Then raise your left leg as high as you can [A]. Keep your leg raised while you perform a normal pushup by lowering your chest to the floor [B]. Keep your back flat and your body rigid. Switch legs on each repetition.



Exercise photographs by Beth Bischoff

Lose That Gut

When doing crunches and all their variations, you spend a lot of time contemplating your belly. If it's rounder than it oughta be, try these lean tactics:

Eat Lean

You want a flat stomach? Watch what goes into it. Don't worry, pal, we're not telling you to live on alfalfa sprouts and granola. Most guys can get away with making little changes in their diet. Cut down on fatty toppings like mayo, butter, sour cream and salad dressing. Cut back on cheese and fatty red meats. Graze rather than gorge: eating four to six small meals a day instead of three big ones helps your body burn fuel more efficiently.

Exercise Aerobically

Cycling, rowing, running, whatever -- it's your call. Anything that gets your heart pumping will burn away your blubber. Hit it three days a week for 20-30 minutes to start. And if you can, work out before the dinner bell. Research suggests that a pre-dinner workout is an excellent appetite suppressor.

Relax

When stress hits, one of the first things your body does is crank up its production of adrenaline. This causes fat cells from all over your body to release their stored fat into your bloodstream, so you can burn it and use the calories to escape or fight off whatever it is that's giving you the heebie-jeebies. But your stress is probably caused by your boss, your kids or the IRS, so all that newly-released fat goes unused.

What happens next, experts believe, is that the fat is taken out of the bloodstream again -- only this time it's stored preferentially around your belly. (You're probably getting stressed just reading this.) So do whatever you can to de-stress.

Take up a hobby that will help you unwind. Take time throughout the day to stretch and breathe deeply. Create a simple after-work ritual -- changing clothes, sorting through the day's mail, or just staring at the wall for a few minutes -- that will cue your body that it's time to decompress.

Meet the Crew

Pas Philos Rover Crew
Newmarket, Ontario



Name: Ali Gothard

Title: Prime Minister (We're Canadian, Eh!)

Age: 23 Sign: Scorpio

Location: Newmarket

Manager of Crew internet elements (i. e. - e-mail list, voting site, event reminders, fund raising co-ordination)

Known for: Taking dares, fortune telling, bad jokes, extreme silliness, "the pudding incident" (hence, Armedwithjello), Ali's World web site, being opinionated.

Web Site: <http://www.geocities.com/armedwithjello>

Name: Jacqueline Emes

Title: Secretary

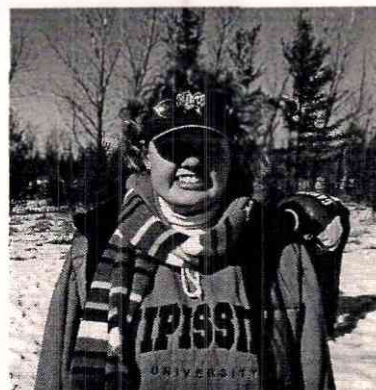
Age: 20 Sign: Aquarius

Location: Aurora/North Bay

In charge of: Yuk Yuk's Comedy Night, Guiding contact

Known for: Being a social butterfly, uninhibited dancing, singing Guide songs, Scouter for 2nd Trout Creek Beaver Colony and Venturer Company, being the Queen of Sparkles.

Web Site: <http://www3.sympatico.ca/themes/jackie.html>



Name: Diana LaFave

Title: Treasurer

Age: 20 Sign: Scorpio

Location: Newmarket

Figures out how we can pay for all our ambitious goals (England, Australia, Yuk Yuk's, car convoy to Ottawa, getting registered in Scouting!)

Known for: Being very quiet (especially around guys!), having fun with my friends, Crew member with the funkiest ear jewelry, sandals every sunny day of the year, even when it gets cold!

Name: Lisa Janik

Title: Squire

Age: 19 Sign: Cancer the Crab

Location: U of Toronto or Permanent home in Windsor

Known for: Being the shy and innocent, a good Squire who always gets her tentmates breakfast in bed every morning at camp, causing bruises, playing rough, being confused, all nighters.





Name: Matt "Matteroni" Wood

Title: Squire Muffin

Age: 18 **Sign:** Cancer

Location: Hamilton

Known for: Procuring cups of ketchup from confused snack bar attendants, making and guarding the Tang, keeping Cheese in line, being bootylicious, being God of UCOM, naming the fish Dog, the Tragically Elbow.

Web Site: <http://www.angelfire.com/yt/UCOM/>

Name: Cheese

Title: Squire

Age: 18 **Sign:** Aries

Location: Hamilton

Known for: Being named after a dairy product, Vice God of the Universal Church of Matt, inventing the recipe for Tang cake, Supernova, being the cheesiest, kung-fu fighting, saving earth from purple monkey dishwasher ; , sharing marshmallowey goodness, keeping Matt in line, starting inappropriate conversations on GO Transit.



Name: Gillian Gothard

Title: Math Geek, Slacker, "Hey You"

Age: 21 **Sign:** Taurus, "no smoking"

Location: Newmarket, Waterloo, Hamilton, etc.

Known for: Being quiet, looking very serious, running the snack bar at the Pas Philos' Newmarket barn dances, having a strange obsession with math, writing many many haikus, thinking things are monkeys, reading books all day, having a silly name, holding parties at Brian's house.

Web Site: <http://gilligan27.tripod.com/index.htm>

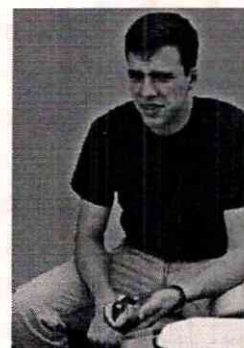
Name: Brian McMurachy

Title: Fish Keeper

Age: 22 (37) **Sign:** Virgo

Location: Hamilton, Woodstock

Known for: Juggling fire, playing Frisbee with a whistle disk, claiming to be 37 years old, holding "Yay, Gilly " parties, bName: Brian McMurachy



Name: Carrie Clifton

Title: Crash Test

Age: 24 **Sign:** Virgo

Location: Sunderland

Known for: Superb wine making skills, the ability to provoke hysterical laughter, jumping out of planes for kicks, being our ORC Regional Rep.

Name: Julie Corrigan

Title: Foreign Correspondent

Age: 25 Sign: Scorpio

Location: Manchester, England/Traralgon, Victoria, Australia

Known for: Rover On The Go articles, missing the Olympics in Aussie to visit America, climbing a waterfall, 50 cent pieces, being scarred for life by a snow angel.

Web Site: <http://www.geocities.com/girlvic2002>



Name: Ellen Reid

Title: Advisor

Age: Ummm... Sign:

Location: Newmarket

Known for: Always having good advice, staying calm in a crisis; Crew Newfie, making sure her Rovers are well fed, "You guys can do anything as long as it's legal."

Name: Brian Powell

Title: Mascot

Age: Who knows? Sign: Scorpio

Location: Newmarket

Known for: "Hey guys, party at our house!", King of the Barbecue, accident-prone First Aider, always having cool gadgets to play with, gas, poking people, his funky walking stick, being camera happy.



In the past year, our Crew has more than doubled in size, despite the fact that most of last year's members moved away to enter university. Still, those members that moved continue to participate in the Crew on a regular basis. Meetings are difficult to arrange as we are spread out over such a large area. Instead, we meet over the internet in a number of ways. We have a central, Crew-only web site that contains our discussion board, voting station, and links to web sites of use to our Crew. We all use ICQ, and are able to chat live about the current issues being discussed. When we aren't online at the same time, we have a Crew e-mail list through Yahoo! Groups which allows us to reach every member by sending to only one address. Our e-mail discussions are archived on a central site, and act as the minutes of our meetings. All this makes communication among members very easy, considering many of our members change homes every few months and are difficult to reach any other way.

For the most part we do our service individually, and we have a handful of larger events we gather for during the year. Several of our members are Scouters for Beavers, Cubs, Scouts, and Venturers. One is also a Guider for Sparks. At Christmas, four of us volunteered to stand

in the mall with the donation kettles for the Salvation Army. Other organisations our Crew members have worked with include the Newmarket Youth and Recreation Centre, Multiple Sclerosis Society, Cancer Society, and the Women's Sexual Assault Helpline of York Region. We are currently looking into assembling poppies for the Legion, which would double as a fundraiser as the Legion pays for that as piecework.

A large part of what our Crew does focuses on travel and adventure, which bonds us as friends. Our first trip was to England in 2000, then in 2001 we piled into a VW bus for a 5-day road trip to Ottawa on Victoria Day weekend. This year we are discussing the possibility of an extended camping weekend in St. Jacob's, and next year's goal is to go to Australia to visit Julie, a former member who will have returned home by then. Our other international connection is that we are listed as a Reception Team on scouttraveller.org, so travelling Scouting and Guiding members can contact us to meet during their travels. In 1999, we had a Venture (yes, they leave the last R off the word) Company from Manchester, England visit us, and we held a dance for them and accompanied them to Niagara Falls. It was that Company we visited on our trip the following year.

Our fund raising tactics vary widely, and we'll try anything if it's legal and we think it'll work. We do two barbecues a year at Loblaws, and have sold flower bulbs. We have run many successful dances which had the added benefit of promoting Rovers to the local youth. We are hosting a Yuk Yuk's comedy club night June 14, 2002 (contact me for tickets, only \$20 each!) and are discussing the logistics of selling frozen food products such as pies and cookie dough. Our in-person meetings are few and far between, and are usually planned alongside a social gathering. These gatherings can take the form of an annual Christmas party, Murder Mystery party, barbecue, or anything else we can think of to celebrate. At our parties, each member invites a guest along. More than once, this has resulted in new members joining the Crew! We attend whatever Moots we can, usually Snow Moot, Sonic Boom Moot, ORC Moot, and Moot Moot, although we are not limited to these four. Several of us attend ORC, and we are also working with another local Rover Crew to restart the District/Region Round Table. We have discussed the idea of running our own Moot someday, but I don't think that's in the cards for our Crew for at least a couple of years yet. As you can see, we keep ourselves quite busy as it is, and this is with our 12 members spread out all over Ontario, from Windsor to North Bay!

**friends
don't let friends
drive drunk.**

A RE"QUEST" FOR SERVICE

Any Crew looking for a challenge might want to look into the Multiple Sclerosis Bike Tour series this spring and summer throughout Canada. It's a trip combined with service, and a lot of fun and lots of freebies (t-shirts, water bottles, candy, sample size stuff, etc.). While Scouts Canada won't allow us to fund raise in our uniforms, you can still collect pledges as a non-uniformed person and make it a Crew trip. Many groups enter these rides as Challenge Teams, and enjoy a bonding experience with one another, plus lots of extra freebies and thank-you gifts for working as a team.

There is a 75 km single-day ride in some areas, which also allows in-line skating. The more adventurous may choose to try a 2 day, 150 km ride through the Niagara wine region, Okanagan Valley Alberta's Rocky Mountain range. A total of 20 Bike Tours will be held in 8 provinces this summer.

For those who are not cyclists or skaters, you might want to check out the MS Super Cities Walk, another Canada-wide event that has met with great success. The walks are laid out in 5 or 10 km routes, and many people bring their dogs for a walk, or their kids in strollers and make a family day out of it.

Anyone wishing to help but not ride/walk can volunteer for any number of jobs: preparing and handing out food and drinks, collecting registration forms and money, the cheering squad, marshalling, signposting, etc. I've done it for many years (my mother, who has MS herself, organised the first MS Walk in Newmarket 5 years ago) and have always enjoyed the good weather, friendly volunteers, and fun that goes along with these events.

If you want some more information, check around the web site or call the Multiple Sclerosis Society of Canada at 1-800-268-7582.

The web site for the Multiple Sclerosis Society of Canada's bike tours can be found at:

<http://www.mssociety.ca/en/events/biketour/default.htm>

Information on the Super Cities Walk is available at:

<http://www.mssociety.ca/en/events/scwalk/default.htm>

*Alison Gothard
Pas Philos Rovers*

FREQUENTLY ASKED QUESTIONS ABOUT MULTIPLE SCLEROSIS

(Taken from the MS Society of Canada's web site at <http://www.mssociety.ca/en/information/faq..htm>)

What is Multiple Sclerosis?

Multiple sclerosis (MS) is an unpredictable, at times disabling disease of the central nervous system - the brain and spinal cord. The disease attacks the protective myelin covering of the central nervous system, causing inflammation and often destroying the myelin in patches. The severity of MS, progression and specific symptoms cannot be predicted at the time of diagnosis. While MS can cause disabilities, it is important to remember for most people it will be many years before they may require even a cane on a regular basis.

What causes MS?

We do not know as yet what causes MS. Most researchers believe that MS is an autoimmune disease. For reasons that are still unclear, the body's immune system malfunctions and starts attacking the myelin which protects the central nervous system. There is some evidence that MS may be triggered by a common virus, and that certain people are more susceptible to developing MS because of genetic factors. There is no evidence, however, that MS is a directly inherited disease. A number of genes are probably involved in whatever makes some people more susceptible to MS.

Is MS contagious?

No, MS is not contagious, nor is it directly inherited although research studies now underway are

suggesting that genetic factors make certain people more susceptible to developing MS.

Who gets multiple sclerosis?

Multiple sclerosis most often strikes young adults - women and men between the ages of 20 to 40 who are in their career and family building years. The average age of diagnosis is 30, but cases of MS have been diagnosed in childhood, and people in their fifties have been diagnosed as well. Women develop MS almost twice as often as men.

Is multiple sclerosis fatal?

MS is not a fatal disease for the vast majority of people with MS. Most people who have MS can be expected to live a normal or near normal life span, thanks to improvements in the treatment of symptoms and in other therapies for people with MS.

Why do MS symptoms develop?

MS attacks the protective covering - myelin - of the brain and spinal cord, causing inflammation and often damaging the myelin in patches. When this happens, the natural flow of nerve impulses along nerve fibres is interrupted or distorted. The result may be the wide variety of MS symptoms, depending upon what part or parts of the central nervous system is affected. The damaged parts of myelin are often called "lesions" or "plaques"

What are some common MS symptoms?

While MS symptoms are unpredictable and vary greatly from person to person, they may include those listed below. Remember, not all people with MS will experience all symptoms and often the symptoms will improve during periods of remission.

Visual disturbances - These may include blurring of vision, double vision (diplopia), optic neuritis (inflammation of the optic nerve), involuntary rapid eye movement and very rarely, total loss of sight.

Extreme fatigue - This is a debilitating kind of fatigue that comes on suddenly or is out of proportion to the activity. It is one of the most common and troubling MS symptoms.

Balance and coordination problems - These may include loss of balance, tremor, unstable walking (ataxia), dizziness (vertigo), clumsiness of a limb and lack of coordination.

Stiffness of muscles (spasticity) - Altered muscle tone can produce spasticity or muscle stiffness, which can affect mobility. Sometimes the muscles go into spasm which can be painful.

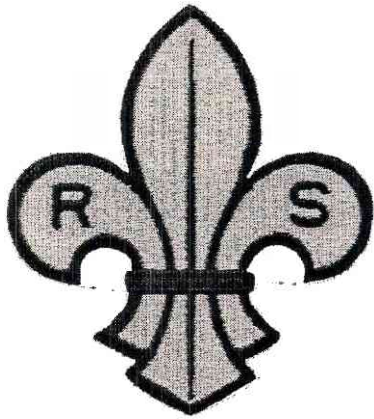
Weakness - The muscles of the legs can feel weak, which in turn affects walking.

Altered sensation - These may include tingling, numbness (paraesthesia) or a burning feeling in one particular area of the body. Facial pain may occur because of trigeminal neuralgia (also known as tic douloureux), which involves a malfunction of one of the major facial nerves.

Sensitivity to heat - Many people with MS find they become sensitive to heat and their symptoms worsen while in a hot environment. **Speech and swallowing problems** - These may include slowing of speech, slurring of words, changes in rhythm of speech and difficulty in swallowing (dysphagia).

Bladder and bowel problems - Bladder problems may include the need to urinate frequently or urgently, incomplete emptying of the bladder or emptying at inappropriate times. Bowel problems may include constipation and, infrequently, loss of bowel control.

Sexuality and intimacy - These can include from time to time impotence, diminished arousal and loss of sensation.



A Rover's Haiku

By Gillian Gothard of the Pas Philos Rovers

Heading out to camp
It seems like something's Missing...
I forgot my clothes!!

Boy I'm glad my shirt
Is this nice tanny colour.
Good for hide and seek.

How many Rovers
would be sober
if a Rover could be sober?

Oooh! Dude, you smell BAD.
I think you need a shower.
Get out of my tent!

Bird poo in my hair
and raccoons stole the Koolaid.
Gotta love nature.

What's with this music?
Groovin', movin', swingin', - stop.
Let's just go play cards.

The night's not over.
Having too much fun to sleep.
Party on till dawn!

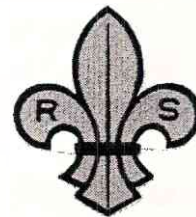
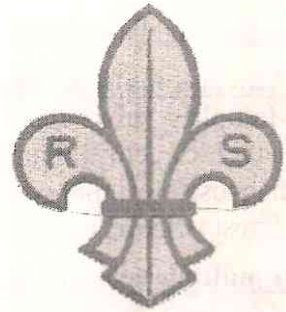
It shines before us,
this monument to Scouting:
a duct tape "B.P."

Drive drive drive drive drive,
hour pit stop at Tim Horton's,
Drive drive. Yay car tour!

In the camp washroom,
girls line up to wash their hair.
Let me wash my hands!!

Check your cup before
drinking from it in the dark.
Earwigs like to hide.

It's hard to mooch food
when everyone assumes that
"we're" bringing the food.





Camp Skeeter

The Simpsons

"Best Camp Ever"

www.skeeter.ca

May 17-20, 2002

Hosted By:

Islands Region Rover Roundtable



The 5 W's:

Who:

The camp is open to all members of Scouting age 14 and over and all members of Guiding age 15 and over. A REGISTERED advisor MUST accompany all participants and be camping with their group for the duration of the weekend.



What:



What is Camp Skeeter? It's a camp Put on for everyone to have FUN! After a scenic cruise across the straight of Georgia, you will be whisked to the camp aboard a luxurious coach. Once at the camp, you will be treated to a long weekend filled with friends, entertainment, and relaxation. On Monday morning all campers will be treated to a complimentary breakfast of golden pancakes and delicious syrup provided by your camp staff. All you have to do is pay a nominal registration fee, and follow the rules below.

Bring:



- Each person must have a completed personal health form to show staff upon registration
- Registration forms must contain the name of the advisor whom will be camping with you for the entire weekend. **NO EXCEPTIONS!**
- Once at camp your entire group must register TOGETHER. This includes your advisor.
- Everything you will need to eat, sleep and be comfortable for the entire weekend. Once you arrive at camp you will not be allowed to leave the entire weekend. **AT ALL. NO EXCEPTIONS. THIS MEANS YOU!**
- Decorations to beautify your campsite. There will be an award.



Don't

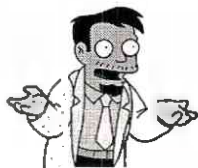
Bring:



- **NO ALCOHOLIC BEVERAGES OR ILLEGAL DRUGS WILL BE TOLERATED.** Any offenses will be immediately dealt with and offending group will be sent home.
- Generators are not permitted.
- Portable Stereos are permitted, however; volume and music content is up to discretion of camp staff. Please be considerate of fellow campers.
- Fires are permitted in fire pits. Please bring other cooking methods.

When: The camp will be from May 17-20 2002.

Where: It all takes place at Camp Caillet, in Nanaimo, BC



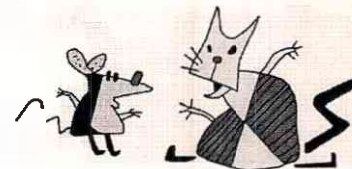
Why:

Why do we put ourselves through this every year? Because it's so much fun! Here's a couple of things we're planning to amuse you:

- Who Needs the kwik-e-mart?
- Uncle Homer's Daycare
- stonecutters
- Gabbo
- Whacking Day
- Krusty Komeback Special
- Lemon Tree
- Santas little helpers



Since snake is on year 5 of a 15-year prison term, he won't be able to run the casino this year. Instead, we will have worker and parasite to provide us with evening entertainment.



How: Don't know where Camp Caillet is? Check the map attached to the back of the registration booklet for directions!



A couple of other things:



- Krusty Burger will be open for Business on Saturday evening. For a nominal fee of \$5, you will be treated to a Delicious Krustyburger with fries and greens. Lunch Lady Doris will be there to serve up something special for desert.

Limited tickets available – register early!

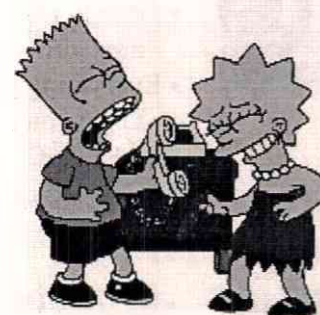
- This is an official function of SCOUTS CANADA; all by-laws, policies and procedures of the organization apply.
- Quiet time will commence ½ hour after the dance finishes in order to respect both our on and off-site neighbors.
- **NOTE:** We can be bribed in just about anything.... Parking is one of the few we can't be. Once your vehicle arrives at camp it will be put into secure offsite parking until closing ceremony is finished on Monday. It doesn't matter what kind of excuse you have because you won't have one. There will be no exceptions made whatsoever.☺



If you have any questions about the camp please contact:

info@skeeter.ca
Josh at (250) 756-4803
OR
Dave at (250) 751-8233

Check out www.skeeter.ca too!



For **EMERGENCIES ONLY** during the camp, please contact (250) 741-4977

NOTE: Transportation from the ferry terminals to the camp – Shuttle buses will be available to meet Sailings at both Departure Bay and Duke Point after 5pm on Friday, May 17th. These Buses will also provide you with transportation back on Monday, May 20th. As we have very limited parking space available, we encourage you to take advantage of this service. **This Service is by reservation only**, so please indicate this on your registration otherwise you won't have a ride! For Ferry schedules check out: www.bcferrries.com

**Canadian Rover Eh!'s
Editor Retires!**

Don't Panic — it's just from his day job.

As of March 1st, when Stan looks out his front window on those cold snowy winter days (weeks) in Buffalo, he'll shake his head, sit down and have another cup of coffee, instead of heading out to work.

Our Congratulations and Best Wishes go out to you, from the staff of the Canadian Rover Eh!, and from its Venturer, Ranger, Rover and Advisor Readers from across Canada.

**Reminder: Food Banks run
all year long, so give
generously.**



**Announcements,
Announcements,
Announcements.**

**Saskatchewan's
Add "1" Campaign**

Approximately 40 Saskatchewan Scout Groups got a \$10.00 credit at their local Scout Shop for each additional youth member registered over last year's total.

Can this programme be implemented elsewhere?

Great Humber River Canoe Race

(Saturday April 6, 2002)

Michael Twitchin, the race organizer, has agreed to open a Rover category in the race, if he can get 5 (five) canoes registered. In prior years only a Venturer category has existed. To register call : (416)742-5232.

**SHINING WATERS REGIONAL
ROUND TABLE**

Now up and on its feet again after a few years of inactivity! Congratulations go to **Carrie Clifton** for accepting the position of Regional Representative to ORC. **Ali Gothard** is establishing an e-mail discussion group for the Region and can be reached at: <armedwithjello@bigfoot.com>

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

Congratulations

to **Ellen Reid and Brian Powell**, Advisors of the **Pas Philos Rover Crew**, on their engagement. The Wedding will take place in August 2003. Anyone wishing to send them notes of congratulations may e-mail them at **bgpowell@rogers.com**

to "**Crazy Jack**" **Mandelker** of the 7th Downsview Rovers and his Bride **Eloisa** on their wedding of February 23, 2002. Personal congratulations to the couple can be e-mailed to: **jthep2000@hotmail.com**

to **Rachel Remenda** of the 45th Kitchener Rover Crew, on her marriage to **Sean Meyer**, on Saturday, October 20th, 2001. Mr. and Mrs. Meyer will reside in Kitchener.

To **Dennis and Dawn Remenda** of the 45th Kitchener Rover Crew, on the birth of their son, (and prospective Beaver), **Jason Andrew** on December 11, 2001. Another grandchild for Skipper **Jim Remenda** of the 45th Kitchener Rovers.

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

or

canadian_rover@hotmail.com



ORC March 2002 Meeting Report

On the weekend of March 8th-10th, Rovers from across Ontario traveled to London for the March ORC General meeting. They came to share information and program ideas and, of course, trade badges. There was a general Forum held on Saturday morning where we discussed some significant changes to the direction and operation of the ORC. The Rovers of Ontario have told us that, since we are no longer sanctioned by Provincial Council, they feel we are too formal in the way that we operate. In response, the ORC is looking to adopt a less formal format, holding open forums instead of business meetings every two months from September to May.

In my mind, the reason that we have tried to maintain a certain formality is to prove that we still represent the Rovers of Ontario if an issue arose that Rovers felt strongly about. The historical example is the changing of the Motto several years ago. Many Rovers told the ORC that they did not want the Rover Motto to change. We in turn presented the concern to Provincial and National Councils. They listened to us because we proved that we represented Rovers in Ontario with our formal structure in place. With an open forum format, the ORC will simply provide a common place for Rovers to talk about things that are important to them. From there, individuals with common concerns may take it upon themselves to form groups and decide for themselves how best to address the situation, without the formalities of the current ORC structure. If a group has an issue that they would like directed to Provincial or National council, they may ask the ORC Chair for assistance, but they may also take it upon themselves to contact people at the Provincial or National Councils. The ORC is also interested in establishing a feasible way to hold forums at some moots as a way of reaching more Rovers.

In changing the way that we operate, it is the hope of the ORC Executive that we may concentrate on some of our more established aspects. These include: administering awards, holding an annual Conference, an annual Dinner and Dance associated with our Annual Meeting, and, hopefully, continuing with our "Rovers Only" Moot. At the same time, we are looking to change our general meetings to forums so that every Rover has the opportunity to make their concerns known and discuss them with other Rovers. Along with this change, there is the possibility of eliminating Regional Representatives as a formal position, or at the very least changing the means by which one becomes a Regional Representative. However, if there are no Regional Reps, there must be a new process established to determine how the Executive will be elected.

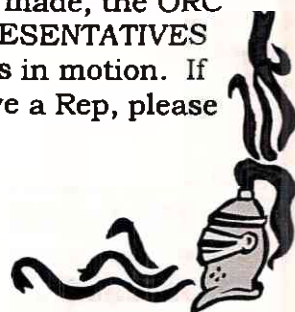
In order to make a lot of these changes happen, we need MORE INPUT from you, the Rovers of Ontario. We feel that there still needs to be an Executive to oversee the awards and ensure that certain basic items are handled (such as the planning of each ORC weekend, the ORC finances, etc.). We want to know if you feel that having Regional Reps is important, how you think they should be selected, or if they should be eliminated? If they are eliminated, how should the ORC Executive be elected? These were some of the questions brought up and discussed at the ORC forum, but it is important that we have the feedback of more Rovers in making these decisions. We hope that you will attend the upcoming forums and continue to participate in the online discussions.

As a final note, WE NEED REPS! Until these changes have actually been made, the ORC will continue to operate as it has, which means that we NEED REGIONAL REPRESENTATIVES to achieve quorum at our Annual Meeting to hopefully set some of these changes in motion. If your region does not have a Rep, consider becoming one; if your region does have a Rep, please let them know what you think about what you've just read.

Yours In Rovering,

Jeremy Shoup

Chair - Ontario Rover Community



The ORC March 2002 Meeting Picture Album

photos by Neil Looby, Ryan "Jynx" Jenkins and Ye Olde Editor



Register here!!!!



The brain-thrust, checking their agenda.



The 102nd London Venturers doing the catering service



The meeting in session, using the boardroom of Jones Packaging, Inc.
London, ON
(Nice accommodations, eh?)



NO, they are NOT fighting!!!!



OK, take my picture, but don't wake Carl.



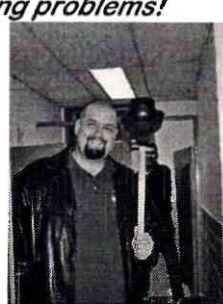
Carl Pitman, a true leader, promotes badge swapping and story telling with his 'flock'.



Look, the rules say no alcohol, right????



Kevin Dunn does more than just computer work.



Mike Pembleton is the ORC vice-chair of WHAT???



If only they paid attention like this at the meetings.

OOPS! Plumbing problems!



Windsor District's 5th Annual Triathlon

May 24, 25, 26, 2002

Held at Camp Cedarwin

Participants and support staff needed.

**This Event is open to all: Venturers, Rovers, Leaders in all sections,
and their invited guests,**

5 different categories for ages 13+, male & female.

Trophies, medallions and crests

Canoeing (1 hour), Biking (2 hours+), Running (1 km), (estimated times)

T-shirt Silk Screening, music, karaoke, food and more.

\$20 per person before April 30, 2002

\$25 per person after April 30, 2002

Choice of canoes available will be on a 1st registered basis.

For more information or a complete registration package

Call Scouter Jack Vannoordennen 519 979 1024

or e-mail request to vannoordennen@aol.com

Triathlon Agenda

Friday May 24

5:00pm to 8:00pm

Arrive and check in with register's office at Peach Lodge.

8:30pm to 9:30pm

**Propeller building - Short Meeting for all,
Bring your mug. (Hot Chocolate, Coffee, Pasta),**

9:30 to Midnight

**Propeller building
T-shirt Silk Screening, card games, free time.**

Midnight

Lights out.

Saturday May 25

9:00am

Meet at stage. (Front of activity field) for Camp Opening.

10:00am

Start of Triathlon

4:00pm to 6:00pm

**Dinner at propeller building.
(chicken, potatoes, meatballs, etc.)**

7:30pm

At the stage, Entertainment (music, karaoke)

1:00am

Lights out

Sunday May 26

9:30am to 10:30am

Scouts Own, Award Presentation and Camp Closing.

Rovers in Alberta? Of Course!



Hello. This is Pamela McMillan from the 187th Excalibur Rover Crew in Edmonton Alberta. Recently our Crew has been doing a lot of service and we have ventured out on a few trips.

In November we headed down to the Lethbridge-hosted 'E-Vent 2001'. For those of you who don't know, E-Vent is a camp where the Rovers across Alberta put on a camp for the Ventures. It gives everyone a chance to get to know each other and hopefully encourages the Ventures to proceed on to Rovers. Lethbridge did a fantastic job of hosting the event with the MASH TV show theme. We paintballed and code solved and did a rescue obstacle course. All had a good time. The Rovers also had an ARRT (Alberta Rovers of the Round Table) meeting and discussed several pressing issues.

A few of our members have been heading out to our Crew owned cabin, called "The Den." Chopping wood and repairing the foundation are a few of the activities undertaken out there.

In January our Crew hosted the ARRT meeting and had a non-alcohol involved day activity. We went skiing at minus 30 degrees Celsius. This is the first year we have not had an evening social, due to Scouts Canada's new no alcohol at Scouting events rule. All had a good time and the meeting was quite successful.

In February, our crew took a Back Country Ski Course. It was successful and we learned quite a bit about compasses and transceivers. We then went out on a backcountry ski trip where our final destination was to be Bow Hut. Unfortunately, we were stopped up by the weather. An hour into our ski and we found ourselves in whiteout conditions. Several people who had been up to the hut said there were avalanche conditions up there due to the massive snowfall being received. So we turned back and skied out.

We are planning a caving activity with our Venture Company come spring. We also hope to take a canoeing and kayaking course as well as do some backpacking. The members of our Crew are very committed to service. Michael Williams is a Scout Leader, Jennifer Nam is a Beaver Leader, and Scott McMillan helps out at the Student and Edmonton wide Distress Centres, I am going to be helping out with the Cubs and I work with people with disabilities.

Our Crew is looking forward to spring and summer and all the activities we have planned.

LETTERS

to the EDITOR

via e-mail



The Uniform and Tradition as Tools

Everyone is familiar with the current problems that urban centers in North America are having with street gangs. These gangs are organized groups of youth loyal to one another and protective of specific territories. Some gangs are so large they stretch over multiple city blocks or even through more than one city. Some gangs even spread their control clear across the country.

To join one of these gangs you are placed on what we could call a probationary period. At the end of that period you must pass an initiation test and then you are welcomed in with an initiation ceremony where you are presented with your colours to symbolise your belonging to the gang, usually in the form of a bandanna. The entire process is put in place to give meaning, symbolism and promote a sense of undying loyalty. Undying indeed, for many of these youth will die to save their fellow crew members, their turf and the pride of their colours. The gang system of initiation is very impressive to say the least. The person who came up with this system must have been a great student of human nature or at one time had to read "Scouting for Boys".

Granted the end result is far from Baden Powell's intended outcome but the elements are all there. So how is it you might ask, a group of people from a disadvantaged background in inner city slums have figured out what people in the upper levels of Scouts Canada could not? How is it those street gangs have taken what was meant to help develop people and twisted it to counter-productive means and we who have only the intent of doing good with it have let it drop to the way side?

The initiation process itself gives one a sense of achievement the feeling they have the right to belong. It provides a sense of support and safety through structure. Finally, the process reinforces all of the group's principles and the individual's sense of belonging through traditional ceremony and symbolism, like the wearing of their colours. Yet, we in Scouts Canada fail to see this. Our numbers decline and we point to surveys where the youth tell us they don't like the uniform. Have we been doing our job, or has a sentiment of not wanting to appear military-like or uncool influenced us in the wrong way? There are many groups that use the tools that Scouts have long had at their disposal. For example, besides the street gangs, groups such as motorcycle gangs, the Skulls and even the Mafia use tradition and symbolism. All these groups use these tools effectively to undesirable ends. Couldn't it be possible for someone like, oh maybe, Scouts Canada to use them for the benefit of society and the youth? Or is that too far of a stretch?

For anyone familiar with Scouting, I don't need to parallel the specific items in our movement to those used by the aforementioned groups. It should be well enough for you to realise we already have the same tools in place. It could very well be that we have failed to use them effectively. Perhaps one reason could be that we have long been searching for a better mouse trap as humans have been known to do, but sometimes we ignore the fact the old one works the best. My father once told me "because a tool is not being used properly doesn't make it a bad tool. You simply have to take it from that person and use it effectively".

If the youth don't want to wear the uniform then we have to figure out how they came to that conclusion. If they reached that conclusion because they are embarrassed to wear the uniform, then we need to ask ourselves how we let it come to that. The wearer of that uniform should represent someone who takes pride in themselves, their community and their involvement in it. When did that become something to make you feel uncool? If that is what is happening, instead of scrapping the uniform we should be re-educating our youth and the public of the benefits of Scouting and the principles for which it stands, not turning tail and running in the face of adversity.

Why would you give up what's right to simply secure more numbers? Should we be teaching them that others can dictate what they should do simply by making them feel its uncool? We can offer the youth a sense of belonging, self respect and a sense of community through structure and tradition. Given the way our society is going today, even if they don't know it, the youth desire these traits from an organisation. We can leave most of the basic entertainment to video games and television shows. After all, if you dis(respect) the colours of any gang member they will soon educate you in the many reasons why you shouldn't.



*Abe Elias
Northwester (Skip) Leamington Rover Voyageur Crew
Essex District Service Scouter - Troop, Pack, Senior Sections
comments, good or bad, to: kanew@hotmail.com*



THE QUEBEC ROVER ROUND TABLE
LA TABLE RONDE DES ROUTIERS DU QUÉBEC

Rovering News from Quebec

Jambec 2002

- Quebec Provincial Jamboree being held at Tamaracouta Scout Reserve July 14-20 with a North American/Voyageur theme.
- Open to Scouts and Venturers (each have their own program)
- 4 full days of program
- One day offsite to a waterslide park
- Live Bands at opening and closing (Including the Planet Smashers*)
- Native American dance show featuring the Khawadi Scout Troop from Texas
- **All Meals Included!** (to be cooked at your campsite)
- Prices:
 - \$250 per Scout or Venturer
 - \$125 per Leader
 - \$100 per Volunteer Offer of Service (meals will be catered. Valid police check must be on file with your local Scout Office)
- We have over 700 participants registered and room for many more!
- We would like to have more offers of service to be able to offer more free time to enjoy the camp
- Please pass this info along to your Scout Troops and Venturer Companies
- More info: www.welcome.to/jambec2002

* final confirmation pending at the date of writing of this bulletin

Upcoming Moots

May Moot 2002: Junkyard Moot

- May 17-20, Camp Jackson Dodds (1.5 hours northeast of Montreal)
- Junkyard Wars Theme
- Open to Rovers, Venturers and Guiding Senior Branches
- \$35 (Before May 1st)
- Included in price:
 - Platform tents with cots
 - 3 meals
 - Giveaway
- more info: www.tcmp.ca/maymoot or Paul Beaudet 514-232-9426
- note for Venturer Companies: you must have an Advisor present at least 21 years old

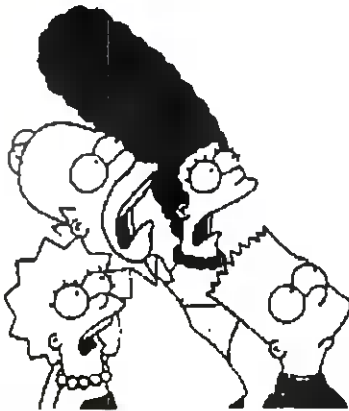
St. Jean Baptiste Weekend Moot

- June 21-24, Camp Jackson Dodds (1.5 hours northeast of Montreal)
- Free weekend at camp, bring your own food and help the Camp Staff with final preparations for the summer Cub Program
- Open to Rovers only
- Indoor accommodations
- Space is limited
- more info: Mary-Pauline Vatsis 514-684-3004 ext 14.

Service. It's what we do.

The Granny Grunt Rover Crew Proudly Presents

Kamp Krusty



Finally a chance to let loose your Homer!
Please NOT in public. D'Oh!

When : October 11th to the 14th 2002

Where : Kamp Krusty - Springfield Forest
AKA CAMP TAMARACOUTA

Who: Rovers, Rangers, Venturers, Ainé

\$\$: \$35 before September 6th includes: a t-shirt,
1 supper, 1 breakfast. Note registrations
unpaid as of Sept 6th will not receive t-
shirts, meals or our respect.

\$10 non-refundable.

\$40 at the moot, No food, No t-shirt, No Respect

**Springfield
Forest**

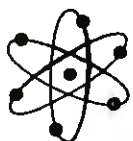
Witch - Free Since 1998

For More information Contact Paul Davidson
Telephone: 1-514-697-3227
e-mail gruntmoot@tcmp.net

Website and Online registration:
<http://tcmp.net/gruntmoot>



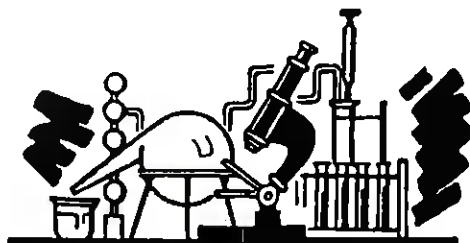
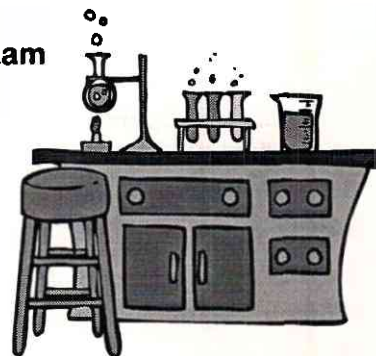
A thermodynamics professor had written a take home exam for his graduate students. It had one question: "Is Hell exothermic (gives off heat) or endothermic (absorbs heat)? Support your answer with a proof."



Most of the students wrote proofs of their beliefs using Boyle's Law (gas cools off when it expands and heats up when it is compressed) or some variant.

One student, however, wrote the following:

First, we need to know how the mass of Hell is changing in time. So, we need to know the rate that souls are moving into Hell and the rate they are leaving. I think that we can safely assume that once a soul gets to Hell, it will not leave. Therefore, no souls are leaving.



As for how many souls are entering Hell, let's look at the different religions that exist in the world today. Some of these religions state that if you are not a member of their religion, you will go to Hell. Since there are more than one of these religions and since people do not belong to more than one religion, we can project that all people and all souls go to

Hell. With birth and death rates as they are, we can expect the number of souls in Hell to increase exponentially.

Now, we look at the rate of change of the volume in Hell because Boyle's Law states that in order for the temperature and pressure in Hell to stay the same, the volume of Hell has to expand as souls are added. This gives two possibilities:

1). If Hell is expanding at a slower rate than the rate at which souls enter Hell, then the temperature and pressure in Hell will increase until all Hell breaks loose.

2). Of course, if Hell is expanding at a rate faster than the increase of souls in Hell, then the temperature and pressure will drop until Hell freezes over.

So which is it?

If we accept the postulate given to me by Ms. Therese Banyan during my Freshman year, "That it will be a cold night in Hell before I sleep with you," and take into account the fact that I still have not succeeded in having sexual relations with her, then #2 cannot be true, and so Hell is exothermic.

The student got the only A.



I don't usually pass on sad news like this, but sometimes we need to pause and remember what life is all about. There was a great loss recently in the entertainment world. Larry LaPrise, the Detroit native who wrote the song "Hokey Pokey", died last week at 83. It was especially difficult for the family to keep him in the casket. They'd put his left leg in and.....well, you know the rest.

The
Funny
Bone

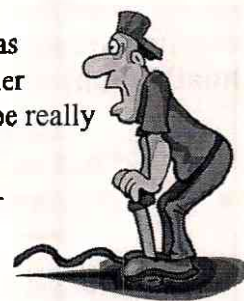
Dumb Hair Jokes

A blonde was driving home, and got caught in a really bad hailstorm. Her car was covered with dents, so the next day she took it to the repair shop. The shop owner decided to have some fun, and told her just to go home and blow into the tail pipe really hard & all the dents would pop out.

So, she went home, got down on her hands and knees & started blowing into her tailpipe. Nothing happened. She blew a little harder and still nothing happened.

Her roommate saw her and asked, "What the heck are you doing?" She told her how the repairman had instructed her to blow in the tailpipe in order to get all the dents to pop out.

Her roommate rolled her eyes and said, "Uh, Hello! You need to roll up the windows first!!"





Returning home from work, a brunette was shocked to find her house ransacked and burglarized. She telephoned the police at once and reported the crime. The police dispatcher broadcast the call on the channels, and a K-9 unit patrolling nearby was the first to respond. As the K-9 officer approached the house with his dog on a leash, the brunette ran out on the porch, shuddered at the sight of the cop and his dog, then sat down on the steps. Putting her face in her hands, she moaned, "I come home to find all my possessions stolen. I call the police for help, and what do they do? They send me a BLIND policeman!"

A red head's doctor put her on a diet.

"I want you to eat regularly for two days, then skip a day, and repeat this procedure for two weeks. The next time I see you, you'll have lost at least five pounds."

When the red head returns, she's lost nearly 20 pounds. "Why, that's amazing!" the doctor says. "Did you follow my instructions?" The red head nods. "I'll tell you, though, I thought I was going to drop dead that third day."

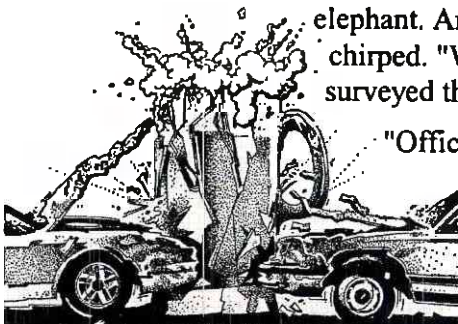
"From hunger, you mean?"

"No, from skipping."



A blonde had just totaled her car in a horrific accident. Miraculously, she managed to pry herself from the wreckage without a scratch and was applying fresh lipstick when the state trooper arrived.

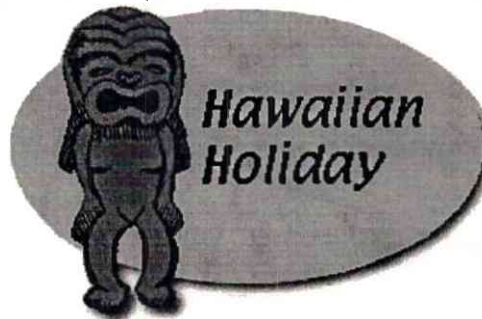
"My God!" the trooper gasped. "Your car looks like an accordion that was stomped on by an elephant. Are you OK ma'am?" "Yes, officer, I'm just fine" the blonde chirped. "Well, how in the world did this happen?" the officer asked as he surveyed the wrecked car.



"Officer, it was the strangest thing!" the blonde began. "I was driving along this road when from out of nowhere this TREE pops up in front of me. So I swerved to the right, and there was another tree! I swerved to the left and there was ANOTHER tree! I swerved to the right and there was another tree! I swerved to the left and there was"

"Uh, ma'am", the officer said, cutting her off, "There isn't a tree on this road for 30 miles. That was your air freshener swinging back and forth."

ROVER MOOT 2002



(Once again, a moot for Rovers only!)

July 26th – 28th, 2002
Langley Scout Park, Peterborough, On

Events Include:

Surfing
"Escape the Lave" Obstacle Course
Bring Your Own Active Volcano and Win – **Just like you made in school**
Saturday Night Luau (Campfire) - **Each group should come prepared with a skit and song**
Best Use Of A Lei Competition – **Show us how to use a lei**
Best Coconut Creation
And Much More

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

Cost: \$16.00
25% Pre Registration Discount
(for the math impaired, that's \$12)
Check out www.orcweb.org for online registration and more info

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

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

Registration Contacts:

Kevin Dunn
(905)278-4518 (home)
(416)819-4518 (cell)
kdunn@softhome.net

Erin Slingerland
(519)821-7290
babsbunny@excite.com

The All Important Directions

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

Written Instructions:

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

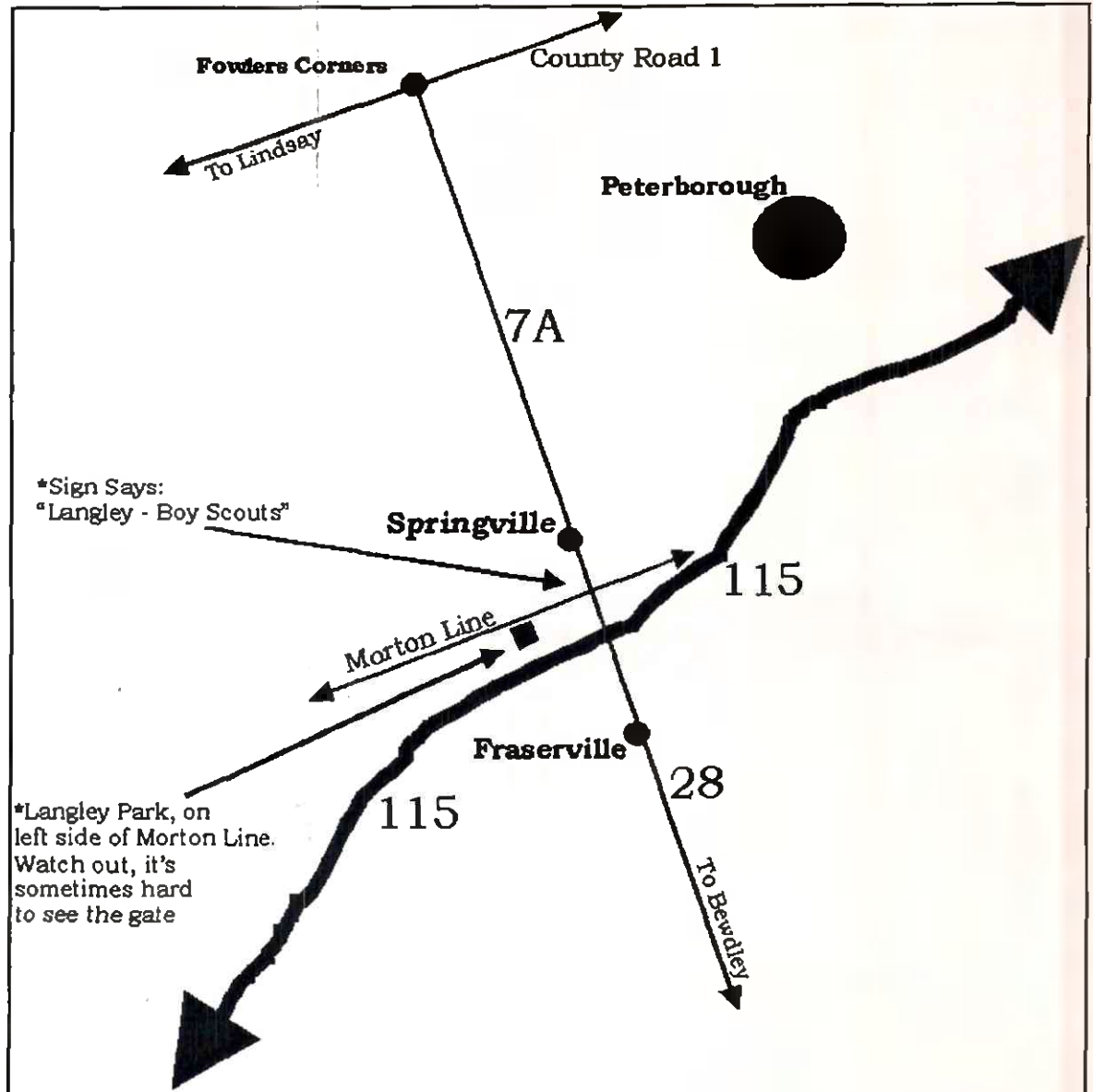
Take the exit and
follow 7A toward
Fowlers Corners.

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

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

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

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



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

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

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

Training Dates

GREATER TORONTO REGION

November 22-24, 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

Woodbadge Part II

Leatham Center

Woodland Trails Scout Camp

Greater Toronto Region

Ontario

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

SASKATCHEWAN

April 12-14, 2002

Wilderness First Aid Course

Camp Thompson

Swift Current, Saskatchewan

<scottymic@hotmail.com>

July 6-14

Leadership Skills Camp

Anglin Lake Scout Camp

Prince Albert, Saskatchewan

Contact: Helen Watson

<bhwatson@sk.sympatico.ca>

Family Woodbadge II Training

Anglin Lake Scout Camp

Prince Albert, Saskatchewan

<the.akela@shaw.ca>

QUEBEC

April 6-7

Rover Part I

Scout HQ; Dorval, PQ

<info@qc.scouts.ca>

ALBERTA

July 13-14

Dish It Outdoors

Skeleton Lake Scout Camp

Boyle, Alberta

(780)454-8561

August 10-17 the Alberta Provincial Woodbadge II
and Family Camp

Camp Woods

Boyle, Alberta



International Events

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

<www.isgf2002.com>

JULY '02

5-7

Dragnet 2002

Cumbria, Lake District, England

<post@dragnet.org.uk>

8-11

8th World Youth Forum

Metsovo, Epirus, Greece

16-23

Icelandic International Jamboree

(Scouts Venturers & Rangers)

Akureyri, Iceland

John Meed - Canadian Contingent Leader

<jmeed@attcanada.ca>

JULY/AUGUST '02

Explorer Belt - Poland

UK contingent contact:

<chris.noble@polandnetwork.org.uk>

JANUARY '03

22-23

12TH Australian Venture

Extreme Venture Act 2003

Camp Cottermouth

New South Wales, Australia

<allan.dean@vebone.com.au>

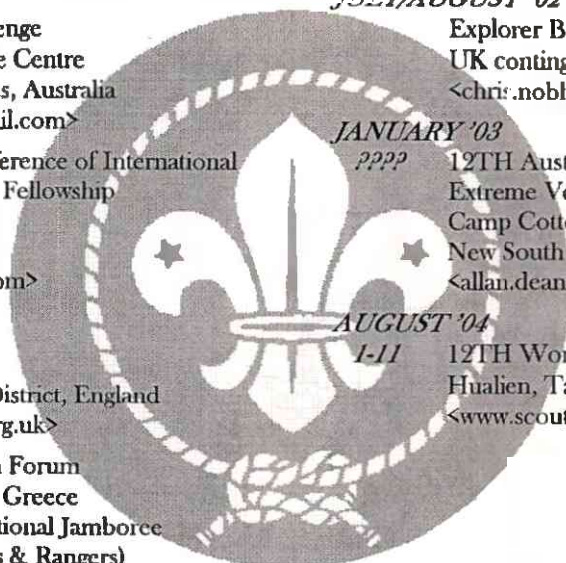
AUGUST '04

1-11

12TH World Moot

Hualien, Taiwan

<www.scout.org.tw/wm2004>



UPCOMING EVENTS

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APRIL

- 5-7 Supernova 2002
Camp Manitou
Milton, ON
web site:
<www.angelfire.com/biz/27ven>
- 11 JOTT (Jamboree On The Trail)
Where ever you want to go
web site:
<www.jott.org>
- 20 St. George's Day Feast
Shining Waters Regional RRT
Newmarket, ON
Ali: (905)868-8793
<armedwithjello@bigfoot.com>
- 24-24 5th Markham's New Venturee
Markham, ON
FREE CAR (???)
Mark: (9905)472-MARK
<djmark@bigfoot.com>
- 26-28 11th Annual Looney Tunes Moot
Blue Heron Site
Blue Springs Scout Camp
Acton, ON
Mike: (905)510-1293
<super_cala_fraja_liztic@hotmail.com>



MAY

- 3-5 Shining Water Region
Venturer Challenge
<youth_rep@sls.swr.scouts.ca>
- 11 JOTT (Jamboree On The Trail)
Wherever you want to go
<www.jott.org>
- 18-21 Victoria Day Venturee
Mt. Nemo Scout Camp
Burlington, ON
<www.geocities.com/vicday2002>
<victoriaday2002@hotmail.com>
- 24-26 Windsor District's
5th Annual Triathlon
Camp Cedarwin
Windsor, ON
Scouter Jack: (519)979-1024
<vannoordennen@aol.com>
- 24-26 5th Markham' New Venturee
Markham, ON
Mark: (905)472-MARK
<djmark@bigfoot.com>

JUNE

- 7-9 Attawanderonk Moot
Everton Scout Reserve
Guelph, ON
Rae: (519)669-2753
<elniragirl69Ao-tay.com>
- 14 Yuk Yuk's Comedy Night
Pas Philos Rover Crew
Optomists Hall
Newmarket, ON
<huui_bare@hotmail.com>
- 15 Rover Formal
Newmarket Scout Hall
Newmarket, ON
<nicky@rogers.com>
or Amy Patterson-Higgins
@ (613)395-3191



21-23

HillBilly Hoc-Down
Otter Lake Scouting Camp
Sydenham, ON
Chris: (613)542-1109
Sophia: (613)547-3103
<chris@siliconweb.org>

JULY

- 12-14 Ancient Moot
Lion's Park
Burford, ON
Valerie: (519)245-4932
<powwil@execulink.com>
- 12-14 JAMBECC 2002
Scouts & Venturers
Camp Tamaracouta
Milles Isles, PQ
<www.welcome.to/jambec2002>
- 26-28 Hawaiian Holiday
ROVER Moot
Langley Scout Park
Peterborough, ON
see ad in this edition



AUGUST

- 2-11 Summer Scouting Survivor
(Venturers Only)
Camp Alloway
Big Whiteshell Lake, Manitoba
<wolv@shaw.ca>
- 17-25 BC Trek has been cancelled

SEPTEMBER

- 27-29 Moot Moot 2002
Snake Island
Toronto, ON
Eleanor: (905)336-7548
<registration@mootmoot.ca>
web site:
<www.mootmoot.ca>

OCTOBER

- 25-27 Jailbreak Moot
ARPAD Park
Niagara Falls, ON
Terry: (905)295-5251



ORC Events

- May 10-12 Annual General Meeting
Greater Toronto Area
- July 26-28 Rover Moot
Langley Scout Park
Peterborough, ON
for details on any of these:
<orcweb@bigfoot.com>
web site:
<www.orcweb.org>

South Lake Simcoe Rover Round Table:

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

MORE INSIDE !!!!!

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

.....IT'S FREE