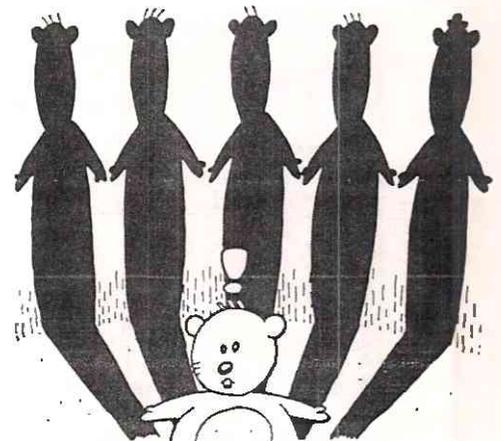
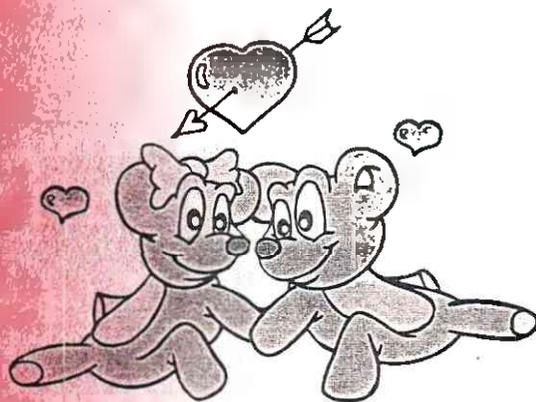
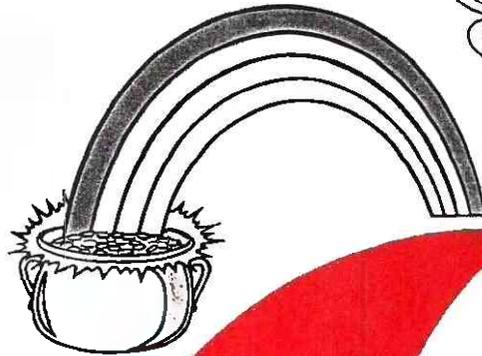


The Canadian Rover, EH!

February/March 2002

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The Canadian Rover EH!

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

Send Submissions to:

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

Questions ? Problems ? contact:

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

EMAIL US!
canadian_rover@hotmail.com

< < < < or at our e-mail address

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

Advertising Rates

Rates for the Scouting and Guiding movement are as follows:

\$10.00 per single side page (1 issue)

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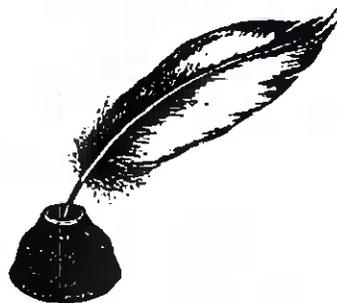
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From the Editor's Desktop



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Scouting began as a true grass roots movement when young boys took the material that B-P wrote for training the military and started playing "the great game" on their own. They formed their own groups, and practiced the outdoor skills that B-P knew so well. Eventually, as we all know, B-P's experimental camp at Brownsea Island became the basis for Scouting around the world.

To those of us involved in the program side, either as members or advisors, "the great game" is still a movement. However, in today's age, the organizational side has become a business. With the atmosphere we now live in, where many people take others to court — and win lawsuits for things that used to be accepted as a normal part of living, it's no wonder that, at the national level, decisions and directives are made that reflect the "business" rather than the "movement".

Why should you, as a Rover, care? Because some of these decisions impact you directly as a Rover. Let's examine two particular items that touch all of us in Roving:

- [1] Are you aware of the fact that only one insurance company was willing to underwrite the Boy Scouts of America and Scouts Canada for liabilities? Did you know that Scouts Canada has lawsuits in the millions of dollars for liabilities? Did you know that if you are part of the organizers for an event (Moot, dance, party, training, whatever) that you could be held liable in a lawsuit if somebody gets injured?

If you and the people attending this event are registered members of Scouts Canada, their liability coverage will protect you if reasonable care was taken. If either you or the person getting hurt is not registered, their insurance coverage will not protect you, and you will be held personally liable. When you read reports of the huge sums that juries and/or courts award in lawsuits of this type it gets pretty scary.

And yet there are so many people claiming to be Rovers who do not hold a current membership card. If I were involved in organizing an event with these people present, I'd certainly be worried about my personal financial well-being for now and the future. Think about it.

- [2] A recent directive concerning the alcohol policy of Scouts Canada was approved in November 2001. It reads as follows:

Drug and Alcohol Policy (Approved November 2001)

There shall be no alcohol or recreational drug/substance consumed or made available on any Scout property.....owned or leased.

There shall be no alcohol or recreational drug/substance consumed or made available during any activity. "Program activities" include meetings, camps, hikes, training programs (e.g. Woodbadge, workshops, etc.), Scouters Conferences, "Scout Nights" with sports teams and similar.

No person shall consume alcohol or any other recreational drug/substance within a time frame which would negatively affect their ability to carry out a duty of care.

There shall be no exclusions of youth from any Scouting activity so alcohol or recreational drugs/substances may be consumed by adult members.

Since I've seen several activities aimed at Rovers being advertised as "Wet Events", I'm concerned with whether or not they meet this directive, and whether or not the organizers of those events are aware of this directive. I will not attempt to interpret the legal obligations indicated here, I would just like the organizers of any "Wet Event" to really check out their positions in regards to how this directive applies to them. I would hope that they have a good relationship with their District/Region and have access to them for guidance. I would hope that no individual or group will treat this directive lightly, and end up creating a problem for the entire Rover community.

Keep on Roving,
Stan Kowalski Jr.

Come One, Come All

to the...

March ORC Meeting

Tired of those boring months between Moots?

Come on out and join the fun!

What's in it for you?

- ***Low cost***
- ***Good times***
- ***Fellowship***
- ***Meet Rovers from around Ontario to Trade Badges, Program Ideas, and Stories***

When: March 8-10, 2002

London District, Tri-Shores Region

Cost: \$10.00

"Cost of the weekend includes Friday night snacks plus Breakfast and Dinner on Saturday."

More Details to follow please check the ORC website at www.orcweb.org

To be added to the ORC e-mail listing send e-mail to the ORC e-mail administrator at orcemail@bigfoot.com

THE ROGER AWARDS

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

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

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

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

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

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

PLEASE PRINT CLEARLY

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

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

3. Name what you feel were the four best moots in the past year in order of preference.

A. _____

B. _____

C. _____

D. _____

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

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

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

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

OR EMAIL: <canadian_rovers@hotmail.com>

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

NOMINATOR:

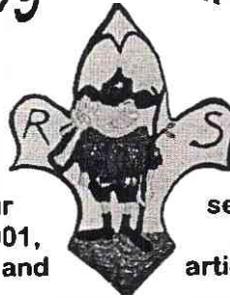
Name: _____

Unit: _____

Phone: _____

Email: _____

the Roger Awards



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

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

MOOTS

Attawanderonk Moot	Snow Moot 2001	Sonic Boom Moot
15th Club Med Moot (Quebec)	A Roman Holiday	Moot Moot 2001
Camp Skeeter 2001 (BC)	Mardi Gras (BC)	RAVE Rover And Venture Event (Nova Scotia)
Granny Grunt Moot (Quebec)	Shakedown 2001	SERV-Stationary Event for Rovers and Venturers (BC)
Rover Moot 2001 (BC)	E-Vent 2001 (Alberta)	
Dance Moot 2001	Jailbreak Moot	

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

Best Feature Article

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

Best Continuing Article

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

5TH ANNUAL ROVER FORMAL DINNER AND DANCE

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

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

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

TO GET YOUR TICKETS PLEASE CALL...

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

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

TICKET COST...

BEFORE MAY 30

\$5.00 PER PERSON
\$10.00 PER COUPLE

AT THE DOOR

\$7.50 PER PERSON
\$15.00 PER COUPLE

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

DIRECTIONS TO DINNER

Via 404 - take 404 north to New Market (exit hwy. 9 Davis Drive) turn left onto Davis and go west. Follow Davis through several lights until a large intersection (Young St.) turn left onto Young then turn right at the 1st lights into a plaza with Chapters & Pier 1. Turn North in parking lot. Al Gonquins is at north end of lot.
Via 400 - take 400 north to hwy. 9 (New Market) head east on Hwy. 9 (exit ramp veers right) if coming from the north you'll have to turn left onto Hwy. 9. Once you are in New Market turn right onto Young and follow above directions to Al Gonquins.

DIRECTIONS TO HALL

Via 404 - same as dinner directions to New Market except now turn left on Prospect St. (hospital is on corner) turn left on Gorham St. (may say Eagle St., it's the same Rd) turn left on Pine St. (1st side street) the hall is a small brown building on the right.
Via 400 - same as dinner directions into New Market but go past Young St. (past several lights) & turn right on Prospect St. (hospital on corner) follow directions above once on Prospect.

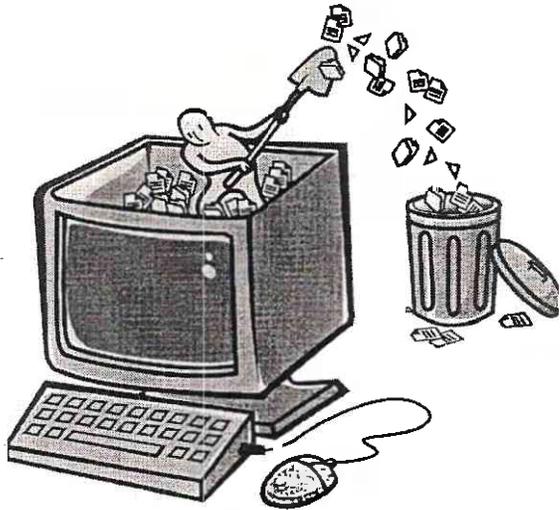
Cleaning out your aging PC keeps it happy

Deletions, updates are essential

Personal tech

by Edward C. Baig

from USA Today, Wednesday, August 29, 2001



Dear PC,

I know we've had our run-ins, but I've tried to take care of you, just the same. I removed the networking card that kept interfering with your other internal circuits. And prescribed the fix you needed to rid you of that horrible software virus.

You're getting older now, and I know you're nervous about being abandoned. But while you have been crashing more frequently lately, I'm not going to trade you in for a new model.

Instead, let's give you a tune-up.

*Affectionately,
Ed*

Many of us are still not ready to put our aging workhorses out to pasture, no matter how lethargic the machines may be acting. The economy is scary, and we don't have gobs of excess cash. And for better or worse, any home computer of a relatively recent vintage can handle all the software on the market.

But then there are those frustrating meltdowns.

Fortunately, there's a lot you can do to help revitalize rather than retire an older machine. What follows is a basic recipe for providing TLC to an aging PC:

► **Delete.** For starters, take a good, long, honest look at your system. If it's anything like mine, there's one, two, maybe even a dozen or more programs you no longer use. Get rid of them; they won't be missed. The same holds for individual files and emails; it may not seem like much, but those bits and bytes grow like weeds.

"Temp" files, temporary bits of code buried inside your hard drive, also multiply. As their name implies, temp, files are supposed to help you out in the short term and then go poof. But it doesn't always work out that way (perhaps because certain programs were still running when you logged off the computer).

Go into your hard-drive directory (typically C:\), find the "temp" folder and delete the files. Then dig deeper inside the Windows directory, and look for the subdirectory also marked temp. I found 64.5 megabytes residing in that folder, making up more than a third of the contents of my Windows directory.

A shortcut for finding temp files is to search for all the files with the .tmp suffix; you can safely remove virtually all, with the possible exception of files with long strings of numbers or letters (chances are these won't save you any space anyhow.) If you have any doubts, err on the safe side.

You'll also notice a folder called "Temporary Internet Files" containing cookies, picture files, Java apps, HTML and text documents, all vestiges from your cyber-hangouts. These files are stored into a "cache," and the idea is that by keeping them around, sites will load faster should you visit again. But the files hog plenty of disk space, and you can do without many of them.

Your browser may periodically clear out the oldest files from the cache. If not, you can remove them manually. Files that make up "History" - they provide direct access to Web pages you landed on, say, a fortnight ago - won't save you much space, but eliminating them will preserve your privacy, for example, if you don't want family members to know where you've been surfing. You may also want to remove large "zip" files left behind after you've already uncompressed them and installed the associated program.

Chances are your system has redundant or even duplicate files. And ever get halfway through downloading a tune on Napster when the program hiccuped? Remnants from the incomplete file probably exist somewhere on your system, even though you were never able to take in a note of music. For that matter, even if you believe you've previously uninstalled a program, it may have left shrapnel all over Windows.

I ran a program called Norton CleanSweep (\$29.95) from Symantec, which searches the Internet cache, temp folders and recycle bin for files that can be exorcised. When all was said and done, Norton freed up 1.27 gigabytes on my hard drive.

► **Update.** But what of the stuff on your system you want to keep? It's always a good idea to install the latest updates. I'm not suggesting you necessarily fork over money for version 7.0 of a program when version 6.0 does the trick. I'm just advising you to make sure you have all the free automatic updates and bug fixes provided at publishers' Web sites to keep those programs humming along. And Microsoft periodically posts updates to Windows.

► **Repair.** The Windows operating system includes a variety of diagnostic and maintenance tools (found in "system tools" under accessories), including the ability to scan your hard drives for structural errors. But while you can rely on Windows tools, or do much on your own, I often recommend people lean on a solid standalone "utilities" suite that can automate the various tasks.

Norton SystemWorks, \$60, from Symantec includes Norton Utilities and AntiVirus, plus CleanSweep. It's probably the best known of the software toolkits, and it's the suite installed on my Windows Me computer. (The McAfee division of Network Associates and Ontrack Data International also serve up a full complement of useful utilities.)

When I first installed the 2001 version of SystemWorks, I clicked on the "OneButton Checkup" to have Norton scrutinize my system for potential problems. (The \$70 Windows XP-ready 2002 version just arriving will let you automatically schedule these checkups.) Sure enough, the program uncovered 411 errors - I haven't experienced that many mistakes on an exam since high school.

Most errors concerned the Windows "registry," the operating system's repository for crucial hardware, software and setup configuration settings. Mucking around the registry manually is a risky affair, best left only to experienced Windows mavens. But with a mouse click, Norton was able to repair the baffling errors; I'll never even know what they were. SystemWorks also spotted and fixed 10 equally mysterious errors having to do with the "shortcuts" on my system.

► **Defragment.** Next I turned to another bundled utility, Norton Speed Disk, and did the "defrag." This is not some '60s dance but rather reflects what happens to the computer's hard drive over time.

When you save your work, files are stored into small bits of data known as clusters. As you create, modify or eliminate files, these clusters are placed wherever there is space on the disk - even if there's not enough space for the entire file in that spot. Files eventually become fragmented, their clusters spread out all over the disk, and that bogs things down. Norton Speed Disk reunites the wayward clusters and also arranges the files in such a manner that the ones you use most often are more readily accessible.

A note of warning: Defragging a hard drive is like watching continental drift. You could stare at the color-coded map charting your progress, or better yet have a nice meal, take in a movie and get some much-needed shut-eye. (Windows includes its own, even more glacial, defrag tool.)

Dear PC,

Norton tells me you're feeling a lot better now, and that's great, maybe I won't have to yell and scream at you quite as often. But I'm afraid the money's still tight, so don't count on that fancy new monitor and printer you've had your eye on.

*Stay well,
Ed*

E-mail ebaig@usatodaycom

TEAM BEDLAM PRODUCTIONS PRESENT

THE ROVER PROMOTIONAL VIDEO

February 2002 Update

Greeting to all Rovers past and present.

The Rover Promotional Video is still a ways from completion. We still need more pictures, video and stories of your time in Rovers. Right now the video is looking very Ontario specific and this is not what I intended.

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

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

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

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

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

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

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

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



the Gourmet Rover

SO-EASY SOUPS

These comforting meals need five ingredients or less and some broth off the shelf.

Cooking teacher Diane Phillips retells this old story in "The Soup Mix Gourmet," her new cookbook published by the Harvard Common Press:

"Once upon a time in an era of great famine, a peddler came to a village where people were hoarding food. He was told that there was nothing to eat in town.

"'I have everything I need,' the peddler said. 'I was thinking of making Stone Soup to share with all of you.'

"He reached into his pack and pulled out a large stone, which he dropped into a kettle of water over a roaring fire. Soon a crowd gathered.

"'Ah,' said the peddler, 'I do love Stone Soup, but Stone Soup with cabbage is even better.' A villager furtively handed him a small cabbage which the peddler dropped into the pot. 'You know,' said the peddler, 'Stone Soup with salt pork is good, too.'

"The village butcher approached and pulled a small piece of salt pork from under his apron. And so it went.

"Potatoes, mushrooms, onions and carrots went into the pot and what emerged was a tasty soup, enough for all."

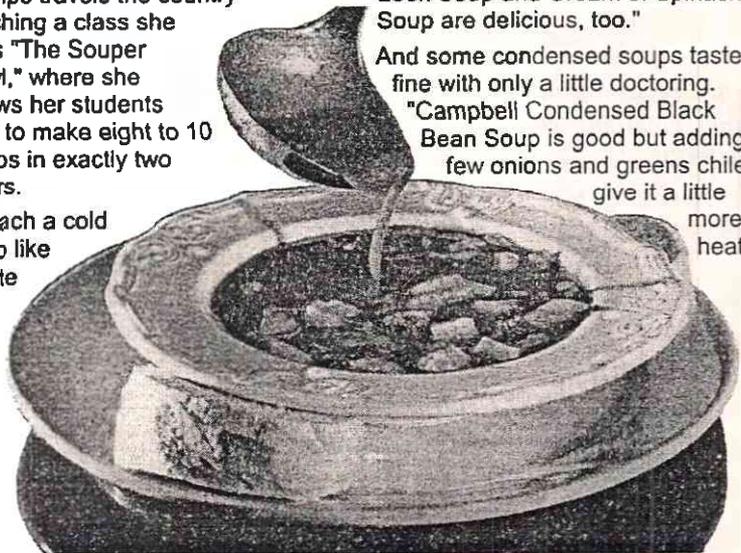
The point of telling you this is not only to drive home the point that sharing is good. It's also to tell you that you can make soup by using just a few ingredients. And those can often be found right in your pantry.

Though many soup recipes call for many ingredients, including stock made from scratch, that's not very helpful when you come home on a snowy night and desire some instant comfort.

It may sound like heresy, but you can turn out a pretty good bowl of soup by making use of canned and dried commercial soups, among the most commonly purchased food items in this country.

Phillips travels the country teaching a class she calls "The Souper Bowl," where she shows her students how to make eight to 10 soups in exactly two hours.

"I teach a cold soup like White



Leek Soup and Cream of Spinach Soup are delicious, too."

And some condensed soups taste fine with only a little doctoring.

"Campbell Condensed Black Bean Soup is good but adding a few onions and greens chiles give it a little

more heat,"

Gazpacho, which takes no time at all," she said on the phone from her San Diego, Calif., home. "I teach a Sicilian Minestrone made with ground beef and turkey. I generally teach the kind of thing I would do in my own home.

"Whether the great chefs of the world approve or not, this is the way America cooks," Phillips added.

"You don't have to stand over the stove for hours, making your own stock. When people ask me what kind of stock to use I generally recommend Campbell's beef or chicken broth because they are double strength. But I ask my students to taste it before they use it to see if they like it. If they don't, they should try Swanson's or something they do like."

The question of sodium content always comes up when processed soups are discussed, since some are admittedly high.

"Most of my recipes are diluted with water or wine so the sodium content is minimized," Phillips said. "But you should always taste the soup before you add more salt."

She adds that there are many sodium-free soups on the market. But, "they taste like dishwater to me.

Phillips has several favorite commercial soups she always keeps on hand: "Lipton Savory Herb with Garlic Soup Mix - I'd take with me to a desert island," she says. "Knorr

she says in her book.

Pepperidge Farm Condensed Lobster Bisque is delicious all by itself, but even better with a few tablespoons of brandy, she adds.

The challenge in using commercial products, of course, is getting rid of any processed taste. (A fair number of preservatives are used in commercial soups.) That's what the onions and chiles do for the Black Bean Soup and the brandy does for the bisque.

Sometimes you can mask a processed taste by combining two different pantry shelf products. A can of condensed tomato soup and a can of condensed pea soup, for instance, when mixed with one cup of milk and one cup of water turns out something pretty tasty that Campbell's calls Puree Mongole.

Two cans of condensed cream of chicken soup, one can of chicken soup with rice plus two soup cans of water and 1 teaspoon of curry powder can turn out a reasonably creditable Mulligatawny.

Of course, you can add a vegetable or two to any soup for fresh flavor. Or, consider adding chopped up leftovers from another meal. Cut them into very small pieces so they will heat through quickly. And - we can't say this too often - taste before adding any more salt.



THE RECIPES

Here are recipes for soups made with five ingredients or less (not including salt, pepper, spices or garnish) from Diane Phillips' cookbook, "The Soup Mix Gourmet."

POTATO LEEK SOUP

- 2 tablespoons butter
- 2 leeks, white parts only, washed well and cut into ½-inch pieces
- 1 envelope leek soup mix
- 1 can condensed cream of potato soup
- 2 cups milk
- ½ teaspoon freshly ground black pepper
- ½ cup chopped fresh chives for garnish

Melt the butter in a 3-quart saucepan over medium heat. Add the leeks and cook, stirring often until softened - about 3 minutes.

Add the soup mix and canned soup, whisk in the milk and pepper and bring the soup to a simmer. Simmer the soup for 5 minutes, garnish with chives and serve. Makes 8 servings.



MOM'S PRESCRIPTION CHICKEN SOUP

- 4 cups water
- 2 envelopes chicken noodle soup mix
- 1/2 cup finely chopped carrot
- 1/2 cup finely chopped celery
- 1 cup finely diced cooked chicken

Bring the water to a boil in a 3-quart saucepan. Add the soup mix, carrot and celery and bring the soup back to a boil. Reduce heat to medium low and simmer until the noodles are tender, about 10 minutes.

Add the chicken and simmer the soup for another 5 minutes before serving. Makes 8 servings.



CUBAN BLACK BEAN SOUP

- 2 tablespoons vegetable oil
- ½ pound chorizo sausage, sliced into ½ -inch thick rounds
- ½ cup chopped onion
- 1 teaspoon ground cumin
- 1 teaspoon dried thyme
- 1 bay leaf
- 2 cans condensed black bean soup
- 2 cups water

In a 5-quart saucepan, heat the oil over medium high heat and brown the sausage.

Add the onion, cumin and thyme; cook, stirring until the onions are softened, 3 to 4 minutes. Add the bay leaf, soup and water and bring the soup to a boil. Reduce the heat to medium low and simmer the soup, uncovered for 15 minutes. Remove the bay leaf before serving. The soup can be refrigerated for up to two days. Reheat over low heat before serving. Makes 8 servings.



WHITE CHEDDAR TOMATO BISQUE

- 2 cans condensed tomato bisque
- 2 soup cans half-and-half
- 2 cups grated sharp white cheddar cheese
- 2 cups herbed croutons

In a 3-quart saucepan, whisk together the soup and half-and-half. Heat the soup over medium heat until it reaches serving temperature.

Divide the cheese among six soup bowls and pour the soup over the cheese in the bowls. Garnish the soup with the croutons. Serve immediately. Makes six servings.



the Gourmet Rover

Out-of-the-ordinary sandwiches make a well-bread meal

Associated Press
The Buffalo News
Wednesday, October 17, 2001

Sandwiches have been part of virtually all cuisines since well before any written records were kept.

Here are two sandwiches to try. One is a straightforward classic turkey club; the other is a little more complex - panini with an Italian-Mediterranean flavor.

TURKEY CLUB SANDWICH

- 12 slices white fine-grained sandwich bread, lightly toasted*
- 8 tablespoons mayonnaise*
- 8 leaves green leaf lettuce, washed and dried*
- ½ pound roasted turkey breast, sliced thin*
- ½ pound cured ham, sliced thin*
- 8 thin slices tomato*
- 6 strips bacon, cut in half, cooked until crisp, drained*

For each sandwich: Spread 3 pieces of toast with mayonnaise. Top one piece of toast with a lettuce leaf and a quarter of the turkey and ham. Cover with a second piece of toast. On this place 1 lettuce leaf, 2 tomato slices and 3 half strips of bacon. Finally, top with the remaining toast slice, secure with 4 club frill picks, and cut in 4 triangles.

Makes 4 sandwiches.



The following panini sandwich is delicious and can easily be adapted as a finger sandwich. Make sure to allow at least 3 days for the eggplant to fully marinate; it is well worth the wait.

EGGPLANT AND PROSCIUTTO PANINI

- ½ cup ricotta cheese*
- 1 teaspoon chopped fresh basil*
- ½ teaspoon coarse ground black pepper*
- ½ teaspoon chopped fresh oregano*
- ¼ teaspoon chopped fresh flat leaf parsley*
- ¼ teaspoon salt*
- Marinated Eggplant (recipe follows)*
- ¼ pound prosciutto, sliced thin*
- 4 teaspoons oil reserved from marinated eggplant*
- 4 Italian hard rolls*

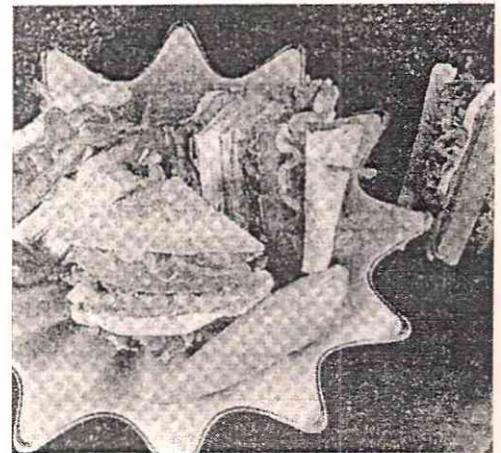
In a bowl, combine ricotta cheese and season and mix well. Cover and refrigerate overnight.

For each sandwich, split a roll lengthwise and brush the inside with oil from the marinated egg-plant. Spread a quarter of the herbed ricotta mixture on one half of the roll and top with a quarter of the eggplant and prosciutto. Top with the other half of the roll.

Makes 4 sandwiches.



In the recipe for the Marinated Eggplant, the eggplant is not cooked, so it needs approximately three days to marinate. This allows the eggplant to completely denature and take on an almost cooked texture and flavor.



The Turkey Club Sandwich is a classic.

COOL MARINATED EGGPLANT

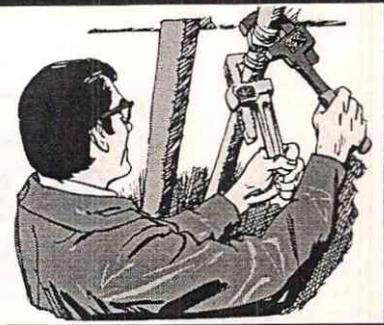
- 1 medium eggplant, peeled*
- 1½ teaspoons salt*
- 1 cup extra virgin olive oil*
- 1 garlic clove, crushed*
- 2 tablespoons red wine vinegar*
- 1 tablespoon dried oregano*
- 1 teaspoon dried basil*
- 1 teaspoon coarse grind black pepper*
- Pinch of crushed red pepper flakes*

Slice eggplant into 1/8-inch slices. Layer slices in a colander, salting each layer liberally. Let sit 1 hour. Rinse off bitter liquid and dry slices with paper towels or in a salad spinner.

Mix remaining ingredients. Toss eggplant slices in marinade, cover and refrigerate for 3 to 4 days. Stir every day. The eggplant is ready when the flesh has become relatively translucent and no longer tastes raw.

Makes enough for 4 sandwiches.

TOOL TIME



No Sweat Plumbing Repairs

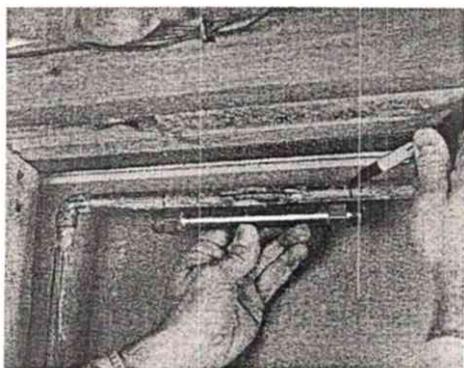
Fixing leaky pipes without having to use a soldering torch

by Joseph Truini

This article appeared in the February 2001 edition of "Today's Homeowner".

Most homeowners have the skills and confidence to tackle minor plumbing problems, like dripping faucets and clogged drains. But even moderately experienced do-it-yourselfers hesitate when it comes to repairing leaky water-supply lines, especially if it involves soldering. And that's wise because it only takes one mistake to turn a small leak into a flash flood.

Here, we'll show you how to make repairs to both copper and galvanized-iron pipes without using a soldering torch.



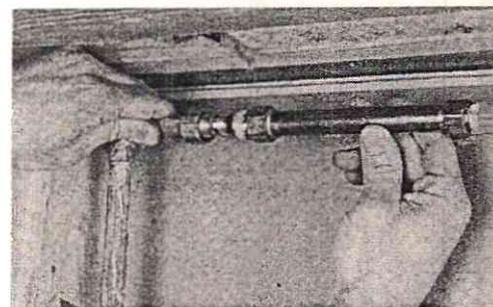
1 1. HOLD the compression repair coupling against the damaged pipe and mark 1 in. in from each end.



2 2. WHEN space is limited, use a miniature tubing cutter to cleanly slice through the copper water pipe.

SPLIT-PIPE REPAIR

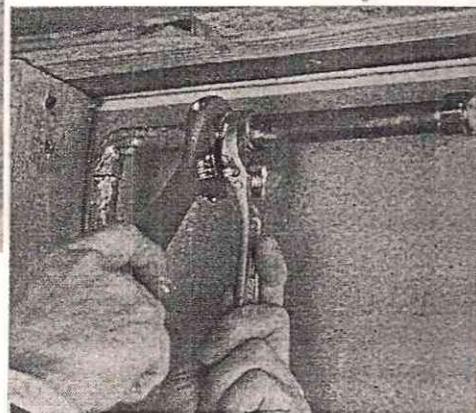
Millions of homes are plumbed with copper water-supply lines.



3 3. SLIP the repair coupling into place after sliding the compression nuts and ferrules onto the ends of the pipe.

The pipes and fittings are "sweated" together with solder, which is melted with a gas torch. Besides the obvious dangers of working with an open flame, it takes experience to make the hot solder spread uniformly so the sweated joint doesn't leak. And any moisture in the pipe will prevent a watertight seal.

A simple alternative to soldering when a leak occurs somewhere along a run of pipe (not at a fitting) is to cut out the damaged section and splice in a compress-



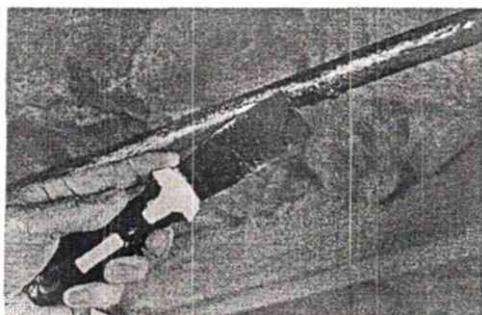
4 4. HOLD the nut on the coupling with one wrench and use a second wrench to tighten the compression nut.

TOOL TIME

sion repair coupling. These cut-and-paste couplings are commonly available for 1/2- and 3/4-in. dia. pipes in 6- and 12-in. lengths; prices range from \$6 to \$15. We used a 6-in. repair coupling from Prairie Home Products to fix a 1/2-in.-dia. copper pipe that had frozen and split open. Again, the beauty of this approach is that you can permanently repair the pipe—without solder—in less than 10 minutes.

Start by shutting off the water to the entire house at the meter or well-pump pressure tank. Drain the system by opening all the faucets on the lowest level. Next, remove the compression nut and ferrule (ring) from each end of the repair coupling. Hold the copper coupling up to the pipe, making sure it's centered on the damaged spot. Mark the pipe 1 in. in from each end of the coupling (photo 1). This overlap is necessary to allow the coupling to slip over the pipe ends.

Cut out the damaged pipe section with a hacksaw or tubing cutter. If space is limited, use a mini-tubing cutter (photo 2). Remove the burrs and any rough spots from the just-cut pipe ends with a strip of emery cloth or fine-grade sand-



1. **SCRAPE OFF ANY rust or debris from the area around the pinhole leak. Be careful not to enlarge the hole.**

paper. Take the compression nuts and ferrules that you removed earlier from the coupling and slide them onto the pipe ends. Then slip the repair coupling into place (photo 3) and tighten the nuts with two wrenches (photo 4). Finally, turn the water back on and carefully check for any leaks.



2. **PLACE THE REPAIR clamp around the pipe and pinch it closed. Slip the bolt between the two iron prongs.**

PINHOLE REPAIR

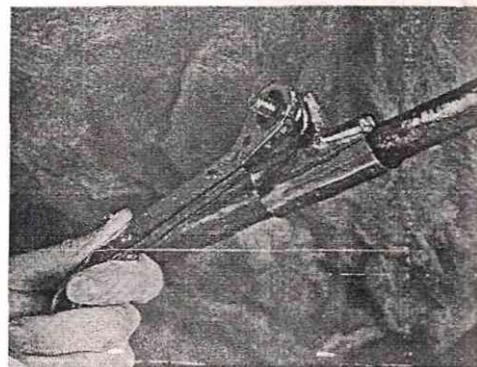
Although galvanized-iron piping hasn't been widely used since the 1940s, it still exists in millions of homes. The problem with iron pipe is that it corrodes from the inside out, making it difficult to tell what condition it's in. The first sign of trouble often appears as a pinhole leak. If you don't patch the hole, it will grow larger without your being aware of it.

The quickest, easiest way to repair a pinhole leak is with a stainless-steel pipe repair clamp. It consists of steel band that's lined with a thick rubber gasket. When the clamp's bolt is tightened down, the gasket plugs the leak. Pipe repair clamps won't stop corrosion from spreading. Once you've repaired the leak, have a plumber check out the con-

dition of all the pipes in the system.

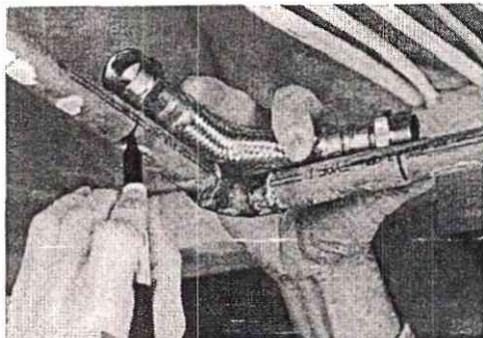
Pipe repair clamps come in two lengths—3 and 6 in for use on pipes ranging from 3/8 to 3 in. dia. However, the 1/2- and 3/4-in. clamps are the most common sizes by far, costing between \$4 and \$9.50. For our repair, we used a 1/2-in.-dia. x 3-in. clamp from Prairie Home Products.

After shutting off the water and draining the system, use a putty knife to scrape away all rust, corrosion and dried gunk from the area around the pinhole leak (photo 1). Wipe the pipe clean with a cloth soaked in warm water, then dry the pipe. Next, spread open the clamp and slip it around the pipe (photo 2). Rotate the clamp so that its rubber gasket is centered over the pinhole. Pinch the clamp closed and press the clamp's bolt down between the prongs of the iron lug (that's the U-shaped fitting attached to the steel band). Use a wrench to tighten the nut on the bolt. Turn the water back on and immediately check for leaks. Then check again once a day for the next few days to make sure that no water is leaking out from under the gasket.



3. **TIGHTEN THE NUT with a wrench to compress the thick rubber gasket and plug up the pinhole-size leak.**

TOOL TIME



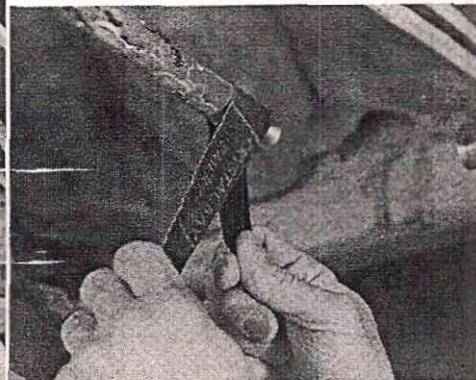
1 *1. HOLD the Quick-Fix connector against the leaky elbow fitting, then mark where the pipes need to be cut.*

JOINT REPLACEMENT

Repair couplings work great on straight pipe sections, but they can't fix a leaky elbow fitting. For that job, you need a Quick-Fix Plumbing Connector, from LSP Specialty Products. The easy-to-install connector has a strong yet flexible braided-stainless-steel jacket that easily bends around corners. It's available for 1/2- and 3/4-in.-dia. pipes in 9- and 12-in. lengths; prices range from about \$9 to \$11. We used a 1/2-in.-dia. x 9-in. connector to replace a 90-degree elbow that had sprung a leak.



2 *2. IF you don't own a tubing cutter, carefully cut through the copper pipe with a hacksaw or reciprocating saw.*



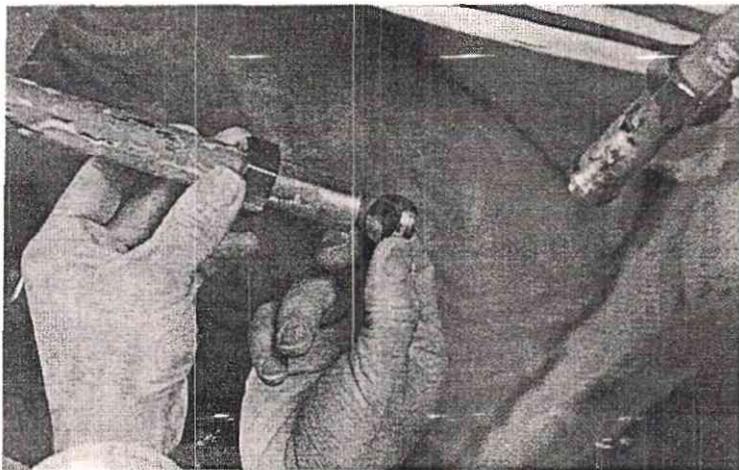
3 *3. BUFF THE JUST-CUT pipe ends with a strip of emery cloth. Be sure to remove all burrs and rough spots.*

sure to remove all burrs and rough spots or you won't be able to install the connector.

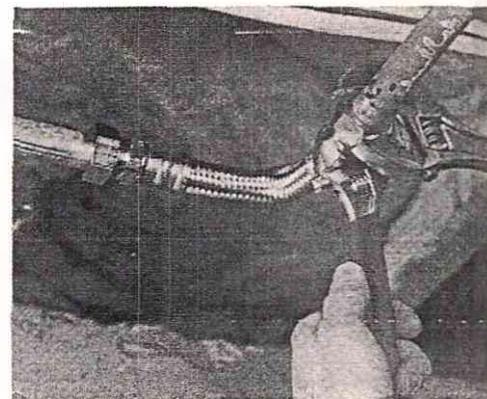
Slip a compression nut and ferrule onto each pipe (photo 4). If a ferrule doesn't easily slide on, use the emery cloth to smooth the pipe end again. Next, while backholding the fixed nut on the connector with one wrench, use a second wrench to tighten the compression nut (photo 5). Turn the water back on, wait a few minutes and check for leaks. If you do spot a leak, try tightening both nuts a little more.

First, turn off the water and drain the system, as described above. Remove the compression nut and ferrule from each end of the Quick-Fix connector. Hold the flexible pipe connector against the leaky elbow and mark the pipe approximately 1 in. in from each end

(photo 1). Cut through the copper pipes with either a tubing cutter or hacksaw (photo 2). Smooth the pipe ends with a strip of emery cloth or fine-grade sandpaper (photo 3). Be



4 *4. SLIP THE COMPRESSION nut over the pipe end, then slide on the ferrule, also called the compression ring.*



5 *5. USE TWO WRENCHES to install the flexible connector. Hold the connector nut stationary and turn the compression nut.*

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AHH....COLD!!!! (about -23° C)

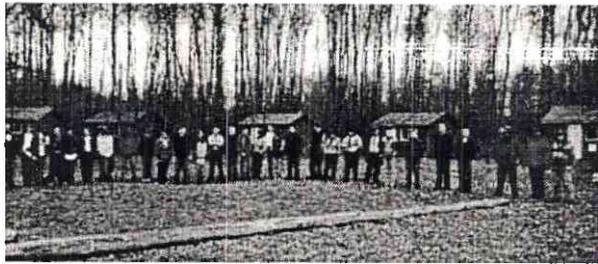


At the end of the hike



Frozen antlers ?

pictures above by Jamie Fisher



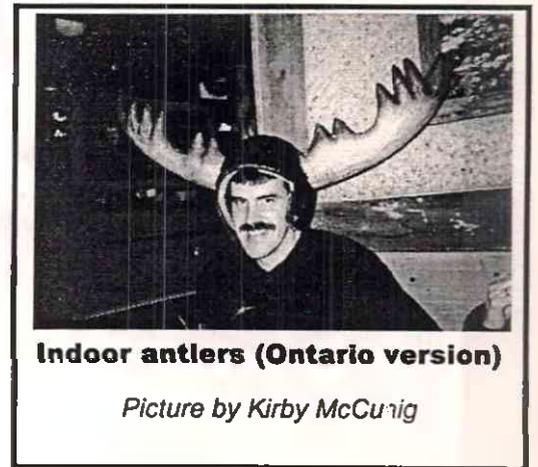
Horseshoe Formation at Event



pictures by Naomi Anton



photographer unknown



Indoor antlers (Ontario version)

Picture by Kirby McCu'ig

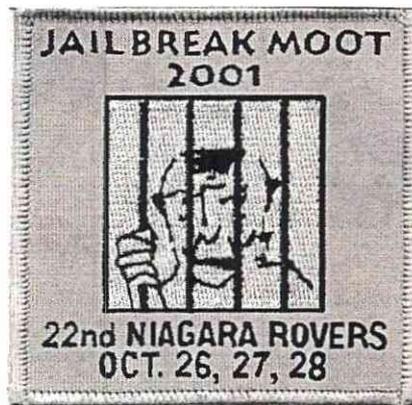


A Feast of Kings (and Queens)

pictures by Joanna Dimambro



Keith, Kirstin & Mike



by: Terry Konyi
Camp Chief

JAILBREAK MOOT 2001 was a very challenging, exciting, eventful and rewarding experience for the 22nd Niagara Rovers. The second year event was held at Arpad Park in Niagara Falls Ontario. All members of the staff showed extreme dedication and enthusiasm with each task they were dealt.

Friday night was the "Casino", which had all sorts of games ranging from poker to "Guess a Number". Also included in the Friday night festivities were a "Giant Twister Extravaganza" and finally a "Blind Auction" which allowed the campers to bid on prizes with the money they had won throughout the night.

Saturday morning began with Opening and then events. There were ten events including "Potato Canon's" and "Gruel Eating", which will be returning next year. Lunch was provided for everyone, included in the registration fee of \$12, or \$15 at the door. The Car Tour was next on the schedule, which took the campers around the beautiful cities of Niagara Falls, Welland and Allanburgh. "Spanky", one of the Rovers in attendance, ran the "Wiffleball Game" just before dinner. During dinner, my advisors and I judged our favorite event "Saturday Night Special". Saturday wasn't over yet, and we managed to squeeze in an electrifying dance and a spectacular campfire, which stopped traffic as it reached the tops of the trees.

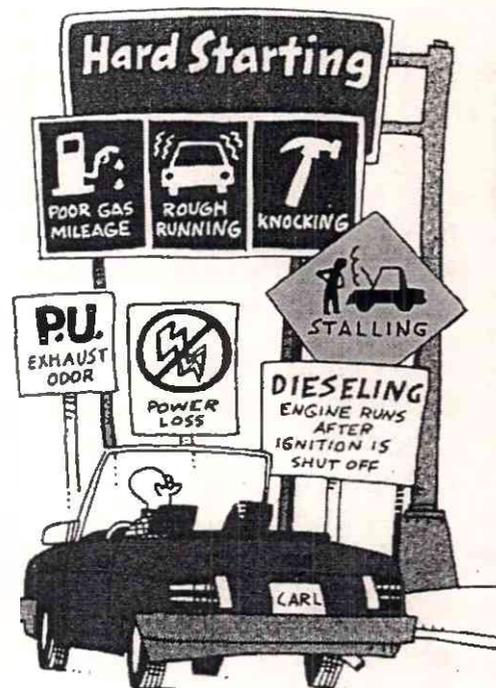
Sunday morning we held Rovers Own and then closing. All of the winners were given a plaque and prizes for those who won first place overall. We gave out two tents, a stove, lantern, heater and many, many more prizes at closing. A Rover Crew from Ohio U.S.A. that was in attendance, making JAILBREAK MOOT an International Moot, won the Saturday Night Special with a top-notch apple cobbler.

Overall, I would like to thank everyone who attended the Moot this year and I would like to extend an invitation to all Rovers across Ontario and Canada. We are one year closer to achieving our five-year goal. Finally, on behalf of all of the Rovers from the 22nd Niagara Rovers, I would like to extend an enormous thank-you to our advisors. Without their help, knowledge and support this event would have never become a reality. Long live the Trolls!

Car Care



The Eight Most Common Signs Your Car Needs a Tune-Up



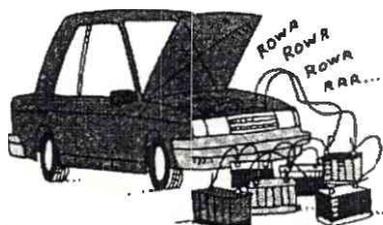
Is it time for a Tuneup Yet ?

It's been a couple of years since you had the car tuned up but it still seems to be running fine. Leave well enough alone, right?

WRONG!

On most vehicles today, malfunctions may be camouflaged by computers whose function is to keep the engine running as efficiently as possible as long as possible. When they no longer can compensate for mechanical discrepancies, they may just fail. The vehicle is disabled. Periodic diagnostic checks and maintenance can prevent this sometimes disastrous situation.

Symptoms of engine trouble on most vehicles today are subtle. Its not easy to tell if your car needs a tune-up because the symptoms are masked by computerized controls. Preventive diagnosis, done periodically, can keep your vehicle running trouble-free for years. Short of that, if you do detect a change in your vehicle's performance, make a note of it and report it to your technician for further diagnosis and corrective measures.



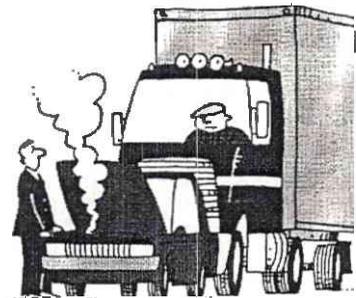
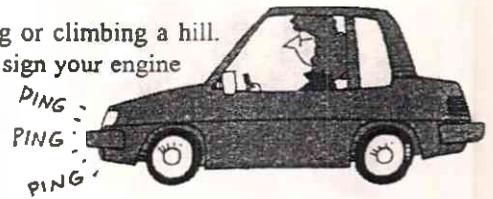
Hard Starting

This is the most common form of car trouble. Its usually due to some unperformed maintenance.

If the starter cranks the engine, the electrical system probably is ok. The culprit could be a starting sensor (on fuel injected models) or the choke mechanism (on engines with carburetors). Frequently, starting failure can be traced to an electronic component or a computer controlling the ignition system.

Knocking

This noise generally is heard when the engine is under load, such as when accelerating or climbing a hill. While it often may be caused by a tankful of inferior gas, ignition knock frequently is a sign your engine needs attention. It also can be caused by a build-up of carbon inside the engine. Late model cars are equipped with a knock sensor which "hears" the sound and makes corrective adjustments. But it cannot compensate for a severe malfunction, a condition which can affect engine performance, even damage the engine.



Stalling

This can be caused by incorrect idle speed adjustments, a malfunctioning sensor or switch, dirty fuel system parts, worn spark plugs or other engine deficiencies.

Does it stall when:

- Hot?
- Cold?
- With air conditioning on?

To make diagnosis easier, make note of when it happens and advise your technician.

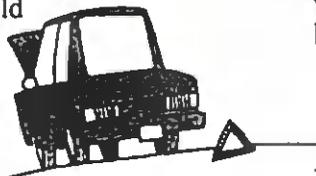
Poor Gas Mileage

By keeping a regular check of gas mileage (miles driven divided by gallons used) you can tell if your engine is losing efficiency. Increased gas consumption may be accompanied by other symptoms listed in this pamphlet.

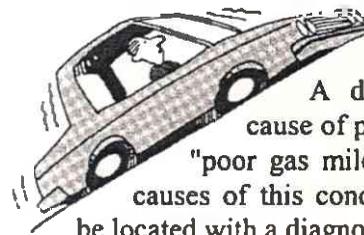
NOTE

Poor gas mileage also may be due to:

- Underinflated tires
- Engine running too cold
- Transmission malfunction
- Dragging brakes
- Misaligned wheels



Power Loss



-How long since the fuel filter was changed?

A dirty filter is a common cause of power loss. As noted under "poor gas mileage", there can be many causes of this condition, most of which can be located with a diagnostic procedure.

Rough Running

A malfunction in either the fuel or ignition system can cause an engine to run rough. It also can be due to an internal engine condition, such as a bad valve or piston.

Does it occur when idling? When accelerating? At all speeds? Your best bet: Have a qualified technician perform diagnostic and tune-up services as needed.



Dieseling

This also is known as "after-run". The engine keeps chugging and coughing for several seconds or more after the ignition is shut off. Causes can range from inferior gas to excessive idle speed. Carbon in the combustion chamber also may cause dieseling.

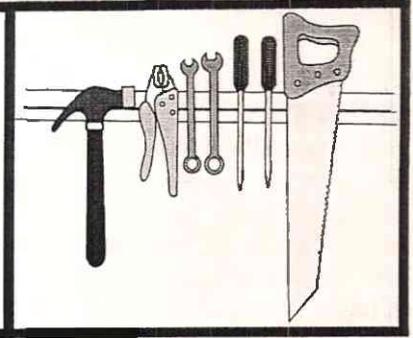


Exhaust Odor

The smell of rotten eggs comes from the catalytic converter, part of your car's emissions control system. The odor can be due to an engine problem or it can be a sign your car's catalytic converter is malfunctioning.



TOOL TIME



Home is where the Hammer is (and pliers, chisel, wire cutters, putty knife...)

by SUSAN MARTIN/News Style Writer
The Buffalo News – Friday, November 16, 2001

Like tools, the people who own them can be divided into categories. There are power people who keep tight control over their hammers, levels and hacksaws to the point of designating exact, put-it-back-here-or-else places for them to be returned after use. There are sharp people who keep the most-often-used tools at their fingertips - in a toolbox in the closet, perhaps, or even in a nifty organizer in a kitchen drawer. No sense in running to the basement or garage all the time.

There are rusty people who can never remember that the Phillips head screwdriver is the one with the four-point tip. Not that it matters. They can never find it anyway.

As one tool-wary man recently admitted: "I don't have a lot of tools. I have two flashlights and two screwdrivers - one is a Phillips and the other a regular screwdriver - but they never are the right size."

Tools. Everybody has them. Some have more than others.

Tool Tip No. 1: At the very least, even apartment-dwellers on good terms with the maintenance crew should own some basic tools: a hammer, screwdriver and tape measure are a good start (see accompanying story for other ideas).

Before he bought his Victorian fixer-upper in Allentown in 1996, Ray Ganoë owned zippo in the tool department.

"I had nothing. I kind of made my tools that first year. Very primitive tools," said Ganoë, who spent 4½ years renovating his house use with the help of family and friends - and their tools.

"Then I learned that in order to do something right, you have to buy the proper tools - and sometimes the tools can cost as much as the materials for the job," he added.

Number of trips to the hardware store: "10,256," he joked.

So where are the tools now?
"In the basement - thrown into a bin that I hope I never have to open again in my life," said Ganoë, who heads Buffalo General Hospital's Project Reach program.

(Ganoë's house is being featured in an upcoming show on Home & Garden Television.)

Ethel Ciesla, on the other hand, uses her tools all the time. And even after 31 years living in the same house in Hamburg and accumulating tools, Ciesla - a 62-year-old do-it-herselfer with "my hands into everything" - has a good handle on her tool collection.



"I have a toolbox that I keep in my bedroom for the tools I need on the main floor - hammer, screwdrivers, pliers...", she began.

"But let me tell you about my basement," she continued.

At one time, the basement doubled as a family room. Once her children grew and moved out on their own, Ciesla and her tools took over.

I ripped out the bar and covered the pool table with plywood, which is now my work bench," said Ciesla, who has tackled everything from redesigning her powder room to making kitchen cabinet doors.

"All the main tools - like the basement hammer and pliers - I lay right on the end of the table. Things like my files and drill bits are in one of those storage cabinets with all the little drawers. I also have a big buffet down there where I keep a lot of tools," said Ciesla.

Tools: Shop at garage sales

Indeed, while people have different quantities of tools depending on their expertise, interests and circumstances, they also have different ways of storing them.

Those whose idea of home maintenance ends at changing a light bulb most likely are content with a couple of screwdrivers tossed into a junk drawer.

Big-league do-it-yourselfers not to mention real-life contractors have elaborate home workshops with an impressive inventory of hand and power tools.

And those who know their way around an electric drill but haven't the desire, space or time to build a

TOOL TIME

workshop often get along fine with a pegboard, toolbox or tool bag (Rubbermaid makes soft-sided tool bags, for example.)

Tool Tip No. 2: Toolboxes are not just for tools. The well-stocked toolbox also includes safety glasses, ear protectors and a first-aid kit.

Some observations that may or may not ring true in local households:

- The longer you've lived in the house, the more tools you accumulate.
- The more projects you tackle, the more tools you think you need.
- Every project requires a trip to the hardware store.
- Every project requires a second trip to the hardware store to pick up the item you forgot the first time.
- Buying a tool often is more fun than using one.
- Even with today's tool organizers and storage gizmos, some people still prefer stashing their tools and hardware in old tin coffee cans and baby food jars.
- Most people can't throw out old tools or hardware even after they buy new ones.
- No matter how many screwdrivers you own, you can't always find one when you need it most.
- Some people can't resist buying tools at a garage sale. These people know who they are.

In the end, it's easy to see why so many homeowners end up with so many tools.

Obviously, they never heard the words of one wise man: "One only needs two tools in life: WD-40 to make things go, and duct tape to make them stop."

The Toolbox Basics

A dozen or so basic hand tools - plus an electric drill - will gear you up for most minor home repairs.

Here's what to keep in your toolbox - or wherever else you stash your tools:

- Measuring tape
- Straight- and Phillips-blade screwdrivers
- Regular and needle-nose pliers
- An 8-inch adjustable wrench
- A 16-ounce claw hammer
- Push drill (good for small holes)
- Combination square
- Crosscut saw
- Hacksaw
- Nail set
- Couple of chisels

This list came from Better Homes and Gardens' "New Complete Guide to Home Repair & Improvement" (Meredith, \$35).

The editors also recommend the following: "Except for the drill and possibly an orbital sander for big finishing jobs confine your initial purchases to hand tools," they write.

"Power tools will do the same work faster, easier, and sometimes more accurately, but in the hands of an inexperienced person, they can wreck expensive materials in a hurry and cause personal injuries," they continued.

A word on quality: Most manufacturers make two or three different lines, the editors point out. Your best bet is to avoid the bottom level - the low-cost bargains - and opt, instead, for the middle or top level.

Susan Martin

OUT & ABOUT

Number 16 – **SWEET SIXTEEN!**

Cross-country Skiing



Cross-country Skiing usually takes a backseat at times to Alpine Skiing in terms of excitement, especially amongst the young. Mostly because of the image of racing downhill on a mountainside and then relaxing in a picturesque chalet is associated with Alpine Skiing. Whereas Cross-country Skiing is seen as a lot of work with little or no excitement attached to it.

I guess the problem is that cross-country skiing hasn't sold itself as well as it probably should have and alpine skiing doesn't have to sell itself at all. Alpine skiing has ski chalets, airlines, travel agents and ski equipment and clothing manufacturers and retailers selling the sport for it.

Though a newcomer to the sport of cross-country skiing, I still feel I should help promote the sport. I've collected just a few activities which when combined with cross-country skiing can add a little excitement to anyone's life. After all, we cross-country skiers are **not tied** to a mountain as alpine skiers are. We are **free to experience more**. Besides, a lot of Alpine resorts also offer cross-country ski trails as well. Whenever I ski at Horseshoe Valley, I always save the south trail to the main lodge as my last trail of the day, so I can enjoy a coffee at the alpine chalet before boarding the bus back to Toronto.

Raid Ukatak 2002:

If you get excited about events like Eco-Challenges then how about the annual Raid Ukatak. It begins in Quebec City and winds its way along the St. Lawrence River, finishing in the Charlevoix region of Quebec. Similar to summer Eco-Challenges the competitors are involved in a multi-day race where they are not only challenged by the course, but the types of activities they must complete along the way. The race includes cross-country skiing, snowshoeing, mountain biking, rappelling, ice climbing, horseback riding, and ice canoeing over a six-day period. Last year Team Finland won the 2001 Raid Ukatak. Lets hope a Canadian Team can take the gold in Quebec City this year, the Raid Ukatak begins on January 18th and finishes on the 26th.

Biathlon:

For most people into winter sports, especially those into cross-country skiing, when they hear the word Biathlon they immediately think of the modern Biathlon, skiing and shooting targets with a rifle. Well something old is new again. The predecessor of the modern Biathlon, Archery Biathlon (skiing with a bow and arrow), has reemerged as a competitive sport in Europe. The new governing body for Archery Biathlon, International Biathlon Union (IBU) which regulates the sport's rules, is now attempting to get it accepted as a Winter Olympic Event.

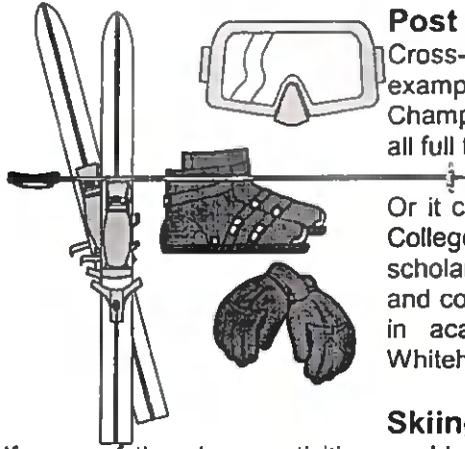
Competition is similar to the modern biathlon in that the skiers do loops of three to five kilometres and then return to a target area where the competitor alternates in shooting either from the standing or kneeling position. Misses of targets require either addition distances to be skied or additional time added to the competitor's overall time.

For those who are archery fans, the dawn of a new sport (or rather revival of an old one) makes the sport of archery now a year round activity.

25th Anniversary Great Cookie Race:

Coming this February 23rd, 2002 is the twenty-fifth Great Cookie Race in Peter Lougheed Provincial Park sponsored by the Foothills Nordic Ski Club of Calgary and assisted by many volunteers from other organizations of the city of Calgary, including the 166th and 18th Venturer Companies. The races are open to individuals of all ages, including Jackrabbit events for children.

The unique feature of the race and the source of the race's name comes from the fact that not only do the Feeding Stations along the race course include the usual: Gatorade, water and orange slices, but also **Home Baked Cookies!** If you don't feel up to racing, how about volunteering like the 166th and 18th.



Post Secondary Education:

Cross-country skiing can add to your post secondary education experience. For example, competing in the 2002 Canadian College University Nordic Championships at Canmore, Alberta on March 5-10, 2002. The race is open to all full time University, College and CEGEP students across Canada.

Or it can be an intricate part of your education as at Yukon College. "Yukon College and Cross Country Yukon are offering four cross-country-ski scholarships to the Yukon Ski School, a program that combines academic study and competitive ski training. Applicants must be non-Yukon residents and excel in academics and athletics. Contact Cross Country Yukon; Box 4507; Whitehorse, YT; Y1A 2R8" p. 6 of SkiTrax magazine — Annual 2001 edition

Skiing to the North Pole:

If none of the above activities would add enough excitement to your life, an outfitter called Canadian Arctic Holidays will organize a cross-country ski trip for you to the North Pole and back. **Back** being the key word in the previous sentence. Richard Weber and Mikhail Malakhov were among the first group who skied to the pole unassisted (i.e. "no dogs, no snowmobiles, no food drops)" p.49 February edition of Explore magazine, and will be your guides. If this is your kind of excitement check out: www.canadianarcticholidays.ca

Backcountry and Avalanches:

The most glamorous type of skiing these days is Backcountry Skiing. A combination of both Cross-country and Downhill which involves hiking or skiing into the backcountry to hit areas or hills beyond the ski lifts or ski trails of the average skier. The excitement of hitting slopes that few others ever get to see or ski is combined with the danger of getting lost or being covered by an avalanche in these remote areas.

Leslie Anthony, editor-at-large for Powder magazine, wrote an insert recently for Canadian Geographic magazine on the topic of avalanches and safety measures inspired by Justin Trudeau's work with the Canadian Avalanche Association after the death of his brother Michel Trudeau in 1998. The article including the following information under the heading:

VITAL STATS

- 1.5 million avalanches occur in Canada each year and approximately 100 involve people
- the majority of victims are trapped in avalanches released by their own activity in the area
- "dry slab" avalanches, which cause the greatest number of fatalities, are typically half-metre-thick "sheets" of snow that travel between 100 and 120 km/h
- nearly 90 percent of all avalanche victims are male
- in the last 15 years, 42 percent of buried avalanche victims who are found alive were wearing beacons

Anthony suggests the following as a list of equipment to take when Backcountry skiing: "an avalanche transceiver (or beacon), a collapsible probe and a shovel. Other useful items are first-aid and emergency-repair kits, whistles, flares, a compass, a cell phone, food, water and a space blanket or bivy."

For more information contact:

- Canadian Avalanche Association 1-800-667-1105 or www.avalanche.ca
- Cyberspace Snow and Avalanche Center www.csac.org
- Parks Canada Avalanche Safety Bulletin: Banff 403-762-1460 or Jasper 780-852-6176
- Canadian Avalanche Foundation 250-837-2418 or www.avalanchefoundation.ca

Another Update on the Trans Canada Trail:

Presently in your local bookstore is an incredible guide to the British Columbia portion of the TCT. Massio Ventures and Trail BC has put together an excellent guide on the trail entitled: Massio Ventures and the Trails BC present: Trans Canada Trail, the British Columbia Route. Ok, ok the title isn't the most imaginative but what's in side the book will spark your imagination.

Each section of the trail, anywhere from 2 km to 20+ km has a colour detailed map, historical information on the area, spectacular photos, and information on existing facilities in the area, as well as means of contacting individuals, groups and organizations in the area for further information. Not only a how-to-book, but also a



promotional device that will bring in the tourists. The book inspires its readers to start working on their dream trip along the TCT through British Columbia.

Food and Drink considerations during Winter Activities:

John M. Dunn, a doctor, mountaineer, hiker, skier and trainer at the ADK (The Adirondack Mountain Club) passed on some important advise for not only backpackers but also cross-country skiers and anyone else taking extended trips in the winter on Food and Drink in his book *Winterwise: A Backpacker's Guide*, the Adirondack Mountain Club Inc., 1996.

WATER:

"Every bit as important as the food we consume, and maybe even more so, is the water. There is a certain amount of water in a regular balanced diet, perhaps up to a quart or so per day, but winter backpacking diets are notoriously dry. Add to that the loss of fluids from perspiration and breathing in cold, dry winter air, and our need to consume liquids in winter becomes considerable. The problem is further compounded by the fact that cold tends to depress the body's natural thirst mechanism. As a rough guideline winter hikers should try and drink a least two quarts of water per day." p. 73-74 *ibid*.

One of the best ways I've found is to make drinking fluids an integral apart of how the activity is conducted. When cross-country skiing I always carry an insulated water bottle. After a strenuous portion of the trail I'm on, I stop to catch my breath, take a look around to enjoy the scenery and take a few sips of water. This also allows me to cool down and reduce the amount of sweating I do. Thus reducing the wetness in my clothes that will bring on a feeling of being cold later.

FOOD:

"Perhaps the single most important thing about food in the wintertime is to be sure to bring enough: enough calories and enough mixes for hot drinks. Taking in too few calories is a major contributing factor in both fatigue and hypothermia. Dehydration, as previously mentioned, can not only lead to "lassitude" and fatigue, but may also increase one's chances of frostbite." p.75 *ibid*.

One thing you may want to consider in planning your menu for winter meals, is how quickly food cools on a plate after being served in a camping environment. Foods such as chilies, stews or goulashes, with high hot water content, served in a bowl, stay warm longer.

Final Thoughts:

One of the truly most exciting times in any sport is when the Olympics roll around. It's a time when some of the lesser know sports finally have their day in the sun. Canada will send many athletes to compete in both individual and team sports Salt Lake 2002 including a cross-country ski team. One of our best hopes for a medal will come from Beckie Scott of Vermilion, Alberta, who will compete in sprint races and the pursuit. Beckie won a bronze medal in a sprint race at the 2001 World Cup event at Soldier Hollow (the Salt Lake venue for Nordic events) and a silver medal in the team relay for Canada. In fact the Canadian Women's relay team has a good chance of coming home with a medal or at least a top ten finish. Best of luck to all of Canada's Olympians.

On a personal note I'd like to congratulate my crew, 3rd **Newtonbrook Rovers** for reaching a major milestone in community service. Many individuals may not want to admit to turning the "Big Four O", but our crew is proud of having been in continual existence for the past Forty Years in Willowdale (Toronto). That's a lot of Moots attended and a lot of service projects completed, but more importantly, that's a lot of friendships made over those forty years.



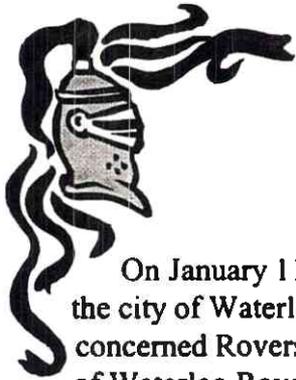
Kirby McCuaig

TOP TEN

CROSS COUNTRY SKI LOCATIONS IN CANADA

As selected by Explore magazine – November/December 2001:

1. **Mont-Sainte-Anne, Quebec**
223 kilometres of trails, 35 minutes east of Quebec City
www.mont-sainte-anne.com
2. **Silver Star Mountain Resort, British Columbia**
105 kilometres of trails, training location of Canadian X-Country & Biathlon Teams
www.skisilverstar.com
3. **Gatineau Park, Quebec**
200 kilometres of trails, snow huts, 25 minutes north of Ottawa/Hull
www.canadascapital.gc.ca
4. **The Laurentians, Quebec**
Original Jackrabbit Johannsen Trails – Father of Canadian X-Country Skiing
www.laurentians.com
5. **Mt. Washington, British Columbia**
29 feet of snow annually and only thirty minutes from the beach, 3 ½ hours north of Victoria
www.mtwashington.bc.ca
6. **Canmore Nordic Centre, Alberta**
72 kilometres of Olympic & recreational trails, 1 ½ hours west of Calgary
www.gov.ab.ca/env/parks/prov_parks/kananaski/cncpp.html
7. **Parc Des Grand Jardins, Quebec**
100 kilometres of hut to hut skiing, 1½ hours east of Quebec City
www.sepaq.com/Grands-Jardins/En/index.htm
8. **Hardwood Hills, Ontario**
25 kilometres, home of 1993 Canadian National Championships, 1 hour north of Toronto
www.hardwoodhills.on.ca
9. **Thunder Bay, Ontario**
Home of Lappe Nordic, Kamview and Sleeping Giant Ctres, one of our National Training Ctres.
www.nordictrails-tb.on.ca
10. **Labrador City, Newfoundland and Labrador**
Previously home of Canada's high performance ski programme, spectacular views
www.altrails.com/xc_ski/xc_hf.html



ORC January 2002 Meeting Report

On January 11th-13th over 30 members of the Ontario Rover Community descended upon the city of Waterloo for the January ORC General meeting. These members consist of concerned Rovers from all over Southern Ontario. The weekend was hosted by the University of Waterloo Rover Crew, at the Waterloo Christian Reform Church (Church in the Woods). There was a full theatre sound set up for watching DVD's and videos. There was also plenty of free time to check out the local venues like the St. Jacobs Farmers Market, the local Conservation Area, the fabulous LEGO™ display and many others.

The ORC meeting was on Saturday afternoon in one of the University of Waterloo's Engineering buildings. At the meeting the Nominations were opened for the upcoming ORC Executive elections; nominations will close on Feb 22nd. Other business included the announcement that the Second Annual ORC Moot will be held from July 26-28, 2002 at Langley Scout Park near Peterborough. This year the theme is a Hawaiian Holiday. It was also announced that the ORC Promotional Video is finally complete after a long time in progress. The video is ready for distribution, and in fact several copies have already been issued. Stan Kowalski announced that the Roger Awards Committee is looking for your input so they can make fair and accurate decisions on the nominations they receive for the Award.

After the meeting we all returned to the Church in the Woods for an outstanding meal that and the first official showing of the completed ORC Promotional Video. After dinner there were some badgers making trades and more free time to do whatever the participants desired. Some went to the movies to catch "The Lord of the Rings", others just shared fellowship - telling stories, renewing old friendships, even making a few new ones. All in all it was a fun filled weekend for all who attended.

Who are the members of the Ontario Rover Community? Rovers are!
Are you a registered Rover in Ontario?

Then you are already a member. There are no extra membership fees, no special applications to fill out. In fact, our meetings are open to any registered member of Scouts Canada interested in Rovers and the Rover Program. We meet 5 times a year across the province to discuss the Rover Program.

So come on out **March 8-10** to the next meeting of the Ontario Rover Community in London District, Tri-Shores Region.

For more information on the ORC and what we are about, as well as more details about the March meeting, check out our website at www.orcweb.org.

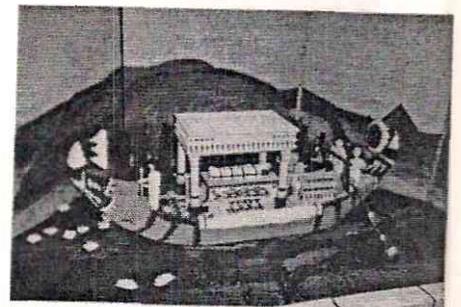
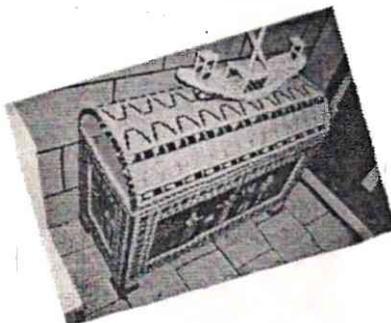
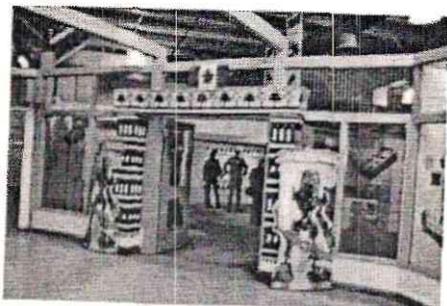
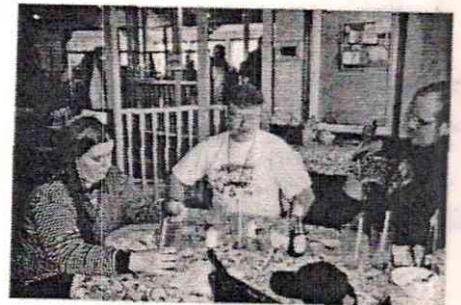
Mike Pembleton
Vice-Chair Promotions, Ontario Rover Community



The ORC January 2002 Meeting Picture Album

photos by Neil Looby and Ryan "Jynx" Jenkins

Socializing



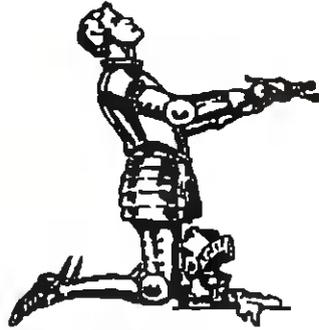
The ORC January 2002 Meeting Picture Album

photos by Neil Looby and Ryan "Jynx" Jenkins

Getting Serious (???)



The Quester Award



When Baden Powell developed Rover Scouting, it was based on the need for older Scouts to carry on "advanced Scouting". The motto of the section became "Service", which was to be administered within and outside of Scouting. Another theme put into effect by B.P. is called "Questing". The Rover handbook defines Questing as the "setting and achieving of certain personal objectives by one or more individuals".

Many Rovers identify quests which may take most of a lifetime to complete to their own satisfaction, this is very much encouraged however quests of a shorter term can provide useful service to Scouting, and directly benefit Rovering as well. This can be done through forming new Scouting sections, and recruiting new Rovers from outside Scouting.

The Quester Award is a growth-oriented award and is designed to increase both Scouting and Rovering membership. Only registered Rovers are eligible for this award. Upon completion, Rovers are presented with an Award Pin of a kneeling knight. The Award Pins are Silver or Gold depending on the level achieved, and may be worn on the flap of the left uniform pocket.

Take up the Challenge, Be A Quester.

More Information is available by contacting:

Quester Award
c/o Ontario Rover Community
Attention: Vice Chair Program
4141 Yonge Street, Suite 102
North York, Ontario
M2P 2A8



Award submissions can be mailed to the above address,
or forwarded directly to the Vice Chair Program
or the Chair of the O.R.C.
or on-line at www.orcweb.org/interactive/awards/quester.shtml

Silver Quester Award

To be awarded the Silver Quester Award, a Rover must complete a quest to recruit a new member into Roving. The member must be new to Scouting, and must be accepted into the Crew according to individual Crew requirements.

Application for Silver Quester Award

I wish to start a Quest to recruit a new member into the Brotherhood of Scouting and the Fellowship of Roving.

Name of Applicant _____ Date _____
Address _____

Phone Number _____ Fax _____
Email Address _____
Crew Contact _____ Phone _____
New Member (if determined) _____ Phone _____

Gold Quester Award

To be awarded the Gold Quester Award, a Rover must participate in a quest to successfully develop a new Scouting section. As part of the quest the needs and resources of a new section must be discussed with the District/Area Commissioner, Service Team and Group Committee. The new section must be fully operational for one year, and during that time, there must be an article published in any Scouting publication giving details on activities undertaken, events attended, etc. Both individual Rovers and groups of Rovers may apply for the Gold Quester Award.

Application for Gold Quester Award

I / We wish to form a,
___ Beaver Colony ___ Cub Pack ___ Scout Troup ___ Venturer Company ___ Rover Crew

This new group will be known as _____, and will exist in, _____ District/Area, of _____ Region.

Name of Applicant(s) _____ Date _____
Address _____

Phone _____ Fax _____
Email Address _____
Crew Contact _____ Phone _____
District Commissioner's Signature _____ Date _____

THE ROVER

Julie Corrigan



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

ON THE GO

Since being in the United Kingdom I haven't really been doing much scouting as I'm too old to be a youth member there, but I still remember many of the fantastic activities I did as a Rover (and a Venturer). I also think about the many times we struggled to think of activities that were a bit different and more interesting to do.

Scouting has that advantage - you can get into many places that you might not otherwise be able to see. You can often also get away with some activities that others may think a little strange, too! So, I've decided to give you a list of activities you may or may not have thought of, so next time you are trying to plan something to do there might be something different to try.

Why not start locally - there are plenty of places to visit. Try your local crematorium, morgue, council meeting, fire, ambulance, or police stations, historic sites, historical society, family history center (run by Latter Day Saints), Rotary, Lions, or Apex club, churches, sporting clubs (try archery, rifle, pistol or shotgun shooting, tennis, golf, badminton, etc.), dance schools (line dancing, ballroom, rock 'n roll, ballet?), amateur theater company, blood donation clinic, the list is almost endless.

How about guest speakers - members of parliament, church - clergy/minister/priest/etc., police, ambulance, firemen, any local clubs, people from help centers (e.g. Sexual assault, kids help, homeless, etc.) any authors/musicians/actors/etc.

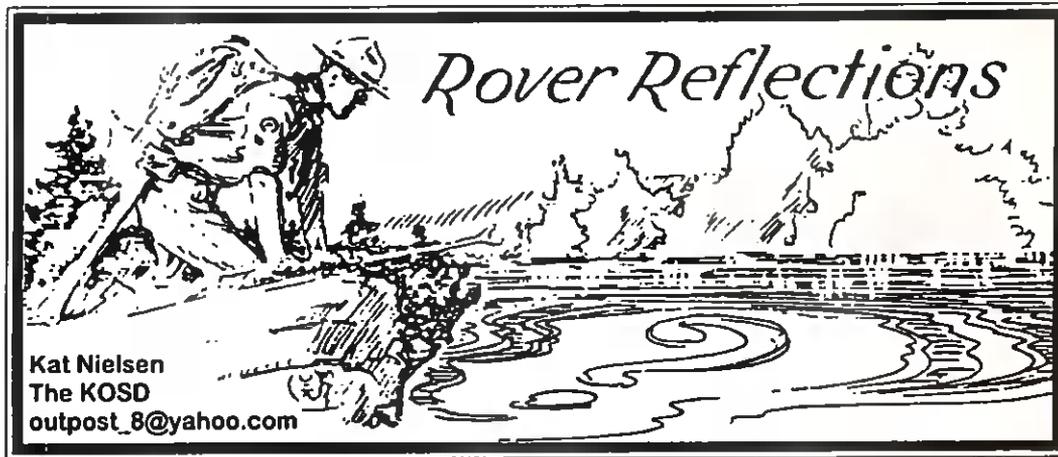
You can learn a lot of interesting things from people and places like these, and they are often really glad that you have taken an interest in what they do.

How about some fun challenges? Who can set a tent up in the highest place? A photographic treasure hunt - give each team a disposable camera and a list of photos to get. Everyone in the team must be in every photo! A penny hike - walk or drive and at each corner toss a coin to decide which way to turn (E.g. Heads = left, tails = right) and draw a map of where you've been. Build a tower or raft and stay on it overnight. Hold a wake-a-thon - Stay awake for 40 hours. There's many other a-thons - walk/ride/swim/read/etc. For many of these activities you could get everyone in your district involved and maybe get sponsors and raise some money.

We all love food - why not have a progressive dinner - a few people provide a course each at their home and you travel around to each house for each course of the meal. Or to vary it go to Junk food places, or if you have money - restaurants, or make it regressive - start with after dinner drinks, then desert, main course, soup, appetizers, pre-dinner drinks.

It's often hard to keep coming up with interesting programs, but that's what you need to get and keep members of scouting. Most of these activities take very little to organize and don't cost much - two important things to remember when planning things! So, how about giving some of them a go? Why not send in your list of ideas to be published as well.

*Cheers!
Julie C
The Rover on the Go!*



The question is not "who are we?" but "why are we?"

Although the vigil is a time to reflect on your life, there are many other opportunities as well. Several years ago, a friend of mine sat me down to do an experiment, the point of which was to ask "why?"

The task seemed simple enough at first. I was volunteering for a university club, and I was miserable. I felt like the only person putting time into the club's projects and I resented other people coming in at the end of the project and demanding changes after being silent when their input was requested in the planning stage. Each day I would come home from school more frustrated.

My friend suggested that I try a little exercise. So, I sat down and wrote a letter of resignation. Not a real one, but I had to write in it every project I had on the go, its state, who had volunteered to help, and so on. The idea being that if I did hand it in I would not have to have any further contact with them because all the information required to finish the projects was in the letter.

This took me several hours and afterwards I gave it to my friend to read. He was astonished at the amount of work I was putting in and simply asked me "why?" I had explained the nature of each project, but the next step was to ask "why am I doing each little project?" "Why am I doing all of them?" "Why am I doing it at all if I am so unhappy?" I was the organizer, I was the only guaranteed volunteer, I was the suggestion box, I was the complaints office, and the list went on.

So, I sat down and asked myself "why?" Ultimately I did resign from the position. I couldn't figure out why I was doing it. It certainly wasn't making me happy.

I find myself remembering this experiment as I write my curriculum vitae. This is an exercise many of us will do in our lives, writing resumés for job applications, school applications, and so on.

Taking the time to write a resumé or curriculum vitae can lead to the question of "why?" This time for me was no exception. Right off the bat you identify who and where you are by stating your name and address. You then move into what you are by detailing your schooling, your job experience, your volunteer work, your memberships, etc. Through this you also identify when you are, giving dates for each item. The skills and interests section suggests how you are in relation to the who, what, where, and when's already identified. But never in this exercise do you answer why. This is something you personally reflect upon, and more commonly is written in cover letters which accompany the resumé than in the resumé itself.

For example, when I was doing this, the who was very easy, I filled in my name. The where was the first interesting question. I live in two provinces, temporarily in Ontario, permanently in Alberta. Why? This was answered in the next section. I left Alberta to go to school. Why? So that I could get a better job. Why? So that I will be happy... oops, there's a big one, why am I putting off happiness?

The list of why's can seem forbidding as they seem to go on forever. However, it is important to ask the question. Never stop asking why, keep learning about yourself and the world around you, and happiness will follow. In asking why I was putting off happiness I realized that I wasn't. I am happy here. I am happy doing what I'm doing. I do not regret the move. I look forward to moving again. I just never sat down and thought about it before.

Why don't you give it a try?

"Why are you?"

Note: Some people prefer to do this type of exercise alone. However, some issues may come up which you want to discuss with others. You may just want a sounding board, or perhaps advice. Sponsors are great in this capacity. They are Rovering's answer to this need. However, some don't have sponsors, or some have moved away from them. There are many other people in the community who can help you ask why such as friends, family, teachers, ministers, councilors, etc. Do not hesitate to reach out!

A RE"QUEST" FOR SERVICE

*I invite all companies and crews to use this column's banner to inform our readers of the service projects they've done. I hope that these examples will spur on other groups to perform service in their community and thus to carry out the Rover Motto of **Service**.*

By the time you read this article Santa will have come and gone for another year, but I hope the work of Scouting and Guiding Groups of Toronto and the GTA will have put a few smiles on some young children's faces. Joseph E. Atkinson, the founder of the Toronto Star Newspaper, established the Toronto Star Santa Claus Fund back in 1906. Atkinson was no stranger to poverty as his father was killed when he was 6 months old, leaving his mother to raise eight children on her own. The fond memories of a chance encounter with a stranger at a Toronto Park would later lead to an enduring humanitarian act by thousands. The stranger learning that Atkinson was only watching others skate because his family couldn't afford a pair of skates for him, prompted her to purchase him a pair of skates for Christmas. The memory of the gift motivated him to start the fund years later. In Brief, the Fund ensures that many children who wouldn't receive a gift at Christmas do so. Thanks to gifts of toys, clothing, games, etc. and donations of cash from companies, organizations and the general public and the delivery of gift packages by volunteers to the homes of the less fortunate.



GTR (Greater Toronto Region) involvement began with the Fund over twelve years ago when Robbie Engel thought it would be a great service project for his Scout Troop. Over the years GTR involvement has grown to the point where local groups deliver over half of the total packages delivered. This year over 21,000 of the 40,000 gift packages received by less-fortunate children were delivered by local Scout and Guide groups. To organize a service project of this size takes a committee of 24 Scouters, Guiders, Group Committee People and other volunteers, meeting as a committee four times throughout the year as well as numerous phone calls, letters and e-mails before, in between and afterwards.

The service project essentially has two stages. After the many packages are delivered by the Toronto Star Santa Fund volunteers to the depots organized by the Toronto Star Fund's committee and the GTR Committee, the immense job of sorting the packages into routes begins. Many hundreds of hours are spent by volunteers moving mounds of boxes from one spot on the floor to another until there are all sorted into routes.

Then armies of Cubs, Scouts, Guides, Pathfinders, Ventures, Rangers and Rovers and their parents and leaders deliver each gift package to an individual family at their home address. Thus ensuring there is something under the tree come Christmas Day where there may not have been anything.

When our crew arrived at the Birchmount warehouse many Cubs, Scouts and Venturers were already hard at work sorting the gift packages by street for their area. In the past we had sorted packages into routes for Cubs and Scouts in isolation, simply knowing that in some future Saturday before Christmas some other group(s) would come with their parents and deliver the gifts. This year was a little more special as we observed the enthusiasm of the kids first hand as they ran back and forth to get more gifts from the back of the warehouse to be placed in one of the many small office rooms by street address at the front of the building.

Though free time during the Christmas rush may be difficult to find for many people and especially difficult to find for your group as a whole, I think the peace of mind you'll receive from knowing you contributed to a number of children's Christmases, will make the sacrifice of a few hours during the busy season well worth it.

Congratulations go out to Chairman Rick Hyland and his GTR committee for another successful year in organizing Scouting's contribution to the Toronto Star's Santa Claus Fund. I would also like to thank Rick for his contributions of background information used in this article.



Kirby McCuaig



RE"QUESTS" for Service

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

Fort Edmonton Camp (Edmonton, Alberta) requires volunteers to run activities at the annual Scout and third year Cubs camp on May 3 to 5, 2002 weekend. Contact Andy Sywenky at <andsywenky@connect.ab.ca>

Mix and Fix Weekend at Camp Gardner and Camp Apisitoke, Chinook Region of Southern-Central Alberta is scheduled for May 17-20, 2002. For more information contact Bob Schwartzberger at (604) 283-4993 or <bschwart@chinook.scouts.ca>

Leader Needed Immediately! for the 120th Cub and Scout Group at Sunny View School in Toronto. The school offers a Wednesday lunchtime programme for physically or developmentally handicapped students at the school and requires a leader to have the programme continue. The Cub programme is runs from 12:00 to 12:30 p.m. and the Scout programme from 1:00 to 1:30 p.m. Interested individuals can contact Gene Fisher of Scout House at 416-490-6364 ext. 223 or Glenn McFadden at 416-393-9275

Hug-A-Tree and Survive Programme requires volunteers to present the programme at schools, Cub meetings, community clubs, etc. Please contact your local Scout House. In **Southern Ontario**, contact Stewart C. Small at 848 Southdale Road East, London, Ontario, N6E 1R9 or (519) 685-3686. In **British Columbia**, contact: Allan Wilcox at <afwilcox@shaw.com>

For a year round listing of Service Projects in the Greater Toronto Region contact Harry Bruce at: Telephone (416) 490-6364 or FAX (416) 490-6911. Harry is the Coordinator of Special Services and recruits volunteers for such events as: Scout Booth at the Sportmen's Show, the Ride for Heart with the Heart and Stroke Foundation, the Walk for the Cure with the Juvenile Diabetes Foundation, the United Way Walk-a-thon, etc.

*A **RE"QUEST"** for Service is a promotional feature for regional, provincial and national programmes and activities that require volunteers. Please submit your request for service with four months of lead-time to allow for publication by this magazine and for response time by our readers.*

friends
don't let friends
drive drunk.

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.

We've all read about the famous athletes who had their careers threatened and/or shortened because of an ACL injury. To most of us this has been a mysterious injury that we didn't understand. Here's the lowdown on this feared injury.

Anterior Cruciate Ligament Tears

The ins and outs of this feared knee injury

By Jeff Oliphant,
MS, ATC

'Personal Fitness Professional' magazine

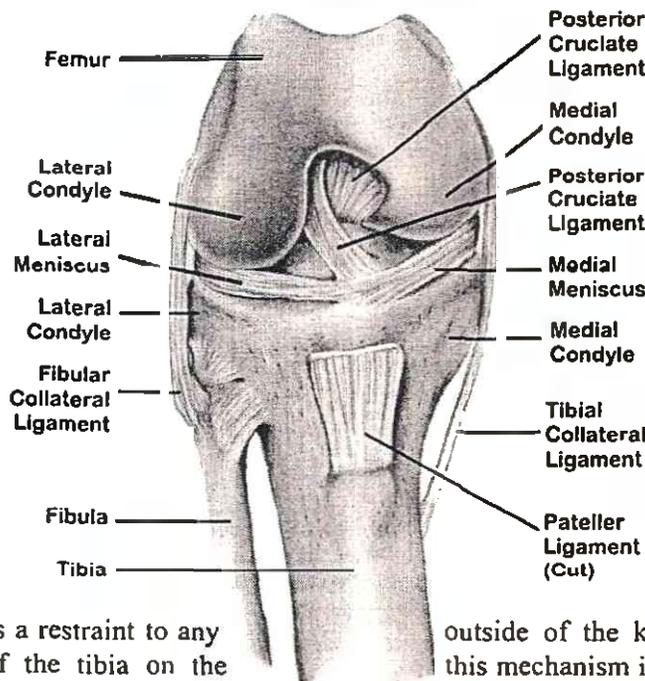
An injury to the anterior cruciate ligament (ACL) in the knee is one of the most feared injuries for those in the sports and fitness worlds. Just the mention of those three letters associated with a knee injury gives one a sense of dread and despair. At one time, suffering an ACL injury meant the end of a person's sports career or prevented them from ever participating in some of their favorite fitness/recreational pursuits, but those days are gone. The advances in orthopedic surgery and sports medicine have made this injury, although formidable when first incurred, a little more than a six- to nine-month nuisance. Although it is quite painful and involves a large amount of hard work and energy to recover from, the road to recovery and the ability to return to all previous activities is usually very promising. Personal Fitness Professionals may have a number of clients that have had past ACL injuries and will more than likely have clients suffer from an ACL injury in the future. It is important to have some understanding of this injury, how it is treated and what is involved in the recovery process.

What is the ACL?

Compared to other joints in our body, the knee is less stable, making it susceptible to injury. The ACL is one of the four major ligaments that helps to provide stability to the knee. The ACL, as noted in Figure 1, is located in the inside of the knee. It attaches on the anterior portion of the tibial plateau and connects to the posterior medial portion of the lateral condyle of the femur. The ACL helps act as a restraint to the tibia sliding forward on the femur, and when weight bearing, it prevents the femur from sliding backwards on the tibia. The ACL also helps, in combination with the medial and collateral ligaments as well as the posterior cruciate ligament, as a restraint to any internal and external rotation of the tibia on the femur.

How is it injured?

When you hear or read about someone who has injured an ACL, it generally means it was torn or completely ruptured. You may also hear of an "ACL sprain," which means the ACL was stretched but not completely torn. Most ACL injuries can be classified as noncontact and are caused when a person is running and/or jumping and tries to suddenly stop, land or change direction on the affected leg. The stresses that are placed on the knee in these types of movements are greater than what the ACL can withstand, and it tears. An ACL tear can also occur from severe trauma to the knee such as being hit on the outside of the knee by another person. However, this mechanism is not as common as the noncontact mechanisms.



Research has shown that women suffer ACL injuries at a much higher rate than men in team sports participation. The noncontact injury rate for women participating in soccer, basketball and volleyball is approximately two to nine times higher for women than men. Why is the incidence in women so much higher? There have been a number of factors that have been considered as possibly contributing to why women have such a higher ACL injury rate than men including environmental, anatomic, hormonal and neuromuscular factors. There have been no definite conclusions made on the exact cause of the difference, but neuromuscular factors, such as body control and muscular coordination, appear to be one of the many leading culprits.

Treatment

An injury to the ACL in the knee is very traumatic. The injured individual may describe some of the following signs and symptoms: severe and immediate pain, a "pop" felt or heard in the knee and an immediate collapsing, heavy swelling within the knee, loss of function and movement and the inability to bear any weight.

Professionals working with a clients that go down with a knee injury and describes any of the above signs and symptoms, should apply ice to the knee and refer him to a physician or hospital emergency room immediately. Emergency room physicians and/or family physicians will generally examine the knee, have X-rays completed, provide pain medication and make a referral to an orthopedic surgeon. An orthopedic surgeon will conduct a clinical examination of the knee by performing a few manual tests to check the integrity of the ACL and possibly order magnetic resonance imaging (MRI) to aid in the diagnosis. An MRI has the ability to show the soft tissues inside the knee, and it can help determine if the ACL is torn. It is not uncommon for a person that has suffered an ACL injury to also have other associated damage in the knee such as meniscal tears, surface cartilage damage to the femur and/or damage to the other ligaments in the knee.

Once a diagnosis of an ACL injury is confirmed, a person is generally given two treatment options: surgery or no surgery. The ACL, like most ligaments in the body, does not have the ability to repair itself or heal with time, so the knee will lose the stability that the ACL provides. Surgery is done in most cases for those individuals that want to return to their active lifestyles. A non-surgical course of treatment may be

opted for if a patient is older and/or is only interested in straight-line activities, such as jogging and bicycling, that do not include any type of cutting, twisting or turning. A person who chooses not to have surgery will undergo a rehabilitation process, which includes trying to get the knee to feel somewhat normal again and also to strengthen the leg muscles that help stabilize the knee. Participating in cutting, twisting or turning activities without surgical intervention on an unstable knee will inevitably lead to further damage to the knee and the need for surgical intervention.

An orthopedic surgeon replaces the ACL by using an autograft or an allograft. An autograft is tissue taken from the patient's knee and harvested to be used as a substitute for the ACL. The two most common autografts used are the infrapatellar tendon with a piece of bone at either end and a portion of the hamstring muscles. An allograft is tissue that is taken from a cadaver to replace the torn ACL. The infrapatellar tendon and Achilles tendon are common allografts that may be used. An allograft may be chosen if the patient does not have suitable autografts that can be used. Autografts are the preferred tissue replacement and are chosen in most cases.

When a person has surgical ACL reconstruction at a hospital or surgical center, it is often done on an outpatient basis, so he can go home at the end of the day. Occasionally, a patient may be required to stay in the hospital, but it is never for more than one to two days. When a patient is sent home after surgery, he is placed on crutches and the knee is heavily bandaged and placed in some type of immobilizing brace. He is given instructions regarding icing the knee, the use of pain medication and a list of rehabilitative exercises to begin. At the first post-operative visit to the orthopedic surgeon, a referral is made to a physical therapist or certified athletic trainer to start the rehabilitation process.

Rehabilitation

The rehabilitation protocol used for a patient after ACL reconstruction is based on the type of surgical repair, the opinions of the orthopedic surgeon and whether other tissues were damaged in the knee and in need of repair. A patient that has had an infrapatellar tendon autograft used for repair generally progresses through rehabilitation a little faster than one that has had a hamstring repair. The reason for this difference is because the infrapatellar tendon, when harvested from the knee, has a small bony plug removed with it from the tibia and also from the patella, whereas the

hamstring tendons that are harvested have no bony attachments removed with them. The bony plugs with the infrapatellar tendon are securely fastened into the tunnels drilled to replace the ACL during surgery, and they heal to the surrounding bone quite easily. Since there are no bony plugs with the hamstring repair, the healing process is a little bit slower because new bone has to fill in around the ends of the tendons during the healing process. Even though the rehabilitation processes are different with the two autografts, there are no significant differences between the two when it comes to the stability of the new ligament. The choice of which autograft is utilized is dependent on the thoughts and experiences of the orthopedic surgeon performing the surgery.

The early rehabilitation process is very simple and includes gentle range-of-motion (ROM) exercises and basic strengthening exercises such as quadriceps and hamstring contractions. As the healing process progresses, so does the intensity and quantity of different types of activities. It is extremely important that you must follow the precise exercises and progressions that are prescribed. Trying to advance too quickly before appropriate healing has taken place in the knee can lead to a possible failure of the new ligament, causing other problems to occur. Partial weight-bearing with crutches is generally allowed within a very short period of time after surgery. The total length of time using crutches, depending on the type of repair, can be anywhere from two to eight weeks.

Biking and swimming are often used in the early stages of the rehabilitation process to help increase ROM of the knee and also to help with strength and cardiovascular conditioning. Vigorous weight-bearing activities, such as running and weight training, are started at approximately the three- to four-month range. Sport-specific and other fitness activities can begin shortly after running is started and typically by the six-month mark, you should be able to resume, or be very close to resuming, all previous activities. Once you return to all activities, maintenance of strength in the surrounding muscles is always going to be a must in order to protect the knee.

Once you return to full activities, your orthopedic surgeon may require you to wear a prophylactic brace to help prevent stress and strain on the new ACL ligament. Usually these braces are recommended for participation in very rigorous activities such as downhill skiing, football and basketball. Often times,

the brace is recommended for the initial return to sports activities and is not permanently required. If you choose not to have an ACL injury surgically repaired, they will more than likely be encouraged to wear a brace in all rigorous activities.

You may have a few exercise activity restrictions in order to help protect the new ACL ligament, and it is important that you follow all of those prescribed. With weight training, he should generally be advised against doing quadriceps extensions and full squats as he can put an undue amount of stress on the ligament. Full flexion stretching exercises of the knee are also generally avoided to help eliminate stress placed on the new ACL.

Prevention

Is it possible to prevent ACL injuries from occurring? The answer to this question is no. The stresses and strains that are associated with many sports activities can never be totally avoided, and the potential for an ACL injury occurring is always present. If you are participating in sports where the possibility of tearing an ACL exists, the best preventative strategies are to maintain excellent leg strength, especially in the hamstring muscles, which help resist some of the forces placed on the ACL, good leg flexibility and the utilization of plyometric training and specific training programs that enhance body control.

Rehabilitation

If you have suffered an ACL injury, it is important you understand the importance of following your rehabilitation program and not force the knee beyond its proper level of healing. Maintaining leg strength, flexibility and the possibility of wearing a brace are all very important factors that should be considered in helping protect the new ACL ligament.

The rehabilitation process following ACL surgery is long and slow and, in many instances, painful in the beginning. But if you are patient, diligent and maintains a positive outlook, you will be back participating in the activities that you loves before you know it.

Jeff Oliphant, MS, ATC, is the head athletic trainer as well as an assistant professor at the University of Wisconsin-Eau Claire.

For more information on Anterior Cruciate Ligament issues, you can contact him by email at oliphajg@utvec.edu

Welcome New Subscribers!

Josh and Jamie Wilde
13th Oshawa, On

Patrick Storr
4th Orangeville, On

Christine & Daniel Gagnon
Carrefour Atoutamis
Sherbrooke, PQ

Alain Dubeau
National Council
St. Bruno, PQ

Dave Wiebe
JOTT—Founder
40th St. Catharines
Niagara Falls, On

Eric Colby
Quebec Provincial Council
APC—Rovers
Dorval, PQ

Douglas Rudolph
Tamerack
Montreal North, PQ



Good Luck to the new ARRT Executive:
Mate: Jamie Fisher, Vice-Mate: Cory Gazerek,
Treasurer: Dave Kissinger, and Secretary: John
McGhee

In other ARRT news: the executive is presently
looking for a crew to run **E-Vent** for 2002

The Magazine would like to Welcome Back:

Carrie Clifton of 1st Uxbridge Rovers, Sunderland, On
Abe Elias of 2nd Leamington Rovers, Leamington, On
Douglas Weaver of 22nd Niagara Rovers, Niagara Falls, On
Chris Lloyd of 18th Kingston Rovers, Kingston, On
Susie Page of 3rd Petawawa Rovers, Petawawa, On
Curtis Hayes of 1st Stirling Rovers, Foxboro, On
Jeff Currey of 2nd Dixie "Excalibur" Rovers, Mississauga, On
Ian Lipchak of Queens Rovers, Kingston, On
Spanky of 1st Lynden Rovers, Lynden, On

CHECK OUT

the 175th Edmonton's Chilkoote Trail article in the December issue of Leader's magazine. Then go take a HIKE!

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

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

or canadian_rover@hotmail.com

Congratulations

Four members of the Toronto MedVent: David Ralph, Howard Wheatley, Bruce Janes and Jerry Crawford were honoured as Employees of the month at the City of Toronto's "The Toronto Says Thanks Program" luncheon for their development and participation in the MedVent program for Venturers and Rovers as part of the city's EMS response teams.

**Reminder: Scout/Guide week is
February 17 - 24, 2002**

Duke of Edinburgh's Award
Approximately 25,000 Canadians
are currently engaged in the pursuit
of one of the three stages of the
Duke of Edinburgh's Award.

For information on the award,
contact Jill Hermant, Executive
Director at 1-800-872-3853

Or e-mail:
jhermant@dukeofed.org

Rovers in Alberta? Of Course!



Editor's note:

Since we haven't received a column from Alberta in the usual format. I've included the minutes from the last Alberta Rover Round Table meeting, taken from their web site, instead. For more information from Alberta check out: <<http://welcome.to/albertarovers>>

**Alberta Rover Round Table
Meeting, November 11th, 2001
Location: The Restaurant in Beaver Mines, AB
Time: 1:00 p.m.**

Additions to the Agenda

- Edmonton Social was added following the ARRT Constitution Report.
- Rover Woodbadge Part II was added following Rover Resource Team Report.

Minutes from the May Meeting

- There were no minutes from the May meeting.
- Some highlights, from memory, were:
 - \$500 donation
 - Event Budget

Resignations

- Adrienne Clay is no longer a member of Rovers, and has tendered her resignation as President of ARRT.

Treasurer's Report

- Balance as of Friday, November 9th, 2001: \$914.13
- Adrienne has requested reimbursement in the amount of \$130.81 for supplies and postage for the mail-out which occurred before the January meeting.
 - Motion: Approve the request for \$130.81 to be paid to Adrienne Clay.
 - Moved: Chad Bolster. Seconded: Will Conners
- Dave Kissinger moved that The Knights of Cerberus be reimbursed by ARRT in the amount of \$120 for the May ARRT social. These are monies they would have not spent had sufficient Rovers supported the event by attending. Seconded by Jenette Ziegler. Carried.

Resource Team

- Since the creation of the Resource Team, we have seen no real progress since they have no clear mandate of what they are to do.
- ARRT has asked the Resource Team to come up with a job description for themselves and present it for approval at the January ARRT Meeting.

Rover Woodbadge Part II

- Chad Bolster moved that ARRT request, through Smoke, a Rover Woodbadge Part II for Rover Advisors to attend. Mike Apedaile seconded the motion. Carried.

Event 2001 Preliminary Report

- Approximately 50 participants attended (plus staff).
- Lots of fun was had by all, with no serious incidents.
- They expect that they ran without a deficit.

Event 2002

- We need someone to sponsor Event.
- An email will be sent out to all Crews asking for Event proposals at the January ARRT meeting.

Constitution

Geoff Lobley moved that, at the first reading, the revised ARRT Constitution be accepted as amended. Seconded by Cory Gazerek. Carried.

The Constitution will be made available on the webpage for review, and recommendations can be sent to Geoff via an email address associated with the Constitution on the same webpage.

Edmonton Social

- January 26, same place as always.
- For more information, contact The Knights of Excalibur
- Issues were brought up concerning minors attending these events.
- Issues were brought up concerning Rover uniforms/flags/other paraphernalia in plain sight during the Social.
- National has come out with new policies regarding the consumption of alcohol at Scouting events. The policy states that it is completely unacceptable in any situation. B.P. & P. will be updated to match this new policy shortly.
- Consensus arising from discussion: let The Knights of Excalibur do their own risk analysis and come up with a solution to this issue, and there will be an analysis of this at the January meeting.

Elections

- Mate: Jamie Fisher
- Vice-Mate: Cory Gazerek
- Treasurer: Dave Kissinger

NOTE: The position of Mate is a one-year term as Adrienne Clay resigned half-way through her term.

Smoke's 5

- Glad to hear the alcohol concerns. This is an issue, especially with the new rules in place.
- National is studying how to "improve" the Rover program. This inevitably leads to a program designed to eliminate Rovers as a section of Scouting.
- We are under a microscope. Let's behave accordingly.

Next Meeting

January 26th, Edmonton. Hosted by The Knights of Excalibur. More information to follow.

Meeting Concluded: 1:00 p.m.

How It Happened

And God populated the earth with broccoli and cauliflower and spinach, green and yellow vegetable of all kinds, so Man and Woman would live long and healthy lives.

..... *And Satan created McDonald's.*

And McDonald's brought forth the 99-cent double-cheeseburger.

..... *And Satan said to Man, "You want fries with that?"*

And Man said, "Supersize them." And Man gained pounds.

And God created the healthful yogurt, that woman might keep her figure that man found so fair.

..... *And Satan brought forth chocolate.*

And woman gained pounds.

And God said, "Try my crispy fresh salad."

..... *And Satan brought forth ice cream.*

And woman gained pounds.

And God said, "I have sent your heart healthy vegetables and olive oil with which to cook them."

..... *And Satan brought forth chicken-fried steak so big it needed its own platter.*

And Man gained pounds and his bad cholesterol went through the roof.

And God brought forth running shoes and Man resolved to lose those extra pounds.

..... *And Satan brought forth cable TV with remote control so Man would not have to toil to change channels between ESPN and ESPN2.*

And Man gained pounds.

And God said, "You're running up the score, Devil."

And God brought forth the potato, a vegetable naturally low in fat and brimming with nutrition.

..... *And Satan peeled off the healthful skin and sliced the starchy center into chips and deep-fat fried them. And he created sour cream dip also.*

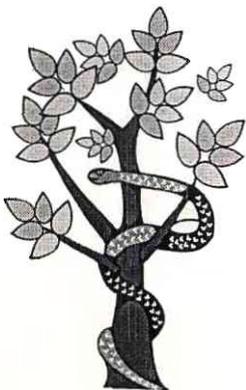
And Man clutched his remote control and ate the potato chips swaddled in cholesterol.

And Satan saw and said, "It is good."

And Man went into cardiac arrest.

And God sighed and created quadruple bypass surgery.

And Satan created HMO's.



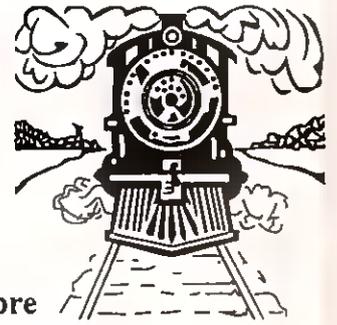
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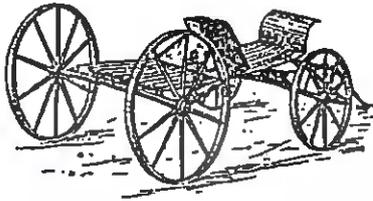
The Penny Borne

Does the expression, "We've always done it that way!" ring any bells?

The US standard railroad gauge (distance between the rails) is 4 feet, 8.5 inches. That is an exceedingly odd number. Why was that gauge used? Because that is the way they built them in England, and English expatriates built the US railroads. Why did the English build them like that?



Because the first rail lines were built by the same people who built the pre-railroad tramways, and that is the gauge they used. Why did "they" use that gauge then?

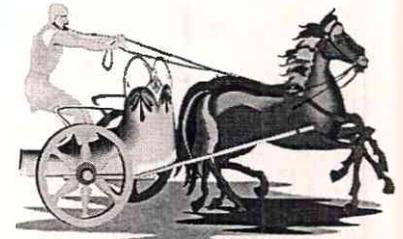


Because the people who built the tramways used the same jigs and tools that they used for building wagons, which used the same wheel spacing.

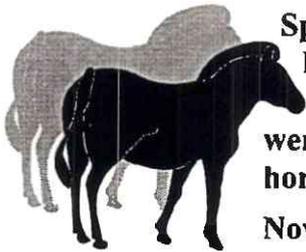
Okay! Why did the wagons have that particular odd wheel spacing?

Well, if they tried to use any other spacing, the wagon wheels would break on some of the old, long distance roads in England, because that's the spacing of the wheel ruts. So who built those old rutted roads?

Imperial Rome built the first long distance roads in Europe (and England) for their legions. The roads have been used ever since. And the ruts in the roads?



Roman war chariots formed the initial ruts, which everyone else had to match for fear of destroying their wagon wheels. Since the chariots were made for (or by) Imperial Rome, they all had the same wheel spacing. The United States standard railroad gauge of 4 feet, 8.5 inches is derived from the original specification for an Imperial Roman war chariot.

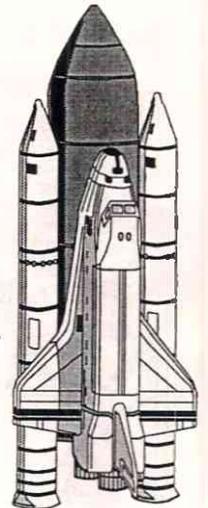


Specifications and bureaucracies live forever. So the next time you are handed a specification and wonder what horses ass came up with it, you may be exactly right. This is because the Imperial Roman war chariots were made just wide enough to accommodate the back ends of two war-horses.

Now, the twist to the story...

There is an interesting extension to the story about railroad gauges and horses' behinds. When we see a Space Shuttle sitting on its launch pad, there are two big booster rockets attached to the sides of the main fuel tank. These are solid rocket boosters, or SRBs. Thiokol makes the SRBs at their factory at Utah. The engineers who designed the SRBs might have preferred to make them a bit fatter, but the SRBs had to be shipped by train from the factory to the launch site.

The railroad line from the factory happens to run through a tunnel in the mountains. The SRBs had to fit through that tunnel. The tunnel is slightly wider than the railroad track, and the railroad track is about as wide as two horses' behinds. So, a major design feature of what is arguably the world's most advanced transportation system was determined over two thousand years go by the width of a horse's ass.





LETTERS

to the EDITOR

via e-mail



I have been hoping that my Venturers would attend the BC TREK this August since I found out about it last fall. However, they only got around to making a decision to go (at my prompting) on Monday. For them, summer is still too far off to take seriously. But they now have raised some money and are wanting something interesting to do. They're not into "high adventure" camps where they would rough it, so the BC TREK sounded ideal. However, their Web page ads disappeared and when I phoned the BC Council office yesterday, I was told by the person who answered the phone that she thought it was cancelled due to small BC registration numbers.

This leads me to a number of points:

- 1) The pamphlet that was in our local office did not have a registration date.
- 2) Event organizers should recognize that despite their wishes or demands, Venturers and Rovers are more likely to put off final commitments to attend till somewhere in a 2-3 month time frame.
- 3) If it is cancelled, it is just the latest major event that was cancelled oong before the event due to lack of registration [maybe there's a hint in this]
- 4) It's time that major events were planned in a scalable manner, so that they would still happen even if only for a small number of attendees. Big is great, but 'small is beautiful' too, and small is better than nothing at all.

I also have a question:

I have four 15-16yr old Venturers, each with 2-5 Jamborees they have attended, who are located in Saskatoon and who now need something fun to do this summer that hopefully includes lots of other Venturers and Rovers. If it's at the end of summer we could drive most places from BC to Ontario. Our budget is a max of about \$1200/person for the 5 of us.

Does anyone have any good suggestions.

Yours In Scouting,
Jim Carter

*Note: Jim's email originally came from:
CanRovers@yahoogroups.com*



BC TREK 2002

Message from



the Camp Chief

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

Editor's note:

I just came across an email from Jim Carter, a Venturer advisor from Saskatoon, bemoaning the fact that he had a group of Venturers who wanted to attend the BC TREK only to find that it had been cancelled. Since our magazine tried to help promote this event by running their promotional material, I contacted Gary Ness, the Camp Chief for his statement. Here's what he had to say (I took the liberty of highlighting the numbers):

Hi Stan,

Before I get to the Status of "Trek" I would like to say a big thank you for running the Trek promo. I was unaware that you were still inserting the ad in your Mag.

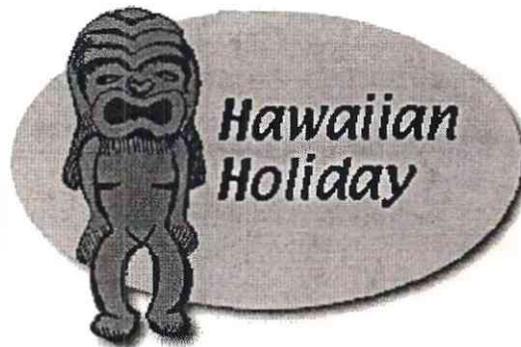
The status of "BC Trek 2002" is as the e-mail states. We had a very low number of registrations by our final cutoff date of December 15, and I and my executive team had to make the unfortunate decision before we fell much deeper in the red, not Rover red. **The area with largest number of registrations was African.** As I recollect from the statistics I collated we had about **7** from **British Columbia** and around **20** from the **rest of Canada** including approximately **12** from **Ontario**. **There were very few Rovers registered, maybe 5 or 6 from Canada.** After the last 2 rover moots were cancelled, I really believed that with the Venturers we could get 200 to 300 youth eager to meet and enjoy the different experience that we attempted to develop. Not at this time as the youth said by not registering by the deadline. They, the youth, have spoken and I accept their decision. Maybe next time if another senior section event is planned in the future.

Please express my apologies to all the readers of your magazine and the youth of Ontario for having to make this decision, it had to be made for sound financial reasons.

Thanks again and hopefully our paths will pass in the future.

Garry Ness
the "Old Rover" and Camp Chief of "Trek"

ROVER MOOT 2002



(Once again, a moot for Rovers only!)

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

Events Include:

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

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

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

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

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

Registration Contacts:

Kevin Dunn	Erin Slingerland
905-278-4518 (home)	519-821-7290
416-819-4518 (Cell)	
kdunn@softhome.net	babsbunny@excite.ca

The All Important Directions

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

Written Instructions:

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

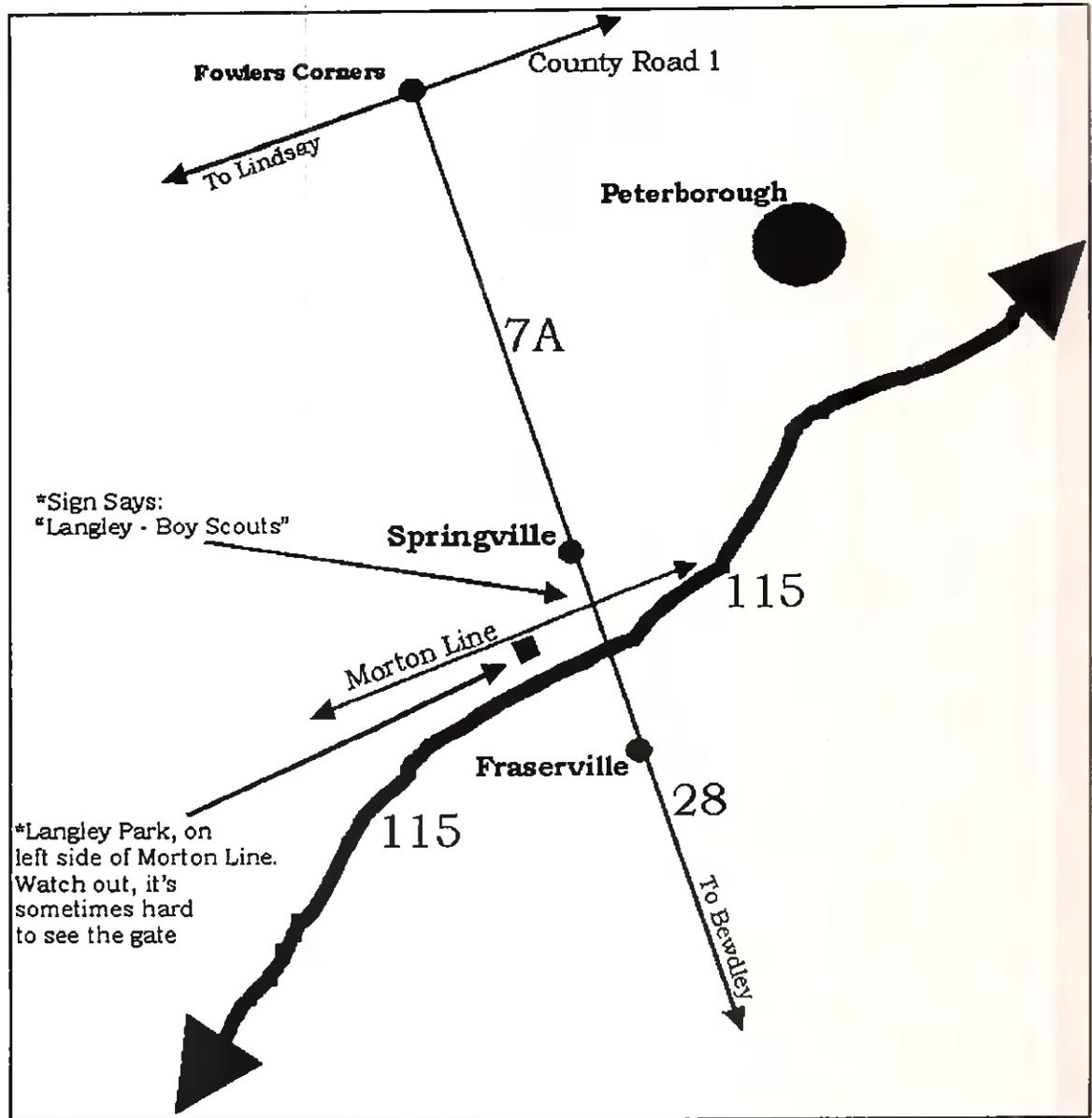
Take the exit and
follow 7A toward
Fowlers Corners.

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

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

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

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

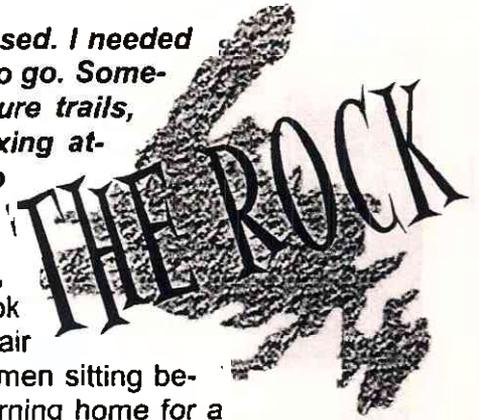


If you hit Springville or Fowlers Corners, you've missed Morton Line, turn around and come back.

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

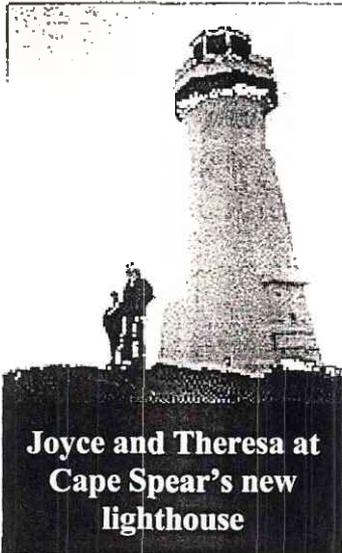
ONCE AGAIN, IF YOU HAVE ANY QUESTIONS ABOUT THESE DIRECTIONS EITHER BEFORE
LEAVING HOME OR WHILE ON ROUTE, PLEASE CALL 416-819-4518

At the beginning of October, I found myself feeling stressed. I needed to get away, and fast! So, I thought about where I'd like to go. Somewhere with friendly people, beautiful surroundings, nature trails, tourist attractions that don't cost a fortune, and a relaxing atmosphere. The answer was obvious. I had to visit.....



Two weeks later, I found myself on a plane to St. John's, Newfoundland. I felt quite nervous and a little sick as we took off, not from fear of flying but from worry about the state of air travel as of late. Fortunately, I was distracted by the two women sitting beside me, who had grown up in Newfoundland and were returning home for a visit. I hadn't even reached Newfoundland, and I was already making friends with the natives! They recommended some places for me to visit and reassured me that I would have a wonderful time.

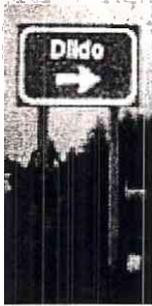
I arrived at the tiniest airport I have ever seen. It has only one baggage carousel, located in the room used both as the entrance and exit. I was quickly whisked away by a friendly cab driver, who told me where to find the best traditional Newfie cuisine in the city. "City" is a strange word to use for St. John's. With a population of about 150 000 including the new outer portion of the city, it was actually rather small. The harbour itself is only 1.8 km long, and the city follows the length of the harbour, making it almost impossible to get lost. If you can see the water, you know where you are. If you can't see the water, walk downhill and you'll always be walking east. It was a relief to know that I would be able to find my way easily, as I am the world's worst navigator!



I stayed in a hostel on Gower Street, right in the middle of St. John's. The Backpacker Bunk & Bagel was a great choice for my accommodation, as it was cheap, clean, central, and had lots of friendly travelers staying there. Ben and Betty own the place and live upstairs. Josh, a journalist from New York, and David, an Englishman moving back to St. John's after several years away, were long-term residents, staying for a couple of months. They knew the area fairly well, so I kept my ears open to their ideas of what to do and where to go. I shared a room with the short-term guests: PJ, a nurse from Belgium, and Ian, a local in limbo between apartments. These housemates made for great conversation and companions for a day excursion or evening out.

The highlights of my trip were plentiful. We had gorgeous weather, all except for 3 days. Of course, it was a foggy, rainy day I chose to take a 3-hour hike up Signal Hill to Cabot Tower. At the top, I looked like a drowned rat, and two wonderful ladies on the top of the tower took pity on me and offered me a ride down the hill. Joyce was from Waterloo, and was helping her friend, Theresa, move back to St. John's after a couple of years living in Ontario. They were kind enough to show me some of their favourite places in town, and we even stopped at the narrows (the entrance to the harbour) and they took some digital photos to e-mail home to my parents. I also spent my last full day with them, and we went out to Petty Harbour and saw Cape Spear in the sun.

Once, I rented a car for the day with David and PJ, and we drove 400 km that day! We visited places with magnificent scenery and strange names. We even visited the Dildo Quick Mart,

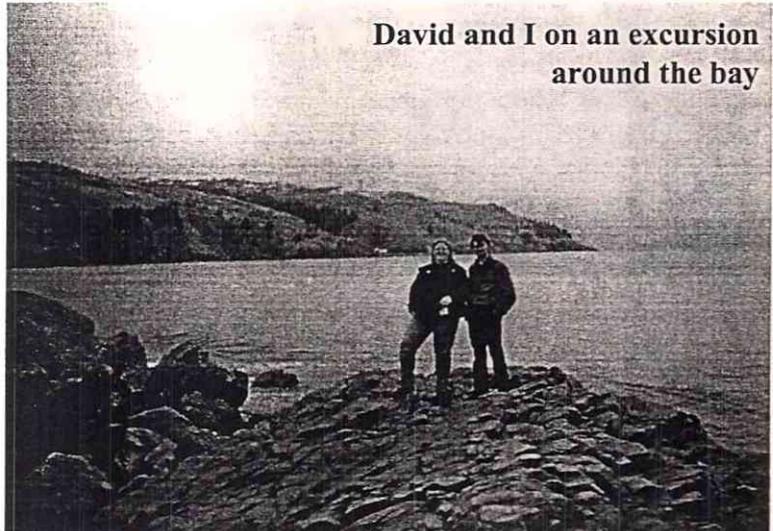


and got told off by a native for taking pictures standing by the Dildo sign. We walked through the thick fog at Cape Spear, listening to the sounds of the sea and the foghorn, but not being able to see anything at all. We found the old World War 2 bunker there, and wandered through it. The foghorn echoed throughout its length, making an eerie moan. We kept ducking around corners and jumping out of the darkness to scare each other. We drove from town to town, looking for the Our Lady of Lourdes Grotto. It took so long to find, we joked about how hard it is to find a virgin in Newfoundland! Eventually, we found her high on a hill overlooking Flatrock.

Because I had arrived in St. John's just as tourist season ended, there were no tours, whales, or puffins for me to see. I visited the city's museum and saw native animals that were stuffed and displayed in glass boxes. I visited the fluvarium, an educational centre built in the middle of a river, with windows in the basement so you could see what was happening underwater. I was also lucky enough to get in on a special Halloween ghost walk, and heard plenty of strange-but-true stories of the city. On this walk, I met another traveler — Amanda from Kamloops, who I ended up pub hopping with later that night and the following night. It always seemed that one adventure led to another, and everywhere I went I made a new friend.

Another day, I walked up to Lady's Lookout, which I dubbed the windiest place on earth. It is the highest point in St. John's, at 160 M above sea level. This is where women would stand and watch for their husbands to return from sea, as it's very close to shore. I flew a kite up there, and tourists that were driving down Signal Hill Road honked and waved at me as they passed. I didn't get arrested, so I guess they weren't trying to warn me about anything! When the kite came down after half an hour, I continued my hike down the north side of the hill, down to Quidi Vidi Village, a 16th century fishing village. I strayed from the path on the way and found myself standing in a field of wild blueberries, which I picked and ate as I hopped over and around rocks that protruded from the spongy ground.

I swear Newfoundland is covered in Astroturf! The earth was bouncy, due to many years of decaying plant matter covered by thick moss. I experienced this both in and outside the city. Outside the city, at Bay Bulls pond, I found another strange thing: the trees were softer than Ontario trees. Although they were densely packed, you could walk between the evergreens and not get a scratch on your skin or a tear in your clothes. The gap in the trees would close up behind me, and it was hard to tell anybody had even been there. I did a lot of wandering through bushes out there, as I was participating in an exercise the local Rovers put on for the Air Cadets.



David and I on an excursion around the bay

Yes, you read right. There ARE Rovers in Newfoundland. I met two of them, Aaron and Joel, through a contact given to me by Newfoundland Scout Council. I was blown away by how Rovers offer service to the community. There are two Crews in St. John's, the guys I met were

from the 6th St. John's Crew. It consists of 38 Rovers, most of them over the age of 26, but all of them quite active. I took along some Ontario Rover magazines, and suggested they write an article about Newfoundland Roving. Their response was, "What do we do that anyone would want to read about?" Add humility to their list of virtues.

Rather than worrying about program and traditions as practiced by many Crews elsewhere, these guys offered service in the form of a search and rescue team.

Last year, the Crew purchased an emergency vehicle with \$50 000 they had raised. The square white truck is similar in appearance to those cube-shaped fire trucks, emblazoned with "Rover Search & Rescue" on all sides and the names of their biggest sponsors. The truck is equipped with police-style flashing lights, huge searchlights, radio and surveillance equipment, and anything you could think of that would aid in the rescue of a missing person.



**6th St. John's Rovers
Search & Rescue Truck**

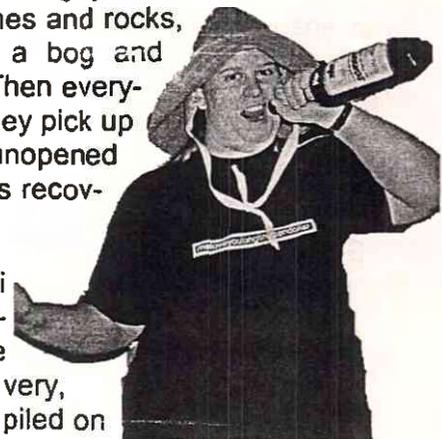


**Lisa, Carolyn, Cookie Monster, Me, and
the bouncer at George Street Halloween
Mardi Gras celebration**

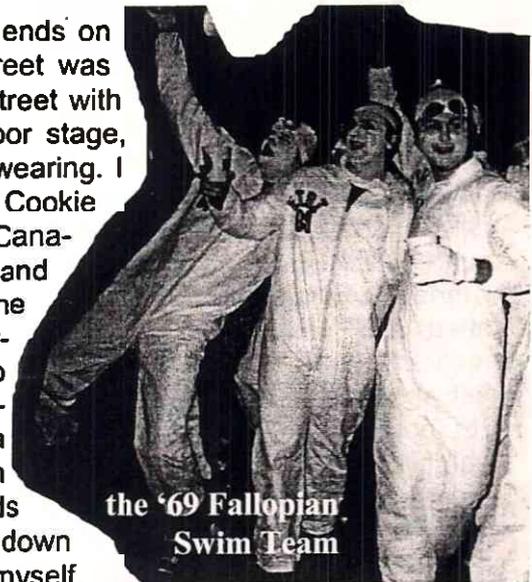
This was unlike anything I'd ever seen before. Yes, there are police and medical Venturers and Rovers in many places across the country, but their duties tend to be limited to aiding the professionals. The 6th St. John's Crew, it turns out, ARE the professionals. They are called out to search for missing persons, find evidence such as murder weapons, and have just been officially added to a call list for any hazardous material calls. Three times in the first week I was there, Crew members were called out to investigate anthrax scares. In addition to all this work, they do the usual security and events for Beaverees, Cuborees, etcetera.

Of course, these guys also know how to have fun. Although I am adamantly against the use of alcohol in Scouting, this Crew has found a way to incorporate it into their program, and I think it's ingenious. Every so often, the Rovers get together for a camping trip. In the morning, they send a couple of guys out into the forest with cases of beer. The bottles are hidden up in trees, under bushes and rocks, in streams, and once someone put one upside-down in a bog and stamped it down level with the ground, covering it with mud. Then everyone goes into the forest to practice evidence searches, and they pick up as many bottles as they can find. The bottles come back unopened and are counted, and the search isn't over until every bottle is recovered. In the evening, their reward is to destroy the evidence!

One of my favourite parts of the trip was the Halloween Mardi Gras. Newfies are VERY into Halloween, and enjoy decorating their houses for it more than most Ontarians ever decorate for Christmas! The Mardi Gras is held on George Street, a very, very short street (about a block long) that houses 36 pubs, all piled on



top of each other. The street was closed off at both ends on Friday and Saturday night, and admission to the street was only \$5. Once inside, you could wander around the street with drink(s) in hand, listening to the bands on the outdoor stage, and laughing at all the crazy costumes people were wearing. I tell you, that crowd was creative! I met Lady Godiva, Cookie Monster, 2 toilets, a guy in a kybo, a case of Molson Canadian beer, a lot of sperm, pimps, and drag queens, and Scooby, Shaggy, Velma, and Daphne dancing in the Mystery Machine. I befriended 3 girls when I first arrived, and they took me around and introduced me to their friends. Men were fascinated by my sparkly bumblebee wings. I was given an upside-down shooter by a hunky bartender dressed as a pirate. (Upside-down shooters are given by the recipient leaning backwards over the bar and having the bartender pour the drink down your throat.) I partied all night and thoroughly enjoyed myself, and crawled home to bed when I finally got tired enough to leave the soiree.



the '69 Fallopian Swim Team

In case you were wondering, yes, I did get screeched in. I am officially an honorary Newfoundland! I was disappointed the bar didn't have us kiss a live cod according to tradition,



but I can now say I've kissed the ass of a puffin. (Okay, it was plastic, but I still did it!) I can also say I flew a kite in the windiest place on earth, trespassed *under* the campus of Memorial University of Newfoundland, truly enjoyed screech and Newfie beer, got my first body piercing (you guess where!), accepted rides from total strangers, experienced real fog, and made a cell phone call from the site of reception of the first trans-Atlantic radio signal.

Actually, it turns out I was born a Newfie, I just didn't know it until I went out there. I even speak fluent Newfanese when I've had a few shots of screech! With all the friends I made, and all the good it did me, I'm now thinking maybe I should move out there someday. We'll see!

ALI GOTHARD

*Ali Gothard is a Pas Philos Rover in Newmarket, Ontario.
Her web site can be found at <http://www.geocities.com/armedwithjello>*

Photos from her trip can be viewed at: <http://members2.clubphoto.com/ali210780/>

Training Dates

BRITISH COLUMBIA

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

Company & Crew Part II
Fraser Valley Region
Erickson House, Camp McLean
Langley, BC

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

GREATER TORONTO REGION

November 22-24, 2002
OR
November 22-23, 2003

Crew Woodbadge Part I
Scout House
Greater Toronto Region
Ontario

January 26, 2002

GTR Scouter's Conference
Centennial College
Toronto, ON

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

Feb 22-24; Apr 5-7;
Apr 6-8, 2002
OR
Feb 21-23; Mar 28-30;
Apr 18-20, 2003

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

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

SASKATCHEWAN

April 12-14, 2002

Wilderness First Aid Course
Camp Thompson
Swift Current, Saskatchewan
<scottymic@hotmail.com>

July 6-14 Leadership Skills Camp
Anglin Lake Scout Camp
Prince Albert, Saskatchewan
Contact: Helen Watson
<hwwatson@sk.sympatico.ca>

Family Woodbadge II Training
Anglin Lake Scout Camp
Prince Albert, Saskatchewan
<the.akela@shaw.ca>

QUEBEC

April 6-7

Rover Part I
Scout HQ; Dorval, PQ
<info@qc.scouts.ca>

Alberta

July 13-14 Dish It Outdoors
Skeleton Lake Scout Camp
Boyle, Alberta
(780)454-8561

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

International Events

MARCH '02

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

16-23 Metsovo, Epirus, Greece
Icelandic International Jamboree
(Scouts Venturers & Rangers)
Akureyri, Iceland

JUNE '02

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

John Meed - Canadian Contingent Leader
<jmeed@attcanada.ca>

9-15 23rd World Conference of International
Scout and Guide Fellowship
U of BC
Vancouver, BC
<www.isgf2002.com>

JULY/AUGUST '02

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

JULY '02

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

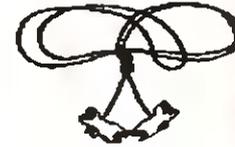
JANUARY '03

12TH Austral'ian Venture
Extreme Venture Act 2003
Camp Cottermouth
New South Wales, Australia
<allan.dean@webone.com.au>

8-11 8th World Youth Forum

AUGUST '04

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



UPCOMING EVENTS

UPCOMING EVENTS

FEBRUARY

15-17 Snow Moot
Mount Nemo Scout Camp
Burlington, ON
<snowmoot@canada.com>
web site:
<snowmoot.cjb.net>

15-17 RoVent 2002
Cambie Creek
Manning Park, BC
<rovent@corturoy.com>

22-24 Prince Albert Winter Festival
Scouts & Venturers
Prince albert Saskatchewan
<jdf@sympatico.ca>



MARCH

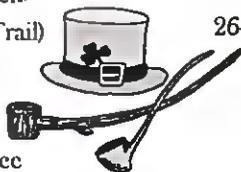
1-3 16th Annual Club Med Moot
(WET MOOT)
Rawdon, Quebec
Christina: (450)653-1815
<themissinglinkrc@hotmail.com>
web site:
<www.geocities.com/Yosemite/Rapids/8544>

APRIL

5-7 Supernova 2002
Camp Manitou
Milton, ON
web site:
<www.angelfire.com/biz/27ven>

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

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



26-28 11th Annual Looney Tunes Moot
Blue Heron Site
Blue Springs Scout Camp
Acton, ON
Mike: (905)510-1293

JUNE

14 Yuk Yuk's Comedy Night
(this is a Wet Event)
Pas Plulos Rover Crew
Legion Hall
Aurora, ON
<huni_bare@hotmail.com>

15 Rover Formal
Newmarket Scout Hall
Newmarket, ON
<nicky@rogers.com>
or Amy Patterson-Higgins
@ (613)395-3191

JULY

12-14 Ancient Moot
Lion's Park
Burford, ON
Valerie: (519)245-4932
<powwil@execulink.com>

12-14 JAMBEC 2002
Scouts & Venturers
Camp Tamaracouta
Milles Isles, PQ
<www.welcome.to/jambec2002>

26-28 Hawaiian Holiday
ROVER Moot
Langley Scout Park
Peterborough, ON
see ad in this edition

AUGUST

2-11 Summer Scouting Survivor
(Venturers Only)
Camp Alloway
Big Whiteshell Lake, Manitoba
<wolvy@shaw.ca>

17-25 BC Trek has been cancelled
read the message from the Moot Chief

SEPTEMBER

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

NO FIRM DATES

????? Attawanderonk Moot
Everton, ON
????? Jailbreak Moot
Niagara Falls, ON



ORC Events

Mar 8-10 Tri-Shores Region
London/Sarnia Area
May 10-12 Annual General Meeting
Greater Toronto Area
July 26-28 Rover Moot
Langley Scout Park
Peterborough, ON
for details on any of these:
<orcweb@bigfoot.com>
web site:
<www.orcweb.org>

South Lake Simcoe Rover Round Table:

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



MORE INSIDE !!!!!

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

.....IT'S FREE