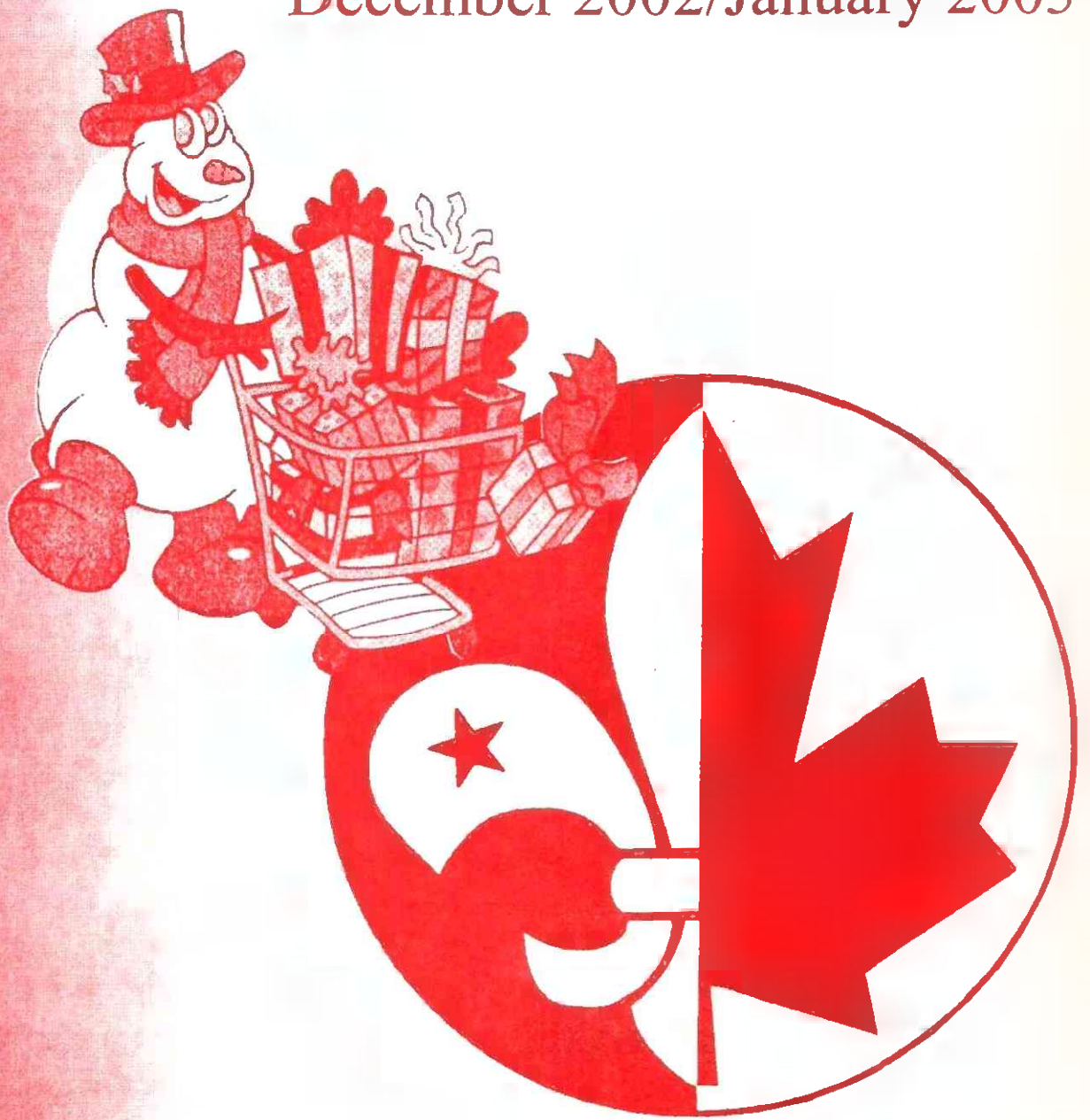


# The Canadian Rover, EH!

December 2002/January 2003



DON'T FORGET..the next deadline is Jan. 1, 2003

# The Canadian Rover EH!

## Advertising

### Magazine Staff

#### Editor

Stan Kowalski Jr.

#### Subscription Manager

(temporary)

Jennifer Levitt

#### Promotions

Kirby McCuaig

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:

Ye Olde Editor – Stan Kowalski Jr. – (716)877-1944

roverldr@adelphia.net

### EMAIL US!

canadian\_rover@hotmail.com < < < or at the magazine's e-mail address

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

## Advertising Rates

Rates for the Scouting and Guiding movement are as follows:

\$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



## To contact me

### regular mail:

Stan Kowalski Jr.  
188 Victoria Blvd.  
Kenmore, N.Y. 14217-2316  
USA

### e-mail:

<roverldr@adelphia.net>

### Phone:

(716)877-1944

You never really know how important a person is to your organized scheme of things until that person is no longer there to do the job. This magazine found that out the hard way when Ben Noseworthy had a string of events affect his life to the point he felt he had to step down from his responsibilities on staff.

Ben's only been with us through the past eleven editions, taking over when Kathy Starr decided her life was heading in other directions. Ben's job descriptions said "Subscription Manager" and "Advertising Coordinator". Actually, he did a lot more than that. He was the key hub in the Kitchener/Waterloo area where our "snail mail" gets delivered.

He picked up the mail from Scout House, routed the information where needed; took care of subscriptions that came in; passed on the advertising copy to me for insertion into the magazine; took care of the banking; paid the bills; kept the financial records; and for the past year took care of getting the magazine printed and in the mail. Notice how little of this is covered by the job titles?

It shouldn't be any wonder that my first reaction to his e-mail informing me of the fact that he had to step down was one of immediate panic — where can we find somebody to handle all these responsibilities? And when? We need to keep all this covered right away.

Well, first things first — we still had a late edition to get out, and the deadline for the **next** edition was coming up soon. A band-aid approach was taken for the short term, so that we wouldn't miss an edition, even though the Oct/Nov edition went out late. People were contacted to step into the breach on a temporary basis. The next step is looking to solve the problem for the long haul.

Please read the page "**Calling for Staff**", realizing that we're in a crises situation and really need committed people to fill in these positions. It's not fair to expect one person to do the the work of two.....or three.....or four....or ????

I've had the pleasure of meeting a lot of Rovers, Venturers, Rangers, and Advisors during my long involvement with Rovers. Since I took on the responsibility of editor, I've met a lot more, many in person, some via e-mail. I **know** there are a lot of you dedicated to the same Scouting ideals that began with B-P and which this magazine tries to maintain. You also realize the importance of keeping communications open.

**Can any of you find the time and the energy to share your talents with us to keep this magazine going forward and growing?**

Since this crisis came up, some of the people I've discussed the problem with have suggested becoming a digital magazine. Others have modified that thought saying we should offer some material in print and some on-line with references linking the two. Obviously, those would be bold new directions to go in, **but**, because it's beyond my expertise, we would need new people to handle them.

Remember — I'm an old dinosaur — we need new blood and new ideas. I like to think that I can still be of value and be useful doing layout work and coordinating the over-all effort, **BUT, it's not MY magazine, it's YOURS.** Remember — we claim that this is a work of communications **BY Rovers, FOR Rovers.** We've been fortunate to have a few Rovers supplying articles on a regular or semi-regular basis and others as a one-shot venture, but look at all the other areas where we need help.

Think about it, and drop me a line or phone call. You can contact me directly by using any of the three contact methods listed at the top of this column (I prefer using e-mail, because I hate long distance phone charges and it's faster that regular mail). Your involvement can help this magazine keep growing and moving forward.

Keep on Rovering,  
Stan Kowalski Jr.





# LETTERS

## to the EDITOR

via e-mail



In the words of her Dad:

Yesterday (Thurs), at 3pm as Dunbartan High School was getting out, a car coming south on Whites Road, in Pickering, with the intention of going west on Sheppard Ave., failed to negotiate the turn. The vehicle, out of control, crossed Sheppard, the sidewalk on the south side and went down the hill hitting a tree.

Before the vehicle had stopped, one student was hit and tumbled over the hood. A second student was "clipped" by one of the wing mirrors. Fortunately, Kelly (Wilson) was in the same area and was the first person to respond to the incident. She took control of the accident scene, moved the crowd back and assessed and treated the victims. She relinquished the site to the fire fighters and Paramedics when they arrived.

I would like to thank the First Toronto Medvents for giving Kelly the skill and confidence to undertake this situation. Needless to say her Mom and I are very proud of her actions!

Jim Wilson

This is what MedVents is all about  
Submitted by Jerry Crawford  
1st Downsview  
TEMS MedVents



# Calling for Staff

## **Staff Members Required to Work on The Canadian Rover Eh! Magazine Staff**

### **Positions Available Immediately:**

**Subscription Manager      Advertising Coordinator**

**Promotions Team member**

**Treasurer**

**Photographers      Journalists**

**Province correspondence (from each Province)**

**E-mail correspondent**

**Web Site Designer/Coordinator**

**Any other position that may improve the quality of our  
magazine**

**Requirements: Enthusiasm in the Rover Program**

**— Access to the Internet is a major asset —**

**Perks: The satisfaction of knowing that you are keeping  
Rovers across the country connected**

### **Apply to:**

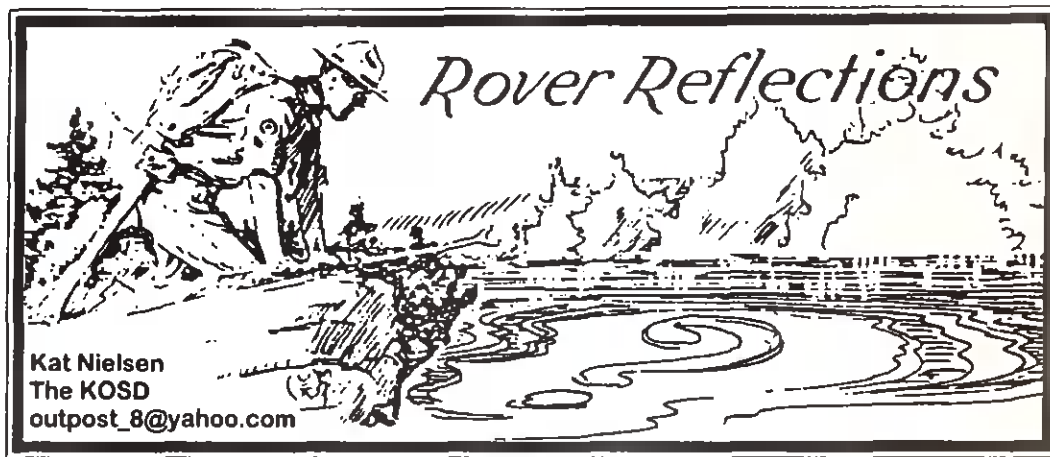
**The Canadian Rover Eh!**

**844 Fredrick St, Kitchener, ON; N2B 2B8**

**canadian\_rover@hotmail.com or**

**contact Stan @ (716)877-1944**

**roverldr@adelphia.net**



## **Duty to Self - Part 2 - Questing**

An integral part of Duty to Self is learning through doing. In the knighthood theme, this type of activity can be called questing. Quests can be undertaken by new and old Rovers. Each quest should have its own unique purpose, and can grow and change as needed. This adaptability is the result of the questing itself. Questing is the seeking, searching, chasing, and pursuing of some "thing" definite. As a result, each quest has its own, unique purpose. Quests should be fun, not burdensome or boring. You should get

something out of your quest, but so should others. Therefore, quests become a part of who you are, and of what your crew is, just like the thumb stick.

If you decide to undertake a quest, you should:

1. Clearly identify what you are interested in doing. Do your homework. This will help you identify the purpose of your quest, what you will be doing as part of your quest, and when it will be completed.
2. Once you have identified a quest that you are interested in, get started!
3. Keep a log of your activities, feelings, and experiences while working on the quest.
4. Re-evaluate your quest at stages identified in Step 1. Is your completion date still realistic? Have you encountered difficulties? Are there any new resources which could help you?
5. Once you have completed the quest, evaluate it. Did you do everything that you had set out to do? If no, why not? What did you get out of it? What caused you to stumble? Did anything happen which you did not expect?
6. Share your questing experience with others. We all learn from each other. You may even inspire others to undertake similar quests.

## **TYPES OF QUESTS**

### **THE PERSONAL QUEST**

Although there are different types of quests, since you are undertaking them personally, they are all a type of "Personal Quest." Some of the major Personal Quests include (but are by no means limited to):

- ❖ The Quest of Physical Education. Are you fit? Do you have a healthy lifestyle? Are you active year-round? If no, why not design a winter program for yourself or that includes others, increasing your winter camping skills and staying in shape with your friends.
- ❖ The Quest for Vocational Efficiency. Do you have a job? Do you like it? Are you thinking of a career change? What are your employable skills? Is there something you could work on to help you

get a job or a promotion?

- ❖ The Quests of the Younger Brother. Are you thinking about having children? Would you like to give back to Scouting what it gave to you? Quests of this type could include being a leader, a Big Brother or Sister, or volunteering at your local children's hospital or wing.
- ❖ The Quest of Personal Adventure. Would you like to travel? Rock-climb? See and experience new things? Why not think about doing your Rambler's Badge as part of your quest!
- ❖ The Quest of Exploration. Do you know your local area? Its history, geography, wildlife? Do you want to better your orienteering skills? Could you survive if you got lost and ran out of food? Go explore!

These quests are very general and should be adapted to each person and circumstance. For example, now that I have moved to a new province, I am exploring the city of Montreal. Rovers from the area give me hints on where to go, and I do. My crew really likes the Quests of Exploration, so I had already learned map reading, city planning, and navigation skills. Some of the recent KOSD Quests of Exploration include locating every 7 11 in Calgary and determining if they had bank machines, driving all over southern Alberta (both in cities and in rural areas) to learn how cities are designed, and a traditional Rambler's badge of hiking, canoeing, etc. Although these are all Quests of Exploration, they are all different. It is important to remember that quests are unique to the individual and grow and change over time.

### **THE SPONSOR QUEST**

The sponsor quest is similar to the Personal Quest. The only difference is that your sponsor has suggested the quest to you. Together you can negotiate a feasible quest based on your own times and needs. The sponsor will be there to help you along the way. Often, Sponsor Quests come about because your sponsor sees you neglecting one of your passions because of school or work, or sees that if you work on skills, you might be happier in school, work, and family life. For example, many Rovers today are working several jobs. When do they have time to paint or sculpt? The answer is, if this is your passion, you have to make time.

Even if you undertake a personal quest on your own, it is always good to go out and find a sponsor who can help you with it. They may have undertaken a similar quest, and have suggestions and advice. They are also sounding-boards for problems which can arise (and usually do). That is what your sponsor is for!

### **THE CREW QUEST**

There are two types of Crew Quests. The first is a quest where you do something for your crew. The first time I wrote a knighting ceremony, this was part of my Crew Quest. Now I do it fairly regularly, and many other kinds of Rover rituals, with ease because of the skills I learned through this Quest of the Younger Brother. Perhaps each member can make a piece of your crew's knighting equipment.

The second type of crew quest is where the crew undertakes a quest together. This type of quest can increase the crew's sense of identity since it works as a whole, using the skills and specialties of each member. These can be service projects, hosting annual events, and being resources for Scout Leaders in the area.

### **THE ROUNDTABLE QUEST**

The three main types of Round Table Quests are: the Quest of Fraternity; the Quest of Promotion; and the Quest of Service. Often these three are interrelated. The Quest of Fraternity is simply bringing crews together from across the district, region, or province so that they can get together. Often these are social



events which can be hosted by the Round Table itself, or by member crews. Common events include movie nights, pizza nights, or even moots, like E-vent in Alberta every year. The Quest of Promotion involves promoting Rovering to the public at large and to the Venturers (ie: potential Rovers). This can include moots, working with Kub Kars, Venturees, Jamborees, etc. Finally, the Round Table Quests of Service are service projects which the Rovers of the Round Table undertake. For example, members of the Quebec Rover Round Table volunteer for the Easter Seals 24hr Relay and Lakeshore General Duck Race each year.

### **OTHER THEMES**

Although I am discussing questing explicitly through the knighthood theme, the ideas cross over into other themes. For example, if you or your crew use a Buddhist theme, the Buddhist idea of a bodhisattva can create the same results. A bodhisattva participates in six activities as part of their service for others: generosity, discipline, patience, energy, meditation, and knowledge. You can be equally creative with the type of theme your crew uses as well as the types of activities you choose to undertake. For ideas about B-P's challenges for Rovers, you can check out Liam Morland's "Ten Quests of Rovering" at [http://ScoutDocs.ca/Documents/Rover\\_Quests.html](http://ScoutDocs.ca/Documents/Rover_Quests.html). These are: The Quest Of Truth, The Quest Of World Scouting, The Quest Of Rover Errantry, The Quest Of The Younger Sibling, The Quest For Beauty, The Quest Of Kindness To Animals, The Quest Of Conscience, The Quest Of Happiness, The Quest For Personal Efficiency, and The Quest Of The Spiritual.

### **AWARDS FOR QUESTING**

Although questing is a reward in itself, Scouts Canada left the door open for crews and round tables to create awards recognizing quests and service. The only Round Table that I know of to develop this explicitly is the Ontario Rovering Community. Their award is called the Quester Award and is awarded at the Silver and Gold levels. "The Silver level is awarded to a Rover who brings a new member into Rovers. This person cannot be coming up from Venturers, and the Rover must help them become accepted and registered in a Crew. The Gold level is awarded to an individual or a Crew who has started up a new Scouting section. The section must be operating for one year, and has to publish an article about itself in a recognized Scouting publication."\* This is the Quest of the Younger Brother type.

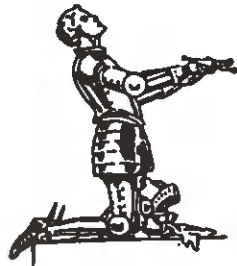
The ORC also has an award called the Rovering To Success Award. The description for this award is as follows:

"To earn the award, the Rover sets and completes a goal that is a challenge to them personally. Unlike some awards, a Rover can earn this award more than once. The requirements for each Challenge will be different each time since the Rover has grown since their last application. However, an individual cannot apply for and complete more than one Challenge in a 12-month period, starting the day the application is first received. Only one challenge from each Rover will be honoured at a time. There is no maximum time limit but the award must be completed before the Rover's 27th birthday."\*

Each Round Table can develop their own awards and requirements. However, at a recent ORC meeting, ORC has offered to help other provincial round tables to use their awards. If you are interested in more information on the ORC awards, check out <http://www.orcweb.org/resources/index.shtml> (\* the above quotes are from this website) or contact them at the ORC Awards Committee c/o Provincial Council Office, Scouts Canada, Provincial Council for Ontario, 4141 Yonge Street, Suite 102, North York, Ontario, M2P 2A8.

So now that you know what quests are, be creative and get out there! If you have any questions or concerns, please do not hesitate to ask me.





# ROLAND S. DELL MEMORIAL AWARD

## A Brief History

Roland S. "Roly" Dell was a long-time Scouter with the 1<sup>st</sup> Niagara Scout Group, usually remembered as the Advisor or "Skipper" of their Rover Crew. He was also the man others turned to for advice, for his was a voice of reason.

Back in 1977, Ed Boulay, a Rover Advisor from St. Catharines, and Dave Lee, an area Rover, proposed running a World Rover Moot at one of the local camps. Roly's first response was, "you're crazy". Fortunately, he was a man who looked for solutions, and he let himself be persuaded that it could be done.

Once he got behind the project, the trio promoted the idea and got support all the way up to the National level. Unfortunately, the World Scout Association disagreed and wouldn't give their sanction (at this point there hadn't been a World Moot in 20 years).

Alternate Plan "B" turned into the 9<sup>th</sup> Canadian National/World Invitational Rover Moot at Camp Wetaskiwin, St. Catharines, Ontario, in 1982. The Moot was a huge success, but Roly never saw this dream become a reality. He passed away suddenly in the fall of 1981.

The Dell family wanted to preserve his memory by honoring Rovers, and presented an idea to the committee of this National Moot to create an award in his name, going to a Rover or Rover Crew displaying the characteristics that Roly used to guide his life – devotion to duty, family, community, Scouting, and Rovering.

The idea was accepted, and the award, presented after the Moot, went to the 37<sup>th</sup> Hamilton Sea Rovers, for their long history of active involvement – topped off by their outstanding work with the Moot itself, in planning and carrying out most of the camp-wide activities.

Although this award was originally planned as a one time event, Roly's family consented to allow the Rovering community to continue the award indefinitely. Since then, the award has been presented annually to individuals and groups who have striven to provide such a level of service that, even within a community of service-committed people, their peers cannot help but be inspired. The fact that the award has continued is surely a tribute to Roly and a celebration of the continuation of his legacy.

"Roly Dell, of 1st Niagara, devoted himself to Scouting, Rovering, and his community for over thirty years. Roly's sense of commitment, honor, dignity and service has been regarded as a model for innumerable men and women".

## Nominations and Eligibility

Anyone may submit a nomination for the award. All nominations will stand for three years. The nominated party must be a Rover, Rover Advisor, or Crew currently registered with Scouts Canada in the province of Ontario. The award is intended for presentation to a man or woman who has rendered exceptional service to Scouting and to their community. The nomination must be in writing and must be submitted by December 31.

The selection committee will be comprised of previous award recipients. In case of a Crew recipient, that group will select a representative to serve on the selection committee. The award will be presented at the ORC Annual Meeting in May.

# ROLAND S. DELL MEMORIAL AWARD

PRESENTED BY THE ORC

Dear R.S. Dell Award Committee:

It is an honour to present for your consideration for the R.S. Dell Memorial Award

Name of Nominee \_\_\_\_\_

Mailing Address \_\_\_\_\_  
\_\_\_\_\_

Phone Number \_\_\_\_\_

The nominee is currently registered in Scouting as a(n) \_\_\_\_\_  
with \_\_\_\_\_

Name of Nominator \_\_\_\_\_

Mailing Address \_\_\_\_\_  
\_\_\_\_\_

Phone Number \_\_\_\_\_

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE OF NOMINATOR

Please explain on a separate sheet(s) why you feel the nominee should receive the award, noting Scouting, community and personal achievements.

Send completed applications to:

R.S. Dell Memorial Award  
c/o ORC Advisor  
Scouts Canada, Provincial Council for Ontario  
265 Yorkland Blvd., 2nd Floor  
Toronto, Ontario. M2J 5C7

or you can access the form on the ORC web site at:  
[www.orcweb.org/interactive/award/dell.shtml](http://www.orcweb.org/interactive/award/dell.shtml)

**CONGRATULATIONS  
AMORY ADVENTURE  
AWARD WINNERS!**

**1st Place**

**1st Port Moody Venturer Company**

For an amazing trip up Mount Everest to clean up garbage left by previous mount climbing expeditions.

**2nd Place**

**2nd Manitoba LDS Venturer Company**

For a 160 km canoe trip down Manitoba's Bloodvein River.

**3rd Place**

**16th Fort William Venturer Company**

For their hike on the Casques Isles Hiking Trail.

For More Info on Next Year's Amory Adventure Awards contact Ian Mitchell at the National Office by calling 613-224-5131 or e-mailing him at [imitchell@scouts.ca](mailto:imitchell@scouts.ca)

Best of luck in whatever challenge you undertake!



**Announcements,  
Announcements,  
Announcements.**

**Attention Youth Council Reps!**

Help us fill up our new column  
Youth Council Corner.

Send in reports of what's happening in your council and we will include it in the column.

**CONGRATULATIONS ROB STEWARD!**

J. Robert (Rob) Steward has accepted the position of President and Chief Executive Officer of Scouts Canada.

Rob first joined the executive staff of Scouting in his native Nova Scotia in 1982 as a field executive shortly after graduating from Dalhousie University in Halifax with a degree in Recreation Administration. He joined the National Office in Ottawa in 1988 as Executive Director of Adult Volunteer/Sponsor Relations.

Rob will be replacing the present President and CEO Philip S. Newsome who retires after 34 years of service to our organization.

**Reminder:**

Next National Kiwi Moot  
the Gumboot Moot 2003  
Taihape, NZ

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

**In Memoriam**

Nicola Lynn Noseworthy, 16,  
daughter of Ben and Kim  
Noseworthy, passed away on  
September 19th. Ben has been a  
key member of the magazine staff.  
Both Ben and Kim are advisors with  
the 17th Cambridge units, where  
sister Julia is a Venturer and  
brothers Shawn and Kevin are  
Scouts. Our deepest sympathy to  
the entire family.

**Great Humber River Canoe Race**

April is just around the corner  
and that means its time for the  
Great Humber River Canoe  
Race.

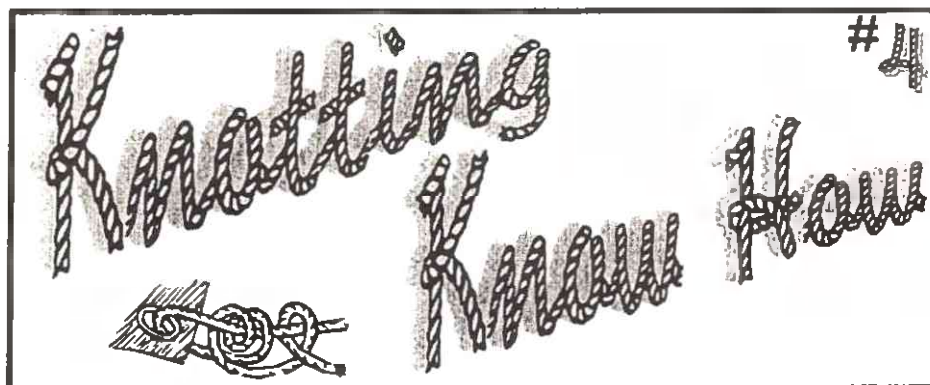
The race is a 13 kilometre  
course through Toronto and  
has a class exclusively for  
Venturers and Rangers.  
Call Michael Twitchin at 416-  
742-5232 for registration info.

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

or

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

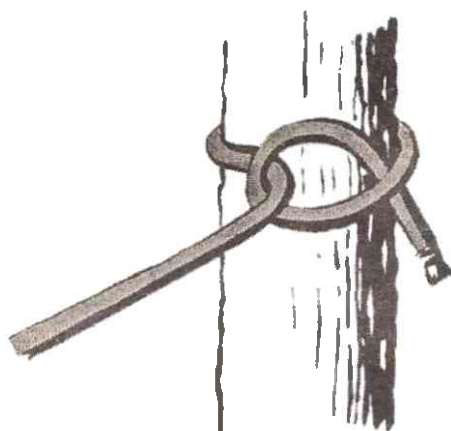




Once upon a time, in the not too distant past, Scouts in Canada were looked on as real craftsmen of outdoor skills. Back then, Scouts looked up to Rovers because they were able to demonstrate the highest level of excellence in all the outdoor crafts. One area in which their expertise really excelled was knotwork. Lately it's become obvious that knowledge of this skill has fallen off. This column of basic, and not so basic knotting know-how is intended to help you all get back to that earlier level of excellence.

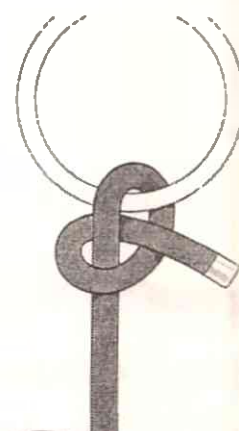
## **TYING ROPES TO OBJECTS**

Knots that are used for attaching ropes to things like poles or rings are called hitches. They are important in camping and all types of pioneering work. These knots are used to secure a rope to a post, hook, ring, spar or rail or to another rope that plays no part in the actual tying. Because they are often used by sailors for mooring and fastening, they must be able to withstand parallel strain.



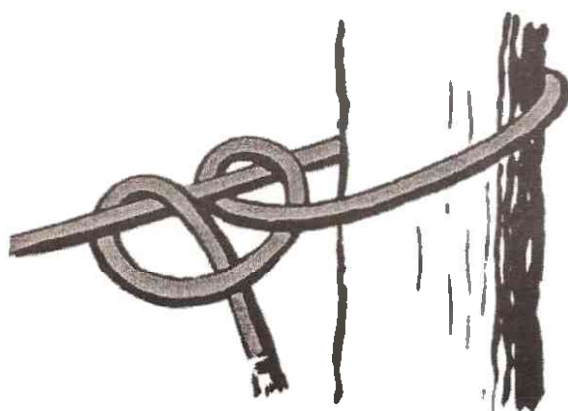
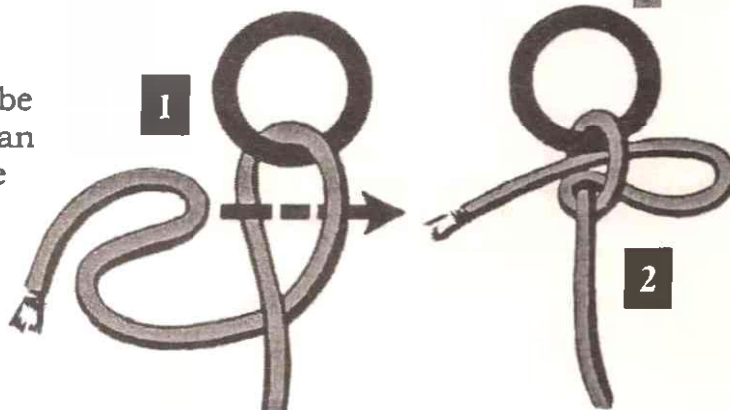
### **HALF HITCH**

The half hitch is the start of a number of other hitches and is useful all by itself as a temporary attaching knot. It will hold against a steady pull on the standing part, especially if a stopper knot like the stevedore's knot or figure eight is put in the end.



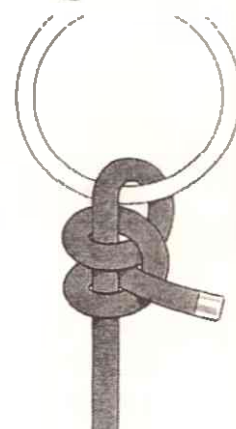
### **SLIPPERY HALF HITCH**

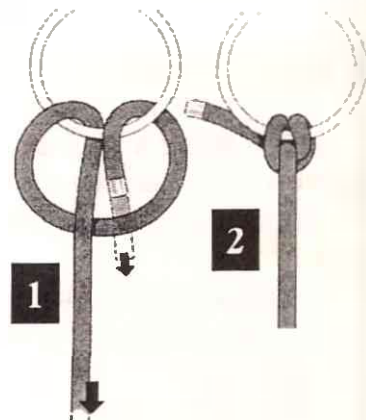
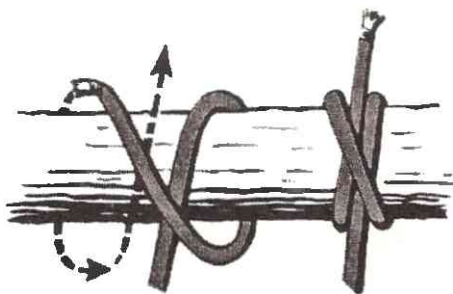
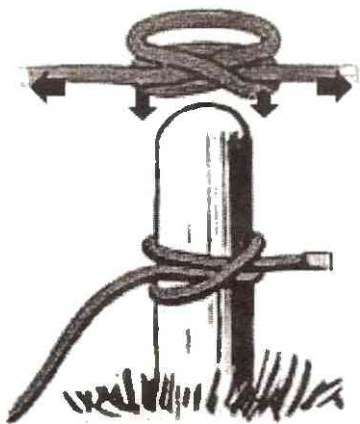
This is occasionally useful but should be considered temporary. It is actually only an overhand knot around the object with the end run back through the knot and left "slippery." It can be quickly untied by pulling on the free end. The slippery half hitch can be locked by passing the end back through the eye and pulling tight.



### **TWO HALF HITCHES**

This is a reliable and useful knot for attaching a rope to a pole or boat mooring. As its name suggests, it is two half hitches, one after the other. To finish, push them together and snug them by pulling on the standing part.





## **CLOVE HITCH/PEG KNOT/BOATMAN'S KNOT**

The name clove hitch first appeared in Falconer's Dictionary of the Marine in the 18th century, but the knot was probably known for centuries before then.

Given practice, the clove hitch can be tied around a post with one hand. It is not totally secure if the strain is intermittent and at an inconsistent angle. Adding a stopper knot or making one or two half hitches around the standing part will make the knot more secure.

Campers often use this knot to secure tent poles, hence the alternative name peg knot.

This is one of the most widely used knots. Because it passes around an object in only one direction, it puts very little strain on the rope fibers.

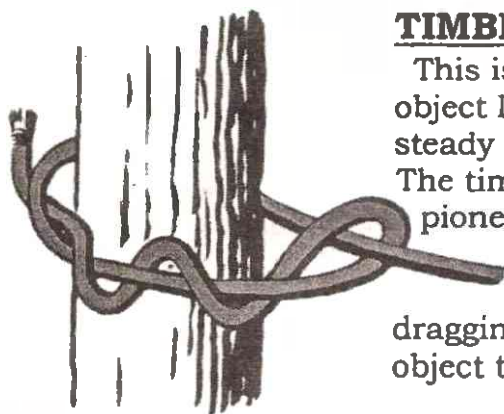
Tying it over an object that is open at one end is done by dropping one overhand and one underhand loop over the post and drawing them together. Widely used in sailing for mooring to bollards on docksides, it is also useful in camping for tightening guy ropes.

### **Clove Hitch Over a Bar**

This method of tying must be used if the bar is closed at both ends or it's too high to toss loops over. This hitch is used in starting and finishing most lashings.

### **Clove Hitch Made On a Ring**

This version of the clove hitch is more commonly used in mountaineering than in sailing, for in sailing the ring is usually narrower than the rope, which can become badly chafed and therefore dangerous. Climbers use it to regulate the length of rope between the climber and the piton (the peg or spike driven into a rock or a crack to hold the rope).

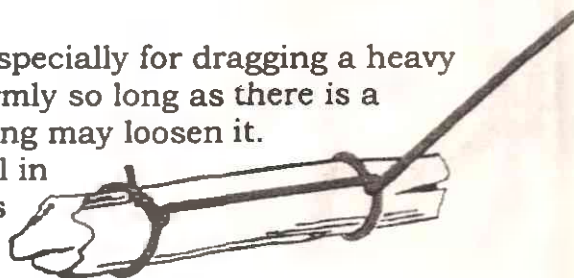


## **TIMBER HITCH**

This is an important hitch, especially for dragging a heavy object like a log. It will hold firmly so long as there is a steady pull; slacking and jerking may loosen it.

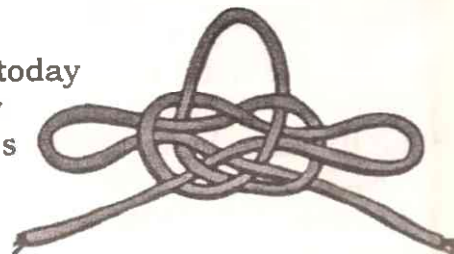
The timber hitch is also useful in pioneering when two timbers are "sprung" together.

When it is used for dragging, a simple hitch should be added near the front end of the object to guide it.



## **MASTHEAD KNOT**

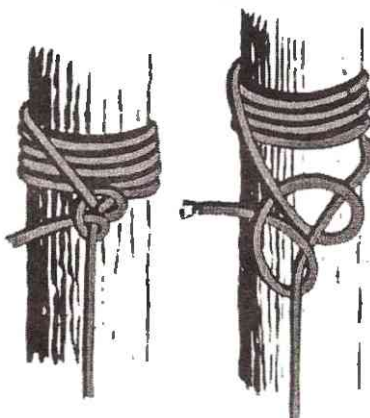
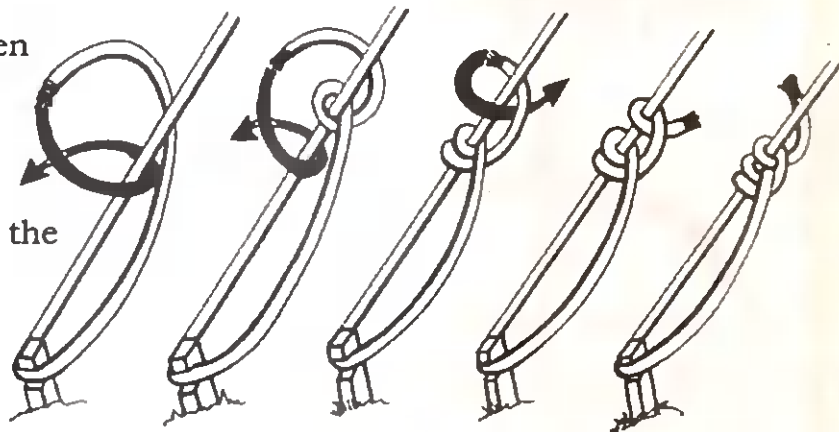
The masthead knot is used principally for decorative purposes today. Originally, its purpose was to place a strap around a temporary masthead to which other straps could be made fast. This knot is started with three overlapping hitches. The inner bights of the two outer hitches are led in regular sequence over and under to the opposite sides of the knot, while the upper bight of the center hitch is merely extended.



## **TAUT-LINE HITCH**

Can be tied on a line that is taut. When used for tying a tent guy line, you can tighten or loosen the line by pushing the hitch up or down on the standing part.

Pass rope around the peg. Then bring the end under and over the standing part and twice through the loop formed. Again, bring the rope end under, over, and through the loop formed. Tighten the hitch around the standing part.



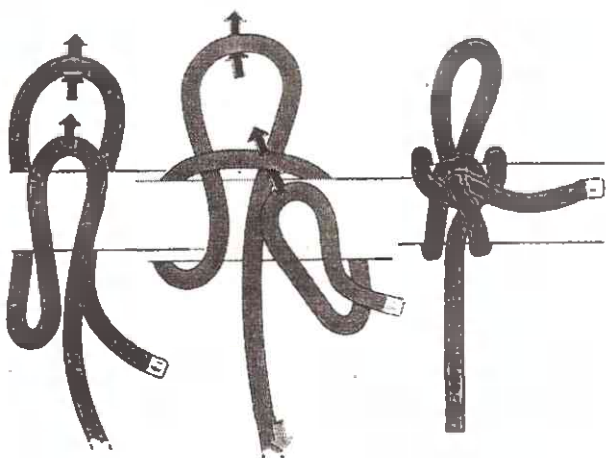
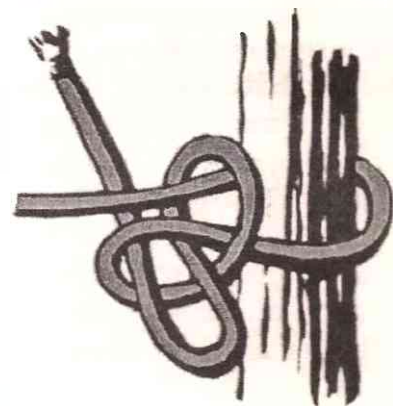
## **PIPE HITCH**

The pipe hitch is useful for lifting a bar or post straight up, as in pulling it out of the ground. To tie it, take four or five turns around the post. Cross the end over and finish with two half hitches around the standing part. An added hitch is usually taken higher on the post with the standing part to keep the post vertical.

## **HITCHING TIE**

This is a common method of hitching animals. It's a type of slipped hitch.

Notice the similarity to the highwayman's hitch.



## **HIGHWAYMAN'S HITCH**

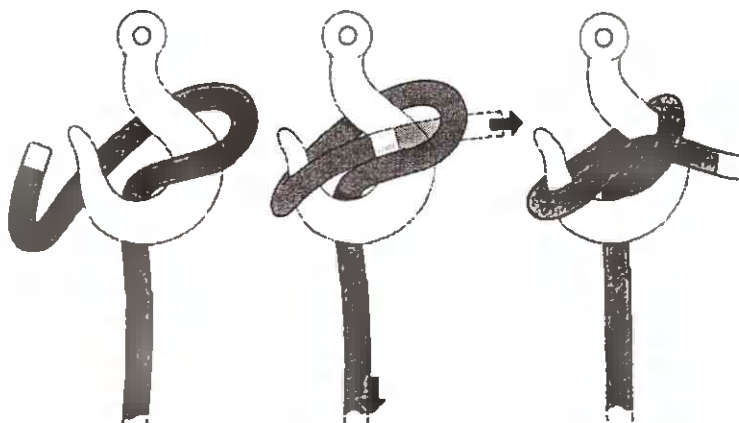
The name highwayman's hitch comes from the fact the knot was supposedly used by robbers to insure a swift release for their horse's reins and thus a rapid get-away. A single pull on the working end unties the knot, but the standing part can safely be put under tension.

## **FISHERMAN'S BEND/ANCHOR BEND**

If the cow hitch is the least secure of the hitches, the fisherman's bend is the most stable. Simply formed by making two turns around the post or through the ring and then tucking the working end through both turns, the knot is widely used by sailors to moor their boats at the quayside. Extra security can be achieved by adding a half hitch or seizing the ends of the rope.





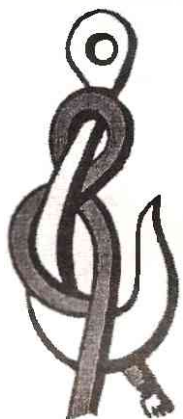


### **BILL HITCH**

This knot can be made and untied easily, and it is suitable for use with large diameter ropes. It is not, however, used for sailing purposes very much and tends to be associated with camping activities. It is good for hoisting light objects aloft.

### **SINGLE BLACKWALL**

This is a simple half hitch over a hook. It will hold only when subjected to a constant strain. A stopper knot in the end will make it a little more secure, but human life should never be entrusted to it.



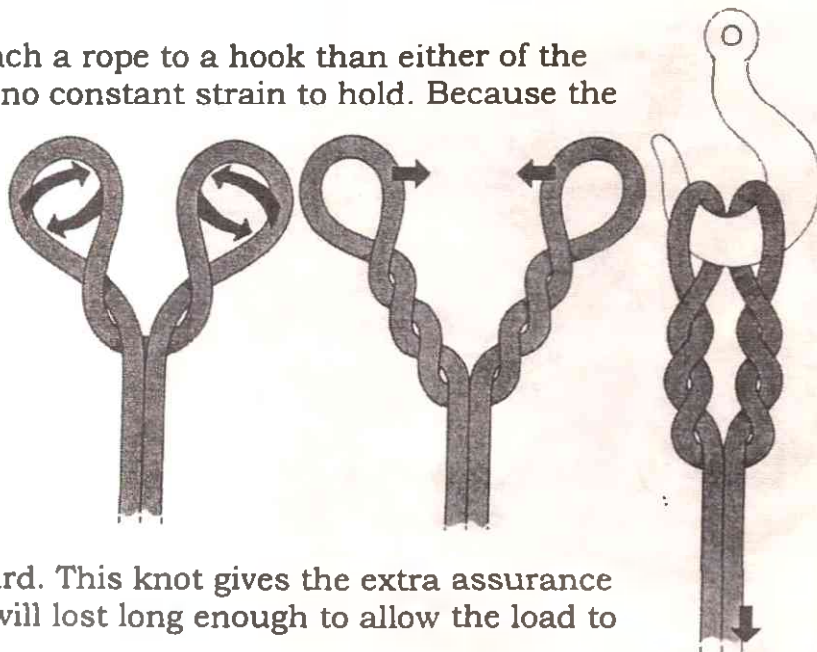
### **DOUBLE BLACKWALL**

This hitch is somewhat safer than the single blackwall, but it, too, should be considered temporary. For a stronger, more permanent tie over a hook, use the bowline.

### **CAT'S-PAW**

The cat's-paw is a better way to attach a rope to a hook than either of the blackwalls. It will not slip and needs no constant strain to hold. Because the strain is equal on both sides, this is the best hook knot for rope of medium diameter. It has long been used by dock workers and sailors to sling heavy loads, and the name cat's paw has been used since the 18th century.

Form two loops and turn them inward one or two complete turns. Hang these "eyes" over the hook or other subject. When a single part of a loaded rope is hung over a hook, the line is weakened by about one-third. This knot gives the extra assurance that should one leg break, the other will last long enough to allow the load to



*Material for this article has been researched from the following books/pamphlets:*

♦ *Knots and How to Tie Them; Boy Scouts of America; first printing 1978*

♦ *Knots, A Pocket Companion; Strathearn Books LTD; Toronto, Ontario*

**Available through some Scout Shops ♦ Scouts Canada • Boy Scouts of America**



# the Gourmet Rover

from Woman's World magazine – May 21, 2002

## Cincinnati Chili

*This hearty classic combines kid-pleasing spaghetti and chunky chili (made easy with canned beans and corn and a packaged seasoning mix). Topped with Cheddar cheese that melts ever so slightly, you've got a whole meal in mere minutes!*

- 1 lb. lean ground beef
- 1 medium onion, chopped, about 1 cup
- 2 cloves garlic, minced
- 1 can (28 oz.) crushed tomatoes
- 1 can (19 oz.) kidney beans, drained and rinsed
- 1 can (11 oz.) corn with chopped green and red peppers, such as Mexicorn
- 1 pkg. (1 WS oz.) chili seasoning mix
- 2 Tbs. packed dark brown sugar
- 1 tsp. salt
- 12 oz. spaghetti
- ½ cup shredded Cheddar cheese, about 2 oz.

Heat large (12") nonstick skillet over medium-high heat; crumble in beef. Add onion and garlic; cook, stirring, until beef browns and onion softens, 5 minutes. Stir in tomatoes, beans, corn, seasoning mix, sugar and salt; bring to boil. Reduce heat to medium-low; cook until hot, about 15 minutes. Meanwhile, cook spaghetti according to package directions; drain and reserve. Transfer spaghetti to serving platter; top with beef mixture. Sprinkle with cheese and serve.

*Your time in the kitchen: 20 minutes; ready to serve in 35 minutes*

from Woman's World magazine – May 7, 2002



## Cheddar-stuffed Burgers

*Yes, you can enjoy a juicy burger loaded with cheese, guilt-free! With chunks of Cheddar tucked inside, ours have only 4 grams of fat. The secret? Lean ground turkey and easy flavor-boosters.*

- 3 Tbs. ketchup
- 3 Tbs. Worcestershire sauce
- 2 Tbs. chopped fresh parsley
- 1½ tsp. chili powder
- 1 tsp. garlic powder
- ¾ tsp. salt
- ½ tsp. minced dried onion
- ½ tsp. pepper
- ¼ tsp. hot pepper sauce
- 1½ lbs. lean ground turkey
- 1 oz. low-fat Cheddar cheese, cut into 4 pieces
- 4 hamburger buns
- Romaine lettuce leaves, torn into pieces
- 3 thin tomato slices



Preheat grill for direct heat or position broiler rack so that burgers on rack in pan are 4" from heat source; preheat broiler. Combine ketchup, Worcestershire, parsley, chili powder, garlic powder, salt, onion, pepper and pepper sauce. Stir half of ketchup mixture

into turkey until combined. Divide mixture into 8 equal pieces; shape into patties. Place 1 piece of cheese on top of half of patties; top with remaining patties, pinching edges to seal. Grill or broil, turning once, until cooked through, 5-6 minutes per side, brushing remaining sauce over burgers during last 2 minutes of cooking time. Serve on buns with lettuce and tomato.

*Your time in the kitchen: 20 minutes; ready to serve in 30 minutes*





# the Gourmet Rover

from Woman's World magazine – October 1, 2002

## Cheese & Buttermilk Mashed Potatoes



Buttermilk gives these spuds extra flavor and creaminess—and the Cheddar cheese stirred in makes 'em the best mashed potatoes you've ever had!

- 2 lbs. all-purpose potatoes, peeled and cut into 2" pieces
- ¼ cup butter or margarine
- ¾ cup buttermilk
- ½ tsp. salt
- ¼ tsp. pepper
- 1 cup shredded Cheddar cheese, about 4 oz.
- ¼ cup fresh parsley leaves, chopped
- Additional melted butter, optional

In pot combine potatoes with enough salted water to cover by 1"; cover. Over high heat bring to boil; reduce heat to medium. Cook until tender, 20-25 minutes. Drain potatoes; return to pot and mash until smooth. In small pot melt butter over medium heat. Add buttermilk, salt and pepper; cook, stirring, until just heated, about 2 minutes. Stir buttermilk mixture, cheese and parsley into potatoes until combined and smooth. Top with melted butter, if desired. *Makes 4 cups — 6 servings.*

*Your time in the kitchen: 15 minutes; ready to serve in 40 minutes*

If you don't have any buttermilk on hand, stir in plain yogurt or sour cream, and your mashed potatoes will taste just as great!

## Golden Duchess Potatoes

Mashed potatoes just got even better with tangy goat cheese and fresh spinach stirred in for extra creaminess and flavor!

- 2 lbs. Yukon Gold potatoes, peeled and cut into 1" pieces
- 1 cup packed spinach leaves, about 2 1/2 oz., trimmed and finely chopped
- ¼ cup milk
- 2 oz. goat cheese, sliced and broken into pieces
- 3 Tbs. butter or margarine, divided
- ¾ tsp. salt
- ¼ tsp. coarse-grind pepper

In pot combine potatoes with enough water to cover. Over high heat bring to boil; reduce heat to medium. Cook 15 minutes; stir in spinach. Cook 5 minutes or until potatoes are very tender. Drain potato mixture; return to pot. Coat 2cup baking dish with cooking spray. Mash potato mixture; stir in milk, goat cheese, 2 Tbs. butter, salt and pepper until well combined. If desired, transfer potato mixture to pastry bag fitted with large star tip. Pipe rosettes or spoon potato mixture into baking dish. Heat oven to 425°F. Melt remaining butter; brush over potatoes. While pork rests bake potatoes 15 minutes or until heated through and lightly browned. *Makes 6 servings.*

*Your time in the kitchen: 25 minutes; ready to serve in 1 hour.*

from Woman's World magazine – May 14, 2002





# 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.

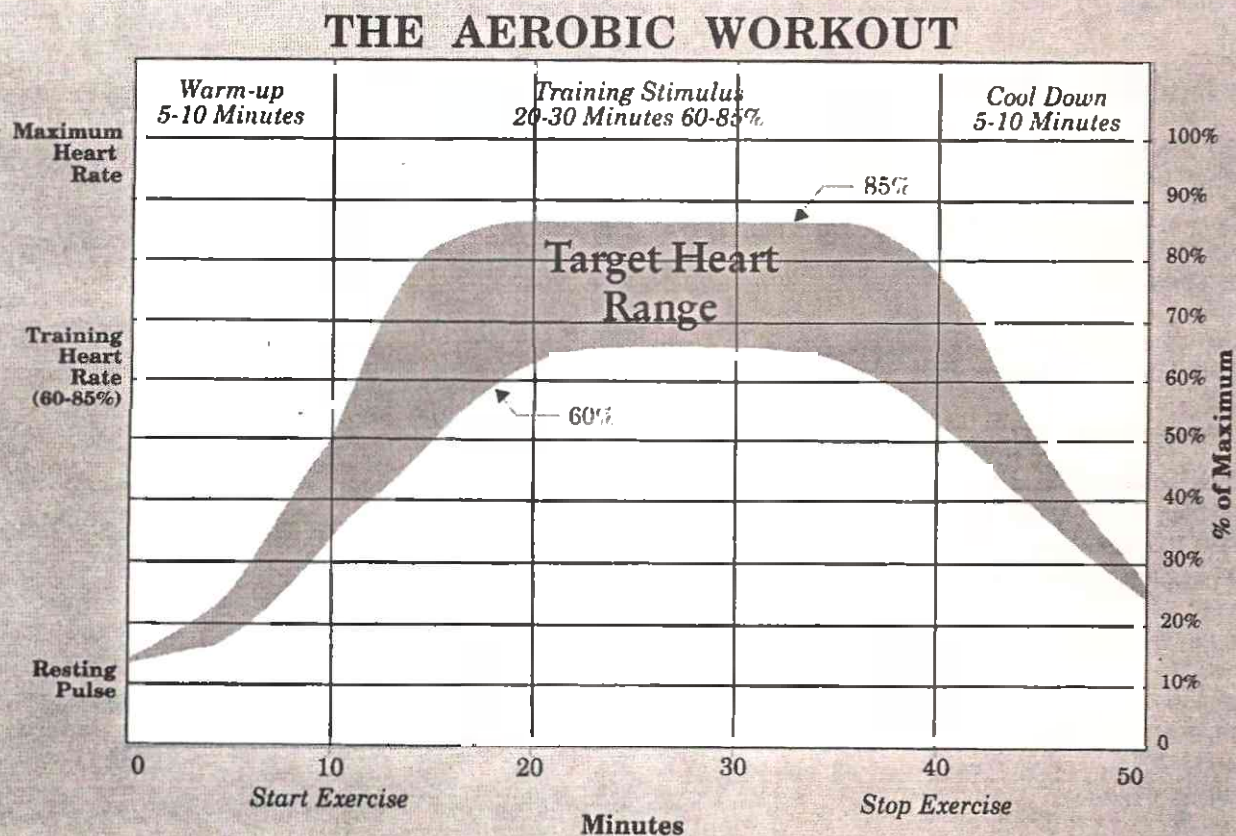
## THE AEROBIC WORKOUT

The Aerobic Workout Chart illustrates your training or exercise program. It shows the progression from warm-up, to training stimulus level, to cool down. The warm-up gets your body and mind in motion. It involves stretching and a gradual increase in heart rate to warm up your body's muscles. It should last at least five minutes.

The training stimulus level should be in the range of 20 to 30 minutes. This is when you want to reach your target heart rate. Periodically check your pulse during this session to insure you are at your proper training level.

The exercise period should be followed by a gradual slow down of your body. The cool down brings your heart rate back to its normal resting rate. This will take from 5 to 10 minutes.

Aim to exercise 3 to 4 times per week to produce an optimal change in your cardiovascular fitness. The best exercise to use should involve the large muscle groups, be continuous and be aerobic (use oxygen) in nature. Examples are cycling, running, aerobics, swimming, walking, cross-country skiing, and hiking.



material for this article came from a chart prepared by Stretching, Inc. 1989 Edmund R. Burke Ph.D.; Robert A. Anderson; Jean E. Anderson

Dr. Burke was the exercise physiologist for the 1980 & 1984 US Olympic Cycling Teams

# YOUR TRAINING HEART RATE

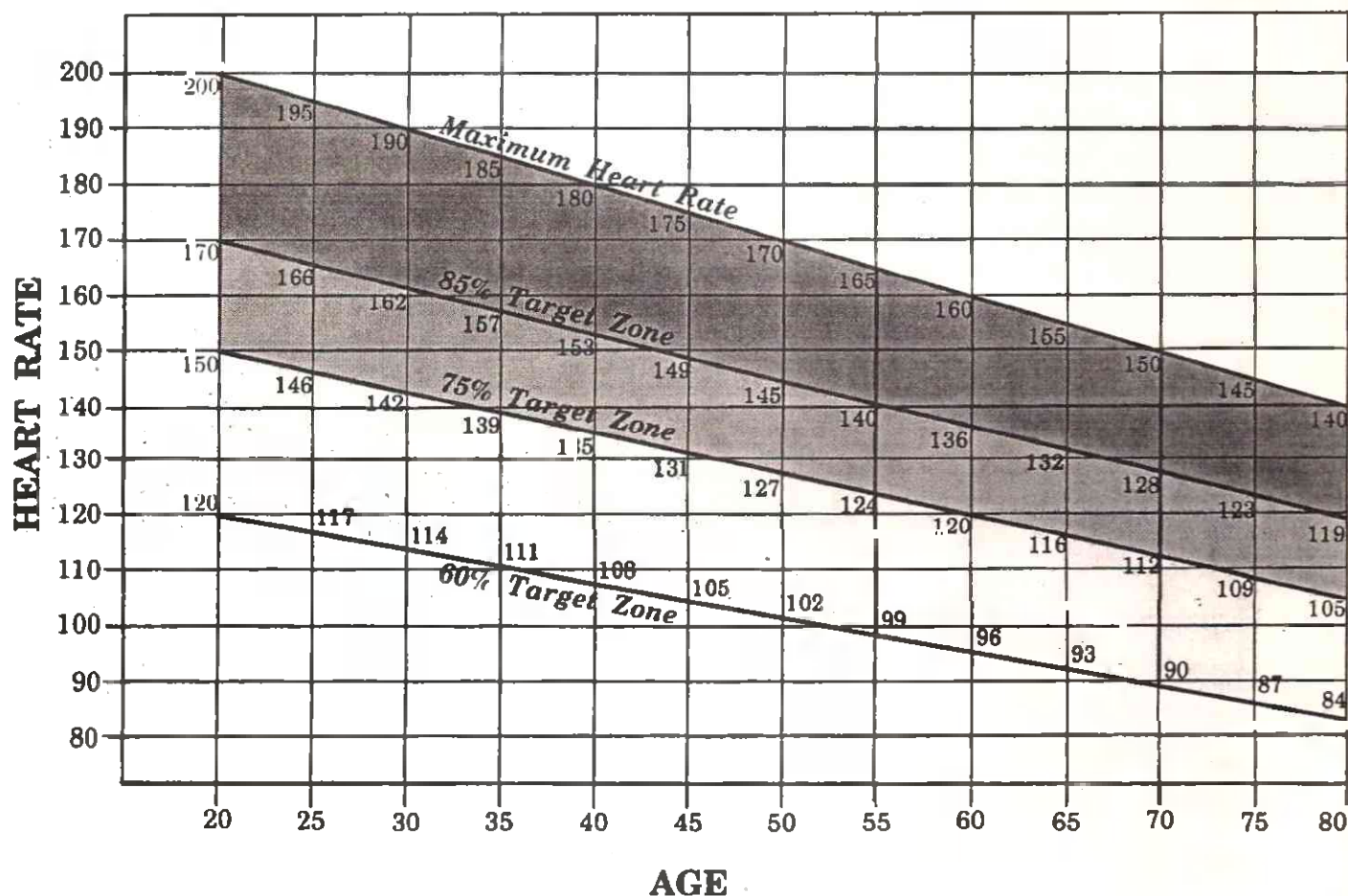
Knowing your exercise capacity means knowing your heart's vital statistics and what they stand for during your daily activity. Often, as your fitness level improves, your resting pulse and exercise pulse for the same workload will become lower; this is because your heart is pumping more blood per beat, so it does not have to work as often.

During exercise, your heart rate will increase in relation to the work called upon by your body. The harder you exercise, the faster your heart will beat. To find out your "Training Heart Rate", you will first have to determine your Maximum Heart Rate (MHR).

A simple formula to determine your MHR is 220 minus your age (individuals under 20 years of age, use 210 as MHR). Current research says you need to exercise at 60 to 85% of your MHR and sustain it for a minimum of 20 to 30 minutes in order to benefit from the aerobic activity. This 60-85% range is your Target or Training Heart Range (THR). Exercising in this range will strengthen the cardiovascular system. You should begin at the lower heart rate range (60%) when beginning an exercise program, and gradually increase toward the middle and higher end of your range.

To calculate the lower end of your THR range multiply your MHR (220 minus age) by 60. For those already involved in an exercise program the middle part of the range, or approximately 75% of your MHR, is a reasonable goal to achieve during most workouts. The upper range (your MHR x .85) should be used by individuals in excellent condition.

## TRAINING HEART RATE TARGET ZONE





## Target Heart Rate

(% of Maximum)

Age	60%	70%	75%	80%	85%	100%
under 20	126	147	158	168	179	210
20	120	140	150	160	170	200
25	117	137	146	156	166	195
30	114	133	142	152	162	190
35	111	130	139	148	157	185
40	108	126	135	144	153	180
45	105	123	131	140	149	175
50	102	119	127	136	145	170
55	99	116	124	132	140	165
60	96	112	120	128	136	160
65	93	109	116	124	132	155
70	90	105	112	120	128	150
75	87	102	109	116	123	145
80	84	98	105	112	119	140

## HOW TO TAKE YOUR HEART RATE

1. Pause during the exercise and take your pulse by placing index and middle fingers over either (a) your carotid artery on the side of the neck or (b) your wrist. Apply pressure lightly with your fingers.
2. Count for 10 seconds and use the Ten Second Heart Rate Conversion Table to determine your heart rate in beats per minute.
3. Find the heart rate at which you are exercising by referring to the Training Heart Rate Target Zone Chart or the Target Heart Rate % of Maximum Table. This will aid you in exercising in your training heart rate zone. Increase or decrease the intensity as needed to reach your target heart rate.



### Ten Second Heart Rate Conversion Table

10 second count	beats per minute	10 second count	beats per minute	10 second count	beats per minute
8	48	17	102	26	156
9	54	18	108	27	162
10	60	19	114	28	168
11	66	20	120	29	174
12	72	21	126	30	180
13	78	22	132	31	186
14	84	23	138	32	192
15	90	24	144	33	198
16	96	25	150	34	204



# Thinning out diet myths

By Nanci Hellmich

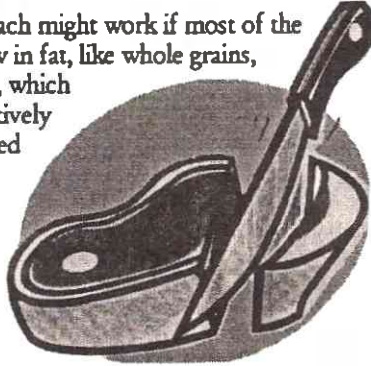
USA TODAY - Wednesday, January 3, 2001

Cut all the fat from your diet. Oh, a little fat won't hurt. Eat all you want. No, watch your portions. Don't eat eggs. Go ahead and scramble some eggs. There's so much conflicting advice out there that weary dieters don't know what to believe.

As part of USA TODAY's week-long look at fighting fat, nutrition experts outline some of the most common beliefs and myths about weight loss - and the current thinking about the best way to lose weight. Answer true or false to these statements, then read the experts' explanations:

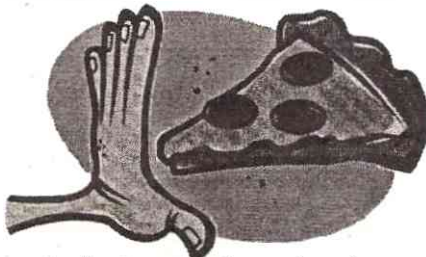
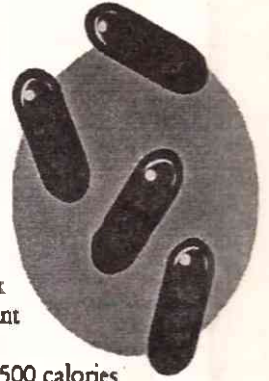
**If you cut most of the fat out of your diet, you don't need to watch calories; you'll automatically lose weight.**

**False.** This '90s-style approach might work if most of the foods you ate were naturally low in fat, like whole grains, fruits, vegetables and skim milk, which provide lots of volume and relatively few calories. But many processed fat-free and low-fat foods, such as cookies and frozen desserts, are surprisingly high in calories. And if you consume huge quantities of low-fat, carbohydrate-rich foods like pasta and bread, you can gain weight from the sheer volume. Portion size and calories do count - *Edith Howard Hogan, registered dietitian in Washington, D.C., and spokeswoman for the American Dietetic Association*



**It's OK to make poor food choices while dieting as long as you take a multivitamin and mineral supplement**

**False.** Supplements are not magic bullets, nor will they neutralize the impact of a highfat, low-fiber diet of overly processed foods. Don't rely on supplements as a nutritional shortcut. Many foods such as fruits and vegetables are loaded with fiber, antioxidants and other nutrients that you won't get in a vitamin pill. When you cut back on how much you eat, it's even more important for your health to choose the most nutritious foods you can. If you typically eat less than 1,500 calories per day you should be taking a multivitamin-mineral supplement. - *Felicia Busch, author of 'The New Nutrition: From Antioxidants to Zucchini' (John Wiley, \$16.95)*



**You can have some of your favorite fattening foods while you're on a diet.**

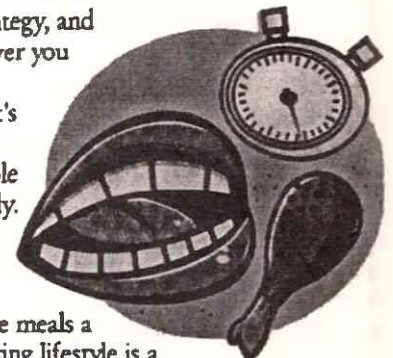
**True.** If you give UP all your favorite foods, then they'll become forbidden foods and you'll probably end up bingeing on them. Instead of completely denying yourself, you need to train yourself to eat those foods in moderation.

If ice cream is your weakness, you may need to figure out a way to control the portion. For instance, you might just put a scoop in an ice cream cone for a treat. Or if you don't want to have it in the house, then treat yourself to ice cream occasionally when you're out. If you love chocolate, then keep small individual snack-size bars available, not big bags that you'll be tempted to polish off. By including your favorite high-fat food in your diet plan, you're learning how to live with a food that will always be around to tempt you - even when you're off the diet - *Althea Zarewsky, spokeswoman for the American Dietetic Association*

**Everyone should eat every two to three hours to optimize weight loss.**

**False.** Some people do well with this eating strategy, and others do not. If you're prone to overeating whenever you sit down to eat, eating more times a day can simply provide more opportunities to overeat. For many, it's easy to forget the "mini" in mini-meals. Likewise, if you're not a planner, then eating whatever is available every few hours can rack up the calories very quickly. The solution is to find the eating pattern that works best for you based on both your lifestyle and hunger patterns, then stick with it.

The French are notorious for eating three square meals a day, and many of them believe that our heavy snacking lifestyle is a big contributor to the massive American weight gain. - *Karen Miller-Kouch, chief scientist for Weight Watchers International*



**Eggs can again be part of a healthy, weight-loss diet.**

**True.** The news is in and eggs have come full circle, right back to our plates. Research has shown that the major dietary culprit in heart disease is saturated fat and eggs are low in saturated fat. Eggs are also relatively low in calories (about 75 calories if hard-boiled and 110 calories if scrambled in one teaspoon of butter or oil). Eggs are also packed with essential nutrients and antioxidants. The American Heart Association recently changed its recommendations to say that an egg a day is OK. So keep the eggs on your plate, but most of the time substitute some wholewheat toast and fresh fruit for the sausage and bacon. And cook the eggs either without fat or with a vegetable oil spray or heart-healthy olive or canola oil. - *Keith Thomas Ayoub, an associate professor of pediatrics at Albert Einstein College of Medicine in New York City*

# Fitness

A moderate amount of exercise (20-30 minutes, three to five times a week) makes a huge difference in the amount of weight lost.

False. Any amount of activity is better than none at all. Exercise does burn calories and is really helpful for both losing and maintaining weight. But while exercising a moderate amount conveys health benefits, the effect on weight loss is modest.

To put it into perspective, if you walked at a moderate pace (about three miles an hour) for 30 minutes on four days of the week, you would walk a total of six miles in a week. Each mile walked burns about 100 calories. So for the week, you would have used an additional 600 calories. That 600 calories translates to less than a quarter of a pound of weight-loss on the scale, provided you've kept your food intake steady. Eat a little more (after all, you're exercising), and the loss is less. If you want to use exercise as a primary strategy for weight loss, you need to do more than this amount. Your best bet is to combine exercise with a diet that is lower in calories. And keep in mind: One study of people who lost weight and kept it off found they do about an hour of physical activity a day. - *Miller-Kouch*

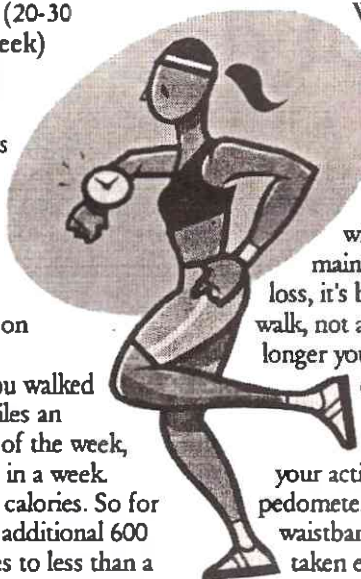
Families with overweight children should keep no sweets, snacks or other munchies in the house.

False. Obesity can be a serious health issue for children and teenagers, and it deserves to be a priority. Families should keep a wide variety of the children's favorite fresh fruits and vegetables, whole-grain crackers and other low-calorie snacks on hand. These types of snacks are packed with nutrients but low in calories and help satisfy the urge to munch without adding extra pounds.

But families should also keep a few favorite high-calorie treats on hand. One type of plain cookies, for example, rather than four types. Also keep in mind frozen yogurt, fat-free ice cream, fruit ices, fat-free pudding and yogurt and small amounts of nuts or dried fruits. No need to deny kids high-calorie foods.

Offer a modest portion and feel good about it. This will help them learn to eat moderately and not leave them feeling so deprived that they hunt down high-calorie foods away from home and binge on them.

And encourage children to choose a favorite activity. Physical activity will burn calories and keep them from eating out of boredom. - *Ayoub*



Walking a lot helps take off the pounds.

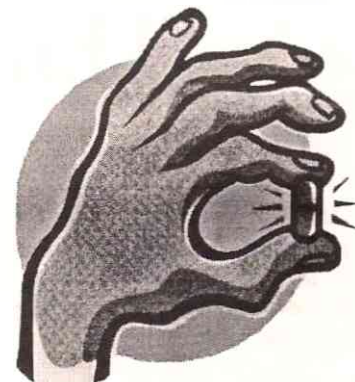
True. Like other physical activities, walking burns calories and can help with weight loss and maintenance. For weight loss, it's best to take a brisk walk, not a stroll. And the longer you walk, the more

calories you burn. A simple way to keep track and increase your activity is with a pedometer. just clip one to your waistband and log the steps taken every day. The goal is to aim for 10,000 steps a day, which is about five miles. If every mile you walk burns roughly 100 calories, then you'll be burning up 500 calories a day in walking alone. Do that every day and you've burned up 3,500 calories, or one pound, in a week. - *Chris Rosenbloom, acting chairman of the department of nutrition at Georgia State University in Atlanta*



Moderately overweight children should not go on very restrictive low-calorie diets to lose weight

True. The current thinking is that moderately overweight children should not be put on restrictive diets, but they should make basic improvements in their diets and increase their activity, giving up some TV and computer time. Parents can improve their children's diet by adding more fruits, vegetables and whole grains, while cutting back on the junk foods. That way parents will slow the rate of their children's weight gain while the kids continue to grow in height. Children go through dynamic phases of growth and a very restrictive low calorie diet is not what they need. They need nutrients and activity. - *Jo Ann Hattner, pediatric dietitian with Stanford University Medical Center in Stanford, Calif.*



Using diet drugs for a few weeks or months is a great way to jump-start a weight loss program, even if you only have a few pounds to lose.

False. Certain diet drugs have been approved by the Food and Drug Administration for use in people who have medically significant obesity - those who are 30% or more over a healthy weight or those who are about 20% over a healthy weight and have obesity-related diseases, such as high blood pressure, high cholesterol or diabetes.

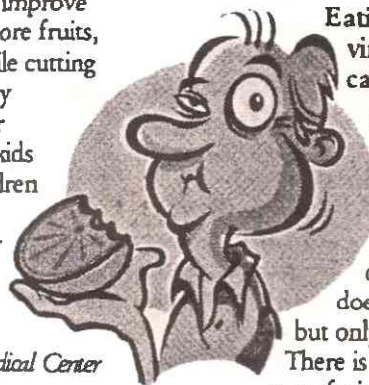
Obesity medications, such as Meridia, which works on brain chemicals to control appetite and Xenical, which blocks fat from being absorbed by the body, should only be used in conjunction with an attempt to change eating and lifestyle behaviors. Obese persons who take diet drugs without doing the hard work of trying change lifestyle behaviors are exposed to all the side effects and costs of the medication without the full benefit.

Obesity is a chronic disease and chronic diseases cannot be effectively treated with short-term therapy. A person who is fortunate enough to respond to a diet drug by losing weight will need to take that medication for a long time, if not for life, to keep the weight off. Stopping the treatment after weight loss occurs will likely result in weight regain. - *Samuel Klein, director the Center for Human Nutrition at Washington University School of Medicine in St. Louis*

Eating grapefruit or vinegar will burn calories.

False. No food can burn up calories instantly or melt away body fat, especially while you sleep. The digestion of any food does use up some calories but only a small amount.

There is nothing magical about grapefruit or vinegar. - *Bisch*





## 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, Venturers, Rangers and Advisors, by your nominations and votes sent in to our judges. It gives Rovers, Venturers and Rangers a chance to honor their own, and show appreciation for the efforts of an individual or Crew(s) (Companies).

All Rovers, Venturers, 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, No. 2 and No. 3, list the person's name, affiliation (Crew, Company, District, etc.) and the main reason this person was nominated.

It is important that you list No. 4 in order of preference, as points are awarded, then added to determine the winner. (4A scores 4 points, 4B scores 3 points, 4C scores 2 points, 4D 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, 2 or 3, 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. **\*NEW THIS YEAR\*** Name a person who you feel has given sincere dedication to Venturers.  
\_\_\_\_\_
3. Name a person who you feel has given sincere dedication to Rangers.  
\_\_\_\_\_
4. Name what you feel were the four best moots in the past year in order of preference.  
A. \_\_\_\_\_  
B. \_\_\_\_\_  
C. \_\_\_\_\_  
D. \_\_\_\_\_
5. Name the best continuing article to appear in the Canadian Rover Eh! magazine during the past year.  
\_\_\_\_\_
6. 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 10, 2003.

### **NOMINATOR:**

Name: \_\_\_\_\_ Unit: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Please note:**



# the Roger Awards



To help you with your selections for the Roger the following lists of Moots and articles from that we were aware of. All moots across Canada feel is deserving, feel free to vote for that Moot. and Venturees is blurring. We will probably

Awards for the year 2002, we've compiled the past year. Note: these are the Moots stand nominated. If we missed one that you Also note that the division between Moots have a category for Venturees next year.

## MOOTS

**Attawanderonk Moot**  
**16th Club Med Moot (Quebec)**  
**Camp Skeeter 2002 (BC)**  
**Jailbreak Moot**  
**Ancient Moot**  
**RAVE Rover And Venture Event (Nova Scotia)**

**Snow Moot 2002**  
**Hawaiian Holiday**  
**Mardi Gras 2002 (BC)**  
**Kamp Krusty (Quebec)**  
**BC-Yukon Provincial Moot**

**RoVent 2002 (BC)**  
**Moot Moot 2002**  
**E-Vent 2002 (Alberta)**  
**Looney Tunes Moot**  
**RoVent - A Medieval Tourney (ON)**

Please note that a lot of these Moots were held in Ontario. That's simply because those were the Moots we heard about, and NOT because they are the only ones nominated. 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

# the Photo-Journalist



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

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

<canadian\_rover@hotmail.com>

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

**Editor's Note:** Normally, all the photo submissions for this page get credits. Unfortunately, I don't know who submitted these. This is a continuation of what I started doing in the last edition. I was cleaning out my hard drive, found a lot of good pictures and couldn't let them go to waste. If they're yours, let me know and you'll get credit in the next edition.



**Just Driving Around**



**Just Hanging Around**



**Just Thinking**



**Just Resting**



**Super Nova 2002 — photos by Simon Hollick**



# JANUARY ORC WEEKEND

January 10 – 12, 2003

Hosted by Voyageur Region in **Ottawa**

*Have you ever wanted to see money made right before your eyes?*

**Join us for a tour of the Royal Canadian Mint!**

*Shopping Shopping Shopping*

Need I say more?

**Cosmic Bowling Saturday Night**

Come voice your opinion on how the new ORC will be  
structured

*Mark your calendars and prepare for a great, low-cost  
weekend in our Nation's Capital*

More information will follow, so watch the ORC website  
([www.orcweb.org](http://www.orcweb.org))

or

Contact Derek Bradley  
[dbradley@chat.carleton.ca](mailto:dbradley@chat.carleton.ca)  
613-225-5870



# Car Care

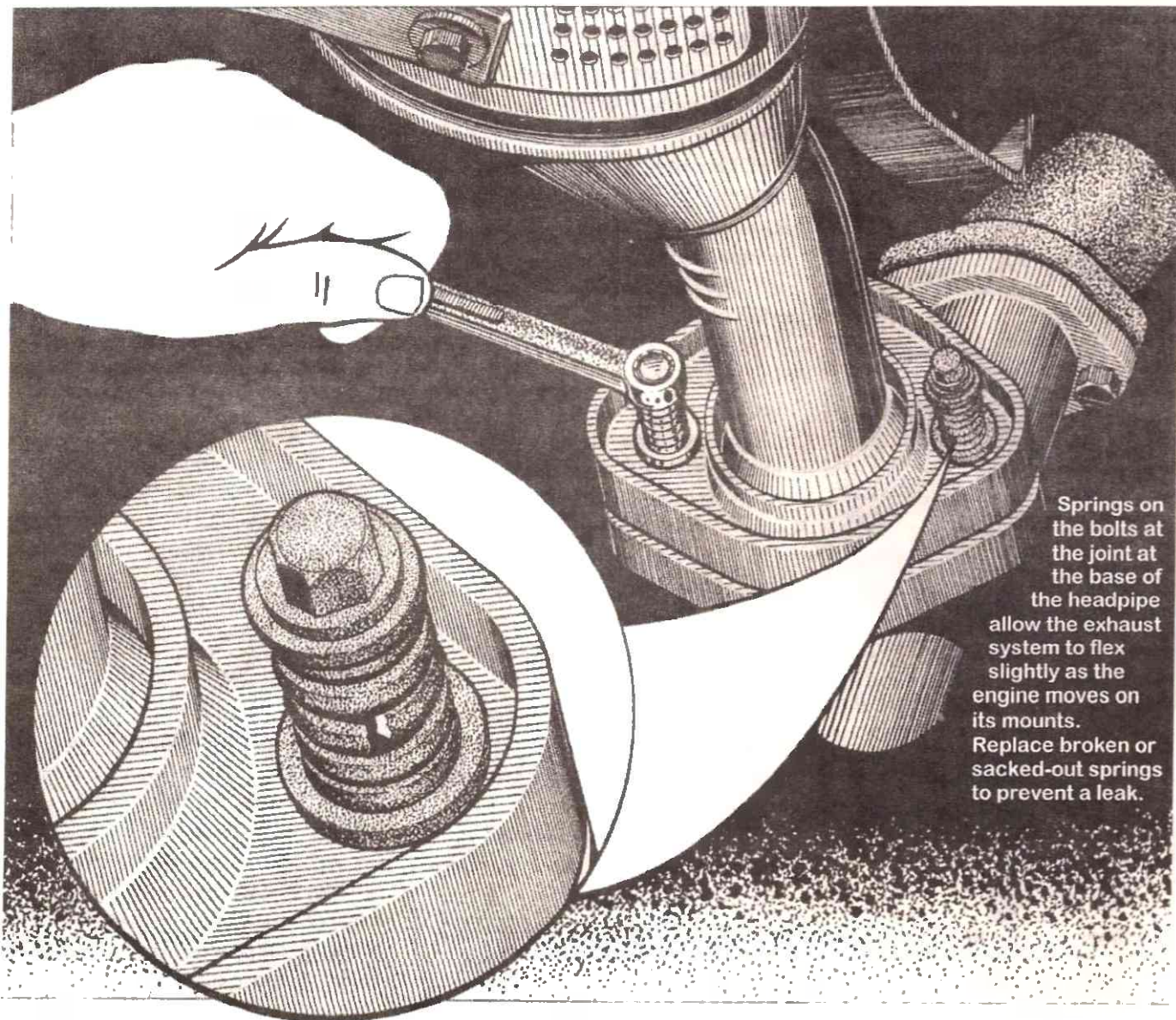


## Exhaust System Maintenance

*By Paul Weissler — Popular Mechanics — June 2002*

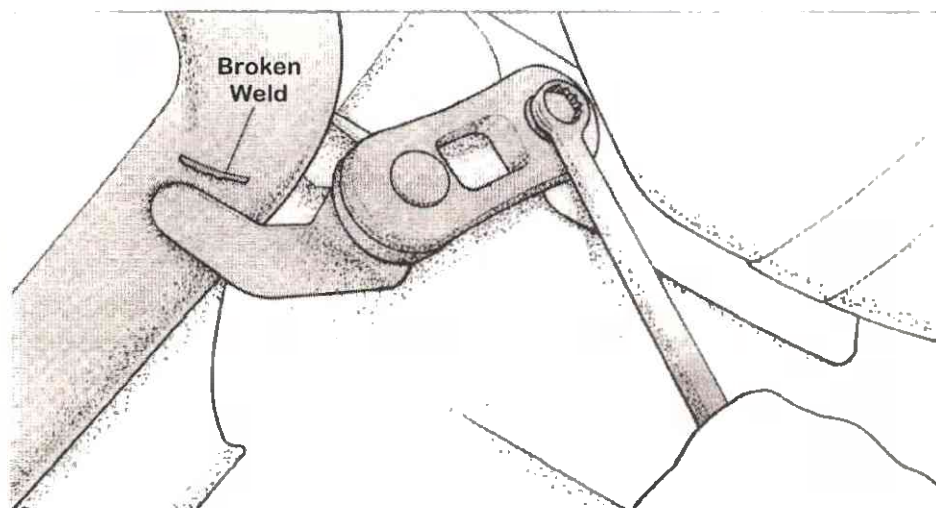
The sign says "DIP". And it's not advertising a samba school—there's a dip in the pavement large enough to lose a first grader in. You touch the brakes lightly to keep from spilling your java as you traverse it. But there's a sudden graunching noise from under your car, followed by the scream as about a gallon of fast-food coffee flenses the skin from your thigh. You pull over to inspect your leg and the underside of your car, in that order. There are big, hot chunks of metal hanging loose under your chassis, and the exhaust system is nearly dragging.

Today's exhaust systems consist of a lot of expensive parts. There are one or more catalysts, an oxygen sensor, maybe even a 2-stage muffler. There's piping that's not only shaped to clear underbody lines, but also may be made of premium metals, in some cases dual-wall tubing. There are sheetmetal underbody heat shields to prevent the exhaust from igniting dry grass.



Springs on the bolts at the joint at the base of the headpipe allow the exhaust system to flex slightly as the engine moves on its mounts. Replace broken or sacked-out springs to prevent a leak.

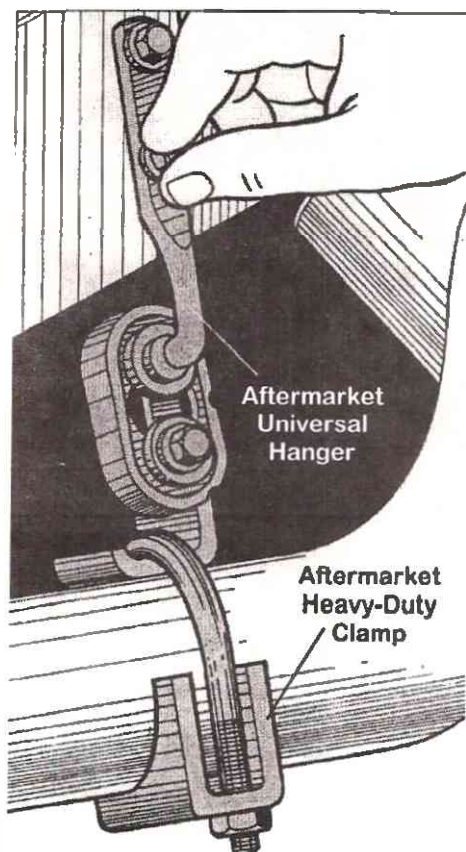




Tightening a loose clamp won't help if the bracket has broken loose at the weld line.

What's holding everything together? A few clamp joints and some welds. What's holding everything up? A few pieces of rubber with some brackets. What's keeping everything aligned? Those same few pieces of rubber and brackets. Failures are common and they range from cracked rubber to failed welds.

Before you suffer the same expensive fate we described earlier,



Sometimes a universal aftermarket clamp will fill the bill and let you reattach the OEM hanger.

take time to perform a regular underbody inspection—it's easy. To get started, jack up the car and support it on safety stands front and rear. Now you're ready for an in-depth look.

## Hangers

If any hanger is broken, it has to be replaced, without delay—even if the exhaust system seems to be hanging level. One broken hanger means that when the system moves up and down as you drive, a whiplash effect goes through the clamped and welded joints. Eventually clamps loosen and welds crack.

Replacing a broken hanger used to be simple, because most companies used some type that bolted to the body and clamped to some part of the exhaust system. Today, the most popular design uses rods welded to the pipes and, often, to the vehicle underbody. These hangers also have a thick rubber section that resembles a flattened football or beach ball, with holes for a rod at each apex of the rubber. Welding positively locates all the parts, and although you may have to tug and pry, replacing the rubber piece when it becomes cracked is very straightforward.

You can install a brand-new pipe if the rod comes off the pipe, but if the pipe itself is good, that's an unnecessarily tough and expensive replacement. The alternative is to install a universal hanger, though this

may require a bit of jury-rigging. First, remove the broken hanger. Then look for a nearby hole, perhaps even from the old hanger. Take a universal hanger that can twist and tilt and has an adjustable length setup, and attach it to the underbody with a bolt (and if it isn't threaded, also with a nut) through that hole. Next, make the connection around the pipe—a simple clamp and U-bolt usually works. Don't be surprised if a part of the welded-on bracket (from the broken hanger) has to be cut or ground off to provide space for the clamp that will attach to the universal hanger. You should try to make attachments very close to the locations of the original equipment setup. This will maintain system alignment and the balanced hang of the entire system.

If there is noise from exhaust system contact with the underbody or an underbody part, you should check for damage underneath. Exhaust system clearances are limited, and if you see the need to increase one, it may be possible to bend or shim an original-equipment hanger. If a rod-type hanger is welded in place, see if you can bend it with a piece of pipe over the rod's open end. If you need more than  $\frac{1}{4}$  in. or so, look for an alternative. If the hanger is a bolt-on to the body, for example, you may be able to install washers as shims.

Some older imports have rubber hangers that resemble thick rubber bands. If the old band has broken off, you can get a replacement, but installing it is not a matter of simply stretching it over the retaining tabs. The band is so thick and stiff you probably will have to pry pretty hard to get it on.

Many exhaust systems have a bracket to provide firm support close to the transmission. If the bracket cracks—or if it was removed for service and never reinstalled—that can account for a lot of exhaust system flex and eventual cracking. If you can't get a replacement bracket, you may be able to get the old cracked one rewelded.

But replacement is the best choice, and if the dealer doesn't have it, the wrecking yard may.

## Shields

Exhaust system heat shields are prone to damage from driving on rough roads. To avoid the possibility of a grass fire, replace any that are missing or barely hanging on. If a shield is dented, unbolt it, and check the exhaust system for damage.

## Exhaust Joints

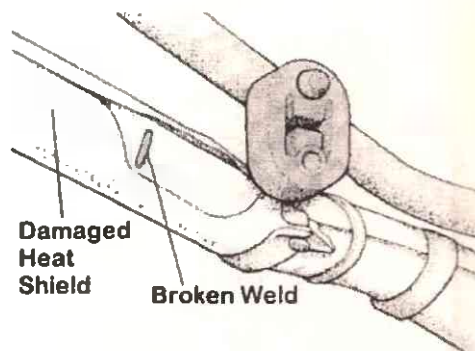
If there has been a lot of exhaust system up-down travel because of a broken hanger, the clamps and joint may be damaged. If a welded joint is

cracked at a muffler or resonator joint, you can replace the parts. Or to save money, cut away the piping and part of the neck joint, then install a short connector pipe and secure it with clamps.

If a clamped joint isn't cracked, but is leaking exhaust gas, remove the old clamp. If the pipe ends are badly distorted, you'll have to rent a pipe expander to reshape them. Otherwise, separate the pipes, sand them to remove any rust, then apply a coat of exhaust pipe sealer. Reassemble and install a heavy duty clamp, which can tolerate much more torque, to provide a leak-free joint.

Many systems have a flange joint at the exhaust manifold or at the manifold's Y-pipe. That joint is held together with spring-loaded bolts. The heat may weaken the springs, and the joint will loosen. Try simply tightening the bolts, but if the springs have cracked or are weak, replace the bolts. They're sold, with new springs, in auto parts stores.

If a flange joint is badly rusted, it's worth trying to free it up with penetrating solvent. Then, take it apart

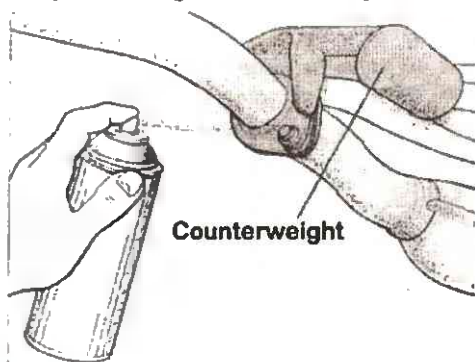


Heat shields are necessary to prevent grass fires or cooked interior carpets. Check and repair them.

and see if it can be salvaged by sanding it clean, installing a new gasket with sealer and reassembling with new bolts and nuts (drill out rusted studs if necessary). Check at an auto parts store to see if a clamp-over repair fitting is available.

## Damper Weights

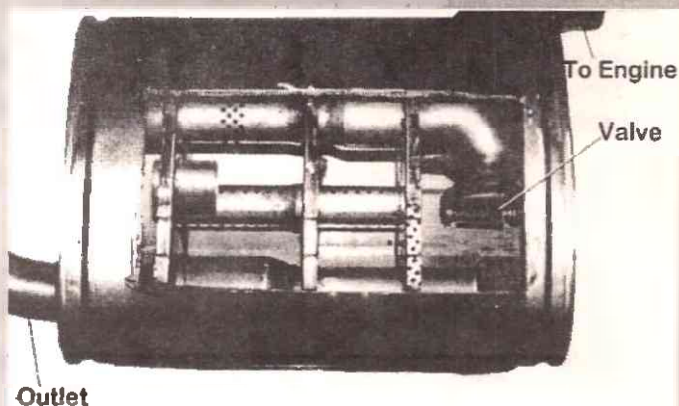
Some exhaust systems have vibration dampers, which are weights that are attached to a pipe or are part of a flange connection. If a damper weight breaks off or is bent, the exhaust system will vibrate noticeably. This not only makes for an uncomfortable ride, but it can affect the life of welded and clamped joints.



When using replacement parts, be sure to reinstall any original vibration-damping counterweights.

## HOW IT WORKS: Muffler

A muffler is a canister with internal tubular passages, shaped in part by baffles, designed to gradually reduce the pulsations of flowing exhaust gases. The slowdown creates back pressure in the exhaust system, all the way back to the engine itself. This slows down the exit of exhaust gas from the engine, reducing its performance. To get around this problem, many high-performance engines increase the exhaust flow with larger mufflers and accept some increase in exhaust system noise as a result. With careful design, however, including the use of silencing materials, the systems can be made to meet legal restrictions. Some back pressure is beneficial at low speed, because slowing down the flow pattern of intake and exhaust gases improves performance somewhat. Many engines have 2-stage mufflers with an internal spring-loaded valve. These mufflers maintain a specified amount of back pressure for good low-



speed performance. But when the engine is at higher speed and there's more exhaust gas to flow through the muffler, back pressure builds up. Before it can become excessive, it pushes open the spring-loaded valve and the gases take a far less restrictive flow through the muffler. This "second stage" permits the engine to develop considerably greater horsepower at higher rpm.



# YOUTH COUNCIL CORNER

## Greetings from the Saskatchewan Youth Council

The past scouting year has thrown many challenges at the youth council. With the changing of the provincial structure, the council found itself in a sudden change. In order to accommodate the new areas the entire council had to be rebuilt. It was a tough job but we made it through and the council is now active with many amazing youth. However, we still need help and are currently asking for any youth who may be interested to join the council. It provides an excellent opportunity to make new friends, have fun and better the scouting movement for all youth in the province. If any youth are interested they may get in touch with Gillian Focht at 543-7224 or by e-mail at [gillianfocht@hotmail.com](mailto:gillianfocht@hotmail.com). Also please watch for future information regarding a FOCUS course on October 25-27 at Arlington Beach Camp. FOCUS provides youth with an excellent skill in time management, communication and leadership training. For further information you can contact Gillian Focht.

Have a great scouting year!

Gillian Focht  
Chair of the SYC

*(Previously published in the Saskatchewan Scout Look Magazine, September 2002 edition)*

## The Yacking Youth Column

DRC Youth-Greater Victoria Region, B.C.

I have a report from the latest BC/Yukon Provincial Youth Committee meeting, which was held, at the Provincial Planning Workshop in early September. As always, the PYC had many productive debates and created some new initiatives, while still having a great time. One of the projects that we are currently working on is the BC/Yukon Film Fest, which is open to all ages of Scouting. Videos should promote Scouting and be between three and five minutes long. The contest closes March 10<sup>th</sup>, so start brainstorming now! More info will come out soon, but I can tell you that great prizes are in the works.

Something that the PYC has been working on for a while now is a workshop outline for Sixer/Second Councils. This outline is designed so that a Venturer or older Scout could easily go to a evening meeting with the document and run a simple, successful training session for the youth on how to run a proper Sixer/Second Council. Preliminary test have been very successful, and the document is now ready for circulation.

Another topic of discussion was the PYC website ([www.bc.ca/pyc/index.html](http://www.bc.ca/pyc/index.html)). It's in pretty rough shape right now, but we have big plans. One particular exciting intention for the website is to create an up to date list of all the great events happening throughout the province, such as Mardi Gras and Rovent, with information on what each event is and how to register.

Jessica Page  
[Jessica-page@shaw.ca](mailto:Jessica-page@shaw.ca)

*(Portions taken from Jessica's column in the Greater Victoria Region's magazine The Totem, October 2002 Edition)*

**JAILBREAK MOOT 2002** was held at Arpad Park in Niagara Falls, ON again this year, on October 25-27. The 22nd Niagara Rovers and Ventures ran the camp with the outside help of a few irreplaceable former Scouter's. The Moot was a huge success with an overall attendance of 223 people coming from as close as Niagara Falls to all the way from Madock. The staff, consisting of 18 rovers, ventures and advisors overcame all obstacles thrown at us including some poor weather conditions on Friday night.

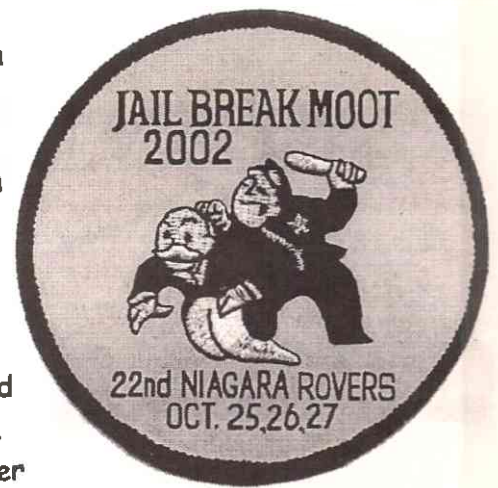
The camp began with a bang on Friday night. The casino and blind auction took place with many prizes, big and small, given away. We then held our most popular Friday night event, the Giant Twister Tournament. The camp was divided into four subsections and each section went on the mat at once, until we had one finalist from each subsection. We had many more events planned for the Friday night, but they got pushed back because of some bad weather.

The camp officially opened on Saturday morning. The events took place in the morning. New additions to the events list included the "Ever Growing Obstacle Course", with a rope bridge over a pond; a Climbing Wall; Pumpkin Slingshot; Handcuff Volleyball; Prison Putt Putt; and some returned events from previous years including Gruel Eating; Don't Drop the Soap; Take out the Guard; and the Shackle Race. After a quick lunch break we began the Car Tour, which this year had perfect directions. Before we broke for dinner we even managed to play a Moon Ball game in the soccer field. During dinner, with my two advisors, I escorted our D.C. around the camp to judge the Saturday night special. Amazing food was eaten and amazing prizes were given. Each group that participated was awarded an apron and first and second place took home tons of prizes. Saturday night we were able to squeeze in some events from Friday night such as: The Haunted Hike, and our Campfire lighting ceremony (which started with a blue angel of a bang). Finally on Saturday night we held our dance. The music was loud, the whole room was dancing and some of the staff even took the time to partake in a dance or two. The dance lasted until 2:15 a.m., and even then, people didn't want it to end.

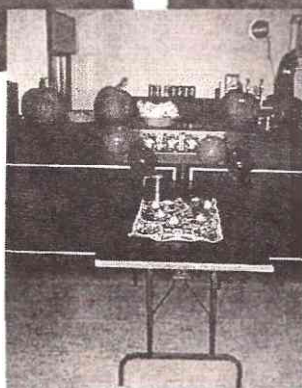
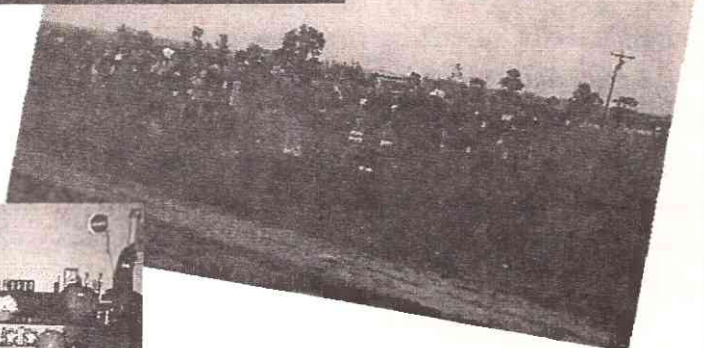
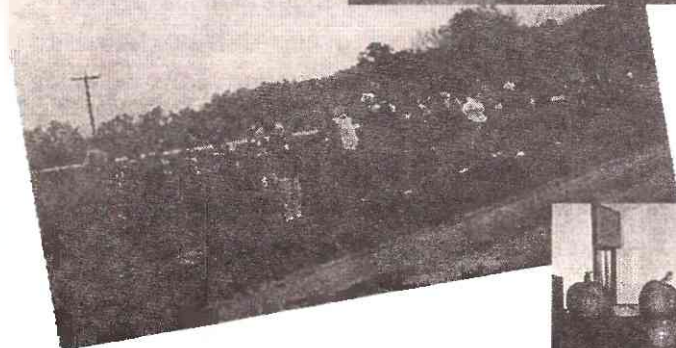
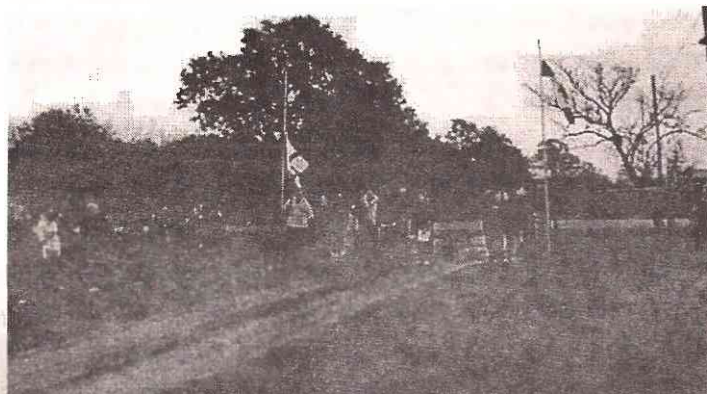
Sunday morning our staff woke up early (not as early as our advisors though) and we cleaned up the hall and set up tables to serve our campers a nice relaxing breakfast. We served everyone in camp pancakes and ham, which was include with registration. After breakfast and a quick cleanup, we held our Rovers Own followed by our closing ceremony.

The prizes we gave out were utterly unmatched by any other moot in past years. First place overall took home a trophy, and a COMPLETE CAMPSITE's worth of gear including a tent, a lantern, a heater, a picnic table, and utility tools for the group. Everyone else who won anything throughout the weekend was given a trophy plus something useful, we gave away everything from backpacks to tool sets.

Overall, everyone had a great time, including staff. We thank everyone for coming out this year and we hope to see everyone plus more back next year. With a pre-registration price of just \$12, can you really afford not to come? Visit [www.jailbreakmoot.com](http://www.jailbreakmoot.com) for more information. Props out to our advisors who stuck with us through thick and thin — it would not have happened without your help. THANKS to the staff for all the help and cooperation, to Randy Clegg for setting up and running the rope bridge, to that hip cat David Ovens for his help setting up the dance and the use of the mixing board, and last but definitely not least, to the guy who jumped in the frigid pond to retrieve someone else's asthma inhaler. More prizes will be given out and more fun will be had at JAILBREAK MOOT 2003.

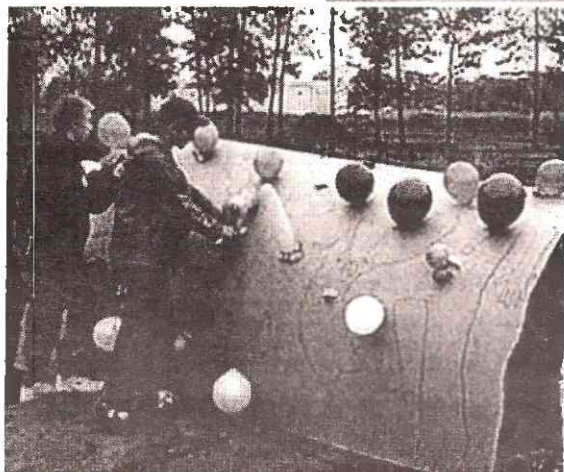




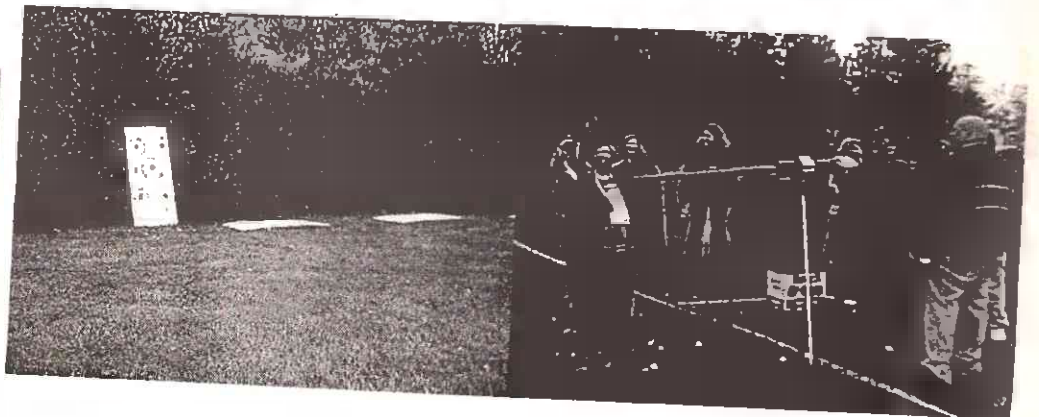
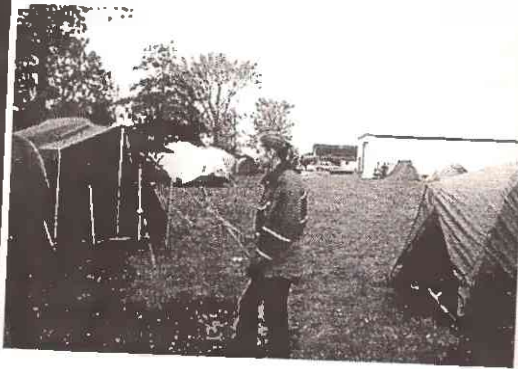
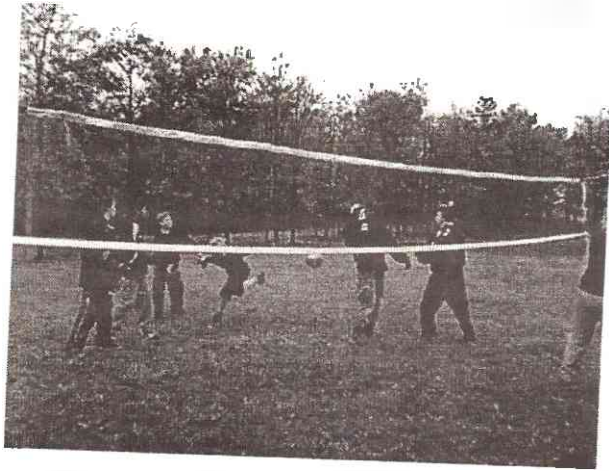


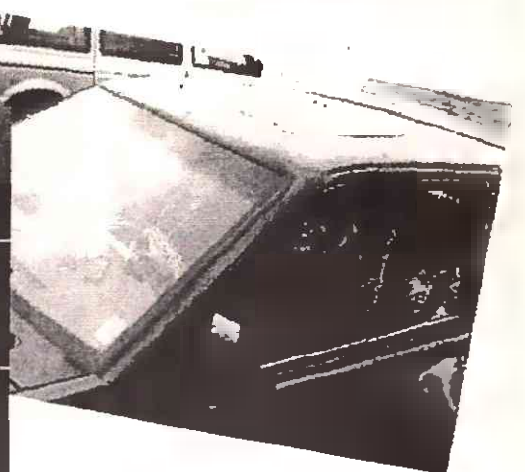
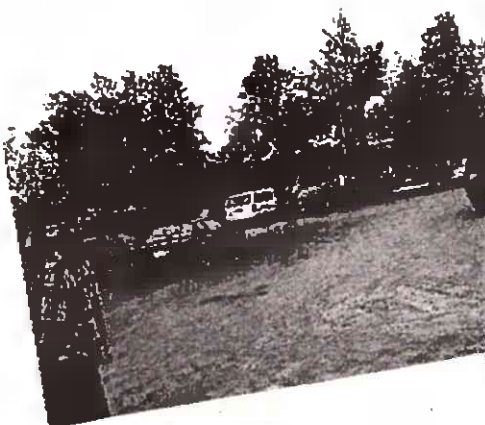
*photos  
Simon Hollick,  
and*

*by:  
Doug Weaver,  
Ye Olde Editor*











# Gumboot Moot 2003

Gumboot Moot Newsletter

September - Issue #01



## Welcome to the 1st newsletter!

So - by now you will have heard that Rangitane are holding Moot 2003! We are happy to tell you that planning is going well, and we have confirmed the venue as Taihape College.

A fantastic team of Rovers has been formed to put together another fantastic moot.

With a 'Back to Basics - Kiwiana' theme planned for the weekend, we are bringing rovers back to grass roots, away from the hustle and bustle of city life, to the quiet, sleepy, town of Taihape. I guess until all the Mooters arrive anyway!!!

So get prepared to see a bit of the country side. Sheep, black singlets, pavlova and gumboots, of course, all await in Taihape for Gumboot Moot 2003!!!!!!

## "So where exactly is Taihape then?"

For all you foreigners and Australians (and anyone else who isn't admitting it!!) who have no idea where Taihape is - Taihape is in the middle of the North Island of New Zealand.

It is reknowned worldwide for its Gumboots, Climate, and International Airport (go to [www.gumbootmoot.dyndns.org](http://www.gumbootmoot.dyndns.org) for pics).

In the up coming newsletters we will fill you in on the easiest way to get to Moot, including organised travel from the real international airport in Palmerston North.



[WWW.GUMBOOTMOOT.DYNDNS.ORG](http://WWW.GUMBOOTMOOT.DYNDNS.ORG)



## Meet the Team



Chairman		Lee Welch	
Age: unknown	Previous Moots: 4	Gumboot Size: 9	Blood Type: warm preferably.....O positive if I need a transfusion.
<p>Hi my name is Lee Welch. Born and bred in Wanganui, now living in Palmerston North, and I am your Moot chairman for the 2003 Gumboot Moot.</p> <p>I am currently a Stewart girlie (i.e. I belong to Stewart Rover Scout Crew). My nickname that some of you will probably know me as, is Nolegs, if you don't know why.....buy me a drink at Moot and maybe I'll tell you.</p> <p>I have a close link to Taihape, the venue for our moot, as most of my family is from there. This will be my fourth moot, my first was down in Dunedin, followed the next year by taking on Programme Director for the Wanganui "RARCUP" Moot.</p> <p>My mission for the Moot, is to make sure your time at our Moot is enjoyable, and runs smoothly.</p>			

Treasurer		Chris Wilson	
Age: 33	Previous Moots: 0	Gumboot Size: 8½	Blood Type: red & gooeey
<p>I am 33 years old and work for the YMCA as the financial administrator. I volunteered my time for the moot because I thought that the rovers sounded like a good organisation. I have never been to a moot or been involved with Rovers before, but the web sites for past moots make them look like a real ball.</p>			

Admin / Secretary		Chris Manning	
Age: 23	Previous Moots: 1	Gumboot Size: 10	Blood Type: OP (Bundy)
<p>Hi, I'm Chris - I am never any good at writing things like this (good thing mike only gave me three lines). I am Crew Leader for the Eastman crew in Palmy. I am in charge of administration for the moot, so if you have any questions or problems, feel free to contact me via email at <a href="mailto:admin@gumbootmoot.dyndns.org">admin@gumbootmoot.dyndns.org</a></p>			

Publicity / Web Guy		Mike Forrest	
Age: 23	Previous Moots: 1	Gumboot Size: 10	Blood Type: I know it has a letter and a positive...
<p>Hi, I'm Mike to everyone - Michael if it's Mum - I'm the one who's put this and the website together (with much appreciated help). I'm a member of the Eastman Crew in Palmy and I'm very much hoping that not only will Gumboot Moot be a worthy successor to Welly Moot but also a prelude to the next in the line of 'shoe' related moots :) PS: <a href="http://www.gumbootmoot.dyndns.org">http://www.gumbootmoot.dyndns.org</a></p>			



**Staff Wanted - Uncle Dan Needs YOU!**  
 If you're too old to come to Moot, but you want to come anyway, contact Lee or Chris via our website - [www.gumbootmoot.dyndns.org](http://www.gumbootmoot.dyndns.org)

**Coming next Issue:**  
 Meet the rest of the team, find out about your tours, and the start of our exciting monthly competitions where YOU can win bar tickets!!

# 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.*

## When It Pays To Rent



**DO YOU OWN** one of these? Probably not. But if you need to lay electrical conduit or pipe in your yard, this trencher will create a 4-in.-wide, 3-ft.-deep trench in no time.

Renting gives you the chance to use pro-grade tools and tackle projects you've never dreamed of attempting before

*by ROGER YEPSEN*

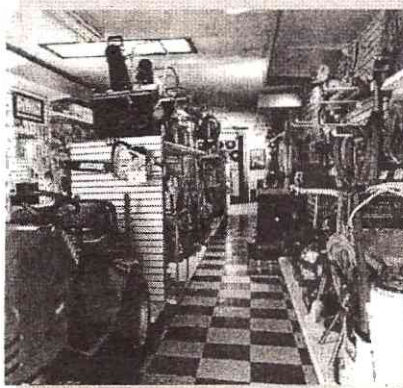
**HAS THIS EVER HAPPENED TO YOU?** YOU'RE ABOUT TO TACKLE a project like laying a brick patio, and the article that inspired you stated you should compact the bed of sand with a power tamper. While you wouldn't hesitate to run next door to borrow a socket wrench, your neighbors aren't likely to have a gas-driven compactor. Of course, you could go out and buy one, but unless you plan on blanketing the lawn with walks and patios, the investment would be a poor one.

This little scenario, multiplied by countless thwarted projects in millions of households, explains why tool-rental firms have continued to spring up around the country. Their offerings include the obvious sorts of equipment, such as electric drill motors and rotary floor Sanders. But you might find yourself surprised by items at both the small and massive scale. About five bucks a day will rent you a shovel, carpenter's level, axe, lawn roller, lawn seeder or manual posthole digger. Lay down a couple of hundred, and you can take home a pint-size excavator—it looks like a miniature steam shovel and has enough power to dig a footing or sculpt a new circular driveway. "White-collar people especially will come in and tell us they've always itched to get their hands on something like that," says Dave Kozak, owner of Dave's Rental and Sales in Pennsburg, Pennsylvania.

And then there are the specialty items you might never have heard of. A drywall hoist is a mechanically operated device that allows you to

*Today's Homeowner magazine  
July/August 2000*





## What It costs

### Typical daily rental prices

Live animal trap \$7  
Screw gun (drywall) \$10  
1/2-in. drill motor \$12 to \$16  
Router \$13 to \$21  
Screw gun \$15  
Magnetic nail sweeper \$15.50  
Leaf blower \$20 to \$25  
Edge sander \$20 to \$32  
32-ft. extension ladder \$22  
Hardwood floor nailer \$25  
Trailer \$25  
10-in. compound miter saw \$25 to \$35  
16-in. circular saw \$30 to \$35

(Note: costs in U.S. funds at the time this article was originally published)

Rotary floor sander \$30 to \$40  
Drywall hoist \$35  
Power tamper \$35 to \$60  
20-in. chain saw \$40 to \$58  
Log splitter \$50  
Pressure washer (gas) \$55 to \$60  
Large garden tiller \$65  
Airless paint sprayer \$70  
Power posthole digger \$70  
10-in. table saw \$80  
Small-scale skid loader \$165  
Small-scale backhoe \$170

crank a full sheet of drywall up to the ceiling, where you can anchor it to the joists with a screw gun (another popular rental item). Another handy oddity is a magnetic nail sweeper; think of it as a vacuum cleaner for the nails and screws that tend to litter the lawn after a siding or roofing project. The tires on your lawn tractor will thank you.

Another reason to rent, Kozak says, is that rental centers typically carry tough equipment that holds up to repeated use. If you have a homeowner-grade tool that isn't up to an ambitious job, it may be worth the money to rent its contractor-grade big brother. You'll get more life out of your own tools in the long run.

### RENT OR BUY?

Rental fees can seem pretty steep, especially on high-maintenance equipment. And it can be inconvenient to have to work against a return deadline. So is it worth it to own the tool? The following tips will help you decide when to rent and when to buy.

**Cost it out.** Think like a businessperson, and estimate the cost of renting a tool a certain number of times versus a purchase. You can stop your calculations right there, or get a little more sophisticated. To the rental expense, you might factor in the time involved in borrowing and returning a tool. And on the purchase side of the ledger, consider the costs of repair and

maintenance; you might spend half the sticker price of a circular saw to repair a busted switch.

**Is space tight?** If your shop or garage is cramped, it might make more sense to rent.

**What is your maintenance quotient?** Some people enjoy the small tasks involved in keeping tools operating properly. Others know darn well they'll do nothing beyond plugging the thing in or pouring in gas. If you never get around to taking care of tools, you may be better off renting.

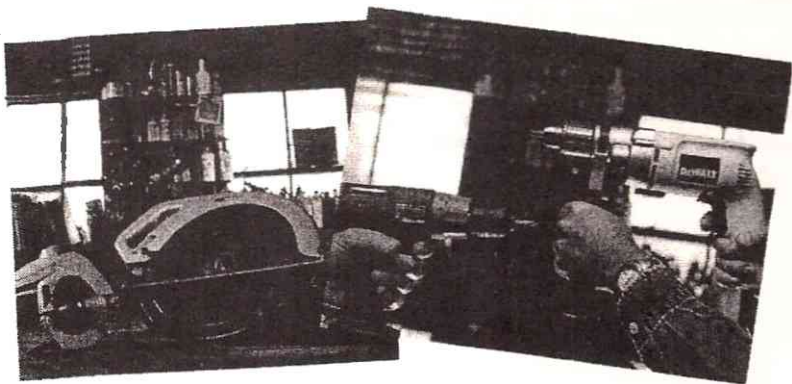
**Is it a tool you'll rarely use?** Chances are, you've bought more than one tool that seemed like a necessity but now simply gathers dust. Renting makes especially good sense for seasonal items, like a big leaf blower (\$20 per day) or garden tiller (\$65).

**Is it a tool you'd love to own?** If you're a homeowner who lusts after well-made tools and you know who you are—dollars and hours are only part of the equation. Although you're not likely to develop a deep relationship with a power washer, a high quality hand tool can become something like a friend over years of use, and owning it makes good emotional sense.

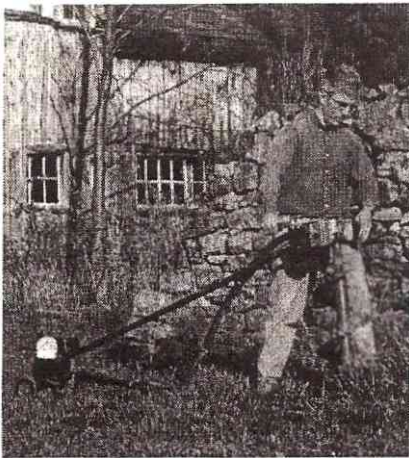
### ADVICE FOR RENTERS

To make sure renting goes smoothly, follow these suggestions from homeowners and the people who work behind the counter:

- Before you drive off to the center, think through the project and make sure you have everything you need to complete it. If you have to stop work to run out for supplies



**IF YOUR TOOLS AREN'T UP TO THE JOB,** rent the professional-grade version. You can get a 16-in. circular saw, 1/2-in. drill motor as well as table saws, routers and screw guns.



**SAVE YOURSELF HOURS of backbreaking labor with a power auger when it's time to dig postholes for a fence or deck.**

and then don't get the rented tool back on time, you'll pay a late charge. And, with proper planning, you might be able to rent a tool for a half day rather than a full day, saving roughly a third the cost.

- Consider going in with a couple of neighbors for a one-day session with a piece of equipment. By renting a gas-powered edger with two of his neighbors, Carter Eskesen, of Saratoga Springs, New York, saved himself two-thirds of the cost, as well as one trip to the rental center. The neighbors worked as a team on each yard, with one operating the tool as the others swept up behind it. "Next year, we're thinking about getting together and renting a power washer for our decks and working together again," Eskesen says.
- Don't leave home without two forms of ID. Without them, the center might be reluctant to rent to you.
- Resist the inclination to rent more tool than you can handle safely and comfortably. Jack Runyon, who runs an Indiana rental center, says, "All we can do is warn customers of the potential dangers, give them

some safety precautions and walk them through it. We won't tell them they can't rent a piece of equipment."

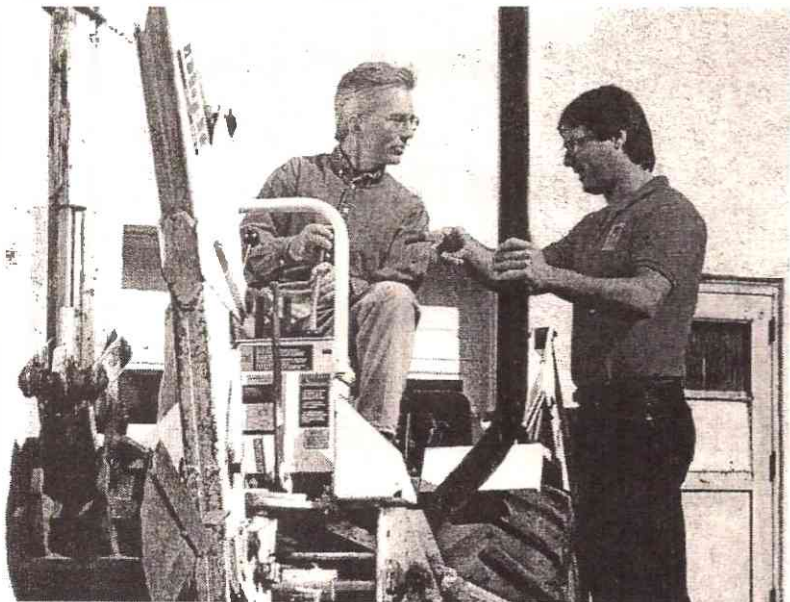
- Take advantage of the expertise of the rental-center employees by making sure you get a thorough demo. "You should at least see if you can get the thing running by yourself before you leave," says Steve Howard, owner of Rental Depot in Rochester, Minnesota. "If we start a gas powered tool to demonstrate it for you, then you might get home and find it's cold and hard to get going." An experienced do-it-yourselfer, Rip Henley of Severna Park, Maryland, makes a point of asking to borrow how-to videos for tools he rents. "My next project is sanding floors," he says, "and I want all the guidance I can get."
- Clean the equipment so you don't incur bad feelings ... and a cleaning charge. You can also face a charge for returning an item late but, again, policies vary. Say you've rented a grass seeder,

## Money Matters

Some rental centers assume that equipment will occasionally malfunction and don't hold you liable unless there are obvious signs of abuse. Or, you may find that you are offered optional damage coverage, often at a 10 percent surcharge. You can waive this policy, but at your own risk.

You might also want to consider having an item delivered, especially, if it's too bulky for you to get it home. For a fee-\$50 is a typical figure-many rental centers will deliver and pick up extension ladders, scaffolding, garden tractors and the like. Or, if you have a trailer hitch and enough horsepower, you can save money by renting a trailer and doing the hauling yourself. *R.Y.*

and a storm washes out your weekend. Are you stuck paying for a tool you didn't use? Staff members might be understanding of circumstances beyond your control. The "time out is time used" rule is no longer necessarily the norm, so sniffle and give your excuse. Although you'll pay a prorated surcharge for your tardiness, you'll probably still come out ahead.



**BE SURE YOU CAN OPERATE the equipment you rent.** Dave Kozak, of Dave's Rental and Sales in Pennsburg, PA, gives the author a quick lesson on using this backhoe.



1st Ashburn Rovers and Venturers  
Presents the First Ever

# MYSTERY MOOT

FEATURING: LUNCH LADY DORIS

Mystifying Events Including: Chili Cook-Off,  
Double Feature Blanket Drive-In, Manhunt, Car Tour,  
Saturday Night Dance Featuring DJ Timmy T,  
Scavenger Hunt, Amazing Games and Prizes!

The Rest is a Mystery...Even to Us!

Planned Date: May 9th to 11th, 2003

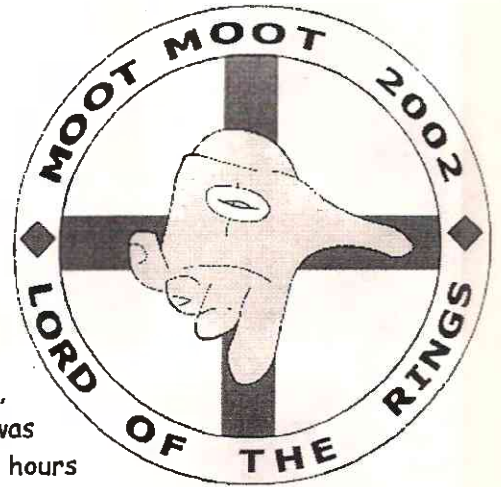
Cost: 15\$ Pre-Register 18\$ After April 1st 2003

Location: Heber Down Conservation Area (Whitby)

For More Information Contact: The 1st Ashburn  
Rover/Venturer Headquarters @ 905-655-4188  
or visit <http://beam.to/mysterymoot2003> for  
information or to register online

# Moot Moot 2002

Moot Moot has come and gone once again, and I now sit here in review of it. Let's start at Friday, because that's where it began. Ah yes, the joys of trying to get across Toronto using the T.T.C. (public transit). Standing in the rain while waiting for the bus, I knew it was going to be a great weekend. Not having camped all summer due to work, I had high expectations for this moot and I was not let down.



I finally arrived at Snake Island around 5:00 pm and, as with most moots, staff was still busy setting things up. But on the plus side, the registration was well organized and I had no problems getting through the paperwork. A few hours went by as I set my site up, then went looking for all my old friends and to meet people who would soon become friends.

This continued until it was time for the great Friday night events to start. The fishing game was fun and it was interesting trying to build a bridge from Popsicle sticks, tongue depressors, and binder twine. I enjoyed the cotton candy (it was great that the machine for making it was there). After eventually getting the fire started I did the events again and soon it was time for the viewing of "Lord of the Rings: Fellowship of the Ring" on the big screen. This was great, as I sat with my friends and watched. I really enjoyed seeing it again. Soon after this I decided some sleep might be a good idea, but not before gazing at the beautiful skyline of Toronto at night.

I woke up Saturday morning to a bright and beautiful day. After having breakfast, it was time for opening. The thing I appreciated most about opening is that it was short. My friends and I decided we would actually do events at this camp and were glad we did. The jousting was good. I enjoyed beating up on someone with pieces of foam attached to a piece of pipe. The canoe races were also fun to do. I enjoyed the elf/dwarf (and whatever else) tosses the most. The trampoline was fun as always. The obstacle course was fun to watch and the blind jousting was weird to take part in and a riot to watch. After this the pizza lunch arrived. The pizza was cold and the pop warm as always, but everyone still enjoyed it.

The afternoon my friends and I decided to go to Centerville and play there. We went on a couple of rides and played in the arcade for a while. On our way back we stopped for a while in the hedge maze. Lots of fun and jokes. We headed back to the island around dinnertime. My dinner was good, but the site next to me had really great food. They had roast turkey and French fries.

Saturday night meant the dance was here. After getting ready, we took a stroll down to the school. The music that was played was excellent. They played a lot of stuff I liked and the idea to give t-shirts away was a great idea. The only setback was nothing the staff had done. The heat from everyone dancing in the gym made the fire alarm go off. 400 people had to get out of the school and wait for the fire department to arrive. We stood there talking until we could all go back. We continued to dance until it ended. Afterwards there was the campfire, which I didn't go to because I went with other people and hung out. But, I heard it was a good campfire. After a while I eventually went to bed.

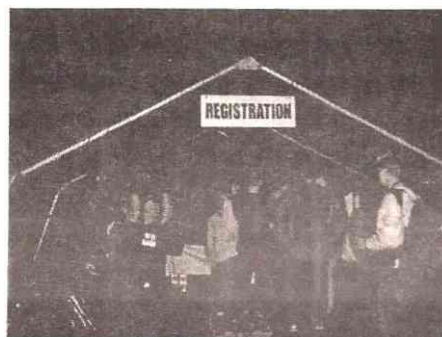
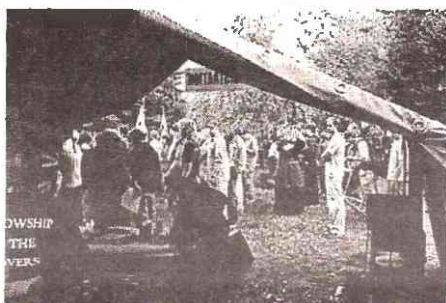
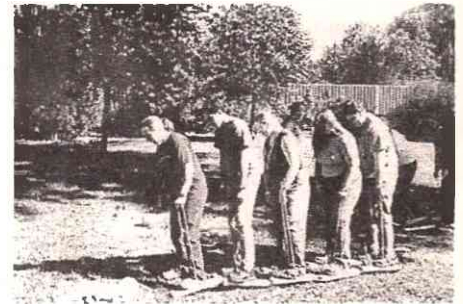
Sunday morning brought gorgeous weather once again. Sunday is the day I like least at any moot, you have to pack up, say good-bye and head home. Closing was closing. Having the awards shaped like daggers was a great idea. And so now another moot has come and gone and I believe I have dawdled on one of the greatest moots in 2002 long enough. I will definitely be going in 2003, I hope to see a lot of you there. The staff of Moot Moot 2003 will have a hard time to beat this year!

*Adam Martin  
5<sup>th</sup> Brampton Rovers*

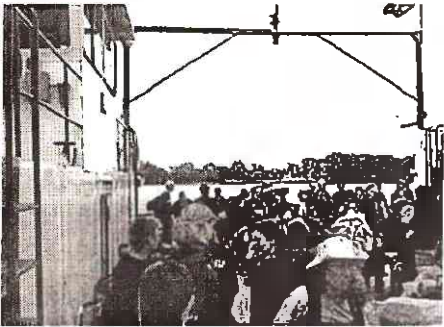
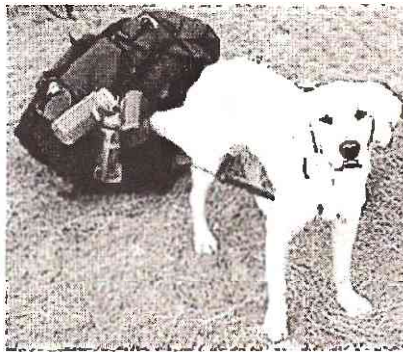




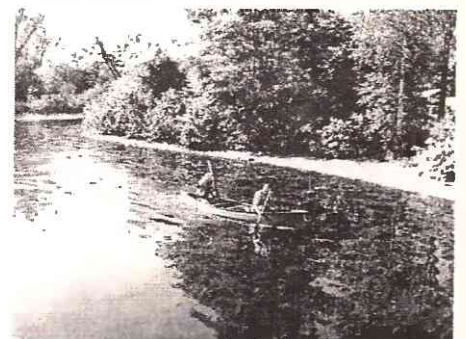
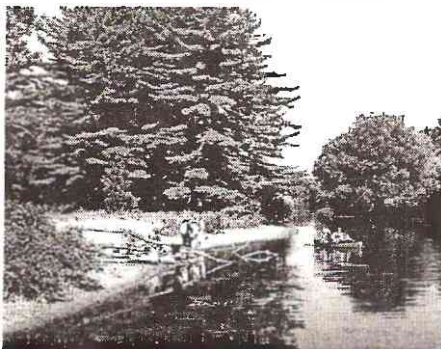
**MOOT MOOT 2002**  
**PHOTOS BY:**  
**BRYAN ROONEY & SIMON HOLLICK**







**MOOT MOOT 2002**  
**PHOTOS BY:**  
**BRYAN ROONEY & SIMON HOLLICK**







# KAMP KRUSTRY

Presented by  
**the Simpsons**

*"When the weight of the world has got you down and you want to end your life, bills to pay, a dead-end job, and problems with the wife. Don't throw in the towel, 'Cuz there's a place right down the block..."*



the Fallen Angels Rover Crew

Held in Springfield Forest (a.k.a. Camp Tamaracouta in Mille-Isles, QC) this Thanksgiving weekend, Grunt Moot 2002 was a smashing success!

As if the Moot couldn't start without them, the If Only They Were As Grand As Their Entrance Grunt Moot award goes to the Fallen Angels Rover Crew for showing up at the opening ceremony in a full size white van blaring "Canyonaro" and blinding everyone with their super high-beams.

Saturday was an action packed day with Simpsons games which of course had to include Whacking Day. After an afternoon of games, the Granny Grunts

cooked Krusty Burgers for the entire camp. The Johnny Tibbo Action Man award & complementary jar of mint jelly goes to Johnny Tibbo for helping out with kitchen cleanup. And, since our nanny taught us to cut corners wherever we can, for helping out with kitchen clean up Paul Beaudet was also awarded The Johnny Tibbo Action Man award. Saturday evening ended with the traditional Ramble and campfire on the beach. What a beautiful night.



Their evil hearts, we'll pulverize

Sunday morning started bright and early with Rover's Own led by Shaun Mongeau. The rest of Sunday morning was spent doing crew games using Scout know-how. Our service project for the weekend was cleaning a cross-country ski trail and we were out there in the rain all afternoon.



Kevin (Cat in the Hat)  
with his lovely assistant, Moira

After a chance to dry off, and dinner, we all went to Jubilee Hall for the Dance. The Let There Be Lightshow award to Paul Grant for providing the lights and music equipment. Let's go crazy, Broadway style! In the category of Best Dancer, the award for The Sound and the Fury goes to DJ Cat In The Hat because when the Jazzman's testifyin' a faithless man believes.

Monday morning was Closing and camp clean-up.

The Grunts also awarded the Award For Not Winning Any Awards to the First Westward Rangers for their effort

and perseverance. Watch out for this group next year. The rules that constrain other men mean nothing to McBain! And finally, The Professor Frink Award for Big Smartness goes to Marc of the FARC for winning the Simpson's Jeopardy game. A MENSA member is he truly.



Marc from FARC



Thanks to all those who came out to celebrate our 10th annual Moot! Come out next year for GRUNT MOOT XI, Scared More Stupider. We are Stupider, you should be Scareder! Oct 10-13 2003. For more information, contact:

Bryan Hamon 514-489-7521

Bryan\_Grunt@fastmail.fm

Marcus Hamaker 514-626-8659

Marcus\_GGRC@hotmail.com

Remember, Who leaves Atlantis off the maps? Who keeps the Martians under wraps? We do! We do! See you next year.



What thou shalt not, we shalt did!  
Marcus, Carolyn, Kat, Josee

Kat Nielsen  
Visiting the Granny Grunt Rover Crew  
Montréal, Québec  
outpost\_8@yahoo.com

Thanks to James Awad from The FARC and  
Tim Colby from The Crusaders for the use  
of their pictures in this article.  
Additional Moot photos can be found at  
<http://www.tcmp.ca/gruntmoot/>



His twisted obsessions are his  
plot to rule the world and his  
employees' health!  
Beware of Scorpio!



Time to let loose your Homer!



We're gonna grove tonight, we'll make you feel  
alright - Simpsons Boogie!



Hail to thee, Kamp Krusty.





# Toronto's MedVent Conference

For the first time since the MedVent program began in 1998, a meeting of all MedVent youth, adult advisors and instructors in Toronto was held in the Toronto Emergency Services headquarters atrium.

Over one hundred MedVent personnel assembled including those from 1st Downsview, 1st Scarborough and our new High

School "FIRST RESPONDER" program (L'Amoreaux, Weston and Michael Power St. Joseph Collegiate Institutes).

Special guests included Glenn Munro and Steve McNenley from York Region EMS along with their newly formed York EMS MedVent group.



Master of ceremonies, Blair Bigham who is also president of the 1st Downsview Venturers, welcomed everyone and introduced P! Bruce Janes our MedVent Co-ordinator.

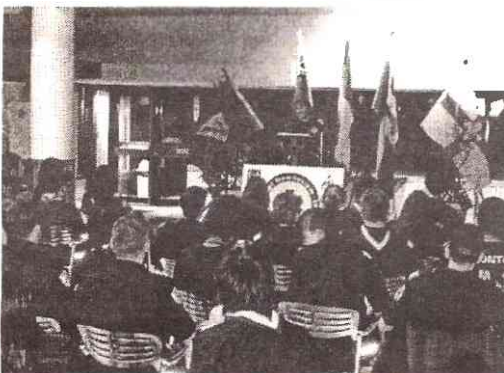
Bruce thanked all those involved with making our initiative so successful - especially the medical training staff working with P3 Brent Goodwin, P2 Shannon Koppenhoeffter and P2 Sioban Kennedy.

Ron Kelusky then took the podium and remarked on how this simple idea, based on the existing British Columbia EMS program, in 3 years had evolved into a giant movement that now included MedVents in Ottawa, Essex Windsor, Thunder Bay, York Region, Calgary and Nova Scotia. Ron also

thanked everyone involved, especially Bruce and his training staff for their hard work and perseverance to make the program successful.

With the formalities over, the MedVents then began to become acquainted with each other with 1st Downsview and 1st Scarborough youth welcoming new personnel to our EMS family over refreshments. All MedVent personnel were photographed for their new EMS ID badges which will make them instantly recognisable by paramedic staff when they are involved in EMS/Scout service activities.

On behalf of the group committee executive of both 1st Scarborough, 1st Downsview and York EMS, I would like to congratulate everyone one on a tremendously successful endeavour. We really show that EMS and Scouts Canada care for the welfare of our community.



I would also like to pass on my sincere wishes to Toronto Fire Chief Allan Speed, Deputy Chief Rick Simpson and Division Chief Frank Lamie for their endeavours in starting a new Toronto fire Services Vocational Venturer program.

Jerry Crawford  
Group Chair  
Toronto EMS  
1st Downsview  
MedVents

# The Funny Bone

Three sons left home, went out on their own and prospered. Getting back together, they discussed the gifts that they were able to give to their elder mother.

The first said, "I built a big house for our mother".

The second said, "I sent her a limousine with a driver".

The third smiled and said, "I've got you both beat. You know how mom enjoys the Bible and you know how her poor eyesight makes it difficult for her to read it. I sent her a brown parrot that can recite the entire Bible. It took 20 monks in a monastery 12 years to teach him. I had to pledge to contribute \$100,000 dollars a year for 10 years, but it was worth it. Mom just has to name the chapter and verse and the parrot will recite it".



Soon thereafter, Mom sent out her letters of thanks:

She wrote the first son, "Milton, the house you built for me is beautiful, but it's so huge. I only use one room, but I have to clean the whole house".

She wrote the second son, "Marvin, I'm getting too old to travel. I stay home all the time, so I don't use that wonderful limousine. And that driver is so rude".

She wrote the third son, "Dearest Melvin, you were the only son to have the good sense to know what your mother likes. The chicken tasted delicious".



COLUMBUS' MOTHER: "I don't care what you've discovered, you still could have written!"

MICHELANGELO'S MOTHER: "Can't you paint on walls like other children? Do you have any idea how hard it is to get that stuff off the ceiling?"

NAPOLEON'S MOTHER: "All right, if you aren't hiding your report card inside your jacket, take your hand out of there and show me."

ABRAHAM LINCOLN'S MOTHER: "Again with the stovepipe hat? Can't you just wear a baseball cap like the other kids?"

MARY'S MOTHER: "I'm not upset that your lamb followed you to school, but I would like to know how he got a better grade than you."

ALBERT EINSTEIN'S MOTHER: "But it's your senior picture. Can't you do something about your hair? OY! Styling gel, mousse, something...?"

GEORGE WASHINGTON'S MOTHER: "The next time I catch you throwing money across the Potomac, you can kiss your allowance good-bye!"

THOMAS EDISON'S MOTHER: "Of course I'm proud that you invented the electric light bulb. Now turn it off and get to bed!"

PAUL REVERE'S MOTHER: "I don't care where you think you have to go, young man, midnight is past your bedtime!"





# The Funny Bone

*"If you can't stay young, you can at least stay immature" — Red Green*





# the ORC 2002 Conference Report

## Fitness, Art and Service

The weekend started out in a very sleepy church on the third block of Park Street in Kingston. As usual, the Crews straggled in well into the wee hours of the night. Around 7:30 A.M. Saturday morning, I awoke to the chipper voices and laughter of the 23rd St. Giles Scout Troop, who were happily preparing our breakfast. Soon after that the ORC started to come alive with the smell of pancakes and coffee in the air. With the excellently prepared morning meal out of the way, it was time for opening. The word cheerful does not even begin to explain the opening speech provided by Nicky Paterson, the weekend's organizer. What a great start to a beautiful sunny Saturday morning. Little did we know that we would feel the wrath of the evil fitness tyrant Amy Patterson-Higgins, aka Weasel. That's right, the Conference had a small fitness session which was brought to us courtesy of GoodLife Fitness. Actually it was fun and we all learned a few new ways to stay in shape. Another one of the fun sessions we enjoyed was climatology. So now we all know how to read the clouds when we are in our canoes, and hopefully we won't get stuck out in the middle of a lake with meter high white caps ever again. Thanks to Paul Gudnason for that refreshing insight into Mother Nature's fury. The fun and learning continued through the morning with an information session on how to use point and shoot cameras like they were professional equipment. Mary McTaggart even let us go shoot some crazy leaf photos outside in the sun. I personally ran out of film and had to go on a short trip to the store.

Lunch time was short but the fantastic pitas made up for the lack of socializing time. The afternoon only had two sessions, a service project and the informal forum which has become a new tradition at the ORC. Since Rovering is all about service, let's start there. Who would have thought that 20 plus Rovers could knit a blanket for the less fortunate? That's right, our service project was a very important one, helping the less fortunate. What a sight it was watching poor Neil, with his needle and ball of yarn. Jynx, who knew you were so domestic? Thanks to Carrie Clifton and her mum, Carol Ann, for the instructions.

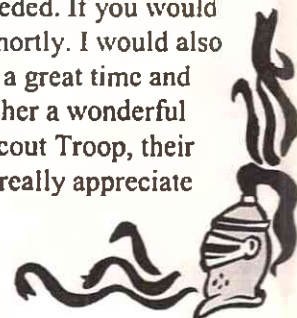
The forum, hosted by Mike Pembleton (with my excellent help), was a great success. Topics such as; what should the ORC be focusing its attention on now, and how can we increase attendance of new Rovers at the ORC, were tackled. The results of that explosion of ideas, combined with what Rovers have been saying on some of the online message boards, has sparked a great potential for changes in the community. We should all look forward to seeing what the future will hold for Rovering in Ontario. Please check our site ( [www.orcweb.org](http://www.orcweb.org) ) for what's new with the ORC and come out and join us at our next weekend January 10-12, 2003 in Voyageur Region.

After the forum, we enjoyed a brief period of free time (everybody went shopping – only kidding). We returned to see a slide show and verbal explanation of the events and activities of the Canadian Forces in their Peace Keeping duty in Kosovo presented by Major the Reverend Lloyd M. Clifton. What could have been a gruesome and gory presentation was well done and moved at a good pace.

What can I say about Saturday's dinner? Well, a seventy dollar plate at the Beef Baron would be like eating at a fast food restaurant, compared to the food we had! Jennifer Cowey's Scouts outdid themselves, at this Conference, with a selection of wild game. We had the delight to dine on Salmon, Bear, and Deer meat, along with a selection of pastas and side dishes. It was spectacular. To finish it off we even had ice cream brownie sundaes. It was a good thing Weasel made us work out in the morning because everyone put on about 5 pounds at dinner.

Finally, Sunday morning, we had a short meeting at the Peterborough Scout House in which topics of the forum were discussed and upcoming events were announced. It was a brief meeting, but that was all that was needed. If you would like to see more pictures of the weekend's fun please visit our site - they should be appearing on it shortly. I would also like to take this opportunity to thank all of the organizers/instructors of the weekend for showing us a great time and teaching us, as we had our fun. Thanks go out to Nicky Patterson and Jennifer Cowey who put together a wonderful weekend. Special recognition is also in order for St. Giles Presbyterian Church, the 23rd St. Giles Scout Troop, their Scouters, and Mary McTaggart for filling in at the last minute. Everyone did a great job, and we all really appreciate your efforts.

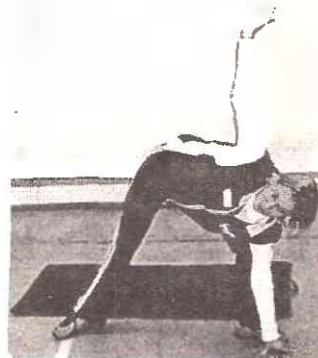
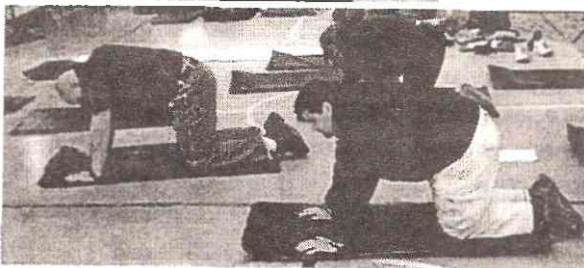
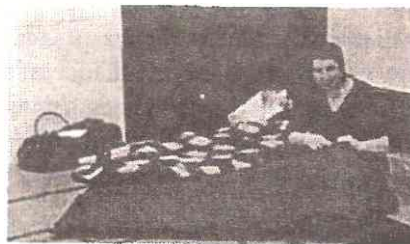
*Hope to see you all canoeing down the stream of life,  
Michael Dodge – Vice Chair Promotions ORC*





# The ORC CONFERENCE 2002

*photos by  
Ye Olde Editor*





# The ORC CONFERENCE 2002

*photos by  
Ye Olde Editor*





# OUT & ABOUT

Number 21

*"Anyone who knows Algonquin Park will be disappointed when they get to heaven." Ralph Bice*

## Backpacking

### Backpacking on the Western Uplands Trail in Algonquin Park

This past September and October I had the good fortune to participate in Humber College's backpacking course, which included an overnight trip on the Western Uplands Trail of Algonquin Provincial Park. For those unfamiliar with the backpacking trails of the park, the Western Uplands Trail is one of three trails in the park created specifically for backpacking. The other two are the Highland Backpacking Trail and the Eastern Pines Backpacking Trail. A map is available at most outdoor stores in the province entitled Backpacking Trails of Algonquin Provincial Park for about \$2.99 plus tax. Though the actual trails are marked on the Canoe Routes of Algonquin Provincial Park map, do get the backpacking map for two important reasons. The backpacking map has contour lines marked on it (the canoe map doesn't) and it also includes point to point distance markers on the trails. Two important pieces of information required to getting a good feel for how arduous the trip you're planning is going to be.

The trail is located about a two-minute drive east of the Western Gate Office on highway 60. Don't forget to register at the office and acquire your parking permit, as it must be displayed on the dash of your car. The trail itself was designed with three progressive loops to be adaptive to the needs of those hiking the trail. Our trip was an out and back trip on the eastern arm of the trail with a lunch stop at Guskewau Lake and a stay over at Ramona Lake. A hike of approximately 8.2 km out to Ramona Lake from the parking lot or a total of 16.4 km for the weekend. The entire first loop is approximately 32.4 km and would have taken us more time than we had. Keep in mind that you must camp on sites that are designated by the park when you plan your trip, so keep your distances achievable for your whole group so as to keep the fun in the hike.

The portion of the trail we covered was fairly flat and wherever the trail crossed rivers, gullies, or environmentally sensitive areas there were single log footbridges. For those of us with wobbly knees, I recommend walking sticks for the trip. They helped me to keep my balance several times when stepping over fallen trees, helped me keep my momentum in check going down hills and provided extra power when going up them.

Our site at Ramona Lake was not only selected as an achievable distance for everyone attending but also because it provided enough individual space for each member of twenty-two member group. In fact there was enough additional space for a group of eight backpackers who arrived at dusk and asked to share our site as they had overestimated the distance they were able to travel that day and wouldn't be able to make their chosen campsite before dark.

While some of you may think that an 8.2-km hike wouldn't be long enough for you, consider what you're trying to accomplish with your own trip. Our plan included starting the hike at 10:00 AM after a three-hour drive from Toronto. After two hours hiking we had lunch at Guskewau Lake. We stopped for a little under an hour to prepare a meal, rest and to share our experiences by the lake talking amongst ourselves. Two more hours were spent finishing the hike to Ramona Lake, where we set up camp. Those who were up for it took an additional short hike to some of the surrounding lakes. The distance we traveled gave everyone first hand knowledge of their limitations as to the amount of weight they could carry comfortably and for how long.

I think for many it's not the distance they travel that is important, but backpacking far enough to leave their home life behind them so as to become engulfed by the experience of the hike.

## Bear Precautions

Current estimates put the Black Bear population in Algonquin Park at about 2,000 bears. In the nineteen eighties because Black Bears had gained access to human food and had lost their fear of humans, they were regularly seen ravaging campsites. It wasn't unusual then for the park staff to have to destroy 40 or more bears each year in the park. New guidelines and policies have been established since then to protect both the public and the bears.

There is a newspaper entitled simply "Algonquin" provided free at the Eastern Gate with the following advice for those camping in the park:

1. **Never feed bears.** The black bear is an intelligent animal. It has the ability to remember food locations and becomes accustomed to human sources of food. People who feed bears are creating problems for themselves and others.
2. **Store food out of reach of bears.** In campground and picnic areas, store all food (including pet food) inside the closed trunk of your vehicle, if possible. Do not store food, cooking utensils or fragrant items, such as soap, toothpaste, or shaving cream in your tent.
3. **Keep your campsite clean and odour-free.** Reduce the availability of garbage and consequently garbage odours, by disposing your sealed bags of garbage daily in bear-proof waste containers provided in organized campgrounds. Barbecues can also serve as attractants to bears. Clean your barbecue and picnic table after every use, and be sure any spilled grease is cleaned up.





Kathleen Donnelly's article in the September issue of Backpacker magazine provides three Rules to minimize the risk of being attacked by bears attracted by food odours at camp:

1. **Don't eat where you plan to sleep.** Choose a spot at least 300 feet downwind from camp to cook and clean, and another spot 300 feet from there to store food canisters or hang bags.
2. **Minimize prep time.** Smith (Tom Smith, Ph.D. a U.S. Geological Survey bear researcher) favors freeze-dried meals that require him only to boil, mix, and eat in a bag. There's no prep time and barely any cooking time, and cleanup means sticking the foil packet in his zipper-lock garbage bag.
3. **Master the art of one-pot cooking.** Tania Lewis, who kayaks Glacier Bay collecting information on campsites frequented by both bears and humans, isn't afraid to dirty one – but only one – pot. The fewer dishes you use, the fewer you have to wash, and the quicker your meal is finished, especially if you eat out of one pot, too." (p. 104 Backpacker September 2002)

I would strongly urge you to break any habit you may have in storing food in your tent. In some U.S. national parks it's actually illegal to store food in your tent. My Humber Backpacker instructor told our class that during his attempt to walk across the United States from Mexico to Canada on the Pacific Crest Trail this year that he met a Park Ranger who had taken a backpacker to the hospital after a bear attack. Later at the hospital it was then his duty to write the backpacker a ticket for sleeping on top of his food in his tent and thus contributing to the attack.

Our crew joked openly about whether it was safe to go to the **Pas Philos Rover Crew's Yuk Yuk's Comedy Night** in Newmarket this past June after reported bear sightings in the town. Newmarket is 20 plus kilometres north on Yonge Street of Toronto, so don't feel you can take the risk because you're still close to home. In direct response to us encroaching on nature, it is reciprocating by adapting to us.

While these precautions may help keep you camp bear free, they also will help in keeping other foragers away. Recently in large cities across Canada, including Vancouver and Toronto coyotes have become a problem. Raccoons love a tent full of food, but you won't love the mess or the damage these late night partyers leave behind. During my recent winter camping trip to Algonquin, Whisky Jacks attempted to take food right off our makeshift table while our Coleman stove was running nearby because they were quite use to taking food from campers.

Come to camp with a plan to protect you and your food whether it involves the locked truck of your car, a pulley, food bag and ropes or a bear proof canister.

## Final Thoughts:

Thanks again, to the **Pas Philos Rover Crew** for putting on an incredible evening of entertainment in Newmarket this past June. Everyone in our crew went home with our sides aching from laughter.

Oh, and what would an **Out & About** article be lately without some mention of **Canoeing**! Don't forget this April coming will be the annual **Great Humber River Canoe Race** in Toronto. Last year there was the usual Venturer class, maybe this year we can get enough Rovers interested to form a Rover classification. Call Michael Twitchin at 416-742-5232 for registration info and drop me a line at the magazine's e-mail address if your group is coming.

Kirby McCuaig

# Conference/Training Dates

## ONTARIO

### GREATER TORONTO REGION

November 23-23, 2003



Crew Woodbadge Part I  
Scout House  
Greater Toronto Region

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

### ATIRONTA REGION

October 26

Regional Conference 2002  
Norwell District Secondary School  
Palmerston, Ontario  
liam@morland.ca



## NOVA SCOTIA

December 7, 2002

Winter Camping Skills  
Halifax Region  
Halifax, NS  
868-2991

March 23, 2003

Basic Outdoor Skills  
Halifax Region  
Halifax, NS  
868-2991

## ALBERTA

January 11, 2003

Focus - Youth Leadership Training (Venturers)  
Chinook Region  
Lethbridge, Alberta  
me-addison@nucleus.com

# International Events

### DECEMBER '02

28 thru January 8, '03 20th World Jamboree  
Bangkok, Thailand  
[www.worldscoutjamboree20.org](http://www.worldscoutjamboree20.org)  
27 thru January 4, '03 Snowdon Dragon  
(Backpacking in the Welsh Mountains)  
Yr Hafod Mountain Centre, Wales  
[glynderi@supanet.com](mailto:glynderi@supanet.com)

### JANUARY '03

???? 12TH Australian Venture  
Extreme Venture Act 2003  
Camp Cottermouth  
New South Wales, Australia  
[allan.dean@webone.com.au](mailto:allan.dean@webone.com.au)

### JULY/AUGUST '03

26 thru August 2, 2003 Norjam 2003  
Royal Norfolk Showground  
Norwich, Norfolk, UK  
[admin@norjam2003.org.uk](mailto:admin@norjam2003.org.uk)  
July 31 thru August 11, 2003 Roverway 2003  
Portugal  
[contact@roverway2003.org](mailto:contact@roverway2003.org)  
??? Explorer Belt - Uganda  
UK contingent contact:  
[nick@ugandanetwork.org.uk](mailto:nick@ugandanetwork.org.uk)

### AUGUST '03

1-7 2nd Mongolian Rover Moot  
Theme: Rovers Towards Global  
Development  
[scout@mongol.net](mailto:scout@mongol.net)  
Wings 2003  
(Windsor International Guide  
& Scout Camp)  
Windsor, Berkshire, UK  
[info@wings2003.org.uk](mailto:info@wings2003.org.uk)  
???? 203 Gumboot Moot 2003  
New Zealand  
[admin@gumbootmoot.dyndns.org](mailto:admin@gumbootmoot.dyndns.org)

### OCTOBER '03

25-29 4th General Assembly of World Scout  
Parliamentary Union  
Cairo, Egypt

### AUGUST '04

1-11 12TH World Moot  
Hualien, Taiwan  
[www.scout.org.tw/wm2004](http://www.scout.org.tw/wm2004)

### DECEMBER '04

29 thru January 10, '05 16th Australian Rover Moot  
Tasmania, Australia  
[www.tassiemoot.com](http://www.tassiemoot.com)



UPCOMING EVENTS



# UPCOMING EVENTS

## DECEMBER '02

- 7 Christmas with the GHOTI Dance  
(Venturers)  
3rd Newmarket Venturers (Ontario)  
[www.aslett.ca/venturers.htm](http://www.aslett.ca/venturers.htm)

## JANUARY

- 1 Polar Bear Swim  
New Years Day  
Greater Victoria Region  
Victoria, BC  
[islandscouts-office@shaw.ca](mailto:islandscouts-office@shaw.ca)

## FEBRUARY

- 15 Hike for Hunger  
Greater Victoria Region  
Victoria, BC  
[islandscouts-office@shaw.ca](mailto:islandscouts-office@shaw.ca)  
21-23 Snow Moot  
Camp Nemo  
Burlington, ON

## MARCH

- 7-9 Camp Slush 2003  
Petawawa, ON  
[upage@nrtco.net](mailto:upage@nrtco.net)  
[jane\\_molly@webhart.net](mailto:jane_molly@webhart.net)  
**Susie Page: (613)687-5717**  
**Maira: (613)687-4244**

## APRIL

- ??? Great Humber Canoe Race  
Toronto, ON  
**Michael Twitchin (416)742-5232**  
25-27 Looney Tunes Moot  
Blue Heron Scout Camp (Blue Springs)  
Acton, ON  
Mike: (905)510-1293  
Sarah: (519)721-2166  
26 Scout Trees

## MAY

- 9-11 Mystery Moot  
Heber Down Conservation Area  
Whitby, ON  
**(905)655-4188**  
<http://beam.to/mysterymoot2003>

24

Annual Grey Wolf  
Riding Lawnmower Race  
Open to all leaders  
Grey Wolf Scout Camp  
Thunder Bay, ON  
[nwor@tbaytel.net](mailto:nwor@tbaytel.net)

## JUNE

- 20-22 Hillbilly Hoedown  
Kingston, ON  
**Sophia: (613)546-1352**  
[cutesytootsiegirl@yahoo.com](mailto:cutesytootsiegirl@yahoo.com)

## JULY

- 5-10 9th Newfoundland and Labrador  
Scout/Venturer Jamboree  
Camp Nor'Wes  
St. John's Newfoundland  
[scoutscanada@nf.sympatico.ca](mailto:scoutscanada@nf.sympatico.ca)  
11-13 Dude Ranch Holiday Weekend  
ORC Rovers Only Moot  
Langley Scout Park  
Peterborough, ON  
**Shaun: (613)533-7217**  
[8sap2@qlink.queensu.ca](mailto:8sap2@qlink.queensu.ca)

## AUGUST

- 16-23 SLS Area Algonquin Canoe Camp  
Scouts and Venturers  
[alan@aslett.ca](mailto:alan@aslett.ca)  
**(905)853-5041**

## SEPTEMBER

- 26-28 MOOT MOOT 2003  
Snake Island  
Toronto, ON  
[www.mootmoot.ca](http://www.mootmoot.ca)

## OCTOBER

- 10-13 Scared More Stupider  
Granny Grunt Rover Crew  
Camp Tamaracouta  
Mille Isles, PQ  
[gruntmoot@tcmp.net](mailto:gruntmoot@tcmp.net)



VRRRT Events		ORC Events	
Dec 7-8, '02	December Event held in Ottawa, ON	Jan 10-12, '03	ORC Weekend Ottawa, ON <a href="mailto:dbradley@chat.carleton.ca">dbradley@chat.carleton.ca</a>
Feb 1-2 '03	February Event held in Petawawa, ON	Mar 7-9, '03	ORC Weekend Details TBA
Apr 5-6, '03	VRRRT Annual Meeting held in Kingston, ON for details on any of these: <a href="mailto:chris@siliconweb.org">chris@siliconweb.org</a> web site: <a href="http://www.vrrrt.org">www.vrrrt.org</a>	May 9-11, '03	ORC Annual Meeting Greater Toronto Area for details on any of these: <a href="mailto:orcweb@bigfoot.com">orcweb@bigfoot.com</a> web site: <a href="http://www.orcweb.org">www.orcweb.org</a>

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