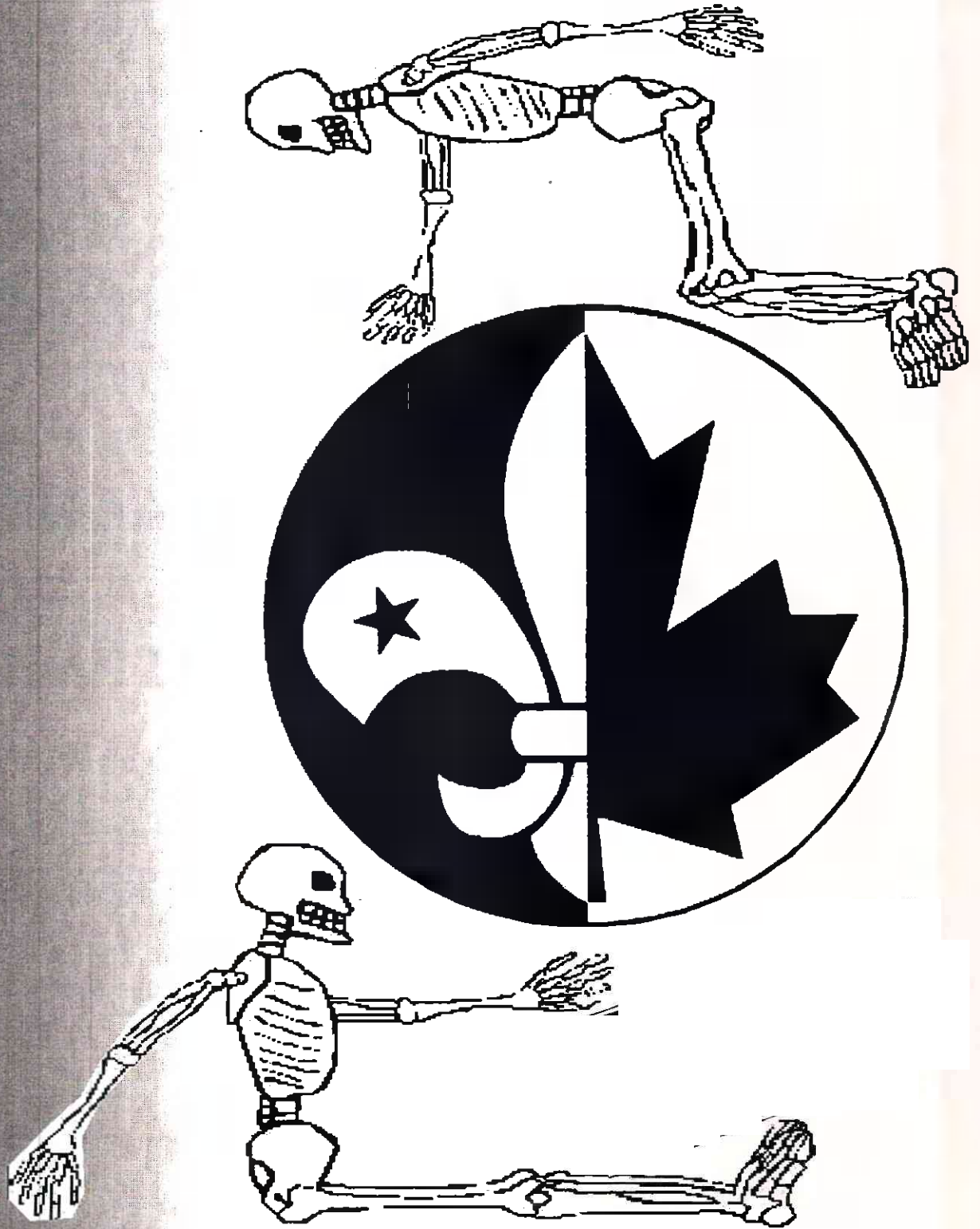


# The Canadian Rover, EH!

October/November 2002



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

# The Canadian Rover EH!

## Magazine Staff

Editor  
Stan Kowalski Jr.

Subscription Manager &  
Advertising Coordinator  
[REDACTED]

Promotions  
Kirby McCuaig

## Advertising

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

## Send Submissions to:

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

## Questions ? Problems ? contact:

EMAIL US!  
canadian\_rover@hotmail.com < < < < or at our e-mail address

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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New Subscription [ ] Renewal [ ]

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Make cheques payable to: The Canadian Rover Eh!



To all of our faithful Subscribers:

A heartfelt apology for not delivering this edition on time. Ben Noseworthy, who has been the subscription manager and advertising coordinator, has also handled the printing of the magazine for the past year.

At about the time this edition should have gone to press, Ben's daughter was in hospital and subsequently passed away.

Along with other events in his life, Ben has reached a point where he feels it necessary to resign from the magazine.

All further inquiries and communications should no longer be addressed to Ben's work phone, but should either be sent to me directly at *roverldr@adelphia.net* or to the magazine's email address *canadian\_rover@hotmail.com*. I can also be reached by phone at (716)877-1944.

We're going to have a major problem in replacing Ben, but we have to carry on. If any of you feel you have the time and expertise to handle the financial records for us, please contact me. If any of you know where we can get the magazine printed at little or no cost (we're trying to hold down the subscription rates), *PLEASE* contact me. This is a major concern for future editions.

Stan Kowalski Jr. — Ye Olde Editor

# From the Editor's Desktop



## To contact me

### regular mail:

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(716)877-1944

So, tell me again.....why would anyone want to spend the time and the energy to plan an event for Rovers? In the last issue, I commended the group of Rovers who have taken on the Herculean task of trying to organize and promote a National Moot. They have to overcome the skeptics at the National level, but they also have to overcome the inertia shown by Rovers in general.

I've attended three Rover moots in the past two months. Moots that took months of planning, Crew funds or personal funds to 'prime the pump' and lots of dedication and hard work by the organizers. All three of these moots developed the same problems: low pre-registration; and.....even lower participation in the competitive events held during the week-end schedule.

What's wrong with this picture? I know that I'm from the Jurassic Age, but it seems to me that the spirit of competition shouldn't be dead. Is it? Back in the days of participating in Scout Camp-O-Rees and Jamborees, my Troop couldn't wait to show their skills in anything and everything against all comers. When I traded in my Scoutmaster's badge and began working with the senior section, I found that Rovers REALLY wanted to show how good they were.

What's happened lately? The last three moots I attended could have taken place in an old folks rest home from the amount of active participants. The only **really** enthusiastic, active Crew I saw in action was a relatively **new** unit (about a year-and-a-half-old) who wanted to try their hand at everything. The next active bunch were the youngsters at what turned out to be a family weekend – the Ancient Moot. The kids were into almost every event, while the Rovers mostly sat back.

I realize that most Rovers in today's world have many demands on them, and they **DO** need time to renew their energy and just 'veg-out', but I don't think attending a moot is the place to do it, do you? By attending the moot, **haven't you made a contract** with yourself, your Crew, and the moot organizers to **PARTICIPATE?**

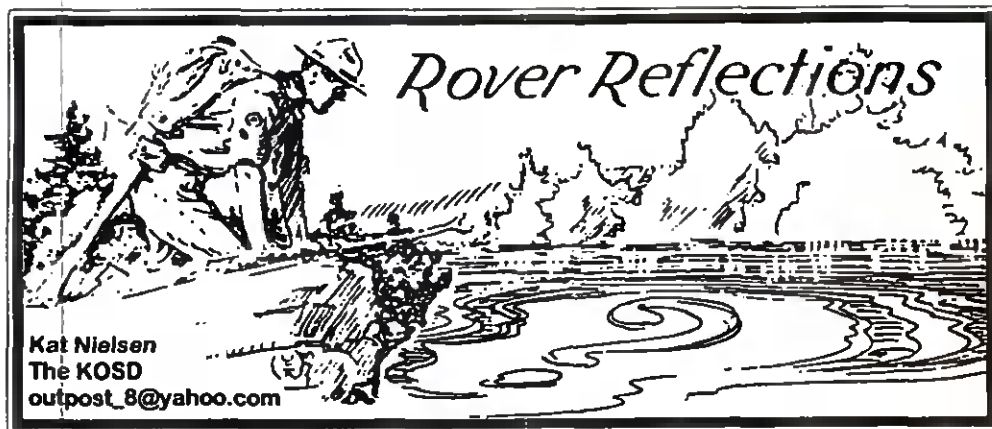
Think about it. A lot of long-standing moots have shut down. I've heard a lot of comments about 'no place to go'. There are still Crews out there willing to spend the time, energy, and money to organize and run a moot, but you have to do your part too:

- Pre-register, so that the organizers have an idea of how many people are coming
- Show up
- Participate.....demonstrate your willingness to take part in the activities.

If you just want to 'veg-out', you can accomplish that at home, without all the hassle of showing up at camp.

Keep on Rovering,  
Stan Kowalski Jr.





## **Duty to Self - Part 1**

Equally important as Duty to God and Duty to Queen (discussed in previous issues) is the Rover Scout's Duty to Self. Duty to Self is defined in the current Rover handbook as "Responsibility for the development of oneself." The Rover Program Goal of developing young adults who are self-directed and responsible goes hand in hand with Duty to Self.

In *Rovering to Success*, Baden-Powell saw a need for "Self-Education" as part of the Rover Scout program. This Self-Education involves the continued development of the Rover even though they have now become adults. Self-Education includes hobbies, skills, jobs, friendships, family, etc. Ultimately, the aim of Self-Education is the development of the individuals into better citizens. Since these ideas are directly related to our current idea of Duty to Self, Baden-Powell's tips for Self-Education seem equally appropriate for Duty to Self.

Duty to Self, and self-education by extension since they are so similar, involves a continued "education" of the mind and soul. This is not a scholastic education specifically, but is driven by personal discoveries and learning through doing. Therefore, Duty to Self involves having new experiences and growing as a person from them. Such activities which fall under the category of "Duty to Self" include (but are by no means limited to):

- ❖ Discovering other cultures by traveling, both locally and internationally
- ❖ Becoming familiar with the nature surrounding us
- ❖ Developing natural gifts, talents, and skills
- ❖ Learning about our local communities by attending cultural events
- ❖ Developing friendships with other Rovers by attending moots and jamborees
- ❖ Undertaking service projects which benefit both the community and ourselves through skill development
- ❖ Learning about ourselves through writing to pen pals from other parts of the world
- ❖ Reading about these and many other activities to increase knowledge

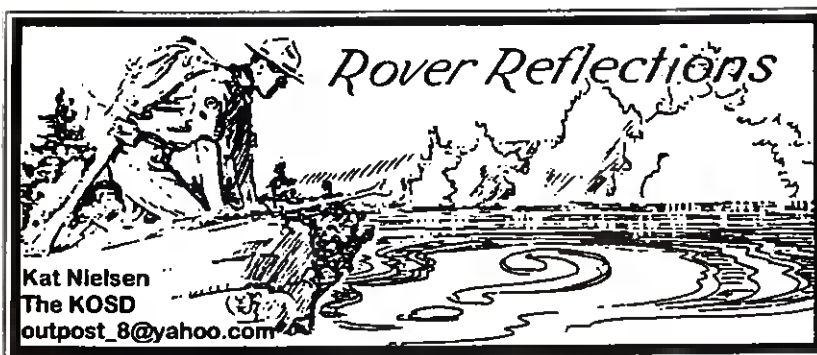
The aim of the Rover program is to teach Rovers "how" to learn. It is then up to us, as part of our Duty to our Self, to go out and learn for ourselves about the world. This process will then help us to individually develop our own characters, intelligences, health, skills, and souls. We should, as Rovers, perform service for others, but not at the expense of ourselves.

A symbolic representation of Duty to Self is the thumb stick. Some crews use thumb sticks as part of their investiture ceremonies. A thumb stick can be used as a walking stick or as a tent pole. Generally speaking, however, they are decorated over the years by markers of places in which the owner has been. These markings can be carved, engraved, painted, or, most commonly, through the use of walking stick medallions which represent particular events or places. Thumb sticks can be made out of Diamond Willow, Cherry Wood, Iron Wood, or Hickory and are a wonderful way to start a conversation with a stranger. They can be owned by individuals as well as Crews. In this way, just as every owner is unique, so to is every thumb stick.

The thumb stick for investitures most often has two prongs. Each prong represents a path before you. Often these multiple paths appear during difficult times. Part of Duty to Self is to choose the "right" course for you at that time and for the future, even if it is the more difficult one.

So, get out there, try new things, expand your mind and your soul. It is your Duty as a Rover Scout!

*Part 2 of Duty to Self will be in the next issue. It will deal with how Duty to Self can be realized through questing within the knighthood theme. Although the next installment will focus specifically with questing, it is equally adaptable and useful for other themes as well. Hope to see you then.*



## Rover Reflections Questionnaire

Do you wish to have your response kept confidential? Yes \_\_\_\_\_ No \_\_\_\_\_

Name: \_\_\_\_\_

Crew: \_\_\_\_\_

E-mail: \_\_\_\_\_

Are there any regular Rover events in your area? Yes \_\_\_\_\_ No \_\_\_\_\_  
(Please give as much detail as possible). \_\_\_\_\_

What are some of your personal and crew highlights of Rovering (people, events, etc)?

Do you have any complaints about Rovering? Yes \_\_\_\_\_ No \_\_\_\_\_

Do you have any questions about Rovering? Yes \_\_\_\_\_ No \_\_\_\_\_

Thank you for your time and response.  
Check future issues of the Canadian Rover Eh! for the results.

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Katherine Nielsen, R.S.  
Knights of Sicarius Dracorum, Knights of Amikeco, Alberta  
Montreal, Quebec, Canada  
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#3



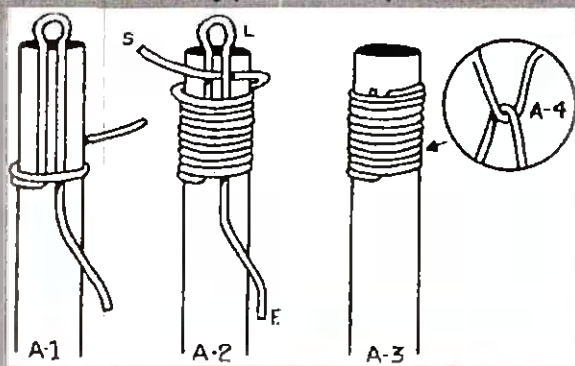
Once upon a time, in the not too distant past, Scouts in Canada were looked on as real craftsmen of outdoor skills. Back then, Scouts looked up to Rovers because they were able to demonstrate the highest level of excellence in all the outdoor crafts. One area in which their expertise really excelled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

### OOPS!!!

In the initial article for this column, (June/July '02 issue) I made an error which clipped the last two sentences in explaining this whipping, creating some confusion in describing how it should be finished. My apologies. Ye Olde Editor

#### A COMMON WHIPPING

The simplest of the whippings, the Common Whipping is suitable for both three-strand and braided rope. It can be used to stop the end of a rope from fraying, or to make a mark at any point on a rope.



#### WHIPPING

One important preparation is the protection of the rope ends against wear. Unless protected, the twisted strands will loosen and fray. A figure-of-eight knot at each end will serve as a temporary stop but should not be left permanently. As soon as possible the ends should be treated in any of the various methods.

Take two feet of twine, double back about 3 inches, lay along the rope, near the end to be whipped, as you see in A 1. With the long end of the twine, wind round the rope a dozen times pulling each turn tight and making sure that it lies close to the previous turn. Pass the end S through the loop L as in A 2, do not let the turn slip.

Now pull the end E gently until the loop is about half way through the turns of the whipping, this will lock the ends as shown in the sketch A 4.

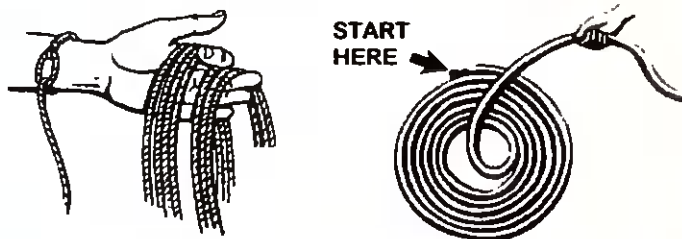
Finally cut off the twine close to the turns of the whipping, taking care not to cut the rope. Try your hand with various sizes of rope so that you become proficient with whippings of all kinds.

#### CARING FOR ROPE

A good rope is expensive and should not be handled carelessly. Abrasion is the kiss-of-death, so keep it clean and free of mud or grease. Washing once a year in a sudsy tub of liquid detergent, then coiling and air-drying your ropes and storing them in a cool, dry place is a good idea. If it is damp, do not coil or store it until it is thoroughly dried out.

Always keep it in a dry place. It should never be thrown into a corner to tangle and kink. When a job is finished, the rope should be placed where it will be available instantly, if necessary, and should be coiled so that it will pay out smoothly when needed.

**Tip:** To remove the "memory" of store-bought coils, slightly stretch a new rope (tie it off tight between two trees) for an hour or two. An old snagged rope may forget its windings if you soak it briefly in water then administer the stretch treatment. All ropes — natural and synthetic — are injured to some extent by ultraviolet light. So keep your ropes out of the sun as much as possible.



#### COILING ROPE

To coil rope, first shake it out in a straight line so there will be no kinks. Hold the end with one hand. With your other hand pull in enough rope to make a loop about 18 inches long. As you place the loop in your hand, roll the rope a half-turn with your thumb and forefinger. This will counteract the twist you put in the rope as you made the loop and will help to eliminate kinks.

To make a flat coil (as shown in the drawing), lay the outer circle first and coil in toward the center in a clockwise direction. Give a half-turn to each coil to eliminate kinks. If your coil is too loose, you can tighten it by twisting the center with the palm of your hand.



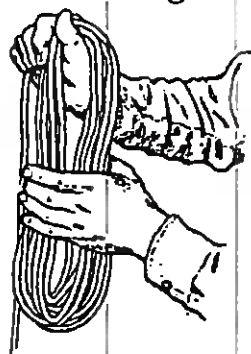
## **Coiling Your Rope For Proper Storage**

On a canoe trip some years ago, one canoe swamped in a heavy rapid. There was a bouldery falls just downstream so a throwing line had to be tossed to the men in the water immediately. Two 50 foot nylon ropes, which were properly coiled for throwing, were heaved to the pair who were hanging on to the gunnels of the water-filled canoe. The men caught the ropes and were rescued just 50 feet above the falls!

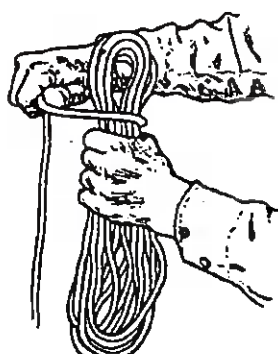
Here's how to keep your ropes coiled and ready for use:

### **Old Navy Method**

- 1) Coil the rope: take care to lay each coil carefully into place, twisting it a half turn so it will lay without twisting. Then, grasp the main body of the rope with one hand and place your thumb through the eye of the coils to hold them in place as shown in step 1.
- 2) Remove the last two coils of rope; take this long free end, and wind it around the main body of the rope several times (step 2). Wind the free end downward, toward the hand holding the rope body. Wind evenly and snugly. Don't make the coils too tight.
- 3) Form a loop with the free end of the rope as shown in step 3, and push it through the eye of the rope body.
- 4) Grasp the wound coils with one hand and the rope body with the other hand and slide the coils upward tightly against the loop. The rope is now coiled and secured (step 4). Pulling the free end of the rope will release the line, which can quickly be made ready for throwing.



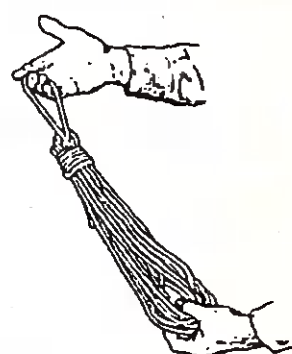
Step 1



Step 2



Step 3

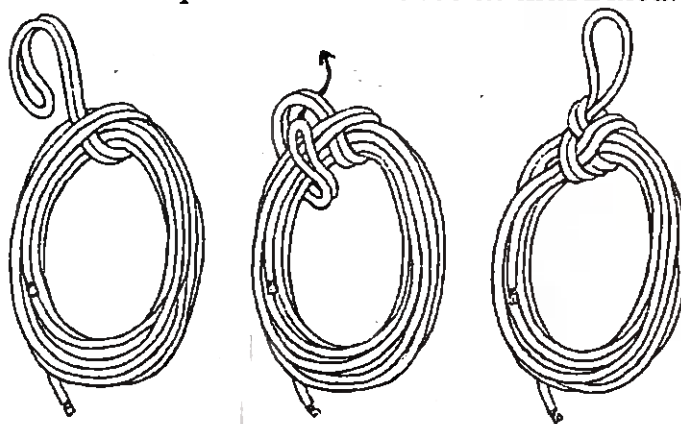


Step 4

### **Sailors' Stowing Coil**

This method doesn't look as neat, but it better preserves the integrity of the coils (they're less likely to snag when the rope is tossed out).

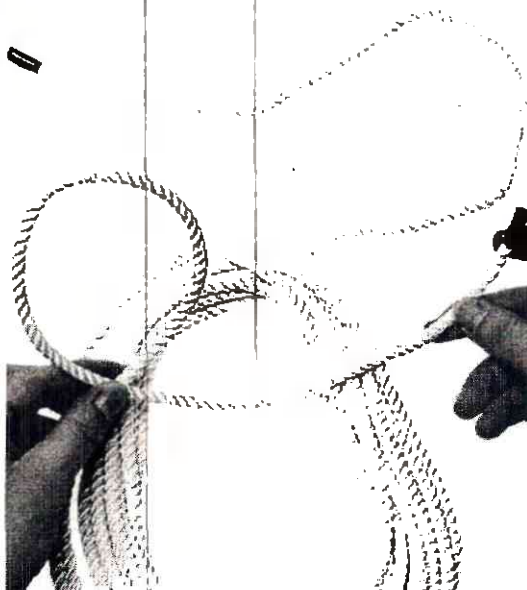
**Procedure:** Coil the rope and double the last few feet to form a long loop. Wind the loop around the coil and secure with a pair of half hitches as illustrated. Hang your rope from the loop at top.



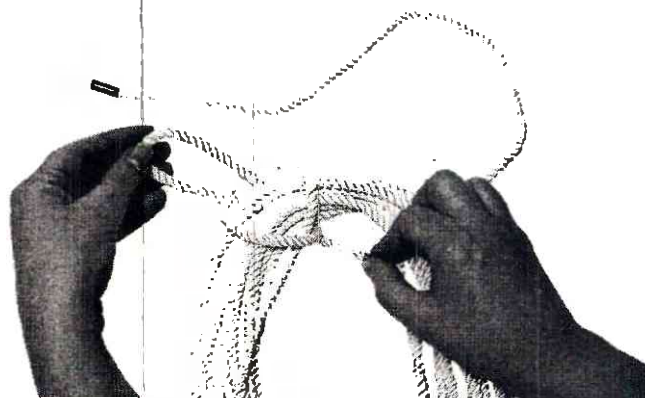


## **Fireman's Coil**

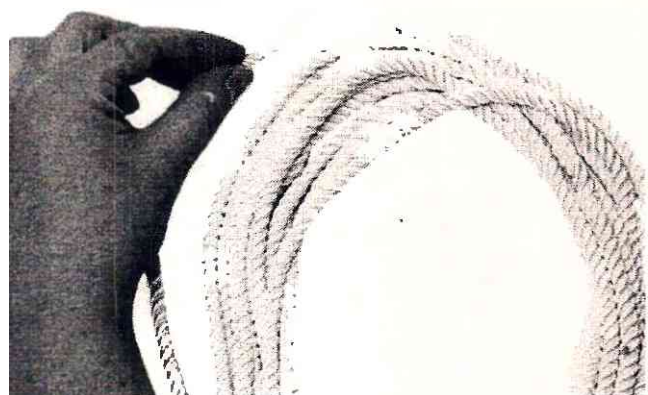
This method of securing a coil uses a hanging loop.



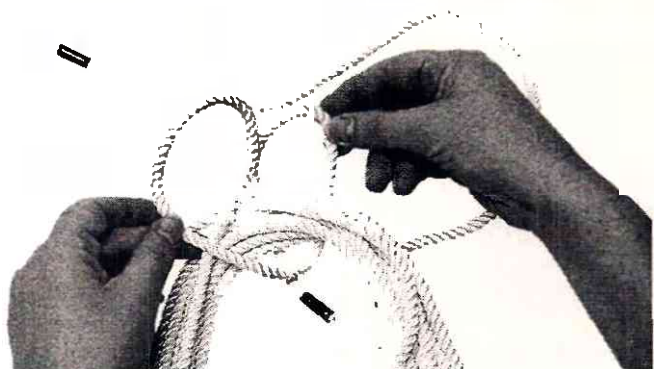
① With one of the ends, make a small overhand loop.



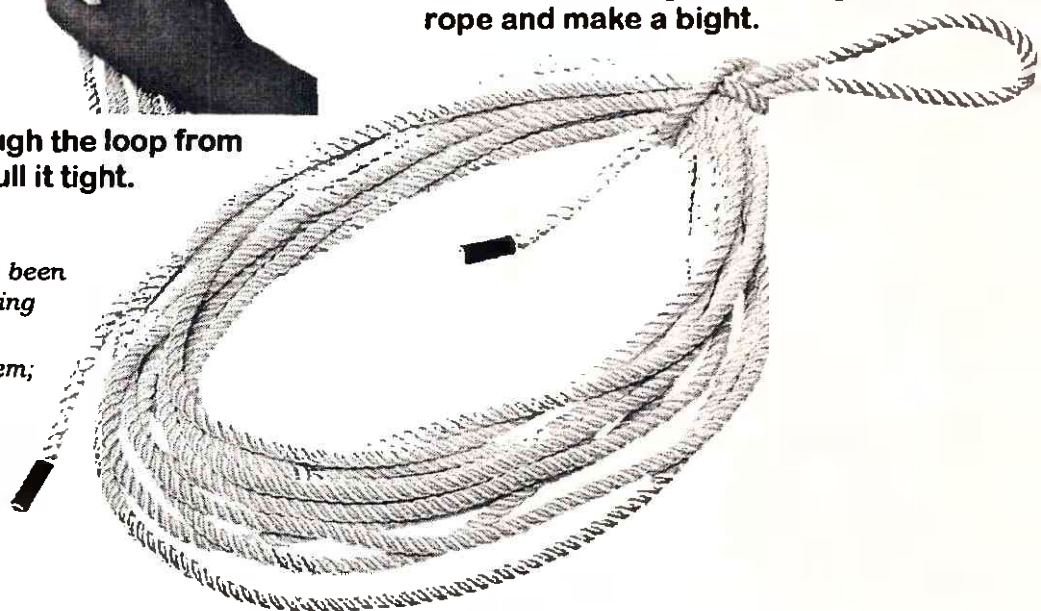
② Tuck the bight through the loop from back to front and pull it tight.



③ Bring the two ends of the coiled rope together.



④ Pass the working end through the coil of rope and make a bight.



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

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

- *The Basic Essentials of Knots for the Outdoors*  
by Cliff Jacobson;  
ICS Books, Inc.;  
Merryville, Indiana, USA

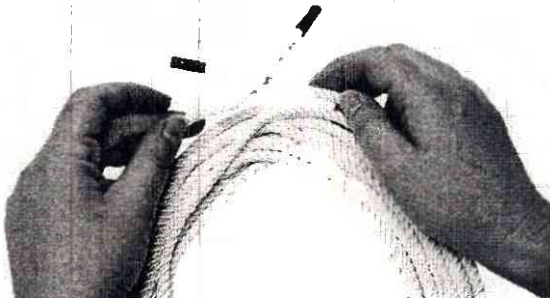
- ♦ *Scouts Canada, Fun With Knots*

- ♦ *The Knot Handbook* by Maria Constantino; Strathearn Books LTD; Toronto, ON

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

## Alpine Coil

This is a method of coiling and securing rope that is preferred by climbers and cavers. It's simple and effective and the coil can be easily transported over the shoulder or suspended safely in storage.



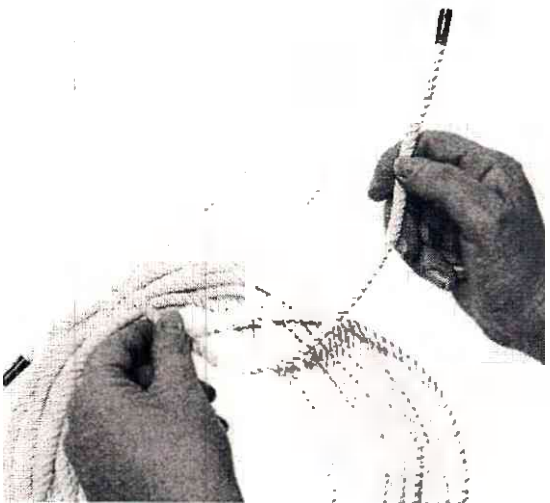
**① Bring the two ends of the coil rope**



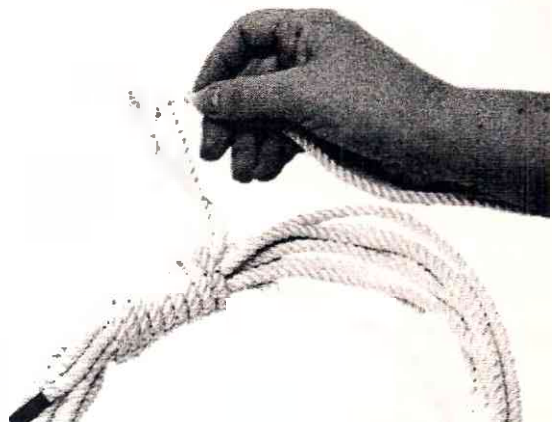
**② Bend one end of the rope back to make a bight about 20 cm (8 in.) long.**



**④ Make a second turn around the coil and the bight, trapping the first turn.**

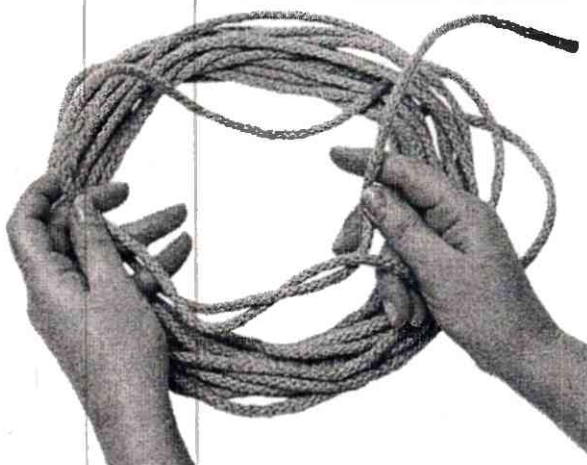


**⑤ Wrap the other end of the rope around the bight and the coiled rope.**

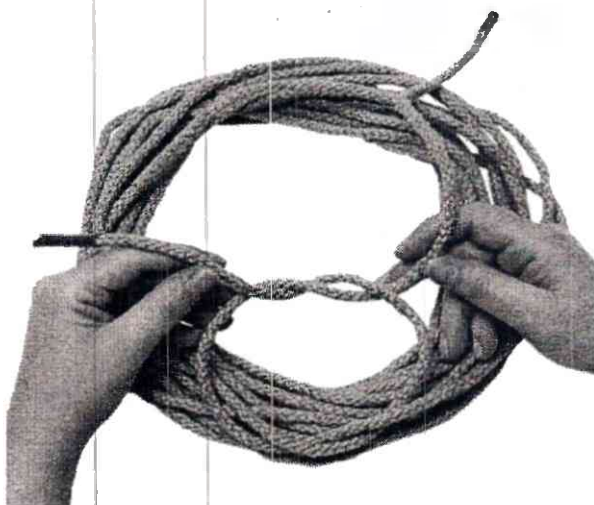


**⑥ Make a succession of turns; wrapping each tightly against the previous turn. Complete at least six wrapping turns and then tuck the working end through the bight and pull the other end to secure**

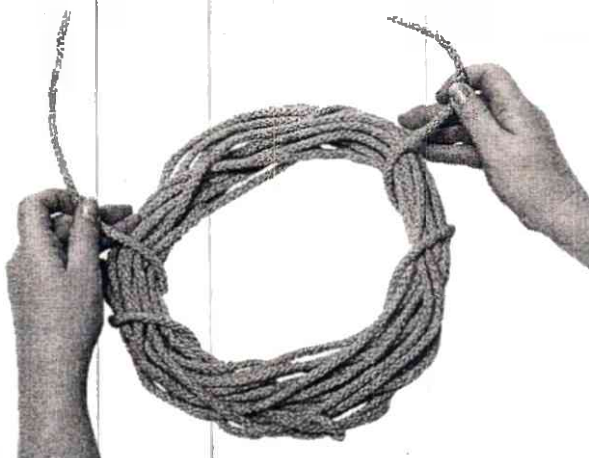




**❶ Bring the two fairly long ends of the coiled rope together and tie a half-knot — left over right and under.**



**❷ Tie a second half-knot, this time going right over left and under.**



**❸ Take the two ends away from the reef knot and wrap them around the coil with identical diagonal turns.**

## **WRAPPED AND REEF KNOTTED COIL**

This is a useful way of coiling and securing rope. The series of reef knots helps to ensure that the coil remains tangle-free when moved around. Use this method for storing rope in the boot of your car.

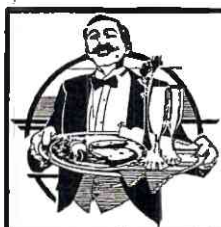


**❹ When the two ends meet at the opposite side of the coil to the reef knot, tie a half-knot — left over right and under.**



**❺ Add a second half-knot, this time right over left and under, to make a second reef knot.**





the  
*Gourmet*  
Rover

# Great Grilling Recipes

**When it comes to putting a quick meal on the table, grilling is "hot" — no matter what the season.**

*Want to spend a lot less time in the kitchen? Step outdoors anytime of year and fix a meal on the grill! It's easy to cook up an entire menu at once ... plus there's less mess and cleanup.*

## TANGY PORK TENDERLOIN

**Plan ahead ... needs to marinate**

*A simple marinade adds sweet flavor and tangy zip to juicy pork. "No one will ever guess there are only four ingredients in this sauce," reports Christopher Bingham of Lansing, Michigan. "For a spicier version, add more chili powder," he recommends.*

- 2 pork tenderloins (1 pound each)
- $\frac{2}{3}$  cup honey
- $\frac{1}{2}$  cup Dijon mustard
- $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon chili powder
- $\frac{1}{4}$  teaspoon salt

Place pork tenderloins in a large resealable plastic bag or shallow glass container. In a bowl, combine the remaining ingredients; set aside  $\frac{2}{3}$  cup. Pour remaining marinade over pork; turn to coat. Seal or cover and refrigerate for at least 4 hours, turning occasionally. Drain and discard marinade. Grill pork, covered, over indirect medium heat for 8-9 minutes on each side or until meat juices run clear and a meat thermometer reads

160°-170°. In a saucepan, warm the reserved sauce; serve with the pork. Yield: 6 servings.

## GRILLED PINEAPPLE

**Ready in 30 minutes or less**

*Fresh pineapple adds (in elegant touch to a barbecue when grilled, topped with butter and maple syrup and sprinkled with nuts. Polly Heer of Cabot, Arkansas suggests cutting each pineapple quarter into bite-size pieces before serving.*

- $\frac{1}{4}$  cup maple syrup
- 3 tablespoons butter (no substitutes), melted
- 1 fresh pineapple
- 2 tablespoons chopped macadamia nuts or hazelnuts, toasted

Combine syrup and butter; set aside. Quarter the pineapple lengthwise, leaving top attached. Grill, uncovered, over medium heat for 5 minutes. Turn; brush with maple butter. Grill 5-7 minutes longer or until heated through; brush with maple butter and sprinkle with nuts. Serve with remaining maple butter. Yield: 4 servings.

## SNAPPY PEAS 'N' MUSHROOMS

**Ready in 30 minutes or less**

*In Annapolis, Maryland, Laura Mahaffey makes this delightful dill-seasoned dish in mere minutes. Just wrap the fresh vegetables in foil, seal tightly and grill until tender. It's that easy.*

- 1 pound fresh sugar snap or snow peas
- $\frac{1}{2}$  cup sliced fresh mushrooms
- 2 tablespoons sliced green onions
- 1 tablespoon snipped fresh dill or 1 teaspoon dill weed
- 2 tablespoons butter
- salt and pepper to taste

Place peas and mushrooms on a piece of double-layered heavy-duty foil (about 18 in. square). Sprinkle with onions and dill; dot with butter. Fold foil around the mixture and seal tightly. Grill, covered, over medium-hot heat for 5 minutes. Turn; grill 5-8 minutes longer or until the vegetables are tender. Season with salt and pepper. Yield: 8-10 servings.



Grilled Pineapple  
Snappy Peas 'n' Mushrooms  
Tangy Pork Tenderloin





the  
*Gourmet*  
Rover

# CAMPFIRE CUISINE

Recipes offer timely taste of the outdoors.

WHETHER you prefer to pitch a tent in the wilderness or make camp closer to home, your family will enjoy this fun menu that captures the spirit of camping. The tangy chicken and colorful vegetable kabobs can be cooked over a campfire, on your backyard grill or even under the broiler in your oven.

To eliminate last-minute fuss, the delicious dessert can be made in advance, which is sure to leave you more time to enjoy the great Outdoors.



S'mores Bars  
Orange Vegetable Kabobs  
Honey-Lime Grilled Chicken

## ORANGE VEGETABLE KABOBS

Uses less fat, sugar or salt. Includes Nutritional Analysis and Diabetic Exchanges.

Ready in 1 hour or less

"I created this recipe to add some zip to grilled vegetables," relates Liurie Whitnev, Bradford, Massachusetts. "Their color, crispness and taste are tempting to all ages. Even my young son eats his veggies when I prepare them this way."

- 1 large sweet onion
- 1 large unpeeled navel orange
- 1 medium sweet red pepper, cut into 1-inch pieces
- 1 medium sweet yellow pepper, cut into 1-inch pieces
- 8 medium fresh mushrooms
- 8 cherry tomatoes
- 2 small yellow summer squash, cut into 1-inch slices

### MARINADE:

- $\frac{1}{2}$  cup olive or vegetable oil

- $\frac{1}{3}$  cup lemon juice
- $1\frac{1}{2}$  teaspoons sugar
- 1 teaspoon salt, optional
- $\frac{1}{4}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon pepper
- 2 tablespoons orange juice

Cut the onion and orange into eight wedges; halve each wedge. Alternately thread vegetables and orange pieces onto eight metal or soaked wooden skewers. Place in a shallow oblong dish. In a bowl, whisk together the oil, lemon juice, sugar, salt if desired, garlic powder and pepper. Pour over skewers. Marinate for 15 minutes, turning and basting frequently. Grill, covered, over indirect heat for 10-15 minutes or until the vegetables are crisp-tender. Brush with orange juice just before serving. Yield: 8 kabobs.

**Nutritional Analysis:** One kabob (calculated without salt) equals 111 calories, 13 mg sodium, 0 cholesterol 12 g carbohydrate, 2 g protein, 7 g fat: 3 g fiber. Diabetic Exchanges: 2 vegetable, 1 fat.

## HONEY-LIME GRILLED CHICKEN

Plan ahead ... needs to marinate

You won't have to pack a lot of supplies to stir up the easy marinade shared by Dorothy Smith of El Dorado, Arkansas. It requires only three ingredients and gives fabulous lime flavor to tender chicken breasts.

- $\frac{1}{2}$  cup honey
- $\frac{1}{3}$  cup soy sauce
- $\frac{1}{4}$  cup lime juice
- 4 boneless skinless chicken breast halves

In a resealable plastic bag or shallow glass container, combine the honey, soy sauce and lime juice; mix well. Add

chicken and turn to coat. Seal or cover and refrigerate for 30-45 minutes. Drain and discard marinade. Grill chicken, uncovered, over medium heat for 6-7 minutes on each side or until juices run clear. Yield: 4 servings.



the  
*Gourmet*  
Rover

from "Woman's Day" magazine - August 6, 2002



# Hamburger Heaven

## How to make the perfect burger

### PITA BURGERS WITH GARDEN RELISH

- 1 1/4 lb 80%-lean ground beef
- 1 tsp each ground cumin and chili powder
- 1/2 tsp salt
- 4 slices pasteurized process Cheddar cheese (such as Deli Deluxe)
- 4 pita pockets cut in half

### RELISH

- 1/2 cup fresh or canned corn kernels
- 1/4 cup each diced bell pepper and cucumber
- 2 Tbsp each sliced scallions, chopped cilantro and honey-Dijon dressing

1. Heat outdoor grill or stovetop grill pan.
2. Relish: Mix ingredients in a small bowl.

3. Using your hands or a wooden spoon, gently but thoroughly mix beef, cumin, chili powder and salt in a bowl until blended. Form into four 1/2-in. thick patties. Gently flatten centers slightly, leaving a higher edge.
4. Grill 5 minutes, turn burgers and top with cheese. Grill 5 minutes or just until cooked through.\* Cut each in half crosswise. Place in pitas and add relish. **SERVES 4**

### CAMPFIRE CHICKEN STEW

"My family loves these chicken stew packets on camping trips, but they're equally good on our backyard grill," notes Florence Kreis of Beach Park, Illinois.

- 1 broiler/fryer chicken (3 1/2 to 4 pounds), cut up
- 3 to 4 medium potatoes, peeled and sliced
- 1 cup thinly sliced carrots
- 1 medium green pepper, sliced
- 1 can (10 3/4 ounces) condensed cream of mushroom soup, undiluted
- 1/4 cup water
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Grill chicken, uncovered, over medium heat for 3 minutes on each side. Place two pieces of chicken each on four

pieces of heavy-duty foil (about 18 in. x 12 in.). Divide potatoes, carrots and green pepper between the four pieces of foil. Top each with 2 tablespoons soup, 1 tablespoon water, salt and pepper. Fold foil around mixture and seal tightly. Grill, covered, over medium heat for 20 minutes; turn and grill 20-25 minutes longer or until vegetables are tender and chicken juices run clear. Yield: 4 servings.

### S'MORES BARS

Glowing campfire coals are not needed to enjoy the traditional taste of s'mores with this recipe from Kristine Brown of Rio Rancho, New Mexico. The tasty take-along treat makes a sweet snack any time of day.

- 8 to 10 whole graham crackers (about 5 inches x 2 1/2 inches)

- 1 package fudge brownie mix (13-inch x 9-inch pan size)
- 2 cups miniature marshmallows
- 1 cup (6 ounces) semisweet chocolate chips
- 2/3 cup chopped peanuts

Arrange graham crackers in a single layer in a greased 13-in. x 9-in. x 2-in. baking pan. Prepare the brownie batter according to package directions. Spread over crackers. Bake at 350° for 25-30 minutes or until a toothpick inserted near the center comes out clean. Sprinkle with marshmallows, chocolate chips and peanuts. Bake 5 minutes longer or until marshmallows are slightly puffed and golden brown. Cool on a wire rack before cutting. Yield: 2 dozen.

from "Taste of Home's Quick Cooking" magazine - Collector's Edition 2002



# Fitness

**Editor's Note:** I chose to put this article into the Fitness column because it had to do with making healthy lifestyle choices, rather than the Gourmet Rover column as a food choice article.

*"Now I'm eating light cheese every couple of days," says Frank Visco, as he selects the bread with the most fiber in it.*



## Healthy Choices

*Dieting group learns to shop till they drop – weight, that is*

*By Jane Kwiatkowski.....News Staff Reporter  
the Buffalo News 8/27/02*

It's like running a gauntlet, navigating the miles of supermarket aisles, keeping one eye on calories and the other on your wallet. Chips, chocolate - not to mention cheesecake, the mother of fat grams - seem to cry out to health-conscious shoppers while the good food sits, silent and costly. There's a shopping bag full of tricks when it comes to healthy eating, according to nutritionist Sharon Lawrence of Prism Health Network (formerly Appletree Fitness Center) in Cheektowaga.

"It's easier to make healthier choices when you shop the perimeter of the store," Lawrence said. "You have the opportunity to get your grains, your lean meats, dairy choices, fresh fruits and vegetables. In the interior you find all the risky choices, the land mines like crackers and cookies and snack foods."

Her introduction to this supermarket safari is more like a call to battle for members of The Buffalo News' Life & Arts Health Challenge. Since April, four motivated men and women have embarked on a fitness and nutritional regimen to change their lifestyles for the sake of good health. For the past four months, they have been consumed with wellness.

On this summer morning at the Wegman's (*supermarket chain*) on Alberta Drive, armed with nutritional guidelines and Lawrence's favorite food picks, three of the challengers are ready to roll.

First stop – breads. The mission here is to find fiber, two grams per slice. Lawrence's eyes are on fire.

"This is the best bread I've ever found, Wegman's multigrain. It's palatable, not tough, not heavy or, hard," Lawrence said. Compare its price of \$2.69 a loaf to Arnold's whole wheat at \$2.79, and then consider the ingredient list first, Lawrence advises. If the first ingredient is not a whole grain, like whole wheat (stone ground or cracked), it's probably an enriched white flour, a fiberless product with very little vitamins or minerals.

"We could find ourselves purchasing Sunbeam wheat bread, which looks wheaty, but what makes it that color is caramel and molasses; just look at the ingredients," Lawrence said.

And forget about butter.

"Hummus, light cheese, goat cheese, sugar-free jam," Lawrence offers. "Downey's Honey Butter offers the least amount of fat and saturated fat without the chemicals, but it's still primarily sugar so it's a source of calories with very little nutrition. None of the spreads, none of the margarines, give you any nutritional value."

Brad Merchant tops his whole wheat with goat cheese, but at \$3.99 for 3½ ounces, he admits it can get costly.

Cheese commands the attention of Frank Visco, who once ate the dairy product with every meal.

"Now I'm eating light cheese once every couple of days, one slice of Cabot. It's excellent," Visco said, adding that with the help of medication, his cholesterol has dropped to 125 from 199. "What happens if there's some fat-free food that I hate?" he asks.

"Don't buy it!"

Lawrence's response is quick. "You never force yourself to eat a food that is healthy if you don't like it," she said. "You build your diet from the healthiest choices up, and some unhealthy choices that you simply can't live without, like ice cream, occasional chocolate, cookies, potato chips. Remember, you don't have to be perfect."

Power bars, anyone?

"They're very high in carbohydrates and calories, a lot of chemicals and stabilizers, so most of the time I don't consider them the best choice, unless you cut them in half," responds Lawrence.. "Snacks should be kept between 100 and 150 calories. Most of the snack bars are at least 200. You should eat a handful of almonds, or a piece of fruit."

On to the chip aisle with Visco, the chipman. But the brands encountered - Guiltless Gourmet, Kettle Crisps - ring no bells in the Visco household; he's looking for Lays. The key in chip selection, according to Lawrence, is the three-gram test. That is, each serving - 18 chips if Guiltless Gourmet - should contain no more than three fat grams.

With four ounces of Kettle Crisps going for a sale price of \$2.19, cost will be a deciding factor in some households, a concern Lawrence questions.

"Remember, this is not going to slam your arteries shut," said the nutritionist. "What is the cost of having a coronary bypass operation or getting breast cancer or developing high blood pressure and diabetes because you didn't spend the money or take the time to take care of yourself?"

Meanwhile, Visco remains committed to Lays, buying a bag that will last him 10 days, he said. "If you stop totally, you're going to turn around and binge in a couple of weeks," Visco maintains.

And now a word on flax seed: "Magic," said Lawrence. Found in the natural food section of the store, flax seed reduces the risk of cardiovascular disease, lowers triglycerides and "makes your red cells unstick," according to Lawrence. Just two teaspoons daily ground in a coffee mill and added to cereal, yogurt, or even meatloaf.

In the produce section, the search is on for the "darkest, greenest, leafiest" lettuce - romaine or escarole, for example. Color is key, advised Lawrence. Deep orange peaches and crimson raspberries, red peppers and tomatoes are loaded with cancer and heart-disease fighting antioxidants.

When choosing a cereal, fiber is again the critical ingredient, not sugar, not salt, not fat. A serving of cereal should have a minimum of five grams of dietary fiber, Lawrence said. "The Rice Krispies, the Frosted Flakes, the cereals we grew up on as children were not very healthy choices," Lawrence said. "Frosted Flakes are one of the worst choices you can make."

And contrary to popular belief, Cheerios are not the best snack. Even multigrain Cheerios have only three grams of fiber per serving.

"When you add fiber, you must add water, and you must go slow," she warned. "The average person eats less than 11 grams of fiber, but needs 25 to 30 grams a day. To work to that level, you have to go slowly, or else it's diarrhea city. The right fibers - oats, legumes, and fresh fruits and vegetables - will lower your cholesterol, control your blood sugar and prevent between-meal cravings, those are soluble fibers."

In the meat department, portion sizes are where it's at, with no more than three to four ounces of meat at a setting, "something that will fit in the palm of your hand, the width of a deck of cards," advised Lawrence.

"The real key is that every time you shop, bring one food-that is new home. Each food has a little gift. If you limit yourself to the same choices week after week, your body can never get well."

e-mail: jkwiatkowski@buffnews.com

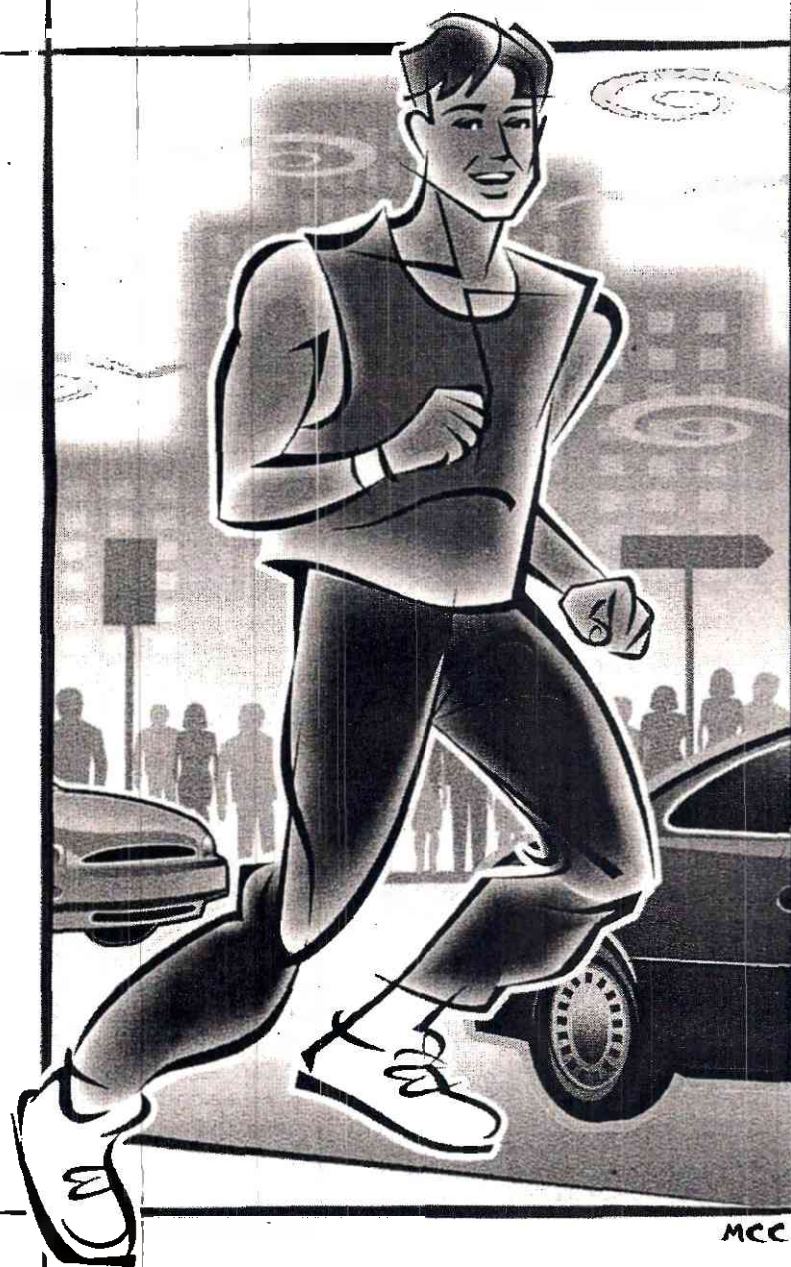


*While husband Brad keeps his notes on a clipboard, Danielle Merchant selects fruit as the dieters roam to shop the perimeter of the store for less-processed foods*



# 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.



by Paula Court  
American Fitness magazine, May/June 2002  
Illustration by Mark C. Collins

## Do You Jog in Smog?

Air pollution is another factor to consider in your fitness program.

While enjoying your daily run on a sunny afternoon, a burning sensation suddenly grips your chest. What is going on? Could you be coming down with a cold? Probably not; you are most likely feeling the effects of exercising in air pollution. Recent research shows exercising in polluted air is harmful to your health. Air pollution interferes with the workings of your heart and lungs, aggravates asthma and weakens your body's ability to fight infections.

### I'm in Great Shape, Why Worry?

Athletes are in an especially high-risk group, for the dangers of air pollution, because of the increased amount of air taken into their body during exercise. According to the American Lung Association, athletes take in up to 20 times more air per minute while exercising. Therefore, if air is polluted, 20 times more pollutants come in contact with an athlete's respiratory tract, reducing lung function and interfering with his or her performance. For example, exercising an hour in a moderate level of ozone and carbon monoxide



can reduce lung function and temporarily decrease the blood's oxygen carrying capacity. Moreover, breathing through your mouth prevents your body from using its best defense against pollution-your nose. The nose filters air before it enters your lungs.

## Pollutants

Ozone, the main hazardous ingredient in smog, forms when sunlight reacts with automobile and industrial emissions. As sunlight intensifies in the morning, the concentration of ozone increases. Ozone begins accumulating at approximately 11 a.m. and peaks around 3 p.m. After sunset, ozone can no longer form, therefore, the concentration decreases.

Ozone irritates breathing passages and can decrease the lung's working ability by damaging the cells lining the air spaces in the lungs. Damaged cells are shed and replaced but if this depletion occurs repeatedly, the lungs could become permanently damaged. High levels of ozone have been linked to increased emergency admissions in hospitals and recent studies released by the American Heart Association show the risk of having a heart attack increases when exercising at even low levels of air pollution.

Carbon monoxide, the main component of car exhaust, interferes with the body's ability to carry oxygen and forces the heart to pump harder. Other pollutants, such as nitrogen dioxide and sulfur dioxide, irritate the eyes, constrict air passages and lower the body's resistance to colds and other respiratory illnesses.

## Reduce Your Exposure to Air Pollution

Several steps can be taken to reduce your exposure to air pollution without giving up your exercise program:

- ◆ Limit outdoor exercise to early morning or late evening-when ozone levels are low. "Hot, hazy days are the worst," says Joshua Fink, M.D., pulmonologist and medical director of Prescriptions for Fitness, Inc., in Chappaqua, New York. "Ambient ozone levels are higher and [irritate] the airways, resulting in bronchospasm and coughing," he explains.
- ◆ Check the newspaper for the ozone and weather report. The Environmental Protection Agency has developed the Air Quality Index (AQI) to report levels of air pollution. The AQI ranges from level 0 to 500. At levels over 100, limit strenuous outdoor activity. If the level reaches 200, air pollution is a serious health concern and exercising outdoors should be avoided. Levels above 300 rarely occur in the United States, but if this level should occur, discontinue all outdoor activity and stay indoors.
- ◆ Avoid exercising when air is thick and stagnant. Many athletes feel the effects of air pollution during outdoor exercise, but erroneously blame their shortness of breath on the heat. "Even a well-trained athlete should choose to exercise indoors on [smoggy] days," recommends Fink.
- ◆ If you jog outdoors, avoid congested streets. Remember, pollution levels can be high as far as 50 feet from the road.
- ◆ Include plenty of vitamin rich foods in your diet. Fruits and vegetables high in vitamin C and E have shown to protect lungs from pollutants. Vitamin C stimulates liver enzymes that detoxify the body and help prevent free radical damage in the lungs. Vitamin E stabilizes membranes and protects against free radical damage.
- ◆ When planning your workouts think seasonally-not daily. "To take away the worry about what's going on in the air day by day, change your exercise routine for the entire season," says Kevin Hamilton, B.S., RRT. "Develop a [seasonal] pattern depending on where you live." Save strenuous outdoor exercise activities, such as tennis and running, for clean air seasons. Also, move indoors for aerobics, racquetball and cross training during the summer.

## Warning Signs

If while exercising you experience wheezing, coughing, scratchy throat, headache, chest pains, watery eyes or difficulty taking deep breaths, slow your pace. If this does not help, stop exercising and go indoors immediately. Most symptoms only last as long as you are exposed to pollution, but some can last for hours afterwards. People exposed to air pollution on a regular basis may experience the symptoms for the first few days and then the symptoms disappear. This does not mean the problem has gone away, in fact, pollution continues to damage the lungs even when symptoms are not present.

Do not think you are exempt from air pollution if you live in the countryside. Pollution is carried from the cities to rural areas. For example, on most summer days, the mountaintops of the Great Smoky Mountains are shrouded in smog even though they are over a hundred miles away from a city.

We may not be able to eliminate air pollution from our lives, but by taking a proactive stance we can limit our exposure to pollution. If you are concerned about air pollution in your area, visit the American Lung Association's Web site at [www.lungusa.org](http://www.lungusa.org) for current information on your city's air quality.

*Paula Court is an Atlanta based writer who specializes in health issues.*

# the Photo-Journalist



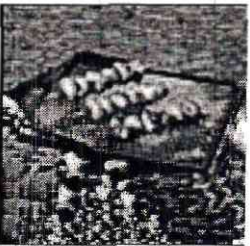
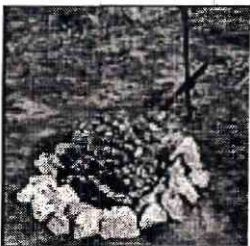
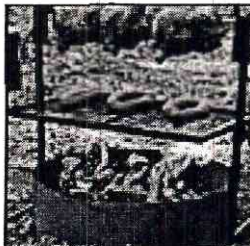
Like to see your name in print, but you can't write an article? How about sharing the highlights of your Rover experiences with the rest of us by sending in picture(s) with appropriate captions. We'll print them and list your name as the contributor..

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

<canadian\_rover@hotmail.com>

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

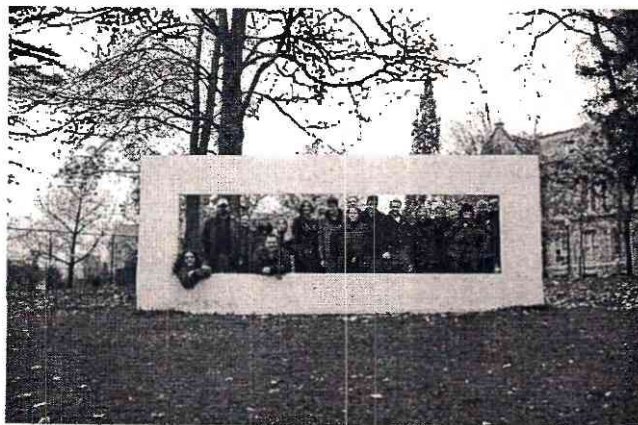
## Outdoor Chef at work



## Editor's Note:

*Normally, all the photo submissions for this page get credits. Unfortunately, I don't know who submitted these pictures. I came across them while cleaning out my hard drive, and couldn't let them go to waste. If they're yours, let me know and you'll get credit in the next edition.*

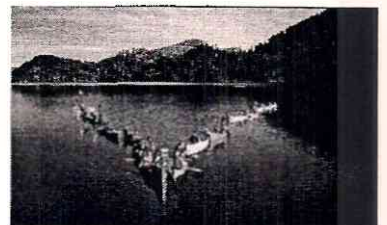
## Tourists at the K-town Konference Kingston, ON



## The Polar Bear Club at Snow Moot Camp Nemo; Burlington, ON



## Adventrek





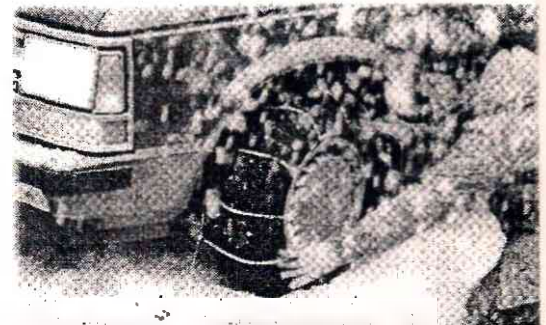
# Car Care



## Keep your vehicle running during the cooler seasons

Your vehicle made it through summer, but don't pat yourself on the back just yet. Whether a matter of repairing the wear and tear of summer or getting ready for those colder days ahead, autumn is the ideal time for automotive maintenance and repair.

Here are some tips from the pros at the National Institute for Automotive Service Excellence (ASE) about getting your vehicle ready for winter:



- Read your owner's manual and follow the manufacturer's service intervals.
- Replace worn wiper blades and keep plenty of washer fluid on hand to fight road salt, grit and other grime.
- Replace worn tires with all-season radials or snow tires, as conditions warrant. Don't forget to check the spare tire and the tire jack.
- If you are not a do-it-yourselfer, find a repair shop with a courteous staff, qualified technicians and modern equipment. Look for repair facilities that employ ASE-certified automotive technicians to do those jobs you cannot or do not want to perform.
- Engine performance problems such as rough idling, poor acceleration or hard starts should be corrected before cold weather sets in. (You'll get better gasoline mileage, too.)
- Have a qualified auto technician check the condition of your battery and cables, plus the radiator, and all hoses and belts.
- The cooling system/radiator should be completely flushed and refilled as recommended. The level, condition and concentration of the coolant/antifreeze should be checked periodically. (Never remove the radiator cap until the engine has thoroughly cooled!)
- Make certain the heater and defroster are in good working condition; have the exhaust system examined for leaks, a potentially deadly condition in closed vehicles.
- Carry emergency gear: flares, boots, gloves, ice scraper, high-energy snacks, a blanket, shovel, flashlight, tire chains, a few tools and a cell phone.

For a free brochure of winter maintenance tips, send a self addressed, stamped business sized envelope to:  
ASE Winter Brochure, Dept. NU-006, 13505 Dulles Technology Drive, Suite 2, Herndon, VA 20171-3421.

—News USA

*The information on this page came from an advertising supplement prepared by the Buffalo News September 21, 2000*

# Car Care



## Charging through winter... Can your battery do it ?

Once upon a time, a young woman's car battery went dead in a hospital parking lot. She didn't mind too much because she wasn't in a hurry, and the nearby waiting room had a phone.

Her service facility towed the car and installed a new battery. Her battery didn't cross her mind for the next five years.

The next time she had problems with her battery it was just after dark and she was late for an appointment. The drizzling rain and snow made the rush hour interstate traffic frightening as she tried to pull over to the shoulder. Maybe next time she won't ignore this vital component.

"Motorists could avoid many unpleasant scenarios simply by having their cars inspected," says Donna Wagner, president of the Car Care Council. "A quick battery load test by her automotive technician would

have measured the condition of the battery. She could have bought a new one, or had the old one charged. Either way, she would have been in control instead of being victimized by poor maintenance habits."

Motorists should understand that cold winter months are hard on a vehicle, especially the component responsible for providing all of the electrical charge.

At zero degrees a battery runs on only 60 percent of its usual power. That means that this component can't afford to play catch-up.

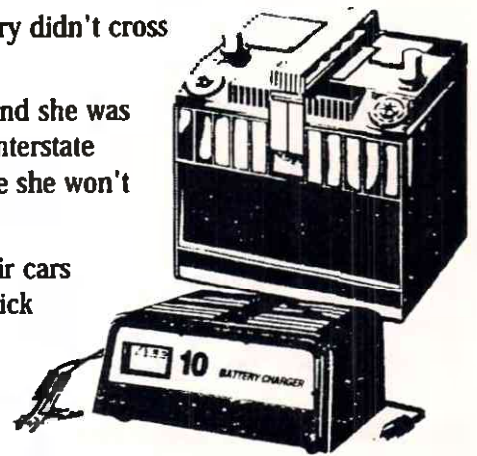
When it comes to malfunctioning batteries, there are other reasons it may be failing to charge. The clamps must be in good condition and the terminals must be tightly connected and free of corrosion.

The Council encourages motorists to have their vehicles evaluated. Many communities offer free vehicle inspections sponsored by local repair facilities, government agencies, schools or other organizations. The most recent results show that 26 percent of the batteries failed the inspection. If a free check is not available in your city, make an appointment to have your vehicle inspected before winter.

The Council offers a free pamphlet that explains what needs to be addressed during your car's yearly physical.

For your copy send a stamped, self-addressed envelope to Car Care Council, Dept. FVT-01, 42 Park Drive, Port Clinton, OH 43452.

For more information visit on the Web at [www.carcarecouncil.org](http://www.carcarecouncil.org).



*The information on this page came from an advertising supplement  
prepared by the Buffalo News December 27, 2001*



# In Memoriam

## Stuart Malcolm Murchie

1937



2001

*Editor's Comment: When Stu passed away last year, I didn't have the material to do a proper article. As time passed, I felt it would probably be more fitting to do this article on the anniversary of his passing rather than at any other time. Here's a tribute to "the Gentle Giant".*

Last year, Rovers and the community at large lost a great friend. If you were involved with Rovers in Ontario, you were touched by Stu. If you were involved with Cubs or Venturerers in the Brantford District, you were effected by Stu. If you lived in the vicinity of Burford, Ontario, your life in some way was touched by Stu. He was a man who reached out to help others, a true 'brother' in the family of mankind. He will be missed by more than his immediate family.

*The obituary in the Burford Times read:*

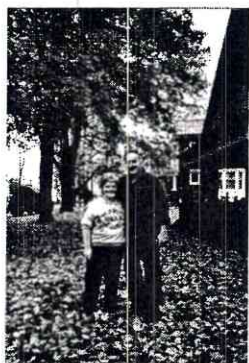
**MURCHIE Stuart Malcolm** - At the Brantford General Hospital on Wednesday, November 14, 2001. Stuart Malcolm Murchie of Burford, in his 65th year; beloved husband of Mary Kelley; dear father of Margaret Spierenburg (Chris Raymond), Brantford; Richard (Debra) Murchle, Fredericton, New Brunswick; Carla (Jim) Patterson, Burford; and Melvin (Chantal) Murchle, Cold Lake, Alberta; loving grandfather of three grandchildren, Robert and Jessica Murchle, and Graerne Patterson; also survived by three sisters, Jean, Melrose and Linda; and three brothers Doug, Allan and George. Mr. Murchie, actively involved in the Scouts Canada Organization for over 35 years, beginning as a Cub Leader, for the past 20 years was the Leader of the Burford Rovers. He was a recipient of the Silver Acorn attached to the Medal of Medal of Merit, one of the highest awards presented by Scouts Canada, along with several other scouting awards \*. Mr. Murchie was the 1987 recipient of the Burford Times "Friend of Youth" Award. A memorial service \*\* will be held from the RUMBLE FUNERAL HOME "Celebration of Life Chapel," 373 Maple-Avenue South, Burford on Saturday, November 17 at 1 p.m. Reverend Randy MacKenzie will officiate, assisted by Reverend Terry Dunsath.

\*Stu received the Roger Award from the Original 'Rovering Magazine' and shared the award with Mary from the 'Canadian Rover, Eh!' magazine, presented just months before his passing.

\*He also received the R.S.Dell Award from the Ontario Provincial Rover Roundtable (which preceded the current Ontario Rover Community).

\*\*550 people attended the service and small reception afterward. They represented most of the different facets of Stu's life and the people he touched: family; employer and fellow employees; Lion's Club; Burford Volunteer Fire Department; the Burford community; Scouts and especially 'his' Rovers.







Mary and family,

Wish I could be there to be with you all at this time. My heart goes out to you all. Due to circumstances, I can not be there and hope that this message helps bring smiles.

It was a big shock when I heard the news of the passing of Stu, and it's hard to say exactly what it is I feel, as I'm sure it is for all of you. I keep finding myself bouncing from tears to great memories, but one memory seems to stick in my mind all the time. That memory is of Stu making his investiture speech and one line keeps coming back to my mind making my heart smile. It's the part where Stu would speak of living your life in good conduct, so that when your time comes to an end on this earth, people would think of you, their thoughts of your past would be satisfying, and people would remember you and think of what a special person you were for how you lived your life and the times you shared with them.

Stu fulfilled this many times over with so many different people, not just in the Rover movement or Scouting movement, but with everyone who knew him. I can't help but feel sad as I'm sure many of you did after hearing of the loss of such a good leader, advisor, mentor, husband, father and friend. However, the many good thoughts of all the times we shared keep pushing that aside, remembering times shared in the camps, the conversations on the way to those camps, drinking coffee and playing cards in the kitchen and the life lessons learned by standing back, just watching the way Stu handled different situations.

It's a lot of good memories that I will always treasure. Stu was a big man with an even bigger heart and as the investiture said "the world is a better place because of him being in it." His time came to move on but the memories and love he left behind will always be here for us to share and grow from, remembering him and holding on to them. I know your listening so I say thank you Stu for letting me be a part of your family, for being the master of ceremonies at my wedding, for lessons learned, time shared and guidance given. Thank you Mary and family for sharing your husband and your father. Another great lesson Stu taught was how much of a difference a hug can make so hugs to all of you.

god bless,  
love shawn

Stu was a very special member of our Ledco family.

I have known Stu for his 14 years with our Company. He took time out of his busy schedule each year to help to make our Children's Christmas party a very special event. He loved to come to work each day and he set good examples for all of us. If we could break it, Stu could fix it and he did just that.

I believe that there is a special place reserved for volunteers and they will be waited on as they have served others and Stu will be in that special place.

Jean Fox  
Ledco Limited

The dedication of the picnic shelter at Camp Impeesa....Brant District's Scout Camp

Plaque of Appreciation for Service from the Burford Business Association, a Committee of the Brantford Chamber of Commerce

Welcome - Thank you all for being here.

I heard a story about a Rabbi, a Priest and a newfie who arrived at the pearly gates at the same time. Saint

Peter asked them what God's first name is. The Rabbi replied that he had studied the testament all his life and Jehovah had no first name. The Priest concurred saying that even in the ancient Roman testament there was no first name mentioned. The Newfie piped up and said "you boys don't know nothin', his first name is Andy. Peter asked him where, he had found this. The Newfie replied "easy-it's in the song .... Andy walks with me, Andy talks with me it

Well that's kind of how it is around here. When Jack and I were setting up the arial runway for Cuboree, Stu was there reminding me to tighten every clevis and turnbuckle, check the ropes....is everything ok? Should we put up the dusk-till-dawn light on the pathway? Have they got a light for the culvert? The thousand and one details that he worried over so the Camp would be the best ever. It was the same at Venturer Assembly. Every staff member did his or her best to run a camp that Stu would approve of.

That's the kind of influence Stu had on Scouting and especially Rovering.

The next Indava will rely on what Stu taught us. From the field kitchen, the showers to his insistence on a central activity linked with the theme. Every detail he could think of that would enrich the youth's experience.

The same was true of the Moot. Even after the whole year of planning he was always looking for that one more thing to give his guests — and that's how he thought of the participants of Hallowe'en or any camp that he was involved in. They were his guests. He made them feel welcome, thanked them for coming and always invited them back.

The man gave whole-heartedly to Scouting and especially to Rovering. I am proud to call him a brother and a friend.

I picked this building to name after him because he built it. He raised the funds, he organized the work parties, he made it happen. When we thought we were about finished the building inspector ordered an engineering report. Well their upgrades would be admired by Fort Knox. Stu, Jack and I figured just the weight from the number of nails they specified will hold this building in place forever.

Rick Johnson  
Camping Committee – Burford District

#### Stuart Malcolm Murchie

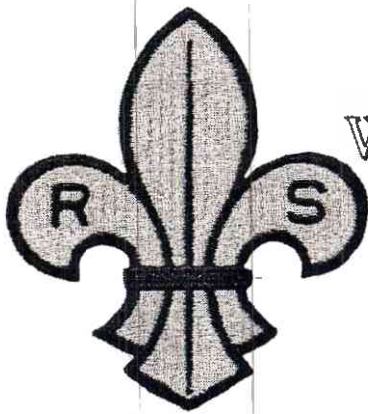
At Ledco (his place of employment) he was known as 'Rafaell's Bodyguard'

Favorite hat .....from White Farm, his employer until 1987

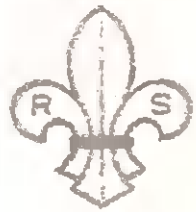
Favorite suit .....his brown one

Favorite vehicle.....the red and white station wagon

Favorite snack.....peanut butter sandwich and coffee



## WHAT REALLY IS A ROVER?



*Written by Ian 'Soupy' Campbell, NOMAD Rovers, Feb 19, 1985*

I'm asked this quite often  
"Is it all that tough?  
Camping, hiking, canoeing,  
You know, all that sort of stuff?"

I laugh and say,  
"There is only one thing that makes it all worthwhile,  
It's the people I meet,  
They always have a smile."

What is a smile from a Rover?  
It's really hard to explain,  
It has a special magic.....  
It's wipes away the pain.

Rovers are quite odd,  
They are people you may never understand,  
(Until you join, of course)  
You see... They're quite a different brand.

As a Rover, I'm marked for life,  
I've secretly been told,  
It's their love, loyalty and honour,  
That makes our friendship ten-fold.

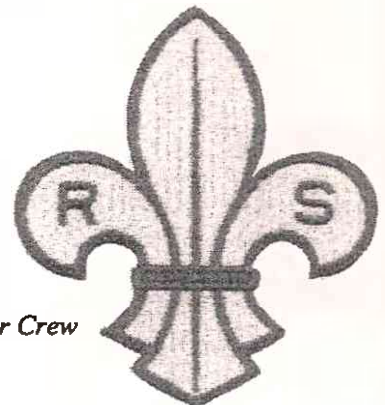
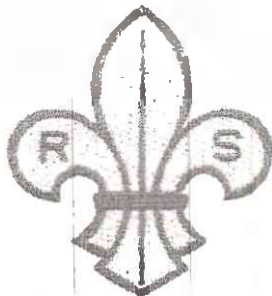
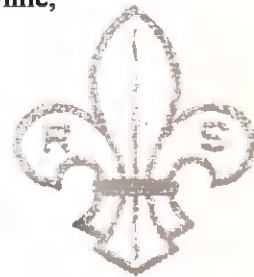
They're your friends for life,  
Right from the start,  
They share their joys and sorrows, but with a difference,  
They give from the heart.

That makes all the difference,  
For me anyway,  
All the love I get,  
It's a debt I could never repay.

A Rover's duty is Service,  
They always get the job done,  
But the best part of it is,  
It is Service with a smile and fun.

We all talk about the good times and the bad,  
That comes with each passing day.  
But the love I have for these Rovers,  
Will never fade away.

*Submitted by Shelley Cooke, 1st Stirling Dragons Rover Crew*





# THE ROVER

Julie Corrigan



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

# ON THE GO

As a teenager I was like a lot of my friends, wanting to move to Melbourne for the big city. Since travelling I've been living in big cities. Now, I've decided that's really not what I'm looking for. Toronto, then Manchester, essentially they are all the same and whilst they gave me what I needed most – employment, I really don't think I plan on living in big cities ever again.

I've recently moved to Bristol. It's the largest city in the south-west of England. It's got everything the bigger cities have except for the huge office blocks and apartment buildings. It has them, but not so many. Bristol has a country town feel to it.

It's many hills add a certain character to the streets lined with Victorian Terraced housing. Each home front the same, just a different colour. Out in the back yard you can see down the row of houses into the other back yards. It gives a very pleasant view.

From where I'm living it's only 10 minutes drive into the city centre, and yet in 10 minutes I'm in the countryside. There's so much on offer here, and yet one lady I spoke to wished me luck with my move here as she hated it!



On the still summer evenings you often see hot air balloons floating in the sky. Bristol is well known for its Balloon Fiesta held each year. It consists of concerts, nightglow and launches of hundreds of hot air balloons. I managed to catch one of the nightglows this year. They light up the balloons in time to music and have other baskets around with their flames going as well. It's very entertaining and concludes with a lovely fireworks display.

This and many other events are held at Ashton Court which has a ruling that all events are free, which is an extra added bonus. Some of the other events include a Kite Festival, flower shows, car shows, special Halloween events, concerts and much more.

One of the best-known landmarks of the city is the Clifton Suspension bridge, which spans 214 meters across the limestone Avon gorge. Another landmark, St. Mary Redcliffe church, a magnificent medieval church once described by Elizabeth 1st as 'the goodliest, fairest and most famous parish church in England' can be found in the city centre.



Bristol TCB



Bristol also has a strong maritime history of over 1000 years. John Cabot set sail for the New World in 1497 from Bristol's docks and the Cabot Tower standing tall on Brandon Hill proudly commemorates his discovery of North America. The SS Great Britain, the world's first ocean liner, also stands harbour side after being restored. This ship did 32 trips taking settlers to Australia, and this year celebrates the 150<sup>th</sup> Anniversary of its first voyage.

This is just a sample of the attractions of this wonderful city. All I can say is if you ever visit England, get out of London and make sure you include Bristol in your 'must see' list!

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

# TEAM BEDLAM PRODUCTIONS PRESENT

## THE ROVER PROMOTIONAL VIDEO

September 2002 Update

Greeting to all Rovers past and present.

Due to many factors the ROVER VIDEO has been on hold for most of this summer. I now hope to finish it off for a spring release.

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

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

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

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

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

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

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

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

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



1st Ashburn Rovers and Venturers  
Presents the First Ever

# MYSTERY MOOT

FEATURING: LUNCH LADY DORIS

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

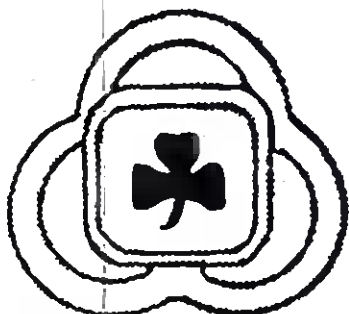
The Rest is a Mystery...Even to Us!

Planned Date: May 9th to 11th, 2003

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

Location: Heber Down Conservation Area (Whitby)

For More Information Contact: The 1st Ashburn  
Rover/Venturer Headquarters @ 905-655-4188



Girl Guides of Canada – Guides du Canada

# LINK

*By Tamara Krebs, Silver Birch Area Link Member*

What is Link? You're not the only one puzzled. The Link program is one of Girl Guides of Canada's best-kept secrets. 18-30 yr old women can join Link. It is mainly composed of women who are starting new families, new careers, or who may be University/College students. Link was originally intended for women who wanted to maintain their ties with Guiding but who had little time for volunteering within the organisation. However, it soon became a popular way for young women active in Guiding (as full time leaders/other) to enjoy contact with their peers. There is no official program; each group designs its own according to its interests and circumstances. Link Members wear the Link Pin (enlarged picture above). Time spent in Link is counted towards Adult Long Service Awards. Link members are encouraged to help in Guiding how ever they can. This may vary from helping once a year, once a month or every week. Link is available coast to coast and around the world.

Part of Link's purpose is to connect young women with others of their age and interests - it is the easiest way to meet new friends, anywhere! In Ontario, Links are registered in units at the area level. We have a province wide Link event held every year in September. The location for the event is rotated and in 2002 Ottawa Area Link members will host the event. We also held simultaneous hiking and canoeing trips along the Rideau Canal this spring, which we hope become annual events.



I'm in the Kingston ON Link group (Da Hon Neh Area). Last year we learned to make sushi as part of the nutrition challenge. It was an awful lot of fun, and I'm not likely to forget. ~Melanie

I'm in the Kitchener/Guelph ON Link group (Silver Birch Area). Last year we helped to plan and run a weekend Guide camp. It was a blast, even though it did rain the whole weekend. The Guides and Link members enjoyed the Harry Potter theme. ~Susan

**You & Girl!**

I'm also in the Kitchener/Guelph ON Link group (Silver Birch Area). I've helped plan and run a Guide first aid night. It was a blast! This year our unit is continuing the tradition of monthly meetings at Shakespeare Arms in Guelph. It's a bar and grill, and the band plays the first Friday of the month. We go for dinner, drinks and the band. This is my favourite part of link. ~Tamara

*[According to POR, adult members of GGC are able to drink in uniform, as long as we drink responsibly and there are no youth members present]*



This year, WAGGGS (World Association of Girl Guides and Girl Scouts) held its 31st triennial World Conference in the Philippines, and Kingston ON Link member Glenna Harris was thrilled to be one of the 6 representatives from Girl Guides of Canada. "WAGGGS makes such a difference in the lives of girls and women around the world. It was wonderful to see so many women of all ages and nationalities working towards the same goals. Especially the Young Adults! I met National Commissioners and International Commissioners (high ranking officials) who were in their 20s and 30s." ~Glenna



The Victoria BC Potluck Link group meets about every 2 weeks for a yummy potluck, and we plan tons of things to do. Like hiking the Juan De Fuca trail, carolling for cans for charity, helping run Area events, and making our own Link undergarments by tie-dyeing and decorating underwear. I think the best part about Link is that it's flexible and you can make instant friends if you move to a new city. Link is also a great way to ease the transition from girl member to adult member. Link is awesome. ~Jessie



Cambridge/Waterloo ON Link group (Mapleway Area) have been pretty active over the years, having monthly social get-togethers, movie nights, horseback riding, weekend camps in summer and winter, and of course cookie selling and service projects such as; Operation Christmas Child and food bank volunteering. ~Grace



If you have any questions, or would like to join link near you, more information is available at:  
<http://www.girlguides.ca/about/about-links.htm>



# You Go Girl!

# ROVER MOOT 2002



## Fun in the Sun

I just wanted to let everyone know that once again the ORC put on a great Moot. This year we all enjoyed a Hawaiian Holiday. For those of you who were unable to attend the festivities you missed out on some great laughs and some interesting events. As most of you know this Moot is a Rovers only event but when it came down to the fun and games everyone was 6 years old again.

To start the weekend off on a good foot everyone got lei'd (you know the Hawaiian flower necklace) so you know right from that the weekend was going to be loads of fun. Saturday turned out to be a beautiful sunny day. In style with our holiday Moot theme there were not a lot of strenuous activities, mostly a free-for-all with a few planned events. My favorite idea was the game of coconut bowling, but then again I do work in produce.

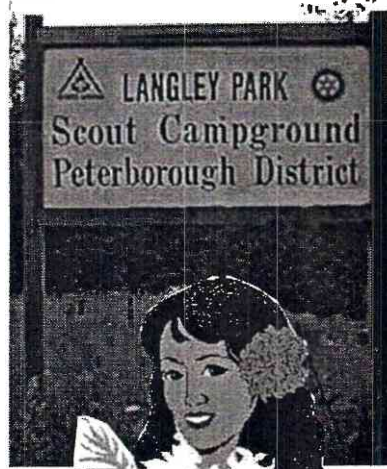
There was a Surfing competition but the surf was too high on Saturday and the board just couldn't handle it, a smashing success guys. There was an obstacle course, I believe the obstacle was to find the course. The heat became very intense in the afternoon so a few people decided to hang out around the pool. Yes, I said pool... it seems Rovers still do come prepared — Josée had her own inflatable pool. Did you get a bit too much sun that day?

Of course we shouldn't forget the scavenger hunt. Derek, did you say you have a pineapple that looks like your skip? To finish off the day of events we all enjoyed a limbo contest, with explosive volcanoes followed by a 15 foot fire. What I mean by a 15 foot fire, is that some of us thermal technicians got a bit too carried away and you had to sit 15 feet away from the fire because of the heat. For those who were not interested in sitting out by the fire Kevin provided some music and a dance-like setting. Those of you who attended know that it turned into a showing of Lilo & Stitch with BIG SOUND and little screen.

As Sunday morning rolled in so did a storm, we all frantically packed our vehicles and said our goodbyes. In case anyone was wondering there was an announcement about the crest and awards. The awards will probably be announced via email - the crests will be sent out snail mail. I hope to see everyone next year at the ORC Rovers only Moot! I would also like to remind you that the next ORC event will be a general forum held at Moot Moot in September. As always you can find information about the ORC and our upcoming events on our web site at <[www.orcweb.org](http://www.orcweb.org)>

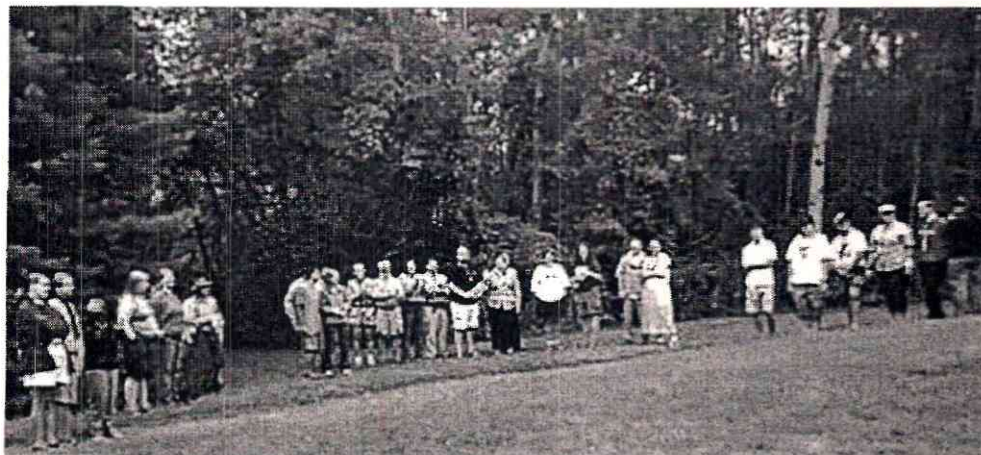
Yours in Rovering,  
Michael Dodge  
ORC Vice Chair



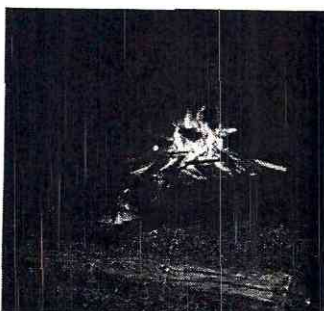
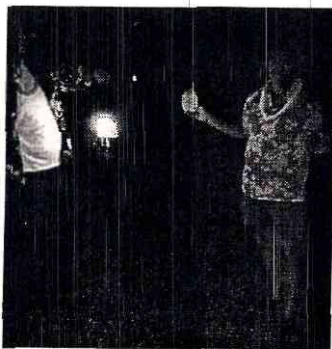
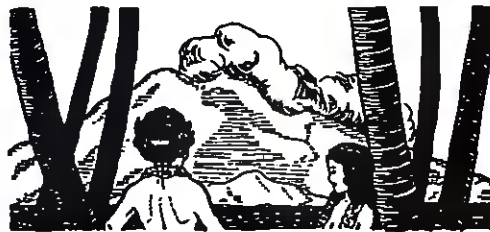
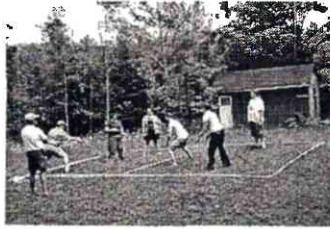


# HAWAII

*pictures by Ye Olde Editor  
and Ryan 'Jynx' Jenkins*

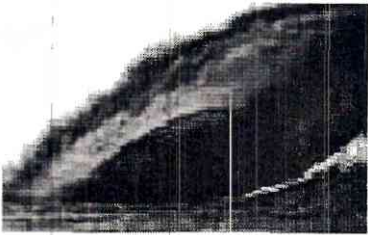




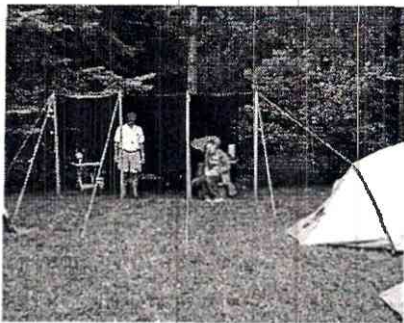


*pictures by Ye Olde Editor  
and Ryan 'Jynx' Jenkins*





## Surf's Up



*pictures by Ye Olde Editor  
and Ryan 'Jynx' Jenkins*




# The Funny Bone

A little gross, but a funny punch line...

An extremely modest man was in the hospital for a series of tests, the last of which had left his system upset. Upon making several false trips to the bathroom he decided the latest was another and stayed put.

He suddenly filled his bed with diarrhea and was embarrassed beyond his ability to remain rational. Losing his presence of mind, he jumped up, gathered up the sheets, and threw them out the hospital window.

 A drunk was walking by the hospital when suddenly the sheets landed on him. He started yelling, cursing, and swinging his arms wildly, which left the soiled sheets in a tangled pile at his feet. As the drunk stood there staring down at the sheets, a security guard who had watched the whole incident walked up and asked, "What the hell was that all about?"

Still staring down, the drunk replied: "I think I just beat the shit out of a ghost!"

After getting all Pope John-Paul II's luggage loaded in the limo for his Toronto visit (and His Holiness doesn't travel light), the driver notices that the Pope is still standing on the curb.



"Excuse me, Your Eminence," says the driver, "Would you please take your seat so we can leave?"



"Well, to tell you the truth," says the Pope, "They never let me drive at the Vatican, and I'd really like to drive today."

"I'm sorry but I cannot let you do that. I'd lose my job! And what if something should happen?" protests the driver, wishing he'd never gone to work that morning.

"It's in God's hands, my son," says the Pope, "and I'm pretty well connected. I have decided that I AM going to drive today."

Reluctantly, the driver gets in the back as the Pope climbs in behind the wheel. The driver quickly regrets his decision when, after exiting the airport and reaching the highway, the Supreme Pontiff floors it, accelerating the limo to 175 kph.



"Please slow down, Your Holiness!!!," pleads the worried driver, but the Pope keeps the pedal to the metal until they hear sirens. "Oh, my God, I'm gonna lose my license," moans the driver. The Pope pulls over and rolls down the window as the policeman approaches,

but the cop takes one look at him, goes back to his car, and gets on the radio. "I need to talk to the Chief," he says to the dispatch.

The Chief gets on the radio and the cop tells him that he's stopped a limo going a hundred and seventy-five.

"So bust him," said the Chief.

"I think the guy's a big shot," said the cop.

"All the more reason."

"No, I mean REALLY a big shot," said the cop.

"What'd ya got there, the Mayor?"

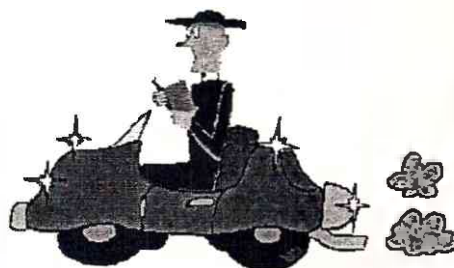
"Bigger."

"Prime Minister?"

"Bigger."

"Well," said the Chief, "Who is it?"

"I don't know", said the cop, "but he's got the Pope driving."





# The h e F u n n y B o n e

**Green garden grass snakes can be dangerous!! YES!! Grass snakes, not rattlesnakes.**

A couple in Sweetwater, Texas had a lot of potted plants, and during a recent cold spell, the wife was bringing a lot of them indoors to protect them from a possible freeze. It turned out that a little green garden grass snake was hidden in one of the plants and when it had warmed up, it slithered out and the wife saw it go under the sofa.



She let out a very loud scream.

The husband who was taking a shower ran out into the living room naked to see what the problem was. She told him there was a snake under the sofa. He got down on the floor on his hands and knees to look for it.

About that time the family dog came and cold-nosed him on the leg.

He thought the snake had bitten him and he fainted. His wife thought he had a heart attack, so she called an ambulance. The attendants rushed in and loaded him on the stretcher and started carrying him out.

About that time the snake came out from under the sofa and the Emergency Medical Technician saw it and dropped his end of the stretcher. That's when the man broke his leg and why he is in the hospital.

The wife still had the problem of the snake in the house, so she called on a neighbor man. He volunteered to capture the snake.

He armed himself with a rolled-up newspaper and began poking under the couch.

Soon he decided it was gone and told the woman, who sat down on the sofa in relief.



But in relaxing, her hand dangled in between the cushions, where she felt the snake wriggling around.

She screamed and fainted, the snake rushed back under the sofa, and the neighbor man, seeing her laying there passed out tried to use CPR to revive her.

The neighbor's wife, who had just returned from shopping at the grocery store, saw her husband's mouth on the woman's mouth and slammed her husband in the back of the head with a bag of canned goods, knocking him out and cutting his scalp to a point where it needed stitches.

An ambulance was again called and it was determined that the injury required hospitalization.

The noise woke the woman from her dead faint and she saw her neighbor lying on the floor with his wife bending over him, so she assumed he had been bitten by the snake. She went to the kitchen, brought back a small bottle of whiskey, and began pouring it down the man's throat.

By now the police had arrived. They saw the unconscious man, smelled the whiskey, and assumed that a drunken fight had occurred.



They were about to arrest them all, when the two women tried to explain how it all happened over a little green snake. They called an ambulance, which took away the neighbor and his sobbing wife.

Just then the little snake crawled out from under the couch. One of the policemen drew his gun and fired at it. He missed the snake and hit the leg of the end table that was on one side of the sofa.

The table fell over and the lamp on it shattered and as the bulb broke, it started a fire in the drapes.

The other policeman tried to beat out the flames and fell through the window into the yard on top of the family dog, who startled, jumped up and raced out into the street, where an oncoming car swerved to avoid it and smashed into the parked police car and set it on fire.

Meanwhile the burning drapes had spread to the walls and the entire house was blazing.

Neighbors had called the fire department and the arriving fire-truck had started raising his ladder as they were halfway down the street. The rising ladder tore out the overhead wires and put out the electricity and disconnected the telephones in a ten-square city block area.

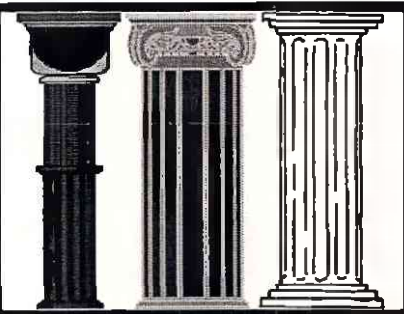
Time passed ----- Both men were discharged from the hospital, the house was re-built, the police acquired a new car, and all was right with their world -----

About a year later they were watching TV and the weatherman announced a cold snap for that night. The husband asked his wife if she thought they should bring in their plants for the night. She shot him.





# TOOL TIME



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

## Porch Columns That Last

*tradesecrets* from Danny Lipford  
June 2000 Today's Homeowner

**T**he constant exposure to sun and rain can take its toll on a porch. I see a lot of cases where water has become trapped between the base of the porch columns, called the plinth, and the porch deck. That usually leads to rot, and the problem will spread if it's not caught in time. That's too bad, because there's no reason a porch shouldn't last for decades.

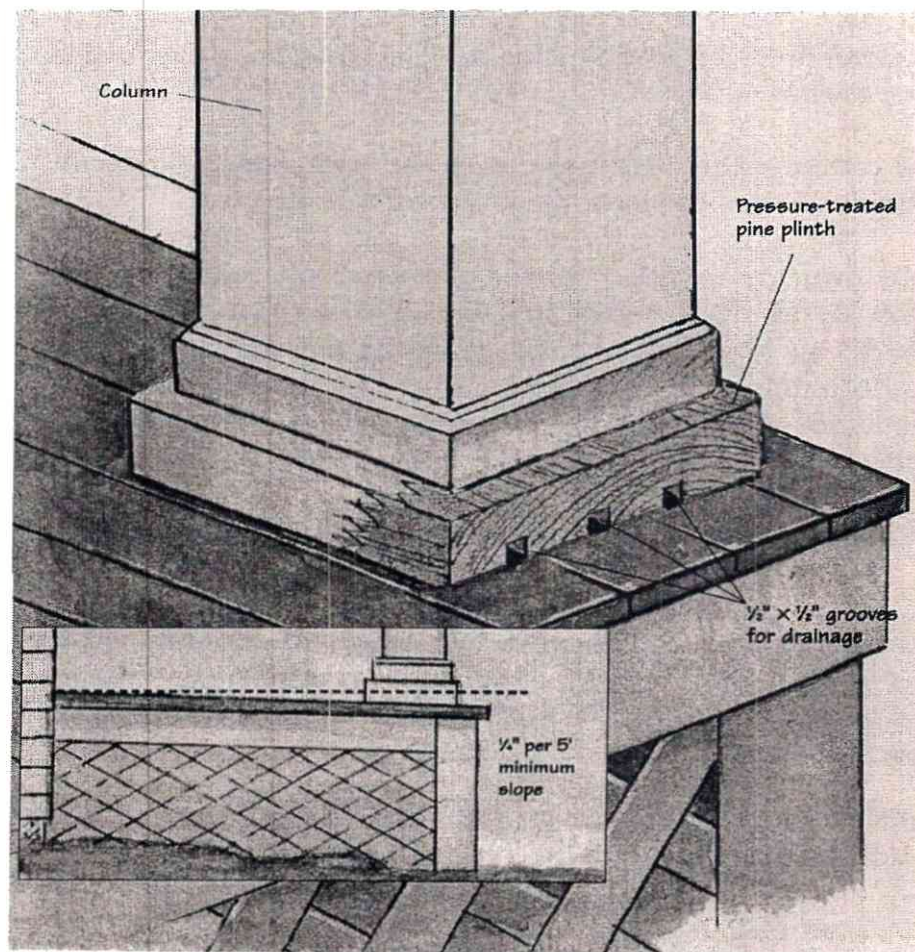
When building a new porch, we try to prevent this problem from occurring by making sure the porch deck slopes away from the house a minimum of 1/4 in. every 5 ft. Even this slight pitch helps prevent puddles around the bottom of the columns. I also use a plinth material that won't rot. I like aluminum plinths because they hold paint well and look good. Fiberglass columns are another

good choice. We've even wrapped some wood columns in vinyl to protect them.

On existing porches where there are small cracks between the columns and the deck, we recommend an application of exterior-grade caulk at the base of the columns to keep water out. Extensive damage means we have to replace the plinth. We usually make the replacement piece from pressure-treated yellow pine, which will not rot. To help water drain away, we cut two or three 1/2x1/2-in. grooves, or dados, in the bottom of the plinth.

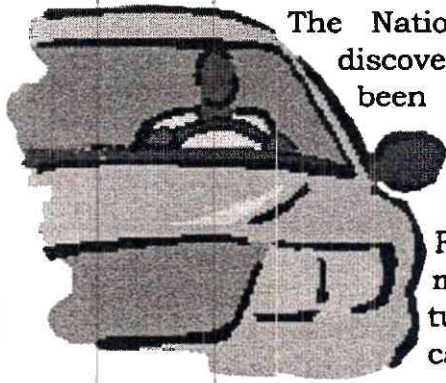
We also have been able to fix columns by digging out decayed wood and replacing it with Bondo, a two-part polyester filler that most car buffs have probably used, or with an epoxy filler like Abatron. Even curved pieces can be reproduced with a little practice. And, believe me, once you sand, prime and paint the repair, you would never know it wasn't original.

Oddly enough, one of the most important preventive measures has nothing to do with construction. It's to make sure that shrubbery and other vegetation do not get too close to the porch. Even columns made from naturally rotresistant wood (we have old-growth cypress and heart pine where I work in the Southeast) won't last forever when overgrown landscaping keeps them damp all the time. Keep plants at least 1 ft. away so air and sun have a chance to dry out the wood. Another tip: Set up your lawn sprinklers so they don't douse columns and the porch deck.



# Safe Driving Aid - Side Mirrors Adjustment

Some of the most serious preventable accidents occur because of blind spots while driving! Now there is a remarkable simple solution discovered by an engineer named George Platter. He presented his method at the prestigious Society of Automotive Engineers.



The National Safety Council (USA) tested his theory and discovered, to their amazement, that it works! The method has been fully endorsed by the National Safety Council as described in their September/October issue of Traffic Safety. Here's how it works:

First, forget how we learned to adjust our outside mirrors by plopping behind the steering wheel and turning the mirrors so that we just saw the side of our car looking back at us in the mirrors.

Instead, adjust the driver's side mirror by resting your head against the driver's side window and then turning the mirror so that you just see the side of your car.

Once this is set, move to the center of the vehicle and turn the passenger side mirror so that you can just see the side of your car from the center of the vehicle.

That's it. You won't see your own car in either mirror, yet what you will see is far better. Cars behind you show up as usual in the inside rear-view mirror above the dash, but the instant the car leaves your field of vision from the rear-view mirror the outside mirror picks it up. No blind spot; no delays; no wondering where that car about to pass you has disappeared to, and no waiting a few seconds for the car that you just saw in your rear-view mirror to show up in your outside mirrors.

All three mirrors work in harmony with one another, and the blind spot has been eliminated!

**Editor's Note:** *As a long time van driver, I've had the 'blind spot' problem for many years. I've tried this method and it works. A word of caution....because it's different than what you've been used to, it takes a little while to feel comfortable....be careful while you get used to the new setting.*

from the GM Powertrain – Tonawanda Engine Plant newsletter 'Excellence'  
Vol. 14, No. 13; March 28, 2002

## **Congratulations: Scouts Canada 2002 Scholarship Winners!!!**

Christina Ashmore-Lombardy, ON  
Edmond Chow-Vancouver, BC  
Jamie Conrad-Middle Musquodoboit, NS  
Shaun Donald-Midland, ON  
Daniel Doucette-Oakfield, NS  
William Andrew Eaton-Pasadena, NF  
Amy Godwin-Thunder Bay, ON  
Christopher Goulet, Tillsonburg, ON  
Justin Hall-London, ON  
Vivian Hughan-Kitimat, BC  
Alexander Leung-Surrey, BC  
Kevin Li-Richmond, BC  
Iris Lin-Richmond, BC  
Daniel Mariens-Vancouver, BC  
Brandon Ma-Vancouver, BC  
Robin Nuttall-Seeley's Bay, ON  
Graham Poole-Winnipeg, MB  
Katie Probert-Milford Station, NS  
Jeff Shaw-Toronto, ON  
Kristopher Skiba-Halifax, NS  
William Kelly Skulmoski-Courtenay, BC  
Raymond Thibeault-McBride, BC  
Jessica West-Kingston, ON  
Mark Wilson-Port Colborne, ON  
Neil Woody-Toronto, ON



# **Announcements, Announcements, Announcements.**

## **World Scout Conference sees Canadian Elected!**

John Gemmill was elected to the 14-member World Scout Committee at the July 16th conference in Thessaloniki, Greece. The conference was the largest every held with 1,225 participants from 122 member countries.

**Congratulations John!!!**

## **A re"QUEST" for Service**

The Canadian Marathon requires volunteers for setup, takedown, route marshals, and manning water stations for the October 20th event in Toronto, Ontario.

Volunteers are asked to contact Harry Bruce, (Special Services) at 416-490-6364 ext. 228 or you may send an e-mail to [spserv@scoutgtr.org](mailto:spserv@scoutgtr.org) to Scout House at GTR

## **Scouts Canada Scholarships (cont'd)**

The above 25 members of Scouting were awarded a \$1,500 Reginald K. Groome Scholarship from Scouts Canada. For information on applying for next year's scholarships contact Jennifer Austin at Scouts Canada by calling (613) 224-5131 ext. 271 or by sending an e-mail to: [jaustin@scouts.ca](mailto:jaustin@scouts.ca)

## **Rover Challenged by Cross Canada Canoe Trip!**

Matt Smith, Ontario Rover and Past-Staff Member of Northern Tier, has put his classes at the University of Calgary on hold to canoe across much of Canada. Matt began his cross Canada trip in Rocky Mountain House, Alberta and expected to complete his trek on November 18th in Truro, Nova Scotia.

To contact Matt during and after his Trip, e-mail him at: [<just\\_canoe\\_it@hotmail.com>](mailto:<just_canoe_it@hotmail.com>)  
Or check out his website at: [www.justcanoe.com](http://www.justcanoe.com)

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

**Next Aussie Moot-Tasmania  
December 2004-January 2005**

## **Still time to send in your response to the Eh!'s Out & About Activity Survey!**

The September 1st deadline has been revised to December 1st.

An electronic version now available on the ORC website:  
[<www.orcweb.org/interactive/survey.shtml>](http://www.orcweb.org/interactive/survey.shtml)

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

or

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



# OUT & ABOUT

Number 20

"Travel a thousand miles by train and you are a brute; pedal five hundred on a bicycle and you remain basically a bourgeois; paddle a hundred in a canoe and you are already a child of nature."

Pierre Elliott Trudeau

## Canoe Tripping

Why an article entitled Canoe Tripping in the October/November issue of the Canadian Eh! you may ask? You might well have expected something more appropriate for the fall or winter. Well, I have my reasons, bear with me. First I sprained my left knee this spring playing baseball and so canoeing made more sense this summer than cycling. I've spent more time than I usually do canoeing and maybe it's not out of my system just quite yet, who knows.

Second, winter is the time to plan those great canoe trips for next year as described by Alan S. Kesselheim in his book: *The Wilderness Paddler's Handbook*.

"I spend a significant part of every winter crawling around the living-room floor on top of the maps I have spread out. There's nothing like it to stimulate the imagination glands, especially when it's been twenty below for two weeks and it gets dark at four. I start following a blue trail through empty country, linking drainages, crossing lakes, finding connections, seeing what access comes near, and pretty soon I've gone deep into a virtual landscape created by the spell of flat sheets of colored paper." p. 11

But the most important reason is that **Matt Smith's story** just can't wait for those anticipated warmer days of next year. Please read the following section and then check out his website. He may just inspire you to plan a great trip for next year. Be sure to send him an e-mail of encouragement as he completes his.

## Rover Challenged by Cross Canada Canoe Trip

**Matt Smith**, Rover and past staff member of Northern Tier has put his classes at the University of Calgary on hold while he canoes across much of Canada. Matt began his trip at **Rocky Mountain House, Alberta** on May 1<sup>st</sup> and expects to complete it in **Truro, Nova Scotia** on November 18<sup>th</sup>.

If Matt completes the entire trip this year, he estimates he will travel over 6,400 km across 7 provinces in a solo canoe. The route he has chosen allows him to retrace many of Canada's historical waterways, allowing him to relive the life of the early voyageurs. You may ask why all the way to Truro, when historically the voyageurs began and ended their trips in Montreal? Well,

Montreal would have been Matt's choice to end the trip in true voyageur style, but then his grandparents live in Truro, so it's a bit of a homecoming for him.



His remaining Itinerary is estimated to take him to:

Ottawa	October 6
Montreal	October 10
Quebec	October 16
Trois Pistoles	October 22
Lac Temiscouata	October 25
Saint John	November 6
Truro	November 18

If you would like to contact Matt e-mail him at: <just\_canoe\_it@hotmail.com> or read more about his epic journey try his website at: <www.justcanoe.com>

### **National Geographic Adventure Magazine's "Secrets of the Great Parks"**

Adventure magazine isn't the National Geographic your grandmother gave you every year for Christmas. Its very much the magazine that entices you to go out and do the things you see in the photographs and read in the articles. Its definitely just as much an outdoor magazine as Explore, Backpacker, or Kanawa.

The feature article of the May 2002 issue, Secrets of the Great Parks, is a review of the National Parks in the United States. It lists what you "**Must Do**", what you "**Must Avoid**", what "**Strategy**" to follow, what to do for "**Extra Credit**", what the park is the "**Best**" for in the entire park system, and how to spend "**5 Perfect Days**" at the park. The article also includes spectacular photos and a map of each park.

If you're looking to be enticed to go to one of the large national parks in the U.S., this article will do that and more. If you haven't considered an U.S. National Park, but you're looking for the place to do a particular activity, then the following list (from the magazine) may provide you with a starting point for your search.

- **Olympic National Park, Washington State-Best Wilderness Beach**
- **Yosemite National Park, California-Best Place to Do Nothing**
- **Grand Canyon National Park, Arizona-Best View**
- **Glacier National Park, Montana-Best Star-Glazing**
- **Grand Teton National Park, Wyoming-Best Hike**
- **Rocky Mountain National Park, Colorado-Best Peak Bagging**
- **Great Smoky Mountains National Park, North Carolina & Tennessee-Best Bloom**
- **Acadia National Park, Maine-Best Biking**

### **Final Thoughts:**

While our crew hasn't done any canoeing in Matt Smith's league this year, last year or likely any year to come, we have been **Out & About**. We've kept canoeing part of our programme, how about yours? How about spreading a few maps on the floor this winter and go *"..deep into a virtual landscape created by the spell of flat sheets of colored paper..."* as Alan S. Kesselheim does each winter. And just maybe you'll end up in Truro, Nova Scotia. If you do, stop in and say hi to Matt's grandparents.

Kirby McCuaig



# The Canadian Rover Eh! Out & About Activity Survey!!

Name: \_\_\_\_\_

Crew: \_\_\_\_\_

Area/Province: \_\_\_\_\_

- 1) Would you be in favour of attending a Moot on the move? One where your group would travel during the weekend by canoe, bike, or foot and participate in events/activities along the way?

Yes No

Preference: Canoe Bicycle Hike

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

- 2) What canoe route, bike trail, or hiking trail would you recommend as the best one(s) in your area?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- 3) What was your most memorable canoe trip, bike trip or hike? And why?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- 4) Do you have a tip(s) for others when it comes to canoeing, cycling or hiking?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- 5) Does your crew now or did it in the past require any outdoor activity as part of its investiture requirements?

Yes No

Requirements: \_\_\_\_\_  
\_\_\_\_\_

Send your responses to either our postal or e-mail address by December 1<sup>st</sup> to be included in our February/March 2003 issue.

E-mail your answers to: <canadian\_rover@hotmail.com>

Or mail them to:

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



# Conference/Training Dates

## NOVA SCOTIA

November 1-3

Scouters Conference 2002  
Old Orchard Inn  
Wolfville, Nova Scotia  
<pat.morrison@ns.sympatico.ca>

## ONTARIO

### GREATER TORONTO REGION

November 23-24, 2002

OR

November 22-23, 2003

Crew Woodbadge Part I  
Scout House  
Greater Toronto Region  
Ontario

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

### ATIRONTA REGION

October 26

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



# International Events

## **NOVEMBER '02**

15-17 Manibobar 4WD Challenge  
Victoria, Australia  
4wdchallenge@manibobar.com

## **DECEMBER '02**

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

## **JANUARY '03**

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

## **JULY/AUGUST '03**

26 thru August 2, 2003 Norjam 2003  
Royal Norfolk Showground  
Norwich, Norfolk, UK  
<admin@norjam2003.org.uk>

July 31 thru August 11, 2003 Roverway 2003  
Portugal  
<contact@roverway2003.org>

???

Explorer Belt - Uganda  
UK contingent contact:  
<nick@ugandanetwork.org.uk>

## **AUGUST '03**

1-7 2nd Mongolian Rover Moot  
Theme: Rovers Towards Global  
Development  
<scout@mongol.net>  
2-9 Wings 2003  
(Windsor InterNational Guide  
& Scout Camp)  
Windsor, Berkshire, UK  
<info@wings2003.org.uk>

## **PPPPP '03**

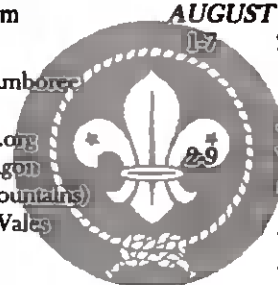
Gumboot Moot 2003  
New Zealand  
<admin@gumbootmoot.dyndns.org>

## **AUGUST '04**

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

## **DECEMBER '04**

29 thru January 10, '05 16th Australian Rover Moot  
Tasmania, Australia  
<www.tassiemoot.com>

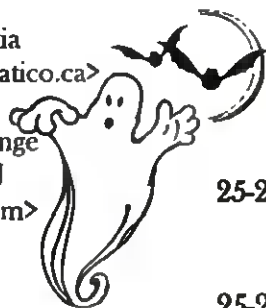


# UPCOMING EVENTS

# UPCOMING EVENTS

## OCTOBER

- 4-6 RAVE 2002  
Camp Nedooac  
Elderbank, Nova Scotia  
<kevin.croft@ns.sympatico.ca>
- 5 The Crazy Canuck  
Adventure Challenge  
Voyageur Region, ON  
<cjburchell@yahoo.com>
- 11-14 Kamp Krusty  
Camp Tamaracouta  
Mille Isles, PQ  
<gruntmoot@tcmp.net>  
<tcmp.net/gruntmoot>
- 18-20 Rovent - A Medieval Tourney  
Camp Opemikon  
Christie Lake, Perth, ON  
<dwheat@storm.ca>
- 19-20 JOTI  
Jamboree on the Internet  
<www.joti.org>



- JOTA  
Jamboree on the Air  
<www.jota.org>  
Worldwide - from YOUR  
homesite

- 25-27 Venture/Rover Forum  
Manitoba  
Location: TBA
- 25-27 Jailbreak Moot  
ARPAD Park  
Niagara Falls, ON  
Terry: (905)295-5251

## NOVEMBER

- 8-10 E-Vent 2002  
Camp Kasota, Alberta
- 15-17 Rainbucket 2002  
(Venturers Only)  
Golden Ears Park  
Maple Ridge, BC  
<arcvent@hotmail.com>



## FEBRUARY '03

- 21-23 Snow Moot  
Camp Nemo  
Burlington, ON

### VRRRT Events

- Oct 25-27, '02 Rovent  
Meeting in camp  
Camp Opemikon  
Christie Lake  
Perth, ON
- Dec 7-8, '02 December Event  
held in Ottawa, ON
- Feb 1-2 '03 February Event  
held in Petawawa, ON
- Apr 5-6, '03 VRRRT Annual Meeting  
held in Kingston, ON
- for details on any of these:*  
<chris@siliconweb.org>  
web site:  
<www.vrrrt.org>

### ORC Events

- Nov 8-10, '02 ORC Weekend  
Shining Waters Region  
Check the web site for  
details as they develop
- Jan 10-12, '03 ORC Weekend  
Voyageur Region  
Site TBA
- Mar 7-9, '03 ORC Weekend  
Details TBA
- May 9-11, '03 ORC Annual Meeting  
Greater Toronto Area
- for details on any of these:*  
<orcweb@bigfoot.com>  
web site:  
<www.orcweb.org>

## 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**