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To all of our readers and supporters.....

During the past couple of months there have been many internet postings, rumours, innuendoes and stories circulating about, concerning this magazine and our problems. In an effort to maintain some sanity in this situation, I will attempt to explain what happened, and why this edition's cover says "Final Edition".

With the closing of Atironta Council (formerly Region), a situation was created for this magazine whereby we lost our mailing address. The budget for this magazine has always been very tight and by using Atironta's address, we saved money by not having to rent a postal box. We just recently were able to start using a discounted postal rate, bringing us back up into the positive side of our ledgers on a per-issue basis. This savings helped to keep the subscription rate affordable to Rovers. We estimated that renting a mailbox would be equivalent to spending the income from ten to fifteen subscribers **just for the cost of the rental**. A suggestion was made that we might be able to use the Greater Toronto Council's mailbox as a drop for our mail. Since the magazine had been using the Atironta address almost from the inception of this magazine, I didn't anticipate any major obstacles.

John Plumadore, then the Council Executive Director of Greater Toronto Council, was supportive of using the GTC as a mail drop but felt the decision needed to be made by Barry Hardaker, National Executive Director of Field Services for Scouts Canada. Apparently this is where our problems began, as by using a Council office as our mail drop, the Canadian Rover, EH!, by implication, could be deemed a Scouts Canada publication. However, there was no information on where and how it fit into Scouts Canada and who was responsible for it. His letter instructing us to cease publication had no explanation, not only shocking me, but also mystifying me. I personally felt then, and still do, that Scouts Canada didn't have the right to terminate a publication that was not an official part of their organization. That said, however, I did not then, nor do I now, seek to argue the point. Scouts Canada is the organization recognized by WOSM as the official Scout Organization in Canada, and I don't want to create a scenario disputing that.

I sent Barry Hardaker a response, hoping that we could sit down face-to-face and come to an understanding of what the concerns of Scouts Canada were about this magazine and to provide the necessary information, including past issues of the magazine if necessary, which would remove any and all doubts that we were an important resource for Rovering across Canada and constantly kept the guidelines of Scouting as our method of conduct.

Barry Hardaker was unable to immediately support the Canadian Rover, EH!, as there were many questions of accountability that needed to be answered. Unfortunately, they were never asked directly of me or anyone else connected with the magazine, so I thought I would try to answer the most logical questions here: What is the role of the Canadian Rover, EH! within the Rover community? It was an open forum for the exchange of information, by Rovers and for Rovers. What are Scouts Canada's roles and responsibilities in providing for the publishing of the magazine through a Council office? Scouts Canada never had anything to do with publishing this magazine in any way, shape, or form. This magazine has always been a stand-alone publication, put together by Rovers and/or Advisors, as a free-standing, self governing body. Our only connection with any official Scout office was the fact that Atironta Region permitted us to use their address as a mail drop. Who is accountable for the finances associated with running the magazine? The staff of the magazine collected subscriptions and advertising fees, had the magazine published and mailed and paid the bills. What Scout body is responsible for the content? We were never responsible to any governing body, but, by using the Scout Promise and Law as our guidelines, always followed the Scouting principles in what appeared in the magazine.

A solution to the situation seemed to have been found with the direct input of Rovers and the Central

Canada Rover Round Table in particular, but without the direct input of myself or anyone connected with this magazine. The Canadian Rover, EH! was to continue providing information for the Rover community (and by extension, the Venturer and Ranger communities), with all material to be reviewed by the CCRRT. Since we never published material of a questionable nature in the past, I didn't expect any problems in the future, especially since our reviewers were to be the same people who fought so hard to have this magazine succeed, and so I agreed to what appeared to be reasonable concessions for us to make in order to have the "blessings" of Scouts Canada.

Unfortunately, I'm too set in my ways and have been editing this magazine for too long without having someone looking over my shoulder. I've found that the situation isn't working out and isn't something I can live with. People of good-nature, looking out for our best interests, became obsessed with perceived politically incorrect infractions that Scouts Canada would find offensive, the review has taken forever, and I felt like I was undergoing a slow water torture.

The situation we're under right now can be summed up in this parable:

A small herd of wild deer roamed the Rockies. The stag who led the herd was getting on in years, but used his many years of experience to successfully lead the herd throughout the area foraging for food and shelter and staying away from predators. All was right with the world until one day, while the herd was in a box canyon, MAN entered into the scheme of things. MAN built a fence across the mouth of the canyon, completely blocking the herd in. MAN then came in, used pellet guns and darts to drug all the members of the herd and then carted them off, by truck, to a zoo.

When the herd was released in the compound at the zoo, they now had several hundred acres of land to roam instead of hundreds of thousands of acres. Since there wasn't ample forage, the keepers, on a daily basis, made sure that enough hay was strewn about for the herd to eat. Now, you would think this was a better life, right? No more fears of predators, guaranteed food every day, somebody looking after them to make sure they had veterinary care if one or more of the herd had health problems....... All they had to give up (even if they didn't have a choice) was the ability to roam free across hundreds of thousands of acres of the beautiful Rockies.

Have you ever read stories of a magnificent stag plunging to his death because he tried to leap an impossibly wide ravine to escape hunters? That's the way I feel right now. I'm looking for a ravine to leap so that I can escape the trap I'm in. For MAN in the parable, substitute Scouts Canada. The story applies to my situation with this magazine.

To keep my sanity and to prevent losing friends over issues that they believe are important to Scouts Canada, I feel that the only resolution to this problem right now is for me to resign as the editor. I've spent the past five-and-a-half years doing what I thought was a good job in looking out for the best interests of Rovering and I don't want to be a distraction now, at a time of restructuring, when Rovers need to band together for the common good.

I leave with no feelings of animosity towards anyone, only a feeling of sadness that I can't continue my efforts. The unfortunate result of my resignation is the fact that there is no editor waiting in the wings to immediately carry on. I'm really sorry about that, because so many of you have been counting on this magazine and I feel I'm personally letting you down.

I hope that somebody steps forward soon to pick up the slack. This type of forum is definitely needed as a communications venue for Rovers, Venturers and Rangers. The "official" publications offer too little coverage of the senior sections.

When a new publication is established to continue this work, I will gladly contact all the people currently on the subscription list with details on where and how to contact the publishers. In the meantime, with the conclusion of this magazine, all of our present subscribers can expect a prorated refund based on any money still on hand after all the final bills are paid.

Nobody can take away the wonderful memories I have and the friendships I've made. I'm still a Rover in my heart and unless somebody puts me on an official blacklist, I will still attend Rover functions as an International Visitor, probably with a member or two from my Crew or other Scout Unit from my home area.

My regrets, Keep on Rovering, **Stan Kowalski Jz.**



Chivalry

Living out east lately, I have heard many times "Chivalry is Dead." Ironically, often it is being said by someone who, in many ways, I would consider to be chivalrous. However, in the context of the conversation, it is usually said to explain why my friend doesn't want to do something which will help another. When living in Calgary, I never heard this statement come out of my friends mouths, and it started me thinking about what chivalry is and who would be considered chivalrous.



Perhaps, in a way, it is tied into the idea of shame vs. guilt. In a guilt culture, if you

do something wrong, or don't do something you are supposed to do, you are meant to feel badly about it—guilty—but there is no public consequences for the action or inaction. In a shame culture, you are expected to live up to communal expectations for behaviour. Despite all the modern conveniences of Western Canada, the idea of honour has remained very strong, most likely as a result of what can be coined "Cowboy Culture." Even in a city of a million people, such as Calgary, people still operate on the notion of help your neighbour when they are in need.

Regardless of the source, chivalry has the connotation of men taking care of women because it is popularly tied with medieval notions of what men and women should and should not do. However, since the sexual revolution, it is my humble opinion that both men and women are not only capable of chivalry, but should be **expected** to be chivalrous.

As members of Scouting, you have made a promise to keep the Scout Law. Although the laws have been modified lately, the core essence of them remains the same. In effect, to undertake the Scout Law is to strive to be chivalrous. The Scout Law is not only something to strive for in our daily lives, but it is an ideal which we should try to live up to. There will always be cases when this is a struggle, and through these struggles, we develop into better people.

From my perspective, the spirit of the Scout Law can be divided into two aspects: Thought and Deed. Those aspects which relate to "Thought" revolve around the idea of

developing a chivalrous attitude. There are two main areas of the Scout Law which relate to this area: Being pure in thought and smiling under all difficulties. To be pure in thought means meaning no ill-will to anyone, being trustworthy and trusting others to be the same, being loyal to your friends, community, and country, being wise in the use of both your and communal resources, thereby ensuring that you can help as many people as possible, and being polite and courteous to all those who you meet, whether friend, family, stranger, or nemesis. As a result of this, you will develop a carefree nature in that things don't get you down as much, and you will be able to smile under all difficulties, knowing that you have done your best, and that you have helped someone in their time of need.

In terms of chivalrous action, take the time to get to know those people around you. Try to be a friend to everyone, and be considerate of other people's feelings and circumstances. Help those around you who are in need, regardless of their connection to you. Care for animals, both domesticated and wild, and take care of each other. Leadership is also an important chivalrous action, but it comes in two parts. The trick is to learn when you need to be the leader, and when you should follow the leadership of someone else. The point is not glory, but helping others.



With these two aspects, Chivalrous Thought and Chivalrous Action, you cultivate within yourself a Chivalrous Soul, and become a Chivalrous Person. Both men and women are not only capable of this, but should strive for this in their lives.

I should also note that inherent in being a Chivalrous Person that you are a role-model for others. Be mindful of this at all times and try to conduct yourself in a chivalrous fashion. Chivalry is an ideal which you will strive towards your entire life. It will always be a struggle, but is well worth it in the end. This is supposed to be difficult. Don't get discouraged if you find that in some way you have forgotten the Scout Law, it can always be returned to, and is, in effect, a guideline for how to live your life. We all stumble, it's what we do about it that matters.



(Rovers, Senior Scouts, Venturers Promotion)

CAMP



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This is a fun time linking camp to introduce Venturers and Senior Scouts to other VENTURERS and all the ROVERS
In Voyageur Council





To: Scouter Stewart Bowman Whitby Area Commissioner

November 12, 2003

Dear Scouter Stewart.

Lately I have noticed that in area newsletters and Brit-ex information there Is hardly any mention of Rovers. This also applies to the Leader magazine and other Scouting-wide publications. It is almost as if we are the embarrassing older brother that no one mentions in polite company. As a Rover myself, I can say this oversight is disappointing at best.

I can understand that in the past some Rovers have contributed to a bad reputation in regards to drinking and partying. The current incarnation of the Rover movement is anything but these stereotypes. Unless we are given the chance to show otherwise, these antiquated attitudes will continue. It is frustrating to defy these stereotypes and still get no recognition for our efforts.

Like the rest of Scouting, Rovering is experiencing a downward trend in membership. With rarely any mention in such widely distributed publications, this trend can only continue. We have been to many youth events but often our service role makes us less visible to the youth and impedes the potential for linking. Unless Venturers and Scouts are aware that Rovers exist as an option in Scouting we risk losing them. If this continues, Rovers could cease to exist.

When listing the levels of Scouting, Rovers are often curiously absent from the group. We are valid, participating, youth members of the Scouting movement and we deserve the same care and recognition as any other level. Our Crew is vital within our Scouting community and has provided many hours of service, as is our motto. Several of our members also serve dual roles as both leaders and Rovers. We have placed among the top three at several moots, and even ran a moot of our own. quite successfully. All I ask is that we be accepted and recognized for the role we play.

I recognize that you, personally, have been a strong supporter of our crew. I thank you for your encouragement. I feel this is a bigger issue that should be addressed at a broader level within Scouting. Please forward this letter to whomever you feel is appropriate. Sincere Thanks,

Yours in Scouting,

Jennifer Flanders Rover 1st Ashburn Rover Crew



OUT & ABOUT

Number 27

Backpacking in the Adirondacks

Recently I showed my new Venturer Company the August/September 2002 article from Leader Magazine, entitled **Everest Adventure Dreams**, written by Susan Mackie. My reasoning being that **1**st **Port Moody Venturers** trip to Mount Everest which won them first place in the 2001 Amory Awards would inspire them to *Think Big* when it came to planning upcoming events. Instead their response was "...how can we compete for the Amory Awards with other Venturer Companies who are doing great trips in the mountains, when we live in Ontario?" The answer I provided at the time didn't really win them over. After all most Ontarians think "**North**" automatically when planning for adventure in the wilderness and Ontario's northlands are essentially flat in comparison.

Few people in Ontario realize that a 7 to 9 hour car ride east from Toronto (to Lake Placid) along the 401 and into the Northeast of New York state would bring them into the largest park in the lower 48 states, (or as they say south of the 49th parallel, in the contiguous United States). New York state's Adirondack Park is larger that Yellowstone, Everglades, Glacier, and Grand Canyon National Parks combined. The park includes over 40 mountains with elevations of over 4,000 ft and one, the tallest, Mount Marcy over a mile high at 5,344 ft. Clearly backpacking in the mountains is closer than many expect.



After writing the above two paragraphs, I have to admit that I too fell into this same category of aforementioned Ontarian's until my recent Humber College Intermediate Backpacking class trip to the top Mount Marcy.

A few more Adirondack Park Facts:

- 5,820,111 acres (3,010,226 acres owned privately, 2,475,340 acres owned by the state, 334,545 acres of water)
- approximately 8,000 square miles of mountains
- approximately 2,000 miles of trails

Saturday

Our goal for Saturday was to make camp at Marcy's Dam. This meant rising early and driving all morning to make it to Lake Placid after a lunch stop somewhere along the way in New York state. We wanted to have at least an hour stop over (and you will too) at this small town that hosted two Winter Olympic Games. We found the town packed with tourists on the mutual long weekend. But I warn you that if you have shoppers or history buffs in your group a one-hour stop over won't be enough.





It's approximately 3 miles southeast along highway 73 to North Elba from Lake Placid. Once in North Elba turn right (south) onto Heart Lake Road. A short drive down Heart Lake Road will lead you to the ADK's Adirondack Loj. Once in the Loj's parking lot we made the final adjustments to our backpacks and began the 2.3-mile hike to Marcy's Dam. We had brought tents, in case the lean-tos were all taken, but got lucky and shared one with three people from Quebec. Around 4:30 p.m., we settled in and began preparations for dinner before the sun went down shortly after 6:00 p.m. It turned out that our fellow Canadians

were using the Marcy Dam lean-to as their base camp as they spent three days hiking to the top of a

number of the mountains around Mount Marcy. After dinner we had a few coffees and peppered Peter Hughes our Humber College instructor about tomorrow's hike and his hike across the United States on the John Muir Trail with his dad in the spring and summer of 2002.

Sunday

By 8:30 a.m. we had had breakfast, packed our gear and begun our trip along the (Blue markers) VanHoevenberg Trail out of Marcy's Dam. For the hike up to the Peak of Mount Marcy we left our backpacks in the ADK lean-tos and donned our daypacks. Today we would carry only lunch, snacks, water (and one pump), extra clothing for the top, first aid kit, map, compass, flashlight, survival kit, extra socks, and hiking poles.

According to "Discover the Adirondack High Peak" guidebook by Barbara McMartin and Bill Ingersoll, on page 275, the hike from Marcy Dam to Mount Marcy via the VanHoevenberg Trail is 5.1 miles, 3 ½ to 4 hours with an elevation change of 2,978 feet. Approximately 1 mile out from Marcy Dam you will encounter a fork in the trail. The left fork (heading northeast) with Red markers leads to the peak of Phelp's Mountain with an elevation of 4,161 feet. To continue the climb to Mount Marcy take the right fork and keep following the Blue markers.

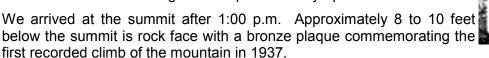
Our first major break of the day was at Indian Falls. Normally you'd expect to climb to the base of a falls to enjoy the scenery of the falling water. Fortunately it's the opposite at Indian Falls. By travelling just a few feet off the main trail you pass through a few trees and walk across a large flat area of bare rock to gain a great view of Algonquin Peak. Algonquin is the second highest mountain in New York State at 5,114 feet in elevation. Thought the view is beautiful to look at, and I was thankful to be able to refill my water bottle, I was reminded on how much further we had to go with Algonquin Peak looming above us.



Shortly after you continue along the trail you'll come to another fork where a Yellow marker trail will join the VanHoevenberg trail from the right hand side of the trail. This trail leads westward to Arnold Lake and eventually climbs to the top of Mount Colden.

Approximately 1½ miles later you will encounter a second Yellow trail intersecting the Blue VanHoevenberg trail, this time from the left. The McMartin and Ingersoll guide estimates that when you've reached the Hopkins Trail, you've hiked a total of 3.9 miles from Marcy's Dam. At this point if you look southeast you may believe your getting close to the top. Unfortunately the mountain before you is Little Marcy at 4,765 feet. The climb continues.

Caution, once the trail passes the tree line it gets very steep in places. Above the tree line the path is marked by both yellow blazes and cairns. McMartin and Ingersoll remind their readers to "...always know the exact location of the next blaze or cairn before leaving the one you are on or near. This is critical during times of poor visibility." p.277





Though it had been pleasant all day and I hiked in shorts and short selves, I had to put on my fleece at the top due to the wind to be comfortable. Plan as we did – have lunch on the top and really get time to enjoy the panoramic view.



There are Park Rangers on the summit reminding you to stay off the alpine vegetation and stay on the bare rock. We found them extremely happy to take several photos of us with the many cameras we brought.

Three trails meet on the top of Marcy, a Red trail from Bushnell Falls, a Yellow trail from Mount Skylight, and the Blue trail from Marcy's Dam. We chose to return the way we had come. We again stopped to rest,

take on more water and enjoy the view at Indian Falls. I, being the slowest in the party, arrived back with our instructor in tow at approximately 6:00 p.m. I was glad to be back at Marcy's Dam as I was extremely tried after a long day on the trail. Please note in planning a trip from the McMartin and Ingersoll guidebook – all distances and times illustrated are for the ascent of the trail, that is, the climb. Make sure you add adequate time for descending when planning your trip or day.

Monday

When we woke up on Monday morning, I must say I was more than a little stiff from the hike to the top of Mount Marcy. I had to do a little stretching on the way to my morning constitutional. We packed as we cooked breakfast, knowing we had a 2.3 mile hike back to the parking lot and at least a 7 hour drive back home. In fact it turned out to be over 9 hours in the long weekend traffic jam back to Toronto along highway 401 that night.

Monday's highlight for me and the rest of the college's students, was when our instructor, Peter Hughes, awarded each of us our crest for completing the climb. Crests are available for many of the mountains in the ADK Loj store. The ADK asks that you only purchase crests for the mountains you have actually climbed.

Trail Conditions:

The portion of the trail from the ADK Loj to Marcy Dam is similar to any hike on the Bruce Trail or through Algonquin Park, rolling hills with short climbs and descents. According to McMartin and Ingersoll you have: "2.3 miles, 50 minutes, 187-foot elevation change", p.253

After you leave Marcy Dam the trail changes gradually from an earth trail with man-made steps and log/plank boardwalks to large areas of natural rock and man-made rock steps. We were told by one of the Rangers who visited on campsite on Saturday that the week before our trip



(Thanksgiving Weekend) the trail had 2 feet of snow on it. There were small areas throughout the trail between the dam and summit where the trail was wet. Numerous boardwalks and logs designed to divert runoff dot the trail.

We all carried two walking sticks for our ascent and descent of Mount Marcy. The work of the Trail Crews is quite evident along the entire trail. They've moved tons of rock to provide firm stepping stones or stairs to fortify the trail against the wear and tear of thousands of hikers each year. The Adirondack Park bans the use of power tools in the park. The crews are forced to create new trails and maintain old ones using only axes, saws, shovels, and iron bars. This year's Adirondack Life – 2003 Annual Guide to the Great Outdoors captures the lifestyle and the Herculean effort put out by the Professional Trail Crews in the article: PATH-OLOGY – Five Days of Heavy Lifting with an Adirondack Trail Crew. Pick up the magazine if the idea of spending your summers working trails appears to you.

Most of the trail toward the top of the mountain can be categorized as "step up, step, step up". This is where the poles we carried really earned their keep, as well as on the way down. Its not until you hike the short distance above the tree line that "four wheel drive" aspect of the trip comes into vogue occasionally. The most dangerous part of the trail is coming over the summit. Here you're walking on bare rock on a steep angle. Take your time, ensure there's lots of space between you and other hikers, the mountain isn't going anywhere.

A Few of the High Peaks Rules:

Please familiarize yourself with all of the regulations of the park, especially those of the High Peak zone before heading into the park. For latest up to date information you can write to:

the Adirondack Mountain Club, Inc.

814 Goggins Road

Lake George, NY 12845-4117

Or call at: 518-668-4447

Or web site: www.adk.org

Group Size

- Overnight group size is limited to a maximum of 8 people.
- Day-use group size is limited to 15 people.
- Affiliated groups must maintain a separation distance of at least 1 mile at all times.

Camping

- No Camping above 4,000 feet at any time of the year.
- Camping between 3,500 feet and 4,000 feet is limited to designated sites only.
- At designated sites, all tents must be within 15 feet of the campsite marker.

Camp Fires

- No campfires in the Eastern High Peaks zone. (Burning of garbage is also prohibited)
- No campfires at an elevation above 4,000 feet at any time.

Miscellaneous

- All users are required to register whenever they pass a trail register. As of 2001, each solo hiker or group leader must also obtain and carry a self-issuing permit that is available at all registers.
- Use of any motorized equipment is prohibited.
- Possession of glass containers is prohibited.
- Stay on marked trails and on bare rock on alpine summits in order to protect the fragile alpine plants.

Final Thoughts:

You may have noticed that none of my descriptions of locations along the trail include any grid point references. Whereas we in Canada are used to our Topo maps having those blue grid lines, American maps don't necessarily have them. The ADK map on the area is complete with all the other features of Topo maps we expect to see, contour lines, scales, degrees of longitude and latitude, etc., but no military grid lines.

If you take up the challenge to head out to the High Peaks region of the Adirondack Park, go prepared. Contact your local Scout House and file a Tour Permit. Be sure that everyone has proper identification for the boarder crossing (passport and visas where required). You may want to have a backup plan and gathering point after the boarder crossing to ensure you know everyone in your party was successful in gaining access to the United States. My driving partner Manny and I were interviewed by 5 custom agents before being allowed into the United States for the weekend. Since the tragedy of 9/11, U.S. officials have become extremely cautious. Be sure to carry your passport.

Later I showed my photos of the trip at an alumni gathering of my Crew and remarked that this climb had been the hardest thing I'd ever done. No sooner had I said words than I got flak from both Bob Squires and Dave Verge. They couldn't believe that this hike could have been any harder then the hike in the mountains of Alberta we had taken during the **1978 Canadian Rover Moot in Pincher Creek**, **Alberta**. I had to remind them that that was 25 years ago. We were all much younger then and I didn't have the bad knees I have now. And in case anyone is wondering I have no plans to climb another mountain in 2028.

Now put down this magazine and ... Take a HIKE!

Mission Dossar Mania

\$13 before June 1 \$16 at the Gate Open to all Rovers, Rangers and ventures All Weekend Stock Market

High Rollers Casino Friday

Goodyear Me morial Scout Reserve

Orangeville, Ontario

June 25-27 2004

Contact: Adam Martin (905) 456 0597 bdyfa@hotmail.com

Toronto MedVent Wins Major Competition

CONGRATULATIONS TO BLAIR BIGHAM

Blair Bigham attended the ACERT (National Association of Campus Emergency Responders)
Competition in London at the University of Western
Ontario on the weekend of November 14-16. He
was placed with two other competitors and they practiced
together for only about 30 minutes, discussing strategy.

The competition was held on Sunday, and after eight scenarios Blair's team was in 3rd place, just making it into the finals. At finals, they placed first, and WON the competition.

At the awards ceremony, Blair was also awarded the best Individual Competitor

award (out of 73 attendees).

Blair says "Personally, that award is recognition for the past three years of my life. I am ecstatic. I would not have been able to go so far without the MedVent programme, leaders, trainers and MedVents themselves, and Blair Bigham (the MedVent standing furthest left), along with his colleagues and instructors, gets ready to do a CPR demonstration for a CTV cameraman and MingPao photographer at a photo opportunity in August 2002.



would like to present my certificate tonight (Wednesday November 19) to Bruce Janes at the MedVent meeting. Again, thank you to all those who keep this programme going. You have produced one of the best emergency medical responders in Canada, and will be producing many more."

Jerry Crawford Group Chair Toronto EMS MedVents





20-22 February 2004 Mount Nemo Scout Camp Burlington, ON



All registered Scouting and Guiding members, age 16 & over are welcome. Proof of registration is required (membership card.) The cost is \$15 before Feb. 1 and \$20 after!

ACTIVITIES INCLUDE:

- -The Polar Bear Dip
- -Friday Night Wacky Games
- -The Wrangler Car Tour Extravaganza
- -All Weekend Long Scavenger Hunt
- -BBQ Stain on my White T-shirt

- -Possum Shooting
- -Red Neck Challenge
- -Tractor Pull
- -Full Contact Musical Crates

Plus many more activities so come on out and see for yourself!

There is lots of space for those who camp in the great outdoors!

We will provide you with firewood. We do have a number of buildings available for those who want to wimp out and stay warm. These will be assigned on a first come first serve basis.

Please check out the website for Registration and Cabin

Request Forms. For more details:

http://snowmoot.cjb.net

email: snowmoot@canada.com
Brought to you by the Hamilton Rover Round Table

WHAT DOES YOUR CREDIT SCORE MEAN?



Have you ever applied for a loan and the first thing that the loan officer says to you is, "I need to pull your credit report before we can determine whether we can give you a loan and what you interest rate will be."? Almost everyone has heard that when applying for a loan. When applying for a car loan, credit card, mortgage or any other type of loan, your credit report is pulled from 1 of the 3 major reporting credit agencies. It is like death and taxes, You can't escape those two things and you can't escape from getting your credit score pulled when applying for a loan.

The way it works is like this. It is a scientific method that uses what they call statistical models to assess each persons' credit worthiness based on their history of credit accounts and current accounts. In the last two decades credit scoring has come into increasing use. The 3 major credit-reporting agencies, Equifax, Experian and TransUnion; all have their own unique scoring system. They have been normalized so that your score at one will be the same at another. Basically, there is no escaping what your credit score will be from one agency to another, they all have the same information.

A credit score can range from 375 (very low) to 900 (excellent). These scores are only meaningful and useful within the guidelines set forth by the lender or underwriting guidelines, basically, whether or not to grant credit. The higher your score the better, for example, 700 or higher, you would most likely be considered a better risk than someone who is below 600. But remember, each lender determines what they consider a good credit risk and a bad credit risk.

Once the lender knows your credit score, they can determine the interest rate, the terms and conditions and the amount that they will lend you. Because you may have a lower credit score does not necessarily mean that you will not get a loan; it may mean that you will pay a higher interest rate on the loan and/or the length of the loan will be shortened.

So, how does credit scoring benefit you?

With the development and widespread use of credit scoring, it has made it much quicker to apply for credit and provide an objective analysis of credit histories. Basically, it means that a borrower who scores well can get loan approval or credit almost instantly, which was unheard of a decade ago. Also, it protects borrowers who might have once experienced problems with individual lenders' prejudices. They are less likely to encounter that situation now. Since credit scoring is objective and based on large volumes of verified data, it now brings a new level of fairness to the credit-granting procedures and processes.

This article came from the 'Autumn 2003' newsletter of the Riverside Credit Union located in Buffalo, N.Y.



SEPTEMBER 2003 WEEKEND—KINGSTON, ONTARIO

On September 19th 2003, Rovers started to arrive at the Carruthers Girl Guide Camp on Kingston Ontario for the 1st Central Canada Rover Round Table forum and event!

Although there were some questions about the directions everyone arrived safely. This was of course the weekend of the lovely hurricane! Some of us almost got blown away with Stan's shelter! But we all managed to get set up and to stay dry, well almost.

Saturday morning everyone was sent off site on a 'Photo Scavenger Hunt' where they had to discover the whereabouts of many of Kingston's local attractions and get pictures to prove they where there! It was great fun, and we got some great pictures out of it too! How many people can you fit in a phone booth?

In the afternoon there where two choices, either the Rovers could participate in a Linking activity with the local Scouts who had come out to visit or they could help re-build the deck as a service project to the camp.

The Rovers that chose the linking activity got to teach the Scouts a bit of first-aid, compass work and outdoor cooking. It was great fun and I got to try the pineapple upside down cake!

In the late afternoon, we held our first forum, lots of information was passed out and many wheels started turning. I greatly look forward to our next forum where we can start putting our ideas in motion!

During a bit of down time we were able to celebrate Ernie Koshman's birthday with a crown and feather boa! Great pictures!

After a wonderful dinner came time to relax and start dancing! However something was amiss! Certain items of clothing had mysteriously disappeared! After much searching and investigating four of us took a road trip to find more. But we were tipped off! A certain pair of pants had been located and attached to the ceiling! How rude! And very funny!

We had a great night of dancing and laughing, some of us completely exhausted but still going thanks to Tim Horton's coffee!

In the morning we got up, packed and where filled with the joy that only great friendship and camaraderie can bring. Leaving that weekend we knew that we would soon see each other again at the next weekend and would of course be filled with the hope and aspirations for not only Rovers, but the future of scouting as well!

Yours in Rovering, Sophia Doole 1st Bayridge Avalonians



Arriving at camp isn't too bad unless you're in the middle of a windstorm

Friday night AFTER the wind calmed down







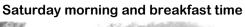


After setting up, some people got really tired













Opening Horseshoe





Teaching Scoutcraft Skills - First Aid

Opening Ceremony









Teaching Scoutcraft Skills – Using a cardboard oven

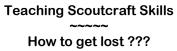




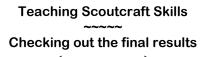
















Overlooking Lake Ontario







On a tour of Kingston







Saturday Night - Dancing the night away











Happy Birthday, Ernie







Rover's Own - on a Lake Ontario beach

Do you remember when Moot meant Rover Moot? Ever wonder why all of the Moots seem to be between September and May when the weather is really better in the summer?

Have we got a Moot for YOU!!

The University of Waterloo Rover Crew proudly presents the

Rovers-only Moot

Our theme for the weekend will be **Back to Basics**

July 16-18 2004

For more details and registration info:

Website: home.cogeco.ca/~roversonlymoot

Email: roversonlymoot@cogeco.ca

Call: Janet Kubisewsky 519-853-9867

In Memoriam



In the Scout movement, the trail symbol for 'Gone Home' has long been used to symbolize someone passing on to his/her final 'home'. This symbol is used on the marker at the gravesite of B-P.

ORVILLE O'BRIEN 1929 - 2003

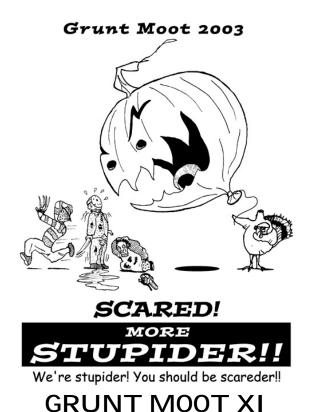
Orville O'Brien became a Cub, in the 2nd Stewarton Pack, under Jack McCracken, in 1942, and remained involved in Scouting in this Church through the Scout Troop and Rover Crew, latterly assuming leadership responsibilities. He then moved on to larger Rover responsibilities Regionally and Nationally.

In the early 80s, Orville was one of the founding members of the 7th Baden Powell Guild and went on in this element of Scouting to organize the Fellowship of B.P. Guilds and hold senior posts of responsibility. This role took him to many International Scout Conferences throughout the world, where he provided organizational strengths to new formations. He was National Secretary of Canadian Guilds at the time of his death, and had been decorated by the Gov. Gen. for his effective and longstanding work.

Orv was Worshipfull Master of L.O.L. 25, a Sgt. in the Bytown Gunners, and worked at the Federal Printing Bureau where his skills took him to being Canadian President, American Forms Management Association.

The church congregation knew Orville and his mother well, during his continuous church membership for over 60 years and his many valuable contributions to church life.

He was buried in a private family interment, Rev. G. Dillenbeck officiating.



Held at the **Tamaracouta Scout Reserve** Oct 10-13, 2003

The oldest, continuously running, Scout Camp in the world

With absolutely wonderful weather and beautiful scenery, Grunt Moot was a great success. We had a very relaxing weekend, complete with a hike, service project, moot games, and a dance. Sporting shorts and tank tops, Saturday afternoon we hiked to the falls for a late lunch and then we all had dinner together at the Longtable Saturday night. After dinner was the Scavenger Hunt judging, which was won by the Musketeers. Mooters then played **You Don't Know Jack** for a couple of hours, and Saturday night wound down with a campfire hosted by the 1st Candiac Musketeers.



Sunday morning the Grunts provided breakfast for the mooters and then we all headed out to Rover's Own. After that mooters were treated to moot games such as Feed Jimmy, Back Alley Cat Fight, Ground Hog Day, and Scary Sandcastle Building. The overall Moot Games Champions was Team 4. After lunch, mooters participated in a service project for the Tamaracouta Scout Reserve where we helped take down the summer tents and teepees. We topped off the night with a dance in Jubilee Hall.





Monday morning we packed up camp, had closing, and said our goodbyes. Closing was highlighted by the Moot Awards, but two groups really stood out. The Mystical Knights Rover Crew from Cambridge once again won the **Keenest Traveller Award** and the 1st Westward Rangers won the **Dancing Queens Award**, their first award at one of our moots for winning the dance competition.

We would like to once again thank the recipients of the **Johnny Tibbo Action Man Award** for helping us in the running of the moot (even though they were participants and didn't have to): Paul Beaudet, Tim Colby, and Johnny Tibbo.

I would also like to thank some of the old members of our crew who didn't have to come to the moot, but helped us throughout the weekend just the same, enabling us to host a great moot. So, thank you Shaun, Greg, Jimmy, and Paul. I



would also like to thank
Valerie for coming up
to help us even though
she's never been a
member of our crew.
Without the help of



these dedicated people, Grunt Moot would not have been possible this year. Thanks to all of you.

Finally, I would like to thank all those who came out and helped us make Grunt Moot XI a success!

We have not decided whether or not to host our moot next year, or to try something new, but we will likely do something next Thanksgiving weekend, so stay tuned for more details, and we will see you all next year!



Happy Rambling, Kat Nielsen Granny Grunt Rovers



NOVEMBER 2003 WEEKEND - Udora, Ontario

The Rovers braved an early winter storm to get to the rustic beauty of Udora. This adventure only added to the excitement of the evening as people then had interesting stories to share.

On Saturday morning, the Beaverton museum was kind enough to open solely for us. We got to tour three of the buildings that they had, including their jail. We were given a genuine feel of the turn of the century in a pioneer situation, since there was NO heat. It is a very small world. Skip Al Griffin from Ottawa knew one of the tour guides from their service days in Britain during World War II.

All had a very busy time during the afternoon service project time. One group stayed at the Hall and helped set up and carry provisions for the United Church Dinner. Meanwhile at the north end of the village, another group was doing outdoor work. They were helping establish the parkette at the "Udora" sign. They were moving trees, cutting down invasive species, spreading mulch, and moving soil. It was all hard work but we had fun and did a good job. Everyone seemed very pleased with the results.

We are now official. Sophia Doole was installed as chair of the Central Canada Rover Round Table and Lynette Koshman was installed as the Advisor. We then focused on clarifying our purpose and role. We looked at short- and long-term goals. There was enthusiastic participation in the discussions and there are now some Rovers in key positions. Things are moving forward.

After the Forum, everyone enjoyed a well-deserved chicken dinner, including warm apple pie. YUM!

A tournament of games followed shortly after the dinner. Most people had enough energy to participate in more than one activity. We found out what happens when too many people are crammed onto a "Twister" board – fun and laughs!

Before we went our separate ways, we had a time for reflection. During our Scout's Own, we looked at how several different religions looked at how we should treat others and how their views relate to our Scout promise. Scouting is not only what we do on weekends and at our meetings, but also how we live our lives every day.















Check-in and Set-up





Friday night – easy living time





Rise and shine - time for breakfast



Opening Ceremony

OFFICIAL MUSEUM OPENING JUNE 27, 1981 VILLAGE OF BEAVERTON TOWNSHIP OF BROCK BY THE HON JOHN B AIRD, O.C., Q.G., B.A., L.L.D. LIEUTENANT GOVERNOR OF ONTARIO BEAVERTON THORAH ELDON HISTORICAL SOCIETY LIKE A ROCK THE STORY OF THE PAST WILL FINDURE



















THIS HISTORIC JAIL "LOCK UP" WAS RELOCATED TO THIS SITE ON JULY 18, 1995 AND OFFICIALLY OPENED BY WENDY HEWITT ROWAN ON JULY 1, 1997

On tour at the Beaverton Museum







Time to relax after lunch

Helping to set up the hall for the **United Church dinner**











Rover Service Project

establishing Udora's "parkette"

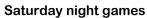






The highlight of the weekend – the Rover Forum









Jeff Sauvé administers the Oath of Office Sophia Doole – Mate Lynette Koshman - Advisor





Saturday night games





Editor's Note:

I've been active with my parish community all my life. Within the last year I was asked to compile the recipes of meals brought to pot-luck suppers we've shared as a community into pass-out booklets that would let everyone share, not only the meal, but also the know-how that went into preparing the various dishes. Since our church was founded to serve the ethnic Polish community that once thrived in the area, the majority of the current parishioners still share that background. I was given permission to share a few of their Polish and some not-so-Polish recipes with you.

Lazy Gołumbki

- 1 Ib ground beef
- 2 medium onions, diced
- 1 medium head of green cabbage (about 2 lbs), coarsely sliced
- medium carrots, thinly sliced
- 2 tsps salt

 3/4 cup regular long-grain rice
- $13^{3}/_{4}$ $14^{1}/_{2}$ oz can beef broth
- ¹/₂ cup water



In a 5 quart Dutch oven or saucepan, over high heat, cook ground beef and onions until pan juices evaporate and meat is well browned, stirring occasionally. Remove from heat. Add the cabbage, carrots and salt. Toss to mix well.

Pour rice into 3 quart casserole; spoon beef mixture on top; pour beef broth and water over mixture. Cover and bake at 350° F for 1 hour.

Before serving, stir ground beef mixture with rice to mix well.

Cathy Szczutkowski

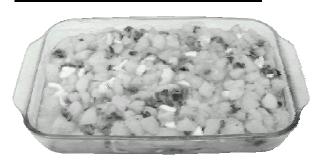
Polish Noodle Bake

- 12 oz cooked noodles
- pkg cottage cheese (16 oz)
- cup sour cream
- $^{1}/_{2}$ cup milk
- 1/4 cup chopped onion
- Tbls sugar
- 1 tsp salt
- 1 cup crushed cornflakes
- Tbls margarine or butter, melted



Saute ¹/₄ cup chopped onions in 3 Tbls margarine or butter. Mix cottage cheese, sour cream and $\frac{1}{2}$ cup milk with sugar and salt together with onions. Mix everything together with the cooked noodles. Put in 9" x 13" baking pan. Top with 3 Tbls margarine or butter and the cornflakes. Bake in a 350° F oven for 55 minutes.

German Potato Salad



6-8 potatoes

3 eggs (hard boiled)

¹/₂ Ib bacon

1 small onion

1 cup sugar

¹/₂ cup vinegar salt/pepper

- 1. Boil potatoes; cool, peel, quarter, slice.
- 2. Boil eggs; cool, peel, quarter, slice.
- 3. Chop small onion.
- 4. Combine the above ingredients.
- 5. Cut bacon, fry until pieces are brown and crisp. Drain and crumble. Put bits into potato mixture.
- 6. Leave 2 Tbls of grease in frying pan after removing bacon. Add sugar and vinegar. Bring mixture to a boil. Pour over potatoes and mix. Let mixture sit a while.
- 7. Serve warm.

Lorraine Reid

Colorful Kiełbasa

- 1 can (10³/₄ oz) condensed cream of celery soup (undiluted)
- 1¹/₂ cups water
- 1 Tbls butter or margarine
- 1 Ib smoked Kiełbasa (smoked Polish sausage), cut into ¹/₂-inch pieces
- 3/4 cup uncooked long grain rice
- 1 package (10 oz) frozen peas
- 1 package (10 oz) frozen corn (optional)
- 1 jar $(4^{1}/_{2} \text{ oz})$ sliced mushrooms (drained)
- 1 cup (4 ounces) shredded cheddar cheese



IN A SKILLET:

Combine soup, water and butter; bring to a boil. Add kielbasa (Polish Sausage) and rice; cover and simmer about 18 minutes (or until rice is almost tender. Stir in peas (and corn, if desired) and mushrooms. Cover and simmer 15 minutes or until rice is tender and peas are heated through. Sprinkle with cheese; cover and let stand until cheese is melted.

Makes 4-6 servings

Registration at Six. Campfire at Eight.

Murder at Midnight.



May 7th - 9th, 2004

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featuring:

The Amazing Non-Race Version 2.0
Double Feature Blanket Drive-in
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A blonde goes into work one morning crying her eyes out. Her boss concerned about all his employees well being asked sympathetically, "What's the matter?"

To which the blonde replies... "Early this morning I got a phone call saying that my mother had passed away."

The boss feeling very sorry at this point explains to the young girl. "Why don't you go home for the day... we aren't terribly busy, just take the day off to relax and rest."

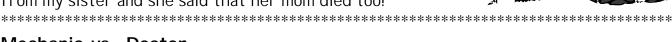
The blonde very calmly states..."No.. I'd be better off here. I need to keep my mind off it and I have the best chance of doing that here."

The boss agrees and allows the blond to work as usual... "If you need anything just let me know."

Well... a few hours pass and the boss decides to check on the blonde... he looks out over his office and sees the blonde crying hysterically.

He rushes out to her asking, "What's so bad now... are you gonna be okay??"

"No..." exclaims the blonde, "I just received a horrible call from my sister and she said that her mom died too!"



Mechanic vs. Doctor

A mechanic was removing a cylinder head from the motor of a Harley motorcycle when he spotted a well-known heart surgeon in his shop. The surgeon was there waiting for the service manager to come take a look at his bike.

The mechanic shouted across the garage, "Hey Doc can I ask you a question?" The surgeon, a bit surprised, walked over to the mechanic working on the motorcycle. The mechanic straightened up, wiped his hands on a rag and asked, "So Doc, look at this engine. I open its heart, take valves out, fix' em, put 'em back in, and when I

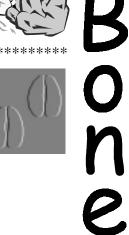
finish, it works just like new. So how come I get such a small salary and you get the really big bucks, when you and I are doing basically the same work?

Two blondes were walking through the woods and came upon a set of tracks. One blonde said that they were deer tracks. The other blonde said that they were moose tracks. They were still arguing when the train hit 'em.











A blonde tried to sell her old car. She was having a lot of problems selling it, because the car had almost 230,000 miles on it. One day, she told her problem to a brunette she worked with her at a salon. The brunette told her, "There is a possibility to make the car easier to sell, but it's not legal." "That doesn't matter," replied the blonde, "if I only can sell the car." "Okay," said the brunette. "Here is the address of a friend of mine. He owns a car repair shop. Tell him I sent you and he will 'fix it'. Then it should not be a problem to sell your car anymore." The following weekend, the blonde made the trip to the mechanic. About one month after that, the brunette asked the blonde, "Did you sell your car?" "No," replied the blonde, "Why should I? It only has 50,000 miles on it!"

A Scottish lad and lass were sitting together on a heathery hill in the Highlands. They had been silent for a while when the lass said, "A penny for ye thoughts Angus."

The lad was a bit abashed, but he finally said, "Well Mary, I was thinkin' how nice it would be if ye'd give me a wee bit of a kiss." So she did.

But he again lapsed into a pensive mood which lasted long enough for the lass to ask him, "What are ye thinkin' now Angus?"

To which the lad replied, "Well, I was hopin' ye hadn't forgot that penny!"

A little girl wanted \$100 very badly and her mother told her to pray to God for it. She prayed and prayed for two weeks but nothing happened. She then decided to write a letter to God asking for the \$100.

When the postal authorities received the letter addressed to God, they opened it up, read it and decided to send it to the Prime Minister.

> Mr.Cretien was so impressed, touched and amused that he instructed his Finance Minister, Paul Martin to send the little girl a cheque for \$5.

He thought it would appear to be a lot of money to the little girl. The girl was delighted with the \$5 and sat down to write a thank you note to God which read:

" Dear God, thank you very much for sending me the money. I noticed you had to send it through Ottawa, though, and as usual, the government deducted \$95 ".

So there's this blonde out for a walk. She comes to a river and sees another blonde on the opposite bank.

"Yoo-hoo" she shouts, "How can I get to the other side?"

The second blonde looks up the river then down the river then shouts back, "You are on the other side!"



Two blondes are walking down the street. One notices a compact on the sidewalk and leans down to pick it up. She opens it, looks in the mirror and says, "Hmm, this person looks familiar." The second blonde says, "Here, let me see!" So the first blonde hands her the compact. The second one looks in the mirror and says, "You dummy, it's me!"





RAVE 2003

The Rover and Venturer Event in Nova Scotia was a great success! Although the weather did not always cooperate, Camp Nedooae was a beautiful setting for RAVE. With the trees turning, and a view of the lake, the only scene that shattered this tranquil retreat was the hurricane damage to one of the buildings, where the roof and side of the building could be found further down the hill.

Each day began with a morning yoga session, with other opportunities for yoga throughout the day. Friday night began with movies and card games well into the night as we all got to know one another.

Saturday was action packed! While some of the advisors were off working on their Woodbadge I for Company or Crew, the participants had training sessions on camperaft, map and compass skills, goal setting, and situational leadership. We sang songs after dinner for hours, competing with each other for bragging rights of loudest table.

Saturday night, members of the Nova Scotia Youth Committee held a Youth Forum where RAVE participants discussed program ideas, their concerns, and possible events to be held in the future in Nova Scotia.

Sunday morning, after yoga, we had closing, packed up camp, said our farewells, and see you soons.

I would like to thank Kevin Croft for putting on an amazing weekend for Nova Scotia Scouts, Venturers, and Rovers, and everyone who attended RAVE and made me feel so welcome.

Everyone had a wonderful time, and we are all looking forward to next year!

Hope to see you there!

Happy Rambling, Kat Nielsen The Granny Grunt Rover Crew outpost_8@yahoo.com





November 9, 2003

Dear Central Division Rovers,

Do you know a Rover, Advisor or Crew who has rendered exceptional service to Rovering, Scouting and to their community? Why not nominate them for the R.S. Dell Award?

This award has been presented annually to individuals and groups who have striven to provide such a level of service that even within a service-minded community, their peers cannot help but be inspired. Roly Dell, of 1st Niagara, devoted himself to Scouting, Rovering and his community for over thirty years, and this award has been presented in his memory since 1982. Roly's sense of commitment, honour, dignity, and service has been regarded as a model for innumerable men and women.

In the past, the Ontario Rover Community (ORC) has administered this award. With that body's dissolution, I have been asked by the Dell family to help administer the award on their behalf.

Anyone may submit a nomination for the award. All nominations stand for three years from the date they are received. The nominated party must be a Rover, Rover Advisor, or Crew currently registered with Scouts Canada in Central Canada Division.

The nominations deadline for this year is December 31, 2003. Please send all nominations to: R.S. Dell Memorial Award c/o 120 Ottawa Street North P.O. Box #43113 Kitchener, Ontario N2H 6S9

For more information, or if you would like a flyer sent to you by email, please do not hesitate to contact me. Please forward the award information to other Rovers and Advisors you know, and if there's someone who you think meets the criteria, nominate them!

Yours in Rovering,

Albert Fuchigami afuchigami@bigfoot.com (519) 579-0577

ROLAND S. DELL MEMORIAL AWARD

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

In 1982, the first Roland S. Dell Memorial Award was presented. Although the original intention was to present the award only once, Roly's family consented to allow the Rovering community to continue the honour indefinitely. Since then, the award has been presented annually to individuals and groups who have striven to provide such a level of service that, even within a community of service-committed people, their peers cannot help but be inspired. The fact that the award has continues is surely a tribute to Roly and a celebration of the continuation of his legacy.

Nominations and Eligibility

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

R.S. Dell Memorial Award c/o 120 Ottawa Street North P.O. Box #43113 Kitchener, Ontario. N2H 6S9

The selection committee will be comprised of previous award recipients. In case of a Crew recipient, that group will select a representative to serve on the selection committee.

ROLAND S. DELL MEMORIAL AWARD

Dear R.S. Dell Award Committee: It is an honour to present for your consideration for the R.S. Dell Memorial Award Name of Nominee: **Mailing Address: Phone Number: Position:** Rover ____ Rover Advisor ___ Rover Crew ____ Group: **Council:** Name of Nominator: **Mailing Address: Phone Number:** E-Mail:

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

SIGNATURE OF NOMINATOR

Send completed applications to:

DATE

R.S. Dell Memorial Award c/o 120 Ottawa Street North P.O. Box #43113

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:

Kevin Dunn has been around Rover events in Ontario for a

long time, and has exhibited a great sense of humor.....which he's displayed by putting up with my teasing in print in previous editions of this magazine. When I took these front and side view pictures, one of his many "friends" suggested the WANTED poster pose. I thought it came out pretty good, what do you think? Kevin's a great promoter of Rovering, and shows up at a lot of events with his computer

set-up (a Mac) to provide music

crowd. If you run into him at an

and videos for the assembled

event someplace, tell him you

saw his "WANTED" poster in

Keeping with the theme of Kevin's picture, here's a couple of shots taken while on the tour of the Beaverton Museum during the 2nd CCRRT weekend held in Udora. Above, the outside of one of the jail cells. Below, Derek Bradley displaying one of the T-shirts that were available proving you were at the jail but didn't have to stay.

— Wanted — for acting as a Rover Advisor





09-19-2003
Do you know this man? Last seen at the Central Canada Rover Round Table event held in Kingston, Ontario



Most of these people are the staff from the "Ancient Moot". They looked really ANCIENT at the Attawanderonk Moot didn't they. photo by Simon Holick



this magazine.

Some of the same people while RUNNING the Ancient Moot. They don't look much livelier do they???

photo by Ye Olde Editor

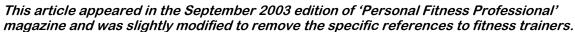
April Apedaile, Mate of the 22nd Challengers Rover Crew in Alberta sent in this picture with the following announcement:

"I would like to inform you that as of 7:52 pm on October 23, 2003, Mike and I are officially parents!!!!! Kaleb Isaac Leonard came into this world at a very healthy 8 pounds 8 ounces and 21 inches long.

Congratulations to the new parents from all of the Rovering community. May your new son enjoy good health and grow up to be the Rover Mate of his own Crew.



Your Health





What Is Calorie Deficit?

Lose weight - and keep it off

By Dennis M. Loya, JD



Many people will try anything to lose weight. From diets to weight-loss pills, there is an entire industry preying on vulnerable individuals desperate to lose weight and keep it off. Some people even go so far as to have their stomachs for the most part sewn shut so they can only eat a few ounces at a time. The answer to losing weight for the average healthy person seems so simple, but it is obfuscated by self-appointed and self-serving pseudo-intellectual weight loss gurus that we see on late night infomercials. Here is the answer, and you do not have to climb a mountain to find it: eat and exercise at a calorie deficit.

Eat less and exercise. It seems simple, but not easy. The real trick is to understand and comply. To lose weight requires this proven magic formula: you must burn more calories than you take in. There are thousands of books, gadgets and videos that tell you what kind of calories you should take in (low fat, low carb, high protein, high fat, eat in The Zone, eat for your body type, etc.), and most of you will own either one or maybe several of these devices, books and/or gadgets. All of this is pointless if you are still eating more calories than you burn. One way to facilitate calorie burning is to take in fewer calories and, exercise to augment the calorie burning process. If you eat a balanced diet consisting of fewer calories than you are burning during the day, you will lose weight. The important message is you need to eat less, not eat nothing. Convincing yourself that you will lose weight slowly and safely is the toughest part in a society that wants instant gratification. You must eat so the metabolism does not slow to the point where you are not burning enough calories to lose weight, sending the metabolism into starvation mode. If the body perceives a consistent large calorie deficit as a threat, it begins to store fat to combat the "famine conditions."

You need to accept that healthy and thin do not go hand in hand. Genetics are a very important factor in this equation. If your parents were obese, you probably will be as well; however that does not mean something cannot be done to change this vicious pattern. Furthermore, it does not mean you cannot live a healthy lifestyle, which is inherent to a quality life. Understand that you do not have to be a slave to the scale. Listen to and know your body. Embrace themselves, get healthy and throw away your over-the-counter diet drugs.

Caloric deficit is a proven technique that can transform you body and improve your fitness level over the long term. Unfortunately, many weight loss strategies are really muscle loss strategies that send the body into a catabolic state. These include the severe restriction of carbohydrates (the Atkins diet, for example) and excessive training without proper post-exercise nutrition. Eating too much in the way of simple, processed carbohydrates (white flour, sugar) also kicks up insulin, which prevents fat burning until the insulin clears the system (which can take a while if you clients have any insulin regulation problems).

Yet many of us still eschew serious weight training even though experts insist it's necessary for optimal body composition. More muscle equals less body fat over time. A pound of muscle requires at least 35 calories a day to function: a pound of fat only needs one or two calories. You must understand when you build muscle, you boost your resting metabolic rate (RNIR), so your body burns more calories, even when you are asleep.

Many diets and diet plans involving weight loss pills or supplements encourage very fast weight loss, often in excess of three to four pounds per week. This method is both unhealthy and ineffective. The average healthy human body simply will not shed more than about two pounds of fat per week. But it will shed water, which is what most fast weight loss is.

If your goal is fat loss, the scale is an extremely poor tool for measuring progress, particularly when you are doing any kind of weight training. Also, there is so much variation in water retention and digestive contents that you really cannot get a useful reading until your fat loss is significant as a percentage of your body weight. You need to know that the mirror is another poor measuring tool. Fat never spot-reduces. It comes off in proportion to the existing fat layer. Usually, the shoulders and upper body are the first to show visual improvement since, these are the areas where the fat layer is thinnest. "Problem areas" are virtually never the first to show improvement, but the progress will come you're dedicated and motivated.

A complete program includes resistance training, aerobic training, interval training (get winded and recover, get winded and recover, etc.), cross training (alternating two different exercises on different days, such as treadmill and exercise cycle), small frequent meals (five to six small meals per day or a meal every two hours) contain high-quality protein and carbohydrate and low-glycemic nutrition (avoid a lot of refined sugar, white flour and highly processed carbs; instead, focus on carbs that exist in nature). Proper supplementation, particularly post-workout whey protein or leucine, is helpful. Lots of water and sufficient rest is also a must.

For the first few weeks of your program write down everything you eat - you'll learn a lot about yourself, otherwise your daily estimates may not even be close. If you follow roughly the same meal plan every week, it is definitely worth the effort, to carefully and honestly estimate the calories of your usual meals using a measuring cup and an inexpensive food scale. (You can purchase a simple postal scale.) If you do this even once, you will find it's much easier to track your daily intake accurately.

If you want to lose body fat, a useful guideline for lowering your calorie intake is to reduce your calories by at least 500 calories, but not by more than 1,000 calories below your maintenance level. For people with only a small amount of weight to lose, 1,000 calories will be too much of a deficit. As a guide to minimum calorie intake, the ACSN recommends that daily calorie levels never drop below 1,200 calories for women or 1,800 calories for men. Even these calorie levels are quite low.

There are approximately 3,500 calories in a pound of stored body fat. So, if you create a 3,500-calorie deficit through diet, exercise or a combination of both, you will lose one pound of body weight. If you create a 7,000-calorie deficit, they will lose two pounds and so on. The calorie deficit can be achieved either by calorie-restriction alone or by a combination of fewer calories in (diet) and more calories out (exercise). This combination of diet and exercise is the best for lasting weight loss. Indeed, sustained weight loss is difficult or impossible without increased regular exercise.

The basic premise is that, whatever your activity levels are, increase them within reasonable limits. If you're a couch potato, start by walking around the block on a regular basis as part of your exercise regimen. For your weight-loss workout, choose an activity or activities that you enjoy. Options like walking, bicycling, aerobic dancing, stair climbing, golf, tennis, jogging and swimming are all great. Walking is a good option for many people; it's inexpensive and readily available to most and does not place a lot of stress on the joints.

The pivotal trait for success? Consistency. Weight loss is best achieved by making long-term changes in diet and exercise that become part of a healthy lifestyle. Small changes that cause few disruptions in life are more sustainable and are more likely to help you keep those unwanted pounds from returning. In addition, adding resistance training will help maintain the metabolic rate as discussed earlier. A simple weight lifting program two to three times a week should make a world of difference aesthetically and psychologically to encourage you to pursue further weight loss,

By counting calories every day, you can expect to achieve effective long-term results. Moreover, a complete record of your daily calories allows you to use your feedback to more effectively control your weight loss experience in many other beneficial ways. Few people lose weight without occasional periods of discouragement and frustration. Create an attitude of persistence during times that you reach a plateau.

Dennis Al. Loya, JD, is an IFPA certified personal trainer who works at IronWerks Personal Training in Santa Ana, California. If you would like additional information about the formula used to determine a caloric deficit, please email Dennis (it dennis@ironwerkspersonattraining.com



OFFICIAL REPORT

During the past two meetings of the CCRRT many things have been discussed and accomplished.

The September meeting focused on some service projects/opportunities for Rovers that were brought to our attention by Jeff Sauve, Deputy Commissioner for Central Canada - Program and Special Events:

- CC Jamboree in 2005- info to follow
- Canadian Jamboree 2007- Jeff Smith is the Chair
 They are looking for volunteers to prepare a proposal to run program for both events.
- Chinese Jamboree July 30th-August 4th 2004
 They need 20-30 Rovers to help with traffic and Security.
- Hug a Tree Program –RCMP Training Program
 Suggested that Rovers take the training and then bring the program to younger sections as a form of linking and service.
- CN Tower March 14th 2004 A Cub Scout day from 8-5pm, 80-100 Rovers to help with registration and handing out booklets.

If you would like more information on any of these events, please contact Jeff Sauve: sauvej@sympatico.ca

This meeting also allowed us to recognize the need and the desire for having a Rover body that had the capability to communicate throughout Central Canada. It allows us to have a united voice. Through our meetings we can come together and voice our concerns and desires, which we can then act upon as a large Rover body.

The November forum was held in Udora, where we again moved forward in our planning for the future. Since this Round Table is still in its formative stages, and normal elections couldn't be held yet, at the recommendation of the transition committee, Sophia Doole was appointed as the Chair of CCRRT and Lynnette Koshman was appointed as the Advisor, both taking their oath of office from Jeff Sauve. Now we have the beginnings of an Executive!

We also began planning for the future of our Round table. Through discussion and using stickers on a list of ideas to indicate personal priorities, we came up with a several areas on where the people in attendance felt we should concentrate.

As a Round Table, one of the most important things to us is **communication**. We would like to see that Central Canada has a strong Rover Network. That is one of our first goals. This will help to promote Rovering and Rover activities but also allow the other sections and all the Councils to communicate with us easily.

It was also decided that the Central Canada Rover Round Table would help the Canadian Rover Eh! By taking it under its wing and supporting it, thus allowing it to continue as a Rover publication.

We also felt that **providing service to younger sections and our communities** was an important role that we would like to foster and develop.

We would also like to see that **opportunities for fun, challenge and training were developed through the CCRRT**, as this is also a very important part of our program as Rovers.

These are just a few things that were discussed around the table, there is always room for new idea's and voices! I hope that we will see many more Rovers join us on this exciting endeavor to promote and integrate Rovers into the larger Scouting community.

There are several positions still available on the Executive Committee for this body. Everyone is also welcome to volunteer for any of the committee's. The three committee's where we are looking for volunteers are: Promotions/Communications; Events; and Honors and Awards. If you are interested in any of these areas please contact me.

I look forward to our next forum where I hope to meet even more members of Central Canada!

Yours in Rovering,

Sophia Doole CCRRT Chair phiai@sympatico.ca

BC MedVent Advisor Commended for Bravery

It recently came to our attention that our Venturer Advisor, Jeffrey Watts performed an act of exceptional bravery while assisting the Royal Canadian Mounted Police in subduing a suicidal, knife-wielding person. The only reason that we found out about this incident was that Commissioner of the RCMP, Gino Zachardelli, presented Scouter Jeff with a Commissioner's Commendation for Bravery at a recent ceremony in Vancouver. This is the highest award for bravery that can be awarded by the RCMP. It is seldom presented to members of the RCMP and even more rarely to civilians, such as Scouter Jeff.

The inscription on the commendation reads as follows: Commissioner's Commendation to a Civilian. Jeffrey Douglas Watts is officially commended for his courage, professionalism and quick thinking while providing assistance to members of the Royal Canadian Mounted Police during their attempts at disarming and providing first aid to a suicidal and knife wielding suspect on December 2, 2000 at Richmond, British Columbia.

The award consisted of a wall certificate, a wall plaque with silver castings and a dress uniform insignia.

After piecing together details of the incident from several sources, the story goes like this; in his capacity as a Paramedic with the BC Ambulance Service, Jeff was called by the RCMP to treat a patient that had attempted suicide. During the course of providing care to the patient in a small bathroom, the patient produced a large knife and attempted to kill Jeff and his partner. While both managed to avoid being stabbed, the patient inflicted a further serious wound upon himself. Jeff was able to establish a rapport with the patient and spent over 45 minutes establishing a dialogue with the patient, all the while remaining well within lethal striking range of the knife. He continued to reason with the patient and to assess the deterioration of the patient's condition. While the RCMP members on the scene were considering the use of deadly force, Jeff suggested to the RCMP a method by which the patient could be subdued and removed from the bathroom.

While the RCMP members were assembling the resources to resolve the standoff, Jeff continued to comfort and console the patient. He took the lead role as the negotiator with the suspect, a role normally assumed by an RCMP member. All the while, the patient was waving the knife in Jeff's direction and threatening both Jeff's and his own life. On Jeff's signal, the RCMP members were able to incapacitate the patient using a stun device.

Unfortunately, the patient was still able to raise the knife and plunge it into his chest. Once the patient had been physically restrained and was removed from the bathroom, Jeff and his partner were presented with the challenge of a patient that had suffered a multitude of life-threatening wounds and was still actively hostile. Using all of their skill and ingenuity, Jeff and his partner were able to treat and stabilize the patient's condition enroute to the Trauma Centre about 25 minutes away.

Throughout the trip, Jeff continued to comfort and reassure the patient, even though his own life had been on the line minutes before. The patient arrived at the hospital in critical but stable condition and underwent hours of surgery to repair his wounds. He survived and has overcome his emotional problems.

Jeff was a youth member of Scouts Canada from Cubs to Rovers. He has served as a Scouter, Venturer Advisor, Rover Advisor, Group Chair, District Commissioner and Assistant Regional Commissioner. He has coordinated medical services at many Provincial, National and World Jamborees. He is currently serving as a Venturer Advisor with the innovative High School First Responder Venturer project in the Pacific Coast Council. He is also a founding member of the 17th B.P. Guild, the Medical Assistance and Services Team (MAST). He is the recipient of the Medal of Merit and the Queen's Golden Jubilee Medal

Jeff put his life at exceptional risk to save that of a distraught patient and he did so without concern for his own safety. He continued to comfort and console the patient even though his life was continually threatened for almost an hour. Jeff performed to the highest standards that can be expected of a member of Scouts Canada. It is not often that we hear of such deeds that are truly in keeping with the principles laid down by the Founder of our Movement almost 100 years ago.

The critical patient was stabilized while Scouter Jeff remained within the lethal striking range of the knife for almost one hour. When the patient periodically lunged at Scouter Jeff, he would withdraw, but not give any ground. The patient made constant verbal threats to end Scouter Jeff's life, but with persistence, Scouter Jeff was able to establish a rapport with the patient. Directly involved with the initial care of the patient was Scouter Jeff's partner, Clarke McGuire, a BC Ambulance Paramedic. During the standoff, there was no one between Scouter Jeff and the patient. There were about 12 RCMP Officers present and they were prepared to use lethal force at all times. There was also a Fire Department crew on scene, outside of the building. The RCMP stated that had the standoff not been resolved with Scouter Jeff's valuable assistance, the only option left to them was the use of potentially lethal force in order to remove the patient from the confines of the bathroom. The RCMP stated that the most dangerous situation that they can encounter is a barricaded suspect with a knife. As a direct result of Scouter Jeff's bravery, persistence and professionalism, the patient's life was spared and he was given the opportunity to overcome his emotional problems.

Article by Jennie Lucow Rover Mate 10th Richmond BC Rovers



To: The Canadian Rover EH! Magazine Cc: Central Division Rover Round Table



November 9, 2003

I recently read Jeff Sauvé's letter to Central Canada Rovers about the Central Division Rover Round Table (CDRRT). Jeff is the Deputy Program and Special Events, Scouts Canada – Central Canada, and in his letter, he discusses how the mandate of the Round Table will be to promote and live by the program motto, Service.

Having been an active Rover and involved with numerous Rover organizations, I would like to take a moment to encourage the Round Table and its members to also work on the other aspects of the Rover Program. Rovers want, and need, an exciting program. Like the other sections in Scouting, the Rover program must be fun if it is going to thrive. Rovers must have the opportunity to grow and learn new skills. This can happen while performing Service, and it can also happen on a week-long canoe trip, or participating in a Rover Moot.

There are a number of ways that the Round Table can help Rovers have this exciting program.

- Promote Rovering. Not enough people understand what Rovers are about. They have out-dated misconceptions, and often don't realize that Rovers are the senior program section of Scouts Canada (or what that means). Educate people, and tell them what kind of exhilarating things the Rovers have done.
- Encourage communications between Rovers. At the local level, the Council Level, and at the National level. In her article in the October/November issue of the Magazine, Kat Nielsen talks about how her links with the Rovering Community have helped her as she moved to different cities. Without these links, Crews are often isolated.
- Share information and support. The Scouting infrastructure is geared towards supporting the younger sections, simply because that's where the majority of the membership is. Fill the gaps by making sure Rovers get the information that is important to them.
- Provide ways for Rovers to network with each other. Rovers need a forum to talk to each other, bounce around ideas, and get help. It is always great to hear what Rovers found worked for them, and to feed off their excitement.

You'll notice that running throughout these suggestions are themes of communication and networking, and that it tightly integrates with Service. Rovers need their peers, from all backgrounds and lifestyles, to support them, encourage them and motivate themselves to new levels.

Service is one element of the Rover program, and it cannot flourish at the expense of the other parts. It is hard to recruit Venturers and new members if the Rovers don't have interesting activities. Just like those ads that say 'Scouts aren't just playing dodge ball night after night', Rovering need a balanced and varied program.

I look forward to seeing the Round Table and the Rovers flourish and grow.

Yours in Rovering,

Albert Fuchigami Advisor, University of Waterloo Rover Crew.



JOIN THE 15TH ANNUAL ...

CHEAP SATURDAY LUNCH, レ ALLTIME FAVORITE CASINO AND NEW CAMES, 0 INCLUDINGJUNK YARD WARS B 0 BLUE SPAINAS SCOUT CAMP N 2 BLUE HERON SITE FOR INFO CALL: 0 905-510-1295 (MIKE) 519-721-2166 (SARAH) 0 4 WW.GEOCITIES.COM/LTM_2004

CONEY TUNES REGISTRATION FORM

Number of people attending: REGISTRATION FEE PER PERSON: \$15.00 Before April 15 \$18.00 After April 15 \$10.00 Day Rate (With Crest) \$5.00 Dance Only (No Crest) Total Cost: Extra: (POP) (Hotdog) (Hamburger) Grand Total (Reg + Lunch) Saturday Lunch Cost with Preregistration: \$1.00 - Which gets you either a Hot Dog or Hamburger and a Pop (Also can add a combination of more food or pop at \$0.50 each "Pre-Reg ONLY") Cost without Pre-Reg: \$1.00 - for Pop and Hamburgers - and \$0.75 for a Hot Dog. SATURDAY NIGHT DANCE WILL BE HELD AT THE ACTON COMMUNITY CENTRE 415 QUEEN STREET, ACTON (See Map and Map Inset) FOR MORE INFORMATION, PLEASE CONTACT: MIKE CROUCHER (905) 510-1293 SARAH FEENEY (519) 721-2166 EMAIL: Mr_Happy_Croucher@hotmail.com EMAIL: super_cala_fraja_liztic@hotmail.com							
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CHEQUES PAYABLE TO: BLACK PANTHER ROVERS SEND TO: LOONEY TUNES MOOT C/O MIKE CROUCHER 59 CHISHOLM ST. OAKVILLE, ON L6K 3H6	CHEQUES	S PAYABLE TO:	BLACK PANTHER RO	OVERS	SEND TO:	C/O MIKE CROUCHER 59 CHISHOLM ST. OAKVILLE, ON	
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NAME AND NUMBER OF RESPONSIBLE ADULT ATTENDING MOOT:

Conference/Training Dates

ONTARIO

GREATER TORONTO COUNCIL

March 18

Planning a Backpacking Trip Scout House Greater Toronto Council msingleton@scouts.ca

Planning a Bicycle Camping Trip Scout House Greater Toronto Council msingleton@scouts.ca

Feb 20-22; Mar 26-28; Apr 16-18

Rover Advanced & Venturer Advanced Greater Toronto Council Woodland Trails Contact: GTC Training Department (416)490-6364 ext 237



SASKATCHEWAN

March 5-7

Saskatchewan Training Conference Arlington Beach Conference Center Cymric, SA



New Brunswick

April 28-May 2

Advanced Woodbadge Camp Green Hill Lake

Linda Boone: leboone@nbnet.ca Keith Barr: keithbarr@rogers.com

ALBERTA

February 1

Basic Training Windstone Area—Lethbridge Mike Addison: (403)320-1349 me-addison@home.net

January 17

Basic Training Chief Mountain-Deseret Jeanette Sommerfeldt: (403)653-3508

MANITOBA

Feb 7

Module A - Team Leadership and skills needed in planning and running a program Module C - Child Abuse Awareness

April 17

Module B - Outdoor Skills Delta Beach Camp

April 24-25 & May 14-16

Advanced Outdoor Skills & Program Planning Delta Beach Camp

check the web site: www.mb.scouts.ca/docs/training%calender02-03.htm for more details

January 17 (Theory) Jan 31 - Feb 1 (Practical)

Winter Camping Delta Beach Camp Winnipeg, MB

www.mb.scouts.ca/docs/training3.html

International Events

JANUARY

2-11

Venture 2004 Canterbury, New Zealand v04@venturers.org.nz 23-25

> Surfmoot 2004 Eumeralia Scout Camp Melborne, Victoria, Australia surfmoot@vicscouts.asn.au

FEBRUARY 13-14

the Southern 50 Challenge 2004 50 Kilometre or 50 Mile Hike Chiltern Hills, England southern 50@hotmail.com

APRIL

17-21

11th European Guide & Scout Conference Laugardalscholl Conference Center Revkiavik, Iceland

euroconf2004@scout.is

JULY

Dragnet Challenge Cumbrian Lake District England

post@dragnet.org.uk

4U - Eléments/Dévelopment Global Luxembourg

info4u@lgs.lu

2e Camp Mondiale de la Solidarité

www.eedf.assa.fr

30-Aug 10

12[™] World Moot Hualien, Taiwan

www.scout.org.tw/wm2004 www.moot2004.org

31-Aug 7

Poacher 2004 Lincolnshire Showgrounds Stamford, England secretary@poacher2004.org.uk

AUGUST

3-12

4 anaund Scouts/Venturers/Rovers Krems, Austria office@4anaund.at





FEBRUARY 20-22 Snow Moot Mount Nemo Scout Camp Burlington, ON http://snowmoot.cjb.net snowmoot@canada.com **20-22** Rovent 2004 Manning Park Crambie Creek, BC info@rovent.ca **MARCH** Big Rig Run 2004 6 Wesley United Church Welland, Ontario

welland9venturers@hotmail.com

Night Survivor 2004 - Super Heroes

Brant Area Venturer Assembly

Hunter_bruce@sypatico.ca

"The Year of the Gossamer"

Mr happy croucher@hotmail.com

Blue Springs Scout Reserve

Acton, Ontario

(Venturers for staff)

Camp Attawanderon

Bluewater Area - Ontario

randy watt@cogeco.ca or

Camp Impeesa

Brantford, Ontario

JUNE

MAY

7-9

8

25-27 The Million Dollar Moot Goodyear Memorial Scout Camp Orangeville, ON Adam Martin: (905)456-0597 bdyfa@hotmail.com

Mystery Moot 2004

Whitby, Ontario May 7-9,2004

Jamboree-On-The-Trail A trail of your choice

hikechief@jott.org 3rd Annual Grey Wolf

Grey Wolf Scout Camp

Lawn Mower Derby

Thunder Bay, ON

llewis@tbay.net

http://jott.org

Heber Down Conservation Area

Rick or Cheryl 905-655-4188

JULY

30-Aug 4 Dragon Jamborette Central Division Scouts/Venturers/Rovers Blue Springs Scout Reserve Acton, ON dj04@scoutscanada-csa.com

AUGUST 2004 14-21 'essiav '04' Saskatchewan Jamboree Scout/Venturer

Echo Valley Provincial Park, SK

imeed@sasktel.net

(519)383-8497 30 -May 2 RSVP Camp

> (Rovers, Senior Scouts, Venturers, Promotion) **Baxter Conservation Area** Voyageur Council

Susie Page:

susie_sunny@sympatico.ca

Central Division RRT Events

IAN '04 3rd Ever Event Midland, ON for details: Sophia Doole:

phiai@sympatico.ca

MORE INSIDE !!!!!

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