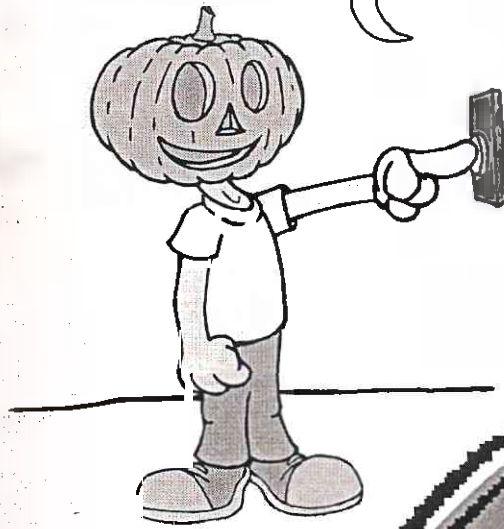


October/November 2003

# The Canadian Rover, Fall



COMPLIMENTARY  
COPY



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

# The Canadian Rover EH!

## Magazine Staff

**Editor**

Stan Kowalski Jr.

**Production Manager**

Jack Mandelker

**Mailing Coordinator**

Eloisa Mandelker

**Canada Post Mailbox**

Erin Shoup

**Promotions**

Kirby McCuaig

**Research Assistant**

Kim Moore Ede

## 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:

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

roverldr@adelphia.net

### EMAIL US!

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

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

## Advertising Rates

Rates for the Scouting and Guiding movement are as follows:

\$10.00 per single side page (1 issue)

### SUBSCRIPTION FORM

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

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

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

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

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

Country: \_\_\_\_\_

Phone: \_\_\_\_\_

### PLEASE PRINT !!!!

New Subscription [ ] Renewal [ ]

Amount Enclosed \_\_\_\_\_ for a \_\_\_\_\_ year subscription.

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

# From the Editor's Desktop



## To contact me regular mail:

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

## e-mail:

<roverldr@adelphia.net>

## Phone:

(716)877-1944

### **Australia**

A Scout is friendly.

### **Brazil**

The Scout is courteous.

### **Canada**

A Scout is Kind and cheerful.

### **Chile**

The Scout is courteous and gentlemanly.

### **Great Britain**

A Scout is friendly and considerate.

### **Hong Kong**

A scout is friendly and considerate.

### **US**

A Scout is Courteous.

These are just a few examples of the way Scout Associations around the world express the need for Scouts to show consideration to others in their daily lives. The Boy Scouts of America further interprets the Law thusly: A Scout is polite to everyone regardless of age or position. He knows that using good manners makes it easier for people to get along.

A simple statement, right? Something that we all shouldn't have any problem doing. And yet..... **DO** we really show courtesy and consideration to everyone?

I recently came across an article in a magazine that got me to thinking about my own response to people that I deal with and, sorry to say, I'm haven't always been Scout-like in my actions. How do **YOU** deal with all those telemarketers who call at the most inopportune moments? Do you really show them courtesy, or like I've done in the past, are you a bit rude in the way you deal with them?

The story I read make me consider my responses to these callers. It was titled "Telemarketers Are People Too", and went on to describe the authors amazement when she found a long time friend was a telemarketer. The person in question had been a vibrant, athletic individual until an accident left him partially paralyzed. He had two choices on how to face the remainder of his life.....become a recluse and a semi-vegetable, or go on with his life and do his best with what he still could do. His choice was to try to carry on, get a job and go on with his life. Thus he became a telemarketer, because this didn't require physical dexterity and, although he wasn't loved by a lot of people he called, was a productive member of society.

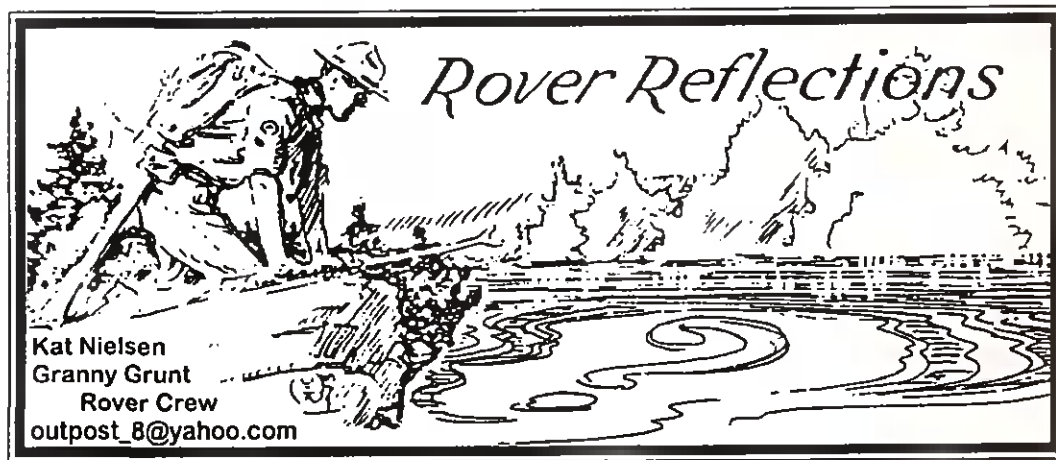
I personally know a member of the Rover community who, facing a large debt, had to take a job doing tele-surveys. Different job description, but the same response by the public. She's constantly bombarded by rudeness and more.

These two stories have made me rethink my own response to people I deal with. While I still don't like to be interrupted by unwanted phone calls, I've made a sincere effort to deal with the callers courteously now. The same with the occasional doorbell ringing intruders. If we remember that we are dealing with **PEOPLE**, not corporate giants, it's easier to apply the Scout Law and show off our Scout Spirit in action.

Think about it. If **YOU** were stuck in one of those jobs, how would **YOU** like to be treated? Remembering the golden rule, "Do unto others".

Keep on Rovering,  
*Stan Kowalski Jr.*





"Come bitter Rain,  
and wash from my Heart  
that saddest of all Words:  
Home."<sup>1</sup>

Well, its that time of year again... Rovers all across the country moving for school, work, love, or other responsibilities. I suppose that is why we are called Rovers in the first place, roving across the countryside, and the country, learning new things, meeting new people, and having fun. Sometimes that move is down the street or across town, but for some, this will be a major, life altering move, across the province, the region, or even the country. At first it all seems like an emergency. Getting settled occupies every waking moment of your life (and even your dreams too). But as you get settled, and fall into your new routine, sometimes nagging thoughts can develop... thoughts about Home.

For some, Home is a place, a building, or some other physical location which cannot be moved. For others, Home is people. In either case, you don't see them anymore. And it can be very strange... you may not have seen the place or the people in months, or even years, and while at home, it never bothered you... but once away from Home, their absence, and your inability to go see them, begins to gnaw at you.

Sometimes, you can even be plagued by feelings of insecurity. You miss Home terribly, or perhaps you think that the move was a mistake. Second-thoughts can begin to cloud every decision you make. It is very stressful. Especially when you hear about your friends having blast without you. Being away can also mean that you miss important days, like birthdays, weddings, and the like.

The key, it seems, is to build a new life. If you are only away for a short time, it can seem like a waste, but you never know when you might be back that way again. If your move is for a longer period of time, making new friends and experiencing what the new town has to offer can be very rewarding. It is important to note that every city is different. They have different kinds of shops, ways of doing things, and cultural events. Grab a Saturday paper every once and a while to see what is going on in your community. Join the local YMCA or YWCA, go to local festivals, and take in what your new surroundings have to offer.

But also keep doing what you love to do. Inherent in the fact that you are reading this article, Scouting is important to you. When you move, make an effort to join a local Rover Crew. However, since every crew is different, please don't feel that you must join the first crew you meet. Even if you have joined a crew but meet one later which seems to do more things that you like, don't feel like you have to stay with the old one. As we learn and grow, we begin to look for different things in our lives. There is nothing wrong with that.

<sup>1</sup>A gold star for who ever can tell me where this quote is from without using an internet search engine.

Contacting local Rovers can also help lower your stress-levels because they can help you find things in the area and let you know about local Scouting events. I have found the easiest way to find Rovers has been by asking the older Rovers around me if they know anyone where I am moving to, and using the internet. The Rovering community in Canada is very small when it comes down to it, and there really aren't many degrees of separation between us. Be sure to ask your friends, they may surprise you how many people they know in the area you are moving to.

Crews in university towns could also take a proactive approach and recruit actively on campus. Some crews have found this successful, even starting university crews (such as at Queens University and the University of Waterloo). Others simply recruit in new members into established, local groups. Many older Venturers don't know older Rovers to ask about new crews, or may feel like fish out of water and not bother because they have never experienced Rovers. The best way to keep them involved, and bring them into the section, is to reach out to them and let them know you are there.

Also, for example, if you want to meet new Rovers where you are (and whether or not you are away from home), try wearing something which is easily identifiable as something belonging to a Rover. I wear my RS lapel pin, and have met several Rovers that way. I also walked up and introduced myself to a man one day because he had sewn into his vest a Rovers Canada badge. This is a wonderful way to meet new Rovers, perhaps ones that you don't normally see at moots or round table meetings. Also, many Venturers haven't thought too much about joining Rovers, but you may see them around because they are wearing contingent jackets or t-shirts from events. Why not go up to them, introduce yourself, and see if they might be interested in Rovering.

I have been away from Home now for two full years, and plan to be away from it for two more. I have met many wonderful Rovers and continue to do so every time I go to a Rover event. These friendships have helped me establish a new life where I am, and I have had a wonderful time with them. So I would like to thank the following crews who have accepted me in and helped me re-establish myself while I have been away from Home: The Knights of the WestWind, the University of Waterloo Rover Crew, the Crusader Rover Crew, and the Granny Grunts.

It is because of the welcoming nature of Rovers that many of us have continued in Rovering after moving. It also helps us think about going to new places for new experiences because of the wonderful and welcoming nature that Scouting provides for its members. Keep this in mind.

So, in spite of the fact that I wake up every day with the desire to get on a plane and go Home, life goes on and I have a wonderful time. I hope to see some old friends and make some new ones at Grunt Moot this month and to make many new friends at RAVE 2003 in Nova Scotia (my first trip to the Maritimes, ever). Happy Rambling!

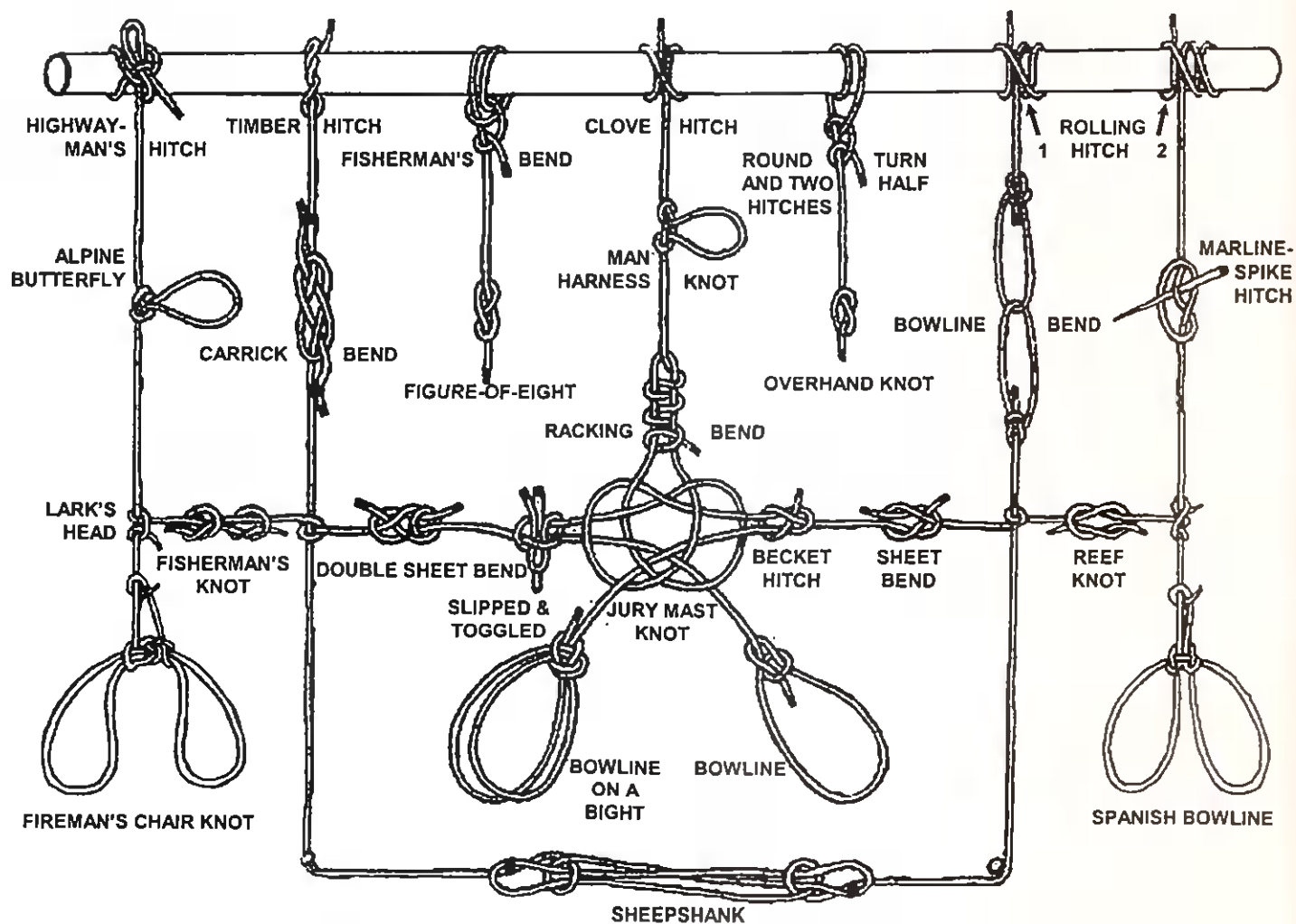
*Kat*

# Knotting Know How

#9

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.

*Editor's Note: Most readers of this magazine are part of a Scouting Group, or came from a Scouting Group (that is, a sponsor with several sections of Scouting), where they've probably seen a knotboard on display. I recently came across an interesting knotboard design provided by the unofficial website for the Ontario Gilwell Reunion held at Blue Springs. I thought I'd share it with you as a challenge to design a knotboard for YOUR Crew den or Troop Scoutroom. This design can be found at: [www.gilwellreunion.homestead.com/knotboard~ns4.html](http://www.gilwellreunion.homestead.com/knotboard~ns4.html)*



## Rover Challenge

How many Crews out there have knotboards in their Dens, or have access to knotboards in their Troop's Scoutrooms? Let's get some pictures of these displays sent in to show off the expertise of your Scout Group. If you currently don't have a knotboard, CREATE ONE.

Send your images to: [roverldr@adelphia.net](mailto:roverldr@adelphia.net)

## Welcome

### New Subscribers!!!

Ralph Martin-Lakeshore Ridge AAC  
Bewdley, Ontario

Sue Finbow, Brampton, Ontario

Bob McKenzie-Excalibur Rovers  
Petawawa, Ontario

Eric Yim, Vancouver, British Columbia

Lynda Settle-1st LaSalle Rangers  
Burlington, Ontario

Ken Coyle-43rd Kitchener Rovers  
Kitchener, Ontario

Kevin Ward-CEC Youth Forum  
Mississauga, Ontario

Rita Zimmermann, Notre Dame, Quebec

Ken King, DeKalb, Illinois, USA

Sophia Doole-18th Kingston Rovers  
Kingston, Ontario

Patrick Cheatley-21st Hamilton Rovers  
Hamilton, Ontario



## Announcements, Announcements, Announcements.

### 1st Centennial Group

The Scouts Canada Foundation is launching a nation wide search for all past and present holders a King's Scout, Queen's Scout, Chief Scout or Queen's Venturer Award.

Scouts Canada hopes to help arrange reunions of award holders for the 100th Anniversary of Scouting in 2007.  
Call 613-224-5131 or e-mail [jbreyer@scouts.ca](mailto:jbreyer@scouts.ca)

### Don't Forget !!!

**6th World Rover Moot**  
**July 30-Aug 10, 2004**  
**in Taiwan**

### REMINDER:

Scouts Canada annually distributes twenty-five (25) scholarships of \$1,500.00

For details on how you can be a recipient of one of these scholarships, call Jennifer Austin of Scouts Canada at 613-224-5131 ext. 271 or e-mail her at [jaustin@scouts.ca](mailto:jaustin@scouts.ca)

Don't miss out on the 2004 Scholarships!

### Congratulations Stephanie!!!

Stephanie Mills-Rathier, a registered Scouter and Clinical Training Officer with the Ottawa MedVents was awarded the Certificate of Meritorious Conduct from the Governor General of Canada, Adrienne Clarkson.

She received the award for reviving and stabilizing a fellow Scouter at Camp Opemikon.

On behalf of the Ottawa MedVent and the staff and readers of the Canadian Rover Eh! congratulations for receiving an award well deserved!

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

### 2003 Grey Cup Parade

Saskatchewan's Provincial Council would like Scouting to have a strong presence at this year's Grey Cup Parade in Regina.

Start planning now to attend this November's premier event in football, as the CFL, Canadians, and Scouting from coast to coast celebrate the Grey Cup in Regina!

**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)



# 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.

## Workshop

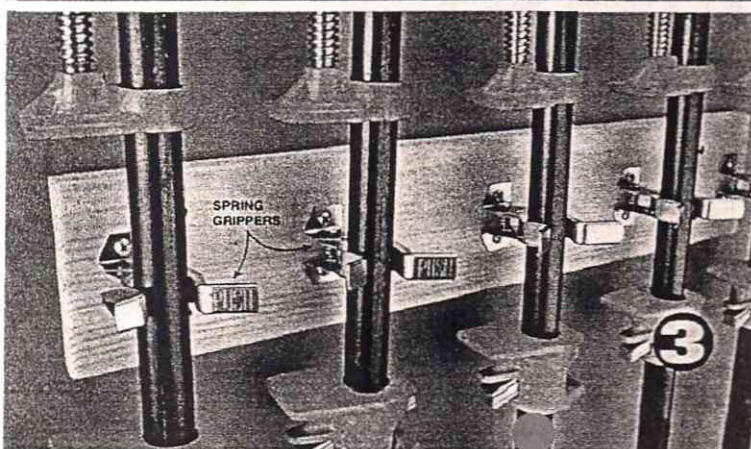
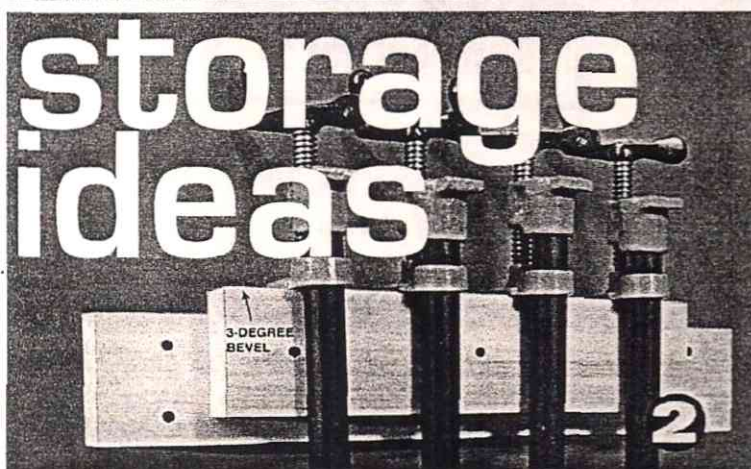
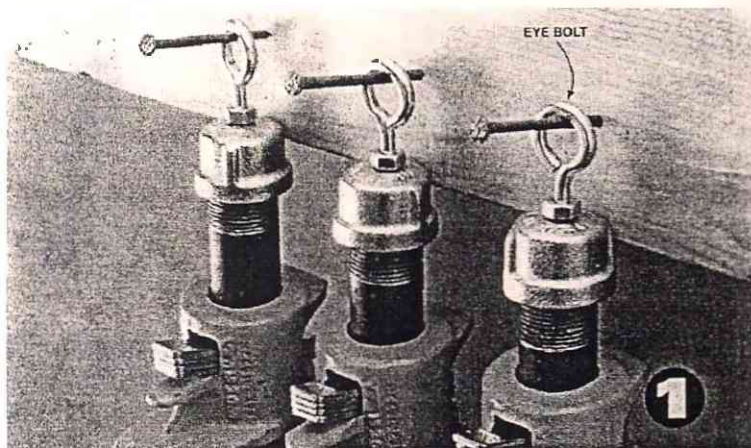
The Family Handyman - October

by Bruce Wiebe

# 3 pipe clamp

You can never have enough clamps around the shop. Where to store them is another matter, however. Here are three simple ideas:

- 1 Buy screw-on pipe caps to fit the diameter of the pipe, then drill a small hole, attach an eye bolt and nuts and screw on the cap. Then hang 'em from a hook or nail.
- 2 Or make a simple rack out of scrap wood. Cut the top edge at a 3-degree bevel to keep the pipe clamps from slipping off the rack.
- 3 Or buy these spring grip organizers, available at home centers, then screw them to a board. Position the board just high enough to hold the pipe near the crank end while the other end rests on the floor.

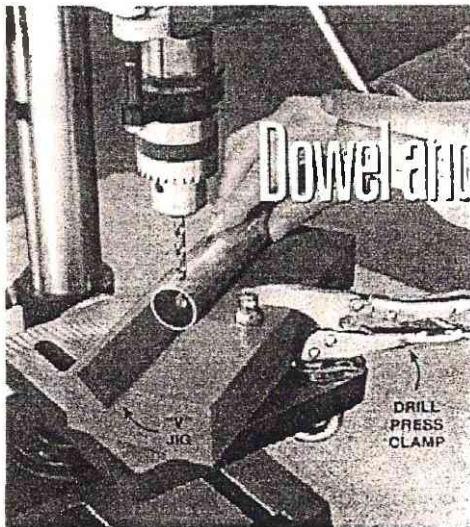
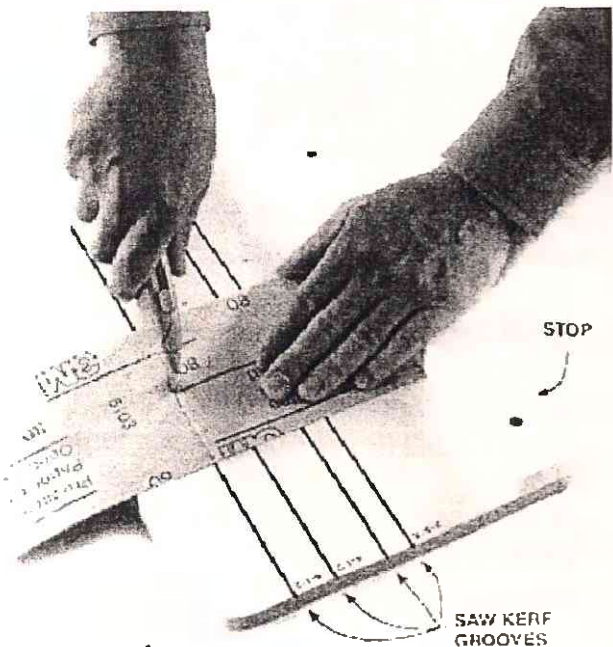




## Workshop

### Simple sandpaper cutting jig

Make this simple jig for turning full sheets of sandpaper into smaller sheets to fit your finishing sander, sanding block or other device. Cut the 1/8-in. deep grooves in the base using a table saw and thin-kerf blade, then attach the stop block. To use the jig, place the sandpaper grit-side down and run a sharp utility knife down the appropriate groove.



If you need to bore accurately centered holes through pipes or dowels, make this simple jig. Cut a

### Dowel and pipe boring jig

"V" the length of a 2x4 with your table saw, then center the bottom of the "V" directly below the drill press's bit and clamp it in place. Cradle the pipe or dowel in the jig and bore away; the jig will automatically center any small cylinder.

### After-finish hand cleaner

After applying an oil finish to a project, clean your hands with an automotive hand cleaner like Gojo or Fast Orange (can be found at most auto parts stores). Auto mechanics use it to combat grease and grime, and it works great to remove oil from woodworkers' paws as well.

### Furniture stripping helper

When stripping old paint or varnish, how do you get rid of the stuff once it's on your putty knife? Cut a semicircular opening in the side of a 1-gal. Milk jug, then clean the loaded scraper on the flat edge of the hole. When you're done, and you want to reuse some of the stripper, upend the jug and use the neck of the jug as a funnel to pour the stripper into another container.



*Material in this article came from the October 1999 edition of 'The Family Handyman'*



# the Gourmet Rover

## Editor's Note:

*I've been hearing requests from some of you for more "camp recipes". OK, here's a few recipes for Dutch oven cooking. Try your luck.*

## Beef Goulash

2 lb boneless beef chuck	2 c water
1 ts salt	1 tb worcestershire sauce
1/4 ts pepper	1 medium garlic clove, minced
1 ts seasoned salt	1 ts dry mustard
1 ts paprika	1 bay leaf
1/4 c all purpose flour	1 ts caraway seeds (optional)
2 tb oil	1 tb vinegar

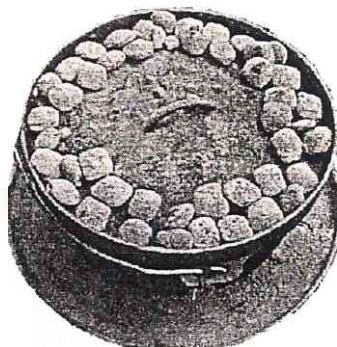
Cut beef into one inch cubes. Mix next five ingredients. Dredge the beef in this mixture and brown on all sides in the hot oil.

Put in two quart dutch oven, sprinkle with remaining flour if you have any left over. Add remaining ingredients, cover, simmer over lowest heat for two hours or until meat is tender.



*Recipes on this page  
courtesy of the Danmill Corp.*

## Beef Pot Roast With Mushroom Soup-wine Gravy



4 lb beef round tip roast	
2 tb cooking fat	
salt	
pepper	
1 medium onion; thinly sliced	
10 1/2 oz cream of mushroom soup	(Remember —
3/4 c burgundy wine.....	(Scouts Canada bans
2 tb finely chopped parsley	(alcoholic beverages at
1/8 ts garlic powder	(all official Scout activities
1/4 c flour; for gravy	

In a Dutch oven, or large pan with a tight-fitting cover, brown meat in fat. Season with salt and pepper and remove from pan. Pour off fat drippings.

Cook onion in drippings remaining in pan until soft but not browned; stir often.

Add mushroom soup, wine, parsley, and garlic powder; mix well.

Return meat to pan. Cover and simmer for 3 to 3 1/2 hours, or until done. (Or cook in a 325 degree F oven for same amount of time).

Turn meat once to cook it evenly throughout. When done, remove meat and keep warm.

For 2 cups gravy, pour liquid from pan into a 2-cup measuring cup. Let stand for 1 minute to allow fat to come to top. Discard all but 4 tablespoons (or less) of fat. Add enough water (or other liquid) to measure 1 1/2 cups of liquid. Return to pan.

In same cup, measure 1/2 cup cold water and blend in flour. Add mixture slowly to liquid in pan. Bring to a boil, stirring constantly, and cook until thickened, about 3 minutes. Taste gravy and correct seasoning, if necessary, with salt and pepper.



## Pineapple Upside-Down Cake

- $\frac{1}{4}$  cup butter
- 1 yellow cake mix
- $\frac{1}{2}$  cup brown sugar
- 1 egg
- 1 can sliced pineapple

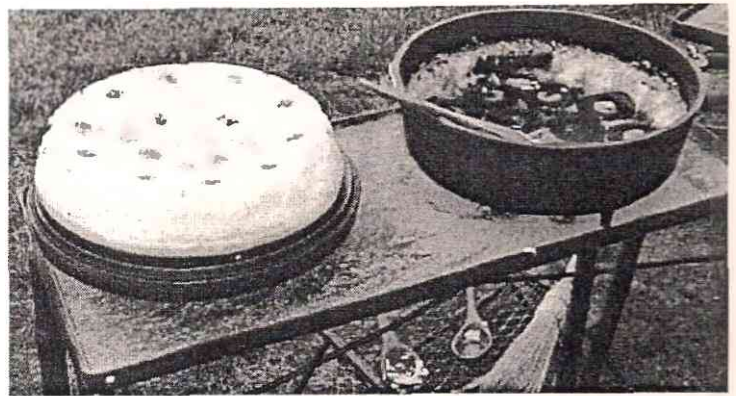
Place butter and brown sugar in the oven and stir until well mixed. Place the pineapple slices in the butter and sugar mixture in the bottom of the oven.

In a separate bowl, mix the cake mix and the egg. Pour this batter over the pineapple in the oven, then put the lid on the oven and bake about 30-40 minutes. Test the cake for doneness with a straw.

When the cake is done, remove the coals from the oven, remove the lid and let the oven cool for about 10 minutes. Using a large cutting board or a piece of corrugated cardboard covered with waxed paper, hold the board on top of the oven and invert the oven quickly. This will allow the cake to fall on the board and the pineapple will be on the top. A safer way to support the cake when you invert it is to cut the cardboard in a round piece the same size as the cake, and it will fit inside the oven on the cake; then when the oven is inverted, the cardboard can be held directly under the cake. As shown above, you can also use the oven's lid to catch the cake. Serves 8.

### Variations:

1. Cherries may be placed with the pineapple to provide color.
2. Crushed pineapple may be used for a more uniform topping.



*recipe from  
"Dutch Oven Cookbook"  
by John G. Ragsdale  
Pacesetter Press  
Houston, Texas*

## Chicken Pot Pie

- 2 lbs. boneless skinless chicken
- 1 pkg. (16 oz. size) frozen mixed vegetables
- 2 cans (10 $\frac{3}{4}$  oz size) condensed cream of chicken soup
- 1 cup Bisquick
- $\frac{1}{2}$  cup of milk
- 1 egg
- cooking oil
- 1 - 12" Dutch Oven

Cook the chicken in a heated Dutch oven until it turns a whitish gray. Add the frozen vegetables and soup, (DO NOT ADD WATER) stir thoroughly, and let heat. In another bowl, mix the remaining ingredients, and pour on top of the chicken, vegetables, and soup. Bake for about 25 to 30 min. or until golden brown.

Serves 10 to 12 depending on appetites.



*recipe from the pamphlet  
"Cooking With a Dutch Oven"  
by Grandpa Fox (AKA Ron Wagner)  
Scouter - Greater Niagara Frontier Council, BSA*



# OUT & ABOUT

Number 26

## Canoe Repair Kit Anyone?



Being true to my Scottish Ancestry, I've yet to purchase a brand new canoe. I've purchased one used canoe and my brother-in-law has acquired a few in various ways all for free (all above board mind you). Which is to say in a long-winded way, most of our canoes have a patch...or two...or three on them.

As in "Out & About 25" I found myself back on the Irondale River one more time this past Labour Day Weekend, this time with my sister Maxine's family. We had planned for a short jaunt of two or three hours on the Sunday afternoon. While planning the trip with my brother-in-law Rick, I had recommended a section of the river which included a couple of small portages as well as a small Class I rapid to run for fun. None of my sister's family had done the section of the river between the two bridges on the Irondale town road before, so they were all game to try something new.

Unfortunately the "run for fun", turned into an adventure when my nephew and I tore a four inch by half inch hole along the keel by hitting a rock and knocking off an old patch near the stern. Like many others out for a few hours on the local waterway we hadn't packed a repair kit. By the time we pulled up to a small dock shortly after the rapid, we had major water coming in. We pulled out all of our equipment and piled it on the dock. Then we rolled the canoe onto the dock and pulled out the first aid kit, two plastic sandwich bags and a bandana for a makeshift patch.

Surprisingly this temporary patch seemed to work quite well until we hit another rock further downstream. Luckily for us we were just minutes away from where we planned to leave the river when the patch was scuffed off.

If you'd like to keep your feet dry (and everything else for that matter), check out ORCA's Canoe Trip Repair Kit below.

### ORCA's Canoe Trip Repair Kit:

Swiss Army Knife	Multi-screwdriver	Wise Grip Pliers
Needle Nose Pliers	File, Stone & Oil	Folding or String Saw
Medium & Fine Sandpaper	Steel Wool	Sewing Kit (including patches)
Screws, Nuts & Bolts	Canoe Hull Repair Kit	Spare Stove Parts
Parachute Cord & String	Wire	Clevis Pins (for packs)
Spare Flash Bulb	Spare Batteries	Duct Tape
Electric Tape	5 Minute Epoxy	Contact Cement
Seam Sealer	D-rings	Cord Locks
Fastex Buckles	Waterproof Matches	Lighter
Pen, Pencil & Paper	Nylon Webbing	Firestarter
Candle		

ORCA's (Ontario Recreational Canoe Association) kit list may seem a little overwhelming at first, especially for a day trip, but once you have the kit assembled, store it in a thwart bag and it will always be ready to be thrown into your canoe at a moment's notice.

### Book Review:

Canoeist's Q & A – Scenarios for Serious Canoeists

By: Cliff Jacobson

Cliff's book was one of the books I've picked up to read, literally, in line at the bank, as I do the daily deposit for the company that employs me. It has the exact format I prefer. One with short chapters you can easily read in the 10 or more minutes your standing in line. Most of Cliff's chapters are divided into four sections. They start with a real life Scenario section, followed by The Question section (a question either posed by Cliff or the person who submitted

the scenario), then the **Action Taken** section (what actually happened in the real life) and end with **The Answer** section which is provided by Cliff.

The format is quite similar to two-minute mystery books or those dreaded case studies at the end of the chapter in school textbooks. Either way it gives the reader an opportunity to pause and prepare their solution to the scenario before reading on. It occurred to me during one of those afternoons standing in line at the bank that a couple of the chapters would be great ways of introducing canoeing theory to our Venturer Company this fall. Try the following one on for size to see if you agree with me, then check out Cliff's book yourself.

## 5. Inklings

### Scenario

It's early June on a wild Canadian river you've paddled three times before. High water, low water, or in-between-no matter; you know every rock and curve by heart.



Round the bend you see the dancing horsetails of the 100-yard long rapid. It's tricky but you know just where to run it. Should you scout the drop from shore, or blindly make the run? Thick alders, with boulders in between, choke the banks to the water's edge, and there's a small island in the center of the river which you can't see around. Checking the rapid from both banks will take at least an hour. Fortunately, there are no trees nearby which could produce dangerous strainers, and the water is very low, so the rapid is less powerful than you remember it.

### The Question

These are your options: You can blindly run the rapid, scout it from the right bank then run it; or ferry across the river and scout the left side. If you decide to shoot the rapid you must begin your descent near the right shore. Lining might be possible on the left bank, but not on the right. Portaging any portion of this drop is out-of-the-question.

### Action Taken

The crew dutifully scouted the rapid from their location on the right shore. Everything looked okay. As they were about to make the run, pangs of conscience urged the experienced leader to check the other side of the river. He did, and was horrified to discover that a two-inch trickle of water marked the vee of the always canoeable chute. He played out the scenario in his mind. Coming out of the fast-forward ferry, the canoe would spin downstream into nothingness and capsize in the heavy water that pounded the boulder line below. There simply wasn't enough water for a clean run!

### The Answer: Probable Best Course of Action

A cardinal rule of canoeing is that you should scout every significant rapid before running it. Period! Rapids indicated on topographic maps usually rate high Class II or better. River characteristics change profoundly as water levels rise and fall-and generally, rapids on northern rivers become more difficult as they dry up.

As a trip wears on, even experienced paddlers tend to get lackadaisical about scouting rapids, especially those they have run before. But, with experience comes wisdom. Every canoeist has a river angel that whispers advice about the dangers which lie ahead. Her message is constant, but fragile; it can be easily drowned out by previous success and the shrill of arrogance.

p. 15-16 Cliff Jacobson, Canoeist's Q & A, (Merrillville Indiana: ICS Books Inc. 1997)

## Final Thoughts:

Summer's over, but our Venturer Company has one last canoe trip planned near the Leslie Frost Centre, north of Minden, Ontario. After that we'll put away the canoes, strap on our backpacks and head for the nearest Moot.

Kirby McCuaig  
3<sup>rd</sup> Newtonbrook  
Venturers/Rovers



## to the EDITOR

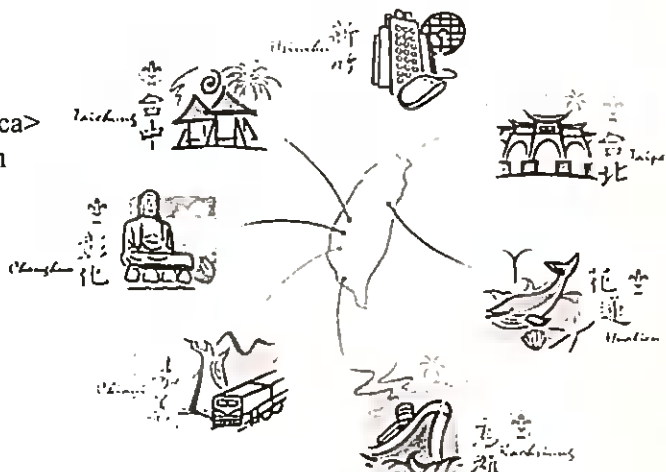
via e-mail



## 12th World Scout Moot Scout Mondial



From: Tyler Arrell <tyler@arrell.ca>  
To: canadian\_rover@hotmail.com  
Subject: 12th World Scout Moot  
Date: Thu, 28 Aug 2003



Please feel free to distribute to anyone who may be interested.

12th World Scout Moot - Hualien, Taiwan  
July 30 - August 10, 2004  
[www.moot2004.org](http://www.moot2004.org)

A huge gathering of young people from around the world is coming together to celebrate Scouting. The 2004 World Scout Moot is an event for young leaders and Rovers born after July 30, 1978 and before August 10, 1985. IST volunteers over the age of 26 and preferably under 35 are welcome to apply to volunteer at this event. No final price has been set, as this varies depending on the number of participants and airline fares available at the time of purchase. The total cost will be approximately \$3,000 to \$4,000. If you are interested, please send an email to [intl@scouts.ca](mailto:intl@scouts.ca) to let us know! We'll keep you posted as more information becomes available.

---

Tyler Arrell <tyler@arrell.ca>  
International Commissioner  
Scouts Canada





# ANCIENT MOOT

This year's Ancient Moot was a great success! From the raising of the tractor bucket (flag pole) until Monday afternoon's game of cards, the weekend was enjoyed by all who attended. Although we didn't have too many 'Ancients' turn out this year, we had plenty of the younger generation of Rovers join us.

The carnival theme worked extremely well considering the weather. All the planned activities went ahead without anyone getting wet (unless they wanted to!). It was your typical carnival games of balloon darts, bean bag toss, 'birthday' game, and the elusive ball in the basket toss. James "English" Drake was the over-all winner. I hope he's enjoying his grand prize of a kiddie pool and talking Big Bird. The dance was another great event by DJ Cat In The Hat. A few 'lost' Rovers returned to dance the night away.

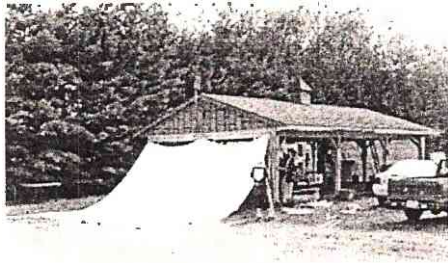
The campfire was a wonderful return to tradition. Brian and Shiela Jeffery recalled the days when they were active as youth members of Rovering and Guiding. Some of the others then joined in with tales of days gone by and everyone joined in with memories of "the old days". The 4-day weekend camp seemed to go over well, with almost everyone staying until late Monday afternoon.

Everyone mentioned that they enjoyed the whole weekend and planned on returning for next year's long weekend of fun. The only request was for 'no rain!'

Thanks to everyone for coming out and enjoying the Ancient Moot experience! We hope to see all of you back.....and bring a few of your friends with you!

Valerie Wilson





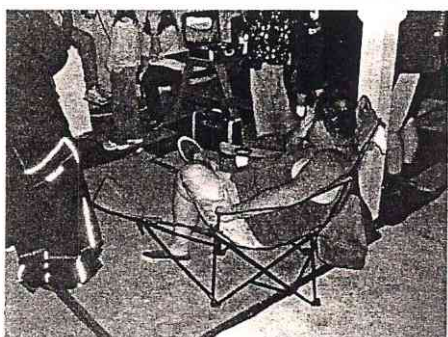
**Getting  
the pavilion  
"Annex" ready for  
all the action**



**Registration**



**Setting up camp**



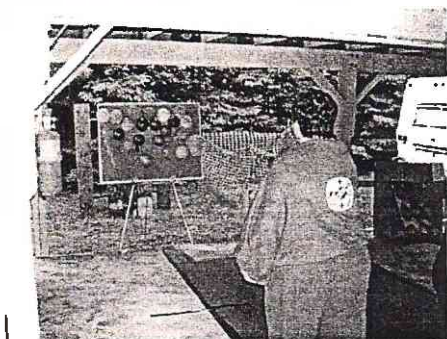
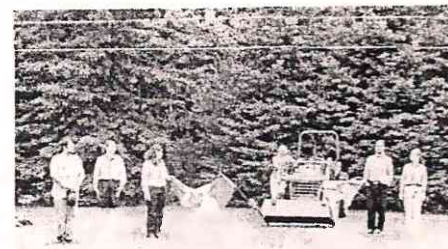
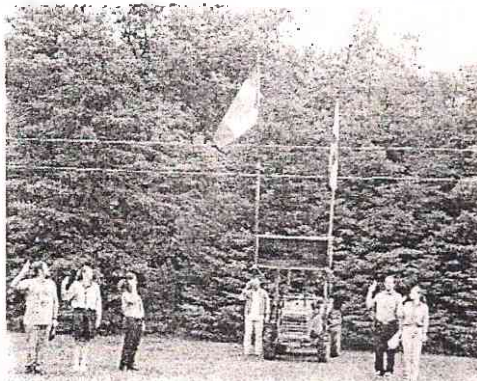
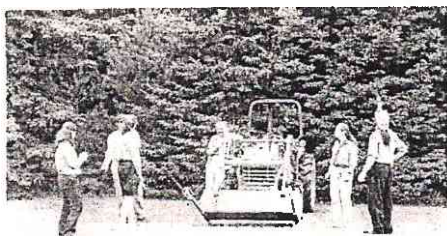
**Staff hard at work (?) preparing for the activities**



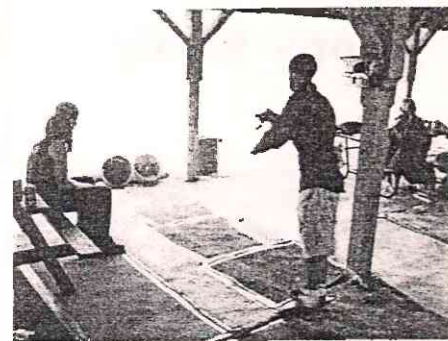
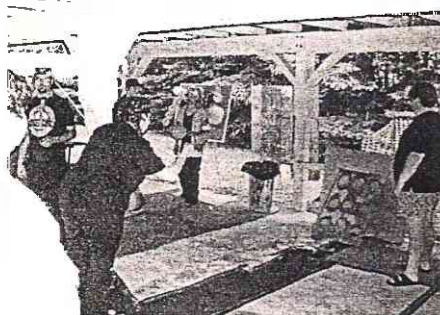


## Opening Ceremonies

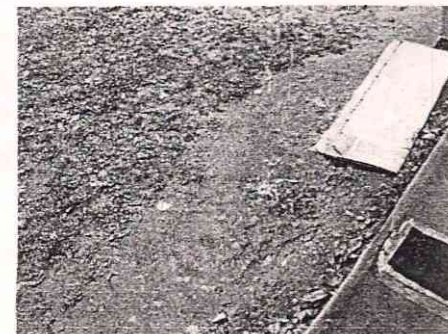
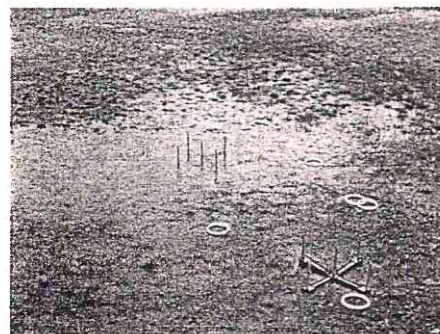
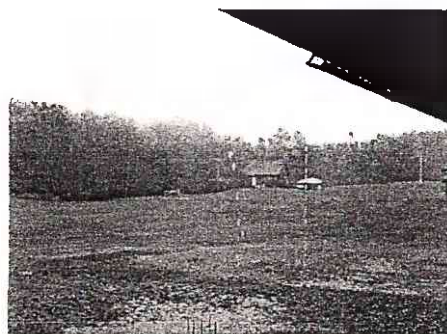
(Notice the hydraulically elevating flagpoles)



## Activities Started

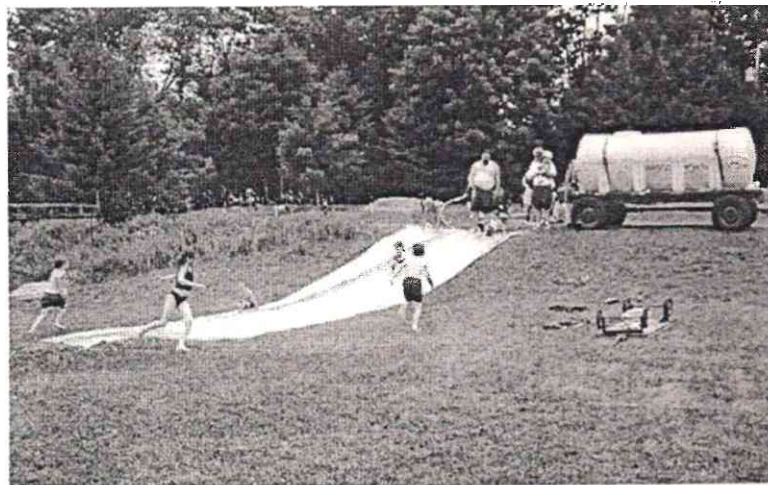


## And then...the rains came

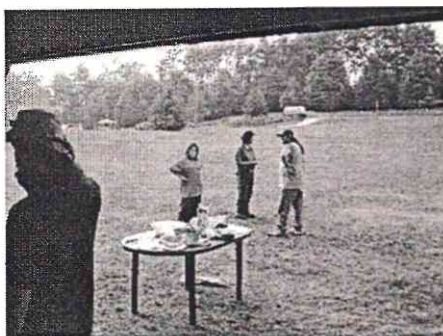
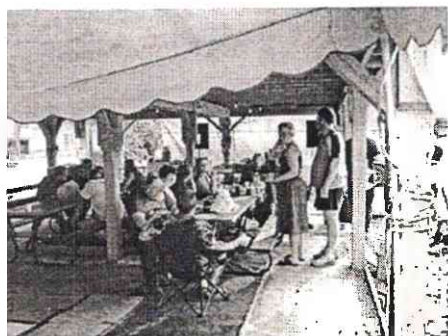




# **The SLIDE FOR LIFE**



**Is the fact  
that "Big  
Bill" Banfield  
was watering  
this slide the  
reason they  
call him a  
hoser?**



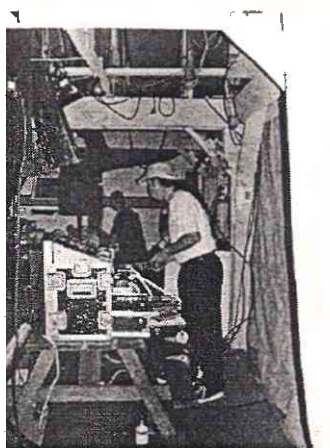
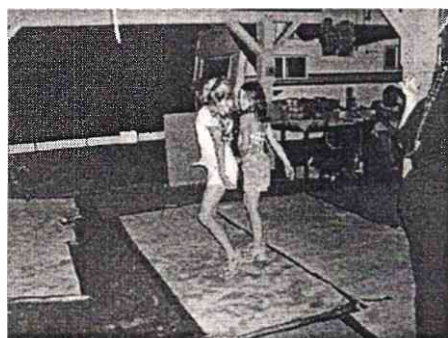
**Happy Meals, or is that McDonalds we're thinking of ?**



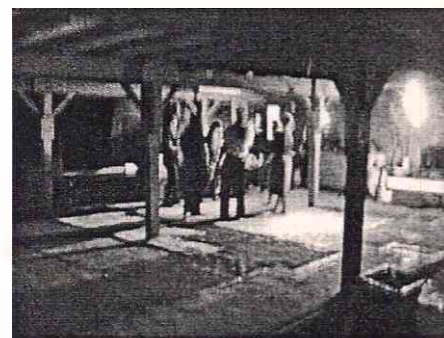
**The happy winners**



**select their prizes!**



**Young and old danced  
music supplied by Kevin Suchostawski aka "Cat in the Hat"**





# Car Care



*the following article appeared in the Buffalo News on May 13, 2003*

## Test drive a car before you buy it

*That's more than a quick spin; it's testing all the bells and whistles*

By JIM MATEJA — Chicago Tribune

**Y**ou probably wouldn't buy a pair of pants, slacks or shoes without trying them on to see whether they fit. And before handing over thousands of dollars for a car, you have to do the same.

And keep in mind that a test drive is just that, a drive in which you test the car. It isn't simply four right or left turns around the block designed to give the salesman a few more minutes to convince you to buy today.

Here are some quick tips on what a test drive should include:

Can it merge? Try it. Can it pass quickly? Try it. Turn smoothly and corner without lean? Try it. Is the suspension soft and cushy or firm and harsh? It takes more than four right or left turns to find out.

You also need to learn whether you can see out the back and along the sides, whether the back seat will hold your friends or the kids without overlapping them, and whether the trunk will hold the golf clubs and duffel bag or groceries and luggage.

Will it fit in your garage? Only one way to find out.

If a van or sport-utility, are there two or three rows of seats? Does the third row fold flat into the floor or do you have to remove it and find a spot in the garage to store it when you need to haul lots of cargo?

Does it have four-wheel-drive? How do you engage the system? You don't want to call the dealer six months from now and say, "by the way. . ."

Is the car equipped with an unusual or novel item, such as a navigation system or night vision. Or emergency communication system such as OnStar? Have the salesman demonstrate how that works, to ensure you understand how to use it and whether you will use it often enough to justify the cost, if it is an option.

The test drive also means that every knob, dial, button, lever or handle needs to be twisted, pulled, yanked, turned or pushed to ensure they work and the system they are designed to activate works as well. That means horn, lights, radio, air conditioning, heater, locks, mirrors, the works.

Don't wait to make out a list of problems and bring the car back two months later to have all the items fixed.

There also are some test-drive don't's:

Don't test a vehicle with a V-8 and then settle on the V-6 to save money without driving that vehicle to determine whether it performs as well as the V-8 did. Chances are it won't be as quick or as quiet as the V-8.

Don't test a vehicle with the soft boulevard suspension and order it with the firmer sports suspension—or vice versa, or you'll be in for a shock when you learn just how soft/firm the other suspension is. Too soft means the car body will continue to bounce after passing over a bump; too firm means your body will continue to bounce.

Don't test the car with cloth seats and buy the leather or vice versa. How slippery is the leather? How much do you slide in the leather seat in a sharp corner vs. cloth?

And don't test drive a car with an AM/FM stereo with cassette and CD player and 18 speakers and settle on an AM/FM with four speakers to save money, because it just won't sound the same. If you buy a car with just an AM/FM and four speakers with the intent of substituting an AM/FM stereo with cassette and CD player on your own, keep in mind it won't sound the same without those 18 speakers.

Don't settle on a car color based on a 1-inch square in the brochure without seeing that color on a full-size vehicle or you may be stunned to find what that color looks like after you've handed over your check.

If one dealer doesn't have the car equipped as you need to test it, visit other dealers to find the car with a V-6 or sports suspension or that special shade of blue. You always can go back to the original dealer for the purchase.

If you test drive a car in vehicle stock, but then order one for later delivery to get the V-6 rather than the V-8 or the boulevard rather than sports suspension, you need to perform the test drive all over again once it arrives.

# 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.

## WEEKDAY TIPS FOR THE WEEKEND ATHLETE

*No time to practice? That's okay. You can sharpen your game while you're doing something else*

*By Megan Othersen Gorman  
Men's Health Magazine*

If you want to get really good at something, you need to practice. Want proof? See Eddie Van Halen. You want more proof? See the nine million other guys who skipped their lessons and now strum air guitar behind the counter at Arby's.

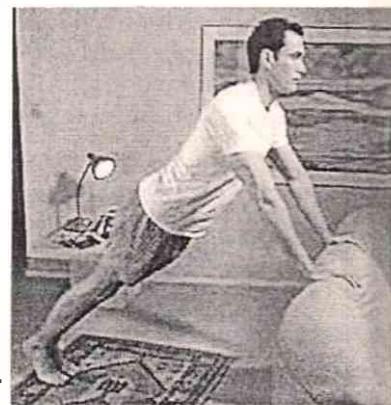
But it's hard to fit in a day at the golf course or a few hours on the basketball court when you have other commitments--which is why we've found a bunch of cool ways you can improve in your sport while you're fulfilling other daily duties. As long as you don't get caught.

### **GOLF**

**While watching TV.** "Do incline pushups," says Randy Myers, fitness director at the PGA National Resort and Spa in Palm Beach Gardens, Florida. "All you need to do is place your hands shoulder-width apart on the edge of the couch and slowly lower your body by bending at the elbows." Shoot for three sets of 10 to 15 repetitions. Incline pushups will develop your triceps and forearms, which are as important to your golf game as a pair of plaid pants.



You can improve your putting by rolling a golf ball across a rug toward a target--aim for that automatic ball-return, your son--5, 10, and 15 feet away. By trying to make the ball stop at his feet, you hone your ability to judge speed and line without even picking up a club, Martino says.





**While on the phone.** Stash a tennis ball in a desk drawer; during a conference call, pull it out and squeeze it 10 times with each mitt. Repeat twice. Golfers repeatedly--and violently--use their elbows and wrists when swinging, so they're vulnerable to strains and sprains, says Rick Martino, director of instruction for the Professional Golfers' Association of America. The payoff from this exercise: The honed muscles in your wrists, hands, and forearms will give your swing more power and also will act as shock absorbers when you whack the ball, making injury less likely.

## **SOFTBALL**

**In the shower.** Hitting homers requires more than brute strength, says Eddie Ray Cantrell of the National Softball Association in Nicholasville, Kentucky. "I can hit the ball through a wall," he says, "but I can't bench-press 125 pounds."

Eddie Ray's secret? Flexibility--and the bat speed it helps him generate. To really whip your wand around, try Eddie Ray's favorite upper-body stretch--in the shower. Face a corner and place your hands on perpendicular walls at shoulder height. Lean as far forward as you can and hold for 15 Mississippi. Repeat. Grand-slam tip: Turn the showerhead so that the warm water hammers any sore spots. The heat will increase bloodflow and loosen you up.

**In the kitchen.** Here's a move to build the strong wrists and forearms that, Cantrell says, are the difference between warning-track power and actually having a reason to use your home-run trot.

Take a 10-pound bag of rice and dump it into a bucket. Then work your hand from the top to the bottom of the bucket by grabbing and releasing handfuls of rice while turning your hand in wide circles at the wrist. Repeat five times.

Go ahead and cook the rice and serve it to the kids. You washed your hands, didn't you?

**At the bar.** Order a beer and play a few games of Foosball. It not only works your wrists but also improves hand-eye coordination crucial to hitting, says Jeffrey Anshel, O.D., an optometrist in Encinitas, California..



## **TENNIS**

**In traffic.** One key to better tennis: changing your visual focus from distance mode, when your opponent is hitting the ball, to close up, when you're hitting it. The faster you can shift your eyes' focus, the more likely you are to smoke a winner down the line.

Next time you're at a standstill on the expressway, build your shift speed with this drill. Focus on an object--say, the old Buick up ahead of you--about a tennis-court length away. Then quickly shift focus to a closer object--say, the Volvo right next to you. By repeating this rapidly, you'll train the muscles in your eyes to switch focus more quickly, says Bobby Bernstein, a coach with the United States Tennis Association.

**Heading to your office.** Another key to tennis? Short bursts of speed. An easy drill: Sprint up the two flights of stairs to your office. "Running steps--even just a few times a day--will improve

leg strength and explosiveness," Bernstein says.

***In the living room.*** The power in your tennis swing comes from how quickly you can turn your torso. The key muscles are your obliques, which run down the length of your abdominals. "All shots require twisting," says Michael Chang, a world-class player. "And that's why abdominal work is so much more important than people think."

Grab your wife or whoever it is you live with and sit day-camp style, back-to-back, on the floor. Have her pass you a medicine ball (start with one no heavier than 8 pounds) on one side, then quickly twist and hand it off to her on the other. Keep your elbows bent, or your forearms might just snap off. Five minutes is all you need. Come to think of it, you don't have a medicine ball, do you? Use a dumbbell, a basketball, or the bag of cash from the bank heist.

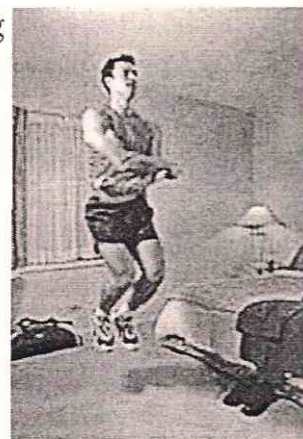
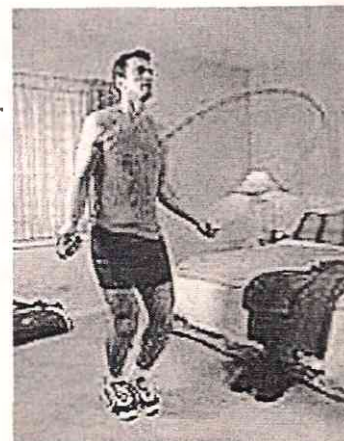
## **BASKETBALL**

***In your basement.*** Jumping rope is one of the best things a basketball player can do. It not only conditions your legs, helping you to jump higher and more quickly, but also provides a great cardiovascular workout. "I use a weighted jump rope to make it a little more challenging," says Kareem Abdul-Jabbar, an NBA Hall-of-Famer. "It builds explosive power in your legs."

Here's a 10-minute rope program any guy can do, from Louis Garcia, a professional rope jumper (we're not making that up):

1. Warm up for 2 minutes by jumping rope slowly using a 2-foot basic jump.
2. Jump from side to side with both feet for 1 minute.
3. Jump from front to back with both feet for 1 minute.
4. Go back to step one, but this time cross your arms in front while skipping more quickly.
5. Now run in place while jumping the rope for 1 minute.
6. Hop on your left foot for 30 seconds, then repeat with your right foot.
7. Speed jump for 1 minute using both feet.
8. Cool down for a couple of minutes.

***At your desk.*** Basketball players need strong, flexible ankles and calves to endure repeated jumping and cutting. To stretch yours, grab the phone book in your office and step on it, balancing on the ball of one foot. Slowly rise up and hold for a second; slowly lower your heel until you feel a slight pull. You'll feel the stretch in your Achilles tendon and calf muscles, says Nicholas Di-nubile, M.D., orthopedic consultant to the Philadelphia 76ers. Then raise your heel off the ground repeatedly until you feel your calf burn--that means you're also making it stronger. Repeat the same move on the opposite leg. For a more advanced workout, close your eyes to improve balance and coordination.



# **WE WANT YOU!**



**Are you a Rover or Rover Enthusiast?**

**Are you passionate about keeping a  
Rover Network running?**

**HAVE WE GOT A JOB FOR YOU!**

**Central Division is forming a Division-Wide  
Rover Network.**

**The Central Division Rover Round Table.**

**For more information, check out  
[www.rovering.org](http://www.rovering.org)**



# ROVENT 2003

October 24<sup>th</sup> -26th 2003  
Opemikon Scout Camp



Come and join the Quest for fun and Adventure!  
Test your skill during the Fair of Games!  
Show your cunning at the Siege!  
And join the Royal Family for a feast!

\$30 pre-registration by Oct. 12<sup>th</sup> or \$35 at the gate  
You are not guaranteed the feast if registering at the gate.

For more information contact:

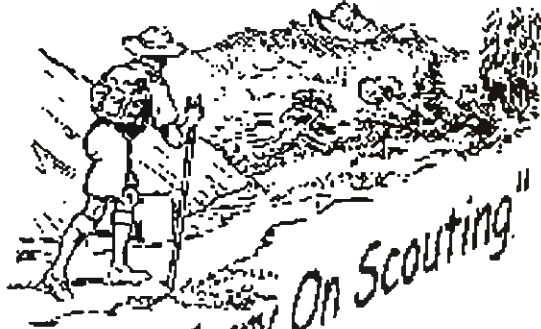
Jen: (613) 726-6245

or

Al: [alan\\_griffin@hotmail.com](mailto:alan_griffin@hotmail.com)

# Campfire Openings

52nd Annual Gilwell Reunion



# Campfire Closings

## And other Reflections

Gilwell Reunion 2003

**Campfires** - a good campfire! Are they are a thing of the past in Scouting? This year's Reunion theme "Carry on Scouting" is telling all Scouters to carry on with the game of scouting. As quoted from **B-P's Outlook**...it is a Jolly game in the out of doors, where boy-men and boys can go adventuring together as older and younger brother, picking up health and happiness, handicraft and helpfulness." (Scouting is a game, not a Science; January 1931) "In the evening a Jolly camp-fire sing-song, winding up on the right note with a good popular hymn or two." (Sunday in Camp; June 1928) Even though Scouts Canada is now Co-ed and making changes, the principles for which Lord Baden-Powell founded Scouting remains the same.

In the 1980's the South Waterloo Gilwell Patrol put together four printings of Campfire Programs. Although this booklet does not put together the entire campfire program, Campfire Openings and Closings have been reprinted, along with other reflections. The booklet is put together from items and suggestions that have been collected over the years reviewing the format for a formal campfire. Thanks to all Scouters for sharing your suggestions and items so that other Scouters may "Carry on Scouting".

Sharon McDonald,  
South Waterloo District  
1st Gilwell Patrol.

## A Campfire

Did you ever watch the campfire  
When the wood has fallen low,  
And the ashes start to whiten  
Round the embers' glow?  
Tell me, were you ever nearer  
To the land of heart's desire  
Than when you sat there thinking  
With your face turned towards the fire?

## The Scouting Way: The Tradition of Formal-Camp Fire Circles

The campfire circle is the place for memories and dreams. It is the place to recall past camps, old friends and good times. Probably one of the most memorable part of the camping experience is the roaring fire at the end of the day with songs, games, and stories.

Good campfires don't just happen. On a rare occasion when all the elements are right, an impromptu campfire will be successful, but in general it must be well planned. The many component parts, from the actual laying of the fire, through the balanced program, to the dousing of the embers, must all be considered.

Good fires come only with experience, knowledge and planning.

### Rules:

1. No cooking
2. No clapping - use yells and cheers instead
3. No smoking or eating
4. Fire to last from start to finish
5. Respect the campfire - this is a quiet place
6. Don't walk through the circle - walk around it throughout the day.
7. Do not have flashlights on unless requested.
8. Show respect and consideration to the participants

Campfire rules may change, but many traditional rules can still be applied.



## A Suggested Campfire Program:

1. Opening - verse and greeting
2. Welcome song
3. Action song
4. Cheer
5. Skit
6. Cheer
7. Song - lively, action or Ballad
8. Song - round
9. Skit
10. Cheer
11. Song - general
12. Story (Scouter's first)
13. Song - quiet
14. Scouter's Five
15. Song - quiet, reflective
16. Closing - verse, reflection

The length of the program will vary depending on Beavers-Cubs-Scouts to Venturers, Rovers, Leaders. Suggested time 20 minutes (Beavers) to 50 minutes. Try to add songs to the program not skits. Remember, the longer one watches and does not get to participate, the less interested they are.

If going to use a fancy fire lighting devise, PRACTICE FIRST. Often it does not work on the first time. Be sure to have a back-up means of lighting the fire should your "fancy" one not work.

When the program is over, IT IS OVER. Announcements should be made prior to the last song. Everyone must leave the campfire circle. You may come back after to sit around and visit.

Remember, if you are the leader in charge, you set the atmosphere for a memorable formal campfire. Do not stand in one area, move about the circle. Learn to project your voice so all can hear. BE PREPARED.

## CAMPFIRE OPENINGS:

By the campfire we are met  
In fellowship tonight  
And so with song and yarn all set  
Let us on, for soon we part.

Come, come, light up the fire,  
Come, come join in the ring,  
Here find dreams to inspire,  
Stories to tell, music to sing.

Logs burn, flames rise,  
Hearts glow, trouble dies,  
Each for all and all for each,  
Happiness within our reach,  
Joined together by the good  
Of world-wide Scouting brotherhood

Have you ever watched the camp fire,  
When the wood has fallen low,  
And the ashes start to whiten  
Round the embers' crimson glow  
With the night sound all around you  
Making silence doubly sweet,  
And the full moon high above you  
That the spell might be complete?  
Tell me - were you ever nearer  
To the land of heart's desire,  
Than when you sat there thinking  
With your feet before the fire?

As the flames point upward, so be our aims;  
As the red logs glow, so be our sympathies.  
As the grey ash fades, so be our errors.  
As the camp fire warms the circle,  
So may the Scout ideal warm the world

Come to our campfire,  
Come for a blessing,  
Come - on a night when happiness sings!  
Come rain or sun,  
Come winter or summer,  
Celebrate friendship and all it brings

## CAMPFIRE CLOSINGS:

Remember the times you've had here,  
Remember the friendships true,  
Remember the songs you've sung here  
And all the haunts so dear to you.  
Remember the hills and woodlands  
The waters and skyline too,  
For campers belong to .....  
And ..... belongs to you.

Woodsmoke at eventide soothes the soul  
And makes an easy ladder for a prayer.  
May the smoke of this fire  
Carry your thoughts Heavenward,  
And make your hearts strong for good  
Scouting.

As our campfire smoke curls upwards, May  
all that is evil among us go with it, And may  
some kind evening breeze waft it away  
Never to be seen again,  
And may peace and deep contentment be  
our lot.

May the spirit of Scouting rest with us,  
May the blessing of God remain with us,  
To each of us the message true,  
Scouting will stand or fall by you.

Comes the last day of many days,  
The last camp fire of all too few,  
Last - but not lost.  
In the years ahead  
These times our memories shall renew.

By the blazing campfire's light,  
We have met in comradeship tonight,  
Round among the whispering trees  
Guard our golden memoirs.  
And so before we close our eyes to sleep,  
Let us pledge each other that we'll keep  
Scouting friendships strong and deep,  
Till we meet again.



## CAMPFIRE OPENINGS:

From the north;  
From the south;  
From the east,  
From the west,  
May good Scouting come to you.

Here soon there will be ashes that once  
were trees;

In spring, they gave us delight,  
In summer shade,  
In autumn, the colours of their falling leaves,  
In winter, the beauty of their bare branches,  
May our lives, like theirs be lives of service.

As the red log glows,  
So may our spirits;  
As the flame leaps upwards,  
So may our aims;  
As the grey ash fades,  
So may our sins,  
As the good fire warms our circle  
So may our ideals warm, the world.

Where little furred and feathered folk  
In leafy coverts hide,  
Where the campfires dusky smoke  
Blends with the eventide  
I can breathe that smoke once more  
And live by nature's signs  
The mountain torrent's muffled roar  
The silence of the pines.

Kneel always when you light a fire,  
Kneel reverently and thankful be,  
For God's unfailing charity

A little bit of kindness to each other now and  
then,  
A little bit of blindness to the faults of  
other men;  
A little bit of happiness. a lively Scouting  
smile;  
And then, as through life we go.

## CAMPFIRE CLOSINGS:

Whatever you are, be noble.  
Whatever you do, do well.  
Whenever you speak, speak kindly,  
Spread happiness wherever you dwell

I sought my soul, but my soul I could not see.  
I sought my God, but God eluded me.  
I sought my brother -- and found all three.

Now as we come to our last camp fire  
Let's pause for a moment and praise  
The Almighty God who saw fit to inspire  
Our Founder who gave us these days

To be on my honour as a (Scout/ Cub. etc.)  
It means the best that's in me  
Of that there is not doubt;  
Truthfulness and kindness,  
Cleanliness and strength  
To help the other fellow,  
To go to any length  
So long as I can honour,  
The Promise and my race  
I know that all is well each day;  
I look God in the face.

Wood and Water,  
Wind and Tree,  
Wisdom, Strength and Courtesy  
Jungle favour go with thee.

And when the Great Scouter  
Comes to mark against your name  
He'll ask not if you won or lost  
But how you played the game.

We turn to Thee, O God, this night,  
Ere to our rest we go,  
We thank Thee for Thy loving care  
And may we find Thee everywhere  
And learn Thy love to know.

## CAMPFIRE OPENINGS:

When dusk descended, purple shadows  
lengthened.  
And evenings sombre hues begin to show,  
As darkening skies, the gleaming starlight  
strengthens,  
We're gathered round the campfires gold  
glow.

To each is given a bag of tools,  
A shapeless mass, a book of rules  
And each must fashion e'er life has flown,  
A stumbling block or stepping stone.

Who have smelt woodsmoke at twilight?  
Who hath heard the birch log burning?  
Who is quick to hear the noises of the night?  
Let him follow with the others  
For the young man's feet are turning  
To the camps of proved desire and known  
delight.

Cold night weighs down the forest bough,  
Strange shapes go flitting thru the gloom,  
But see! A spark - a flame - and now,  
The wilderness is home.

Now Chil the Kite brings home the night,  
That Mang the Bat sets free,  
The herd are shut in byre and hut  
For loose till dawn are we,  
This is the hour of pride and power  
Talon, tusk and claw  
I hear the call - Good Hunting all  
That keeps the jungle law.

I have known the peace of silent hills,  
Have learned whate'er betide  
Though paths of life turn east and west  
Camp friends can ne'er divide.

Now this is the law of the Jungle  
As old and as true as the sky,  
And the wolf that shall keep it may prosper,  
But the wolf that shall break it must die.

Here is an emblem;  
Sparks that upward fly,  
So may our hearts be young  
And spirits high.

## CAMPFIRE CLOSINGS:

May the spirit of Scouting rest,  
May the blessing of God remain with us,  
To each of us the message true,  
Scouting will stand or fall by you.

The day was long, we've worked and  
played,  
And round this fire, we've good friends  
made,  
We've shared a friendship fine and deep,  
And now this circle leaves to sleep.

To do our best each day;  
Is our aim in every way.  
Be with us God, through the night,  
That tomorrow we might,  
Perform our duties, to learn and play,  
To grow ever stronger, the Scouting way

We came as strangers,  
We go as friends,  
May the spirit of this camp,  
Be with you always.

Sweet are the pleasures.  
That to us belong.  
And doubly sweet  
A brotherhood in song.

Day is dying in the west,  
Heaven is touching earth with rest.  
Wait and worship while the night  
Sets her ev'ning lamps alight  
Thro' all the sky.

Lord, in this evening hour, I pray  
For strength to live my best each day;  
Draw near to me and I shall see  
The kind of Scout you'd have me be;  
In serving others, may I see  
That I am only serving Thee;  
Fit me, O Lord, in Thy great plan  
That I may be the best I can.



# CLOSING SONGS

## Beaver Vesper

Softly falls the light of day,  
As our campfire fades away,  
Silently each Beaver asks  
Have I done my daily task?  
Did I give the world my care  
Remembering to smile and share.  
A Beaver turns to God in prayer,  
Knowing he will always care.

## Cub Vesper

Softly fall the light of day  
As our campfire fades away,  
Silently each Cub should ask,  
Have I done my daily task?  
Have I kept my Cub Laws too,  
Taught to me by old Baloo,  
Always tried to Do My Best  
God grant me a quiet rest.

## Scout Vesper

Softly falls the light of day,  
As our campfire fades away,  
Silently each Scout should ask,  
Have I done my daily task?  
Have I kept my honour bright?  
Can I guiltless sleep tonight?  
Have I done and have I dared,  
Everything to be prepared?

## The Campfire Trail

There's a long, long, trail a winding  
Into the camp of my dreams  
Where the evening campfire's  
glowing  
And the bright moon beams,  
There'll be long, long months of  
waiting  
Until my dreams all come true,  
"Till the day when I'll be going down  
That old camp trail with you."

## Day is Done

Day is done,  
Gone the sun,  
From the lake,  
From the hills,  
From the sky,  
All is well,  
Safely rest,  
God is nigh.

# REFLECTIONS:

- ◆ Friendship: Some people come into our lives and quickly go  
Some stay for awhile and leave footprints on our hearts  
And we are never the same.
- ◆ The milk of human kindness never curdles!
- ◆ Trying to achieve success without stress is wishful thinking.
- ◆ Remember the steam kettle - though up to its neck in hot water, it continues to sing.  
... *Anon*
- ◆ Happy is the person who can laugh at himself He will never cease to be amused  
... *Habib Bourguiba*
- ◆ The trouble with most of us is that we would rather be ruined by praise than saved by criticism.  
... *Norman Vincent Peale*
- ◆ Time is like a snowflake, it disappears while we're trying to decide -what to do with it.  
... *Anon*
- ◆ Real joy comes not from ease or riches or from the praise of men, but from doing something worthwhile.  
... *Wilfred T. Grenfell*
- ◆ The most valuable gift you can give another is a good example.
- ◆ Co-operation is doing with a smile what you have to do anyway.
- ◆ The leader who gets ahead is the one who does more than is necessary and keeps on doing it.
- ◆ If you see someone without a smile, give them yours.
- ◆ Learning is not a spectator sport.
- ◆ A real friend is one who walks in when the rest of the world walks out.
- ◆ A little bit less of "I'll get"  
A little bit more of "I'll give"  
Less getting, more giving - that way you grow richer and richer each day
- ◆ One day at a time – this is enough,  
Do not look back, and grieve over the past, for it is gone,  
And do not be troubled about the future, for it has not yet come.  
Live in the present, and make it so beautiful  
That it will be worth remembering.  
...*Ida Scott Taylor*

# 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>

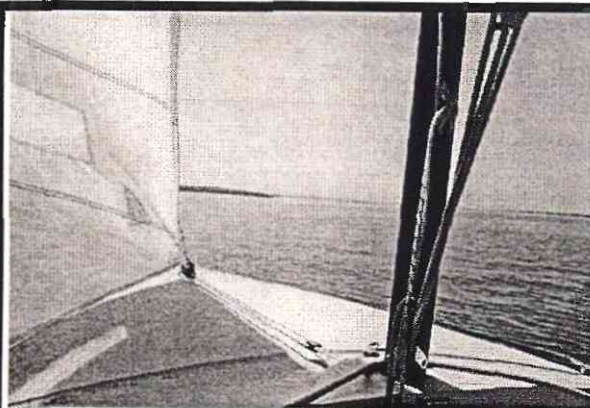
**NOTE:** If you mail us the actual photographs and you want them returned, please include a self addressed envelope.



**Members and invited guests at the presentation of the 3<sup>rd</sup> place Amory Award and certificates to the 1<sup>st</sup> Paradise Venturer Company of Newfoundland & Labrador Council for their Terra Nova canoe expedition in 2002.**

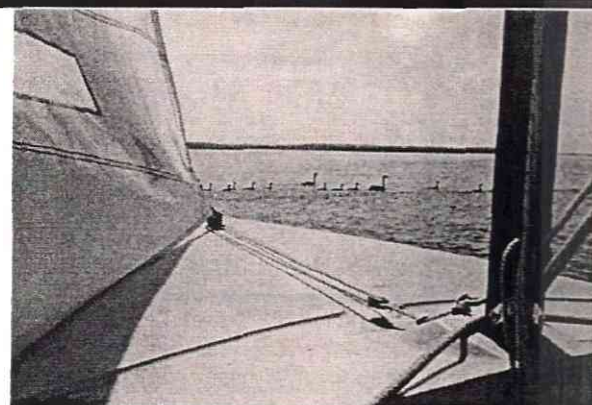
*Back row (l-r):* 1 Paul Jane [Advisor]; 2 Lawson Dickson [Eastern Avalon Zone Commissioner]; 3 Matthew Moores [Vice President]; 4 James LaFreniere [Secretary]; 5 Timothy Morgan; 6 Brian James; 7 Pat Hayward [Awards Committee Chair - Newfoundland and Labrador]; 8 Craig Moores [Advisor]

*Front row (l-r):* 9 Matthew Carroll; 10 Melanie Groves [President]; 11 David Carroll [Deputy Provincial Commissioner - Youth]; 12 Bethany Morgan



## On the Water

*Ryan Jenkins and Janet Kubisewsky of the University of Waterloo Rover Crew show off their Bombardier 4.8 sailboat*



*photos by  
 Ryan "JYNX" Jenkins*



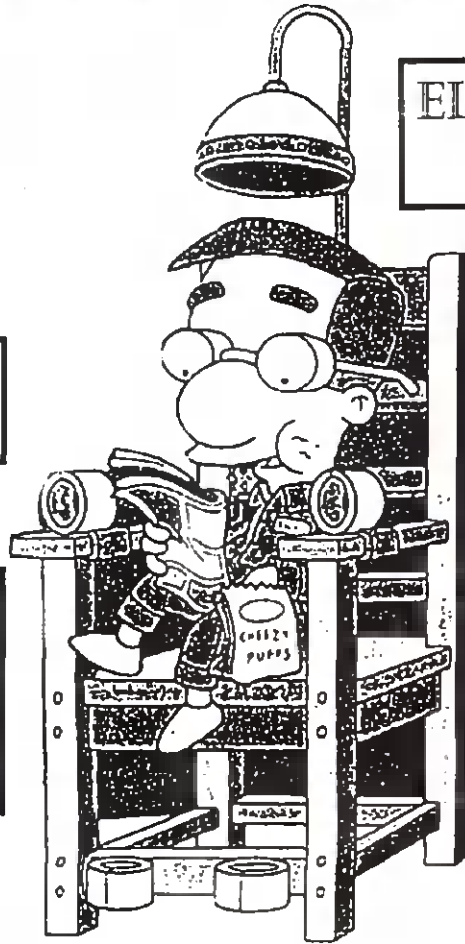


JAILBREAK MOOT 2003  
THE MOST ELECTRIFYING MOOT  
OF THE YEAR  
OCT. 24-26, 2003  
ARPAD PARK, NIAGARA FALLS

DANCE  
UNTIL 2 AM

WORLD CLASS  
CAR TOUR

EVEN MORE  
PRIZES  
THAN BEFORE



ELECTRIFYING  
CAMPFIRE

TUCK SHOP

AMAZING  
NEW EVENTS

CASINO WITH  
BLIND  
AUCTION

THE FAMOUS SATURDAY NIGHT SPECIAL  
CAMP COOK OFF

SUNDAY MORNING BREAKFAST

LEARN MORE AT  
[WWW.JAILBREAKMOOT.COM](http://WWW.JAILBREAKMOOT.COM)  
E-MAIL: [WARDEN@JAILBREAKMOOT.COM](mailto:WARDEN@JAILBREAKMOOT.COM)

# MOSES AND THE COMPUTER



"Excuse me, Sir."  
 "Is that you again, Moses?"  
 "I'm afraid it is, sir."  
 "What is it this time, Moses? More computer problems?"  
 "How did you guess?"  
 "I don't have to guess, Moses. Remember?"

"Oh, yeah. I forgot."

"Tell me what you want, Moses."

"But you already know. Remember?"

"Moses!"

"Sorry, sir."

"Well, go ahead, Moses. Spit it out."

"Well, I have a question, sir. You know those 'ten things' you sent me?"

"You mean the Commandments, Moses?"

"That's it. I was wondering if they were important."

"What do you mean 'were important', Moses? Of course, they're important. Otherwise I wouldn't have sent them to you."

"Well, sorry, but I lost them. I could say the dog ate them, but of course you would see right through that."

"What do you mean 'you lost them'? Are you trying to tell me you didn't save them, Moses?"



"No, sir. I forgot."

"You should always save, Moses."

"Yeah, I know. You told me that before. I was going to, but I forgot. I did send them to some people before I lost them though."

"And did you hear back from any of them?"

"You already know I did. What about the one guy who said he never uses 'shalt not'? Can he change the words a little bit?"

"Yes, Moses. As long as he doesn't change the meaning."

"And what about the guy who thought your stance was a little harsh, and recommended calling them the 'Ten Suggestions,' or letting people pick one or two to try for a while?"

"Moses, I'll act like I didn't hear that."

"I think that means 'no.' Well, what about the guy who said I was scamming him?"

"I think the term is 'spamming,' Moses."

"Oh, yeah. I e-mailed him back and told him I don't even eat that stuff, and I have no idea how you can send it to someone through a computer."

"And what did he say?"

"You know what he said. He used Your name in vain. You don't think he might have sent me one of those - er - plagues, and that's the reason I lost those ten things, do you?"

"They're called 'viruses,' Moses."

"Whatever! This computer stuff is just too much for me. Can we just go back to those stone tablets? It was hard on my back taking them out and reading them each day, but at least I never lost them."

"We'll do it the new way, Moses."

"I was afraid you would say that, sir."

"Moses, what did I tell you to do if you messed up?"

"You told me to hold up this rat and stretch it out toward the computer."

"It's a mouse, Moses. Mouse! Mouse! And did you do that?"

"No, I decided to try the technical support first. After all, who knows more about this stuff than you, and I really like your hours. By the way, sir, did Noah have two of these mice on the ark?"

"No, Moses."

"One other thing. Why didn't you name them 'frogs' instead of 'mice,' because didn't you tell me the thing they sit on is a pad?"

"I didn't name them, Moses. Man did, and you can call yours a frog if you want to."

"Oh, that explains it. Kind of like Adam, huh, sir? Bet some woman told him to call it a mouse. After all, wasn't it a woman who named one of the computers Apple?"

"Say good night, Moses."

"Wait a minute, sir. I am stretching out the mouse, and it seems to be working. Yes, a couple of the 'ten things' have come back."

"Which ones are they, Moses?"

"Let's see.... 'Thou shalt not steal from any grave an image' and 'Thou shalt not uncover thy neighbor's wife.'"

"Turn the computer off, Moses. I'm sending you another set of stone tablets."

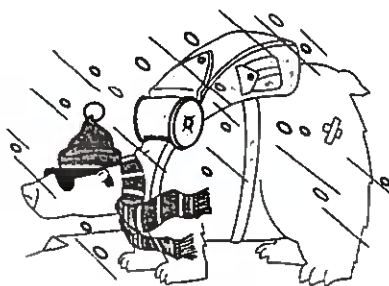


The Funny Bone

## Tourism Canada

These questions about Canada were posted on an International Tourism Website and obviously the answers came from a fellow Canuck.

1. Q: I have never seen it warm on TV, so how do the plants grow? (UK)  
A: We import all plants fully grown and then just sit around watching them die.



2. Q: Will I be able to see Polar Bears in the street? (USA)  
A: Depends how much you've been drinking.

3. Q: I want to walk from Vancouver to Toronto - can I follow the railroad tracks? (Sweden)  
A: Sure, it's only Four thousand miles, take lots of water.

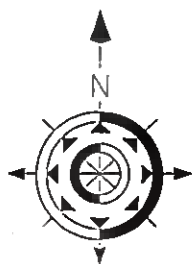
4. Q: Is it safe to run around in the bushes in Canada? (Sweden)  
A: So its true what they say about Swedes.

5. Q: It is imperative that I find the names and addresses of places to contact for a stuffed Beaver. (Italy)  
A: Let's not touch this one.



6. Q: Are there any ATMs (cash machines) in Canada? Can you send me a list of them in Toronto, Vancouver, Edmonton and Halifax? (UK)  
A: What did your last slave die of?

7. Q: Can you give me some information about hippo racing in Canada? (USA)  
A: A-fri-ca is the big triangle shaped continent south of Europe. Ca-na-da is that big country to your North . . . oh forget it. Sure, the hippo racing is every Tuesday night in Calgary. Come naked.



8. Q: Which direction is North in Canada? (USA)  
A: Face south and then turn 90 degrees. Contact us when you get here and we'll send the rest of the directions.

9. Q: Can I bring cutlery into Canada? (UK)  
A: Why? Just use your fingers like we do.

10. Q: Can you send me the Vienna Boys' Choir schedule? (USA)  
A: Aus-tri-a is that quaint little country bordering Ger-man-y, which is...oh forget it. Sure, the Vienna Boys Choir plays every Tuesday night in Vancouver and in Calgary, straight after the hippo races. Come naked.



# CALLING ALL ROVERS!



## **The 2<sup>nd</sup> Central Division Rover Round Table weekend In Udora, Ontario 14-16 November 2003**

Come and explore the cultural and historical interests of the area. There will be a service project, movie night (Friday), and more!

Please bring a snack to share – anything chips, peanuts, popcorn, etc.

***\$17 Pre-registration by 1 November 2003  
OR  
\$20 at the door (includes all meals)***

### **DIRECTIONS TO UDORA COMMUNITY CENTRE**



**Directions from 401 east of Toronto:**

**@ exit 399 North on Brock Road (NOT Brock Street in Whitby exit 410)**

**@ 8.7 km – end of 407 KEEP GOING NORTH**

**@ 25.5km – Right fork to Uxbridge**

**@30.7 km – Tim Horton's in Uxbridge KEEP GOING NORTH**

**@33.4 km – Turn LEFT at T-junction at Main St. going North (Once out of Uxbridge,  
this road turns into Durham 1)**

**@35.9 km – Davis Drive KEEP GOING NORTH**

**@43.4 km – Leaskdale KEEP GOING NORTH**

**@49.7 km – Udora Sign**

**@50.3 km – Ravenshoe Road (flashing amber light)**

**@50.5 km – Udora Community Centre on left side of road**

**YOU MADE IT!!!!**

To register, for more information, or other directions, please contact:

Carrie (Crash): [carrie@jellybeansw.com](mailto:carrie@jellybeansw.com) CELL: (416)697-6306 if you get lost  
(705)357-9944 CELL: (416)918-8127 if you get lost

# 世界羅浮童軍大會 World Scout MOOT Scout Mondial

Jul. 30 - Aug. 10, 2004

30 Juillet - 10 Août 2004

Scouting - Unlimited Challenges

Le Scoutisme - Des Défis Illimités



Hsinchu 新竹



Taichung 台中



<http://www.moot2004.org>  
E-mail: [moot2004@scout.org.tw](mailto:moot2004@scout.org.tw)

## 2004 TAIWAN

邁向未來 迎接挑戰

# Your Health



## **Editor's Note:**

*It's hard to realize the fact that people of Rover age can, and do, have serious health problems. The common perception is that this age bracket has nothing but healthy, vibrant and active people in it. Unfortunately, this is not always true and, as much as the members of this age bracket hate to admit, health problems do attack young people.*

*During my visits to Rover activities (Moots, seminars, training sessions, etc.) I've met several Rovers who know they have sleep apnea and several who suspect that they do. The following information was obtained from an internet site to give you a basic understanding of the problems they face.*



## **What is Sleep Apnea?**

Sleep apnea is a serious, potentially life-threatening condition that is far more common than generally understood. First described in 1965, sleep apnea is a breathing disorder characterized by brief interruptions of breathing during sleep. It owes its name to a Greek word, apnea, meaning "want of breath." There are two types of sleep apnea: central and obstructive. Central sleep apnea, which is less common, occurs when the brain fails to send the appropriate signals to the breathing muscles to initiate respirations. Obstructive sleep apnea is far more common and occurs when air cannot flow into or out of the person's nose or mouth although efforts to breathe continue.

In a given night, the number of involuntary breathing pauses or "apneic events" may be as high as 20 to 60 or more per hour. These breathing pauses are almost always accompanied by snoring between apnea episodes, although not everyone who snores has this condition. Sleep apnea can also be characterized by choking sensations. The frequent interruptions of deep, restorative sleep often leads to excessive daytime sleepiness and may be associated with an early morning headache.

Early recognition and treatment of sleep apnea is important because it may be associated with irregular heartbeat, high blood pressure, heart attack, and stroke.

## **Who Gets Sleep Apnea?**

Sleep apnea occurs in all age groups and both sexes but is more common in men (it may be underdiagnosed in women) and possibly young African Americans. It has been estimated that as many as 18 million Americans have sleep apnea. Four percent of middle-aged men and 2 percent of middle-aged women have sleep apnea along with excessive daytime sleepiness. People most likely to have or develop sleep apnea include those who snore loudly and also are overweight, or have high blood pressure, or have some physical abnormality in the nose, throat, or other parts of the upper airway. Sleep apnea seems to run in some families, suggesting a possible genetic basis.

## **What Causes Sleep Apnea?**

Certain mechanical and structural problems in the airway cause the interruptions in breathing during sleep. In some people, apnea occurs when the throat muscles and tongue relax during sleep and partially block the opening of the airway. When the muscles of the soft palate at the base of the tongue and the uvula (the small fleshy tissue hanging from the center of the back of the throat) relax and sag, the airway becomes blocked, making breathing labored and noisy and even stopping it altogether. Sleep apnea also can occur in obese people when an excess amount of tissue in the airway causes it to be narrowed. With a narrowed airway, the person continues his or her efforts to breathe, but air cannot easily flow into or out of the nose or mouth. Unknown to the person, this results in heavy snoring, periods of no breathing, and frequent arousals (causing abrupt changes from deep sleep to light sleep). Ingestion of alcohol and sleeping pills increases the frequency and duration of breathing pauses in people with sleep apnea.



### How is Normal Breathing Restored During Sleep?

During the apneic event, the person is unable to breathe in oxygen and to exhale carbon dioxide, resulting in low levels of oxygen and increased levels of carbon dioxide in the blood. The reduction in oxygen and increase in carbon dioxide alert the brain to resume breathing and cause an arousal. With each arousal, a signal is sent from the brain to the upper airway muscles to open the airway; breathing is resumed, often with a loud snort or gasp. Frequent arousals, although necessary for breathing to restart, prevent the patient from getting enough restorative, deep sleep.

### What are the Effects of Sleep Apnea?

Because of the serious disturbances in their normal sleep patterns, people with sleep apnea often feel very sleepy during the day and their concentration and daytime performance suffer. The consequences of sleep apnea range from annoying to life-threatening. They include symptoms suggesting depression, irritability, sexual dysfunction, learning and memory difficulties, and falling asleep while at work, on the phone, or driving. Untreated sleep apnea patients are 3 times (or more) likely to have automobile accidents; CPAP treatment reverses the increased risk. It has been estimated that up to 50 percent of sleep apnea patients have high blood pressure. It has recently been shown that sleep apnea contributes to high blood pressure. Risk for heart attack and stroke may also increase in those with sleep apnea



### When Should Sleep Apnea be Suspected?

For many sleep apnea patients, their bed partners or family members are the first ones to suspect that something is wrong, usually from their heavy snoring and apparent struggle to breathe. Coworkers or friends of the sleep apnea victim may notice that the individual falls asleep during the day at inappropriate times (such as while driving a car, working, or talking). The patient often does not know he or she has a problem and may not believe it when told. It is important that the person see a doctor for evaluation of the sleep problem.

### How is Sleep Apnea Diagnosed?

In addition to the primary care physician, pulmonologists, neurologists, or other physicians with specialty training in sleep disorders may be involved in making a definitive diagnosis and initiating treatment. Diagnosis of sleep apnea is not simple because there can be many different reasons for disturbed sleep. Several tests are available for evaluating a person for sleep apnea.

*Polysomnography* is a test that records a variety of body functions during sleep, such as the electrical activity of the brain, eye movement, muscle activity, heart rate, respiratory effort, air flow, and blood oxygen levels. These tests are used both to diagnose sleep apnea and to determine its severity.

*The Multiple Sleep Latency Test (MSLT)* measures the speed of falling asleep. In this test, patients are given several opportunities to fall asleep during the course of a day when they would normally be awake. For each opportunity, time to fall asleep is measured. Individuals who fall asleep in less than 5 minutes are likely to require some type of treatment for sleep disorders. *The MSLT may be useful to measure the degree of excessive daytime sleepiness and to rule out other types of sleep disorders.*

Diagnostic tests usually are performed in a sleep disorders center, but new technology may allow some sleep studies to be conducted in the patient's home.

### How is Sleep Apnea Treated?

The specific therapy for sleep apnea is tailored to the individual patient based on medical history, physical examination, and the results of polysomnography. Medications are generally not effective in the treatment of sleep apnea. Oxygen is sometimes used in patients with central apnea caused by heart failure. It is not used to treat obstructive sleep apnea.

### Physical or Mechanical Therapy

Nasal *continuous positive airway pressure (CPAP)* is the most common effective treatment for sleep apnea. In this procedure, the patient wears a mask over the nose during sleep, and pressure from an air blower forces air through the nasal passages. The air pressure is adjusted so that it is just enough to prevent the throat from collapsing during sleep. The pressure is constant and continuous. Nasal CPAP prevents airway closure while in use, but apnea episodes return when CPAP is stopped or it is used improperly.



Variations of the CPAP device attempt to minimize side effects that sometimes occur, such as nasal irritation and drying, facial skin irritation, abdominal bloating, mask leaks, sore eyes, and headaches. Some versions of CPAP vary the pressure to coincide with the person's breathing pattern, and other CPAPs start with low pressure, slowly increasing it to allow the person to fall asleep before the full prescribed pressure is applied.

*Dental appliances* that reposition the lower jaw and the tongue have been helpful to some patients with mild to moderate sleep apnea or who snore but do not have apnea. A dentist or orthodontist is often the one to fit the patient with such a device.

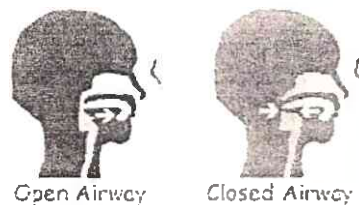
### **Surgery**

Some patients with sleep apnea may need surgery. Although several surgical procedures are used to increase the size of the airway, none of them is completely successful or without risks. More than one procedure may need to be tried before the patient realizes any benefits.

Some of the more common procedures include removal of adenoids and tonsils (especially in children), nasal polyps or other growths, or other tissue in the airway and correction of structural deformities. Younger patients seem to benefit from these surgical procedures more than older patients.

*Uvulopalatopharyngoplasty* (UPPP) is a procedure used to remove excess tissue at the back of the throat (tonsils, uvula, and part of the soft palate). The success of this technique may range from 30 to 60 percent. The long-term side effects and benefits are not known, and it is difficult to predict which patients will do well with this procedure.

*Laser-assisted uvulopalatoplasty* (LAUP) is done to eliminate snoring but has not been shown to be effective in treating sleep apnea. This procedure involves using a laser device to eliminate tissue in the back of the throat. Like UPPP, LAUP may decrease or eliminate snoring but not eliminate sleep apnea itself. Elimination of snoring, the primary symptom of sleep apnea, without influencing the condition may carry the risk of delaying the diagnosis and possible treatment of sleep apnea in patients who elect to have LAUP. To identify possible underlying sleep apnea, sleep studies are usually required before LAUP is performed.



Somnoplasty is a procedure that uses radiowaves to reduce the size of some airway structures such as the uvula and the back of the tongue. This technique is being investigated as a treatment for apnea.

*Tracheostomy* is used in persons with severe, life-threatening sleep apnea. In this procedure, a small hole is made in the windpipe and a tube is inserted into the opening. This tube stays closed during waking hours, and the person breathes and speaks normally. It is opened for sleep so that air flows directly into the lungs, bypassing any upper airway obstruction. Although this procedure is highly effective, it is an extreme measure that is rarely used.

*Other procedures:* Patients in whom sleep apnea is due to deformities of the lower jaw may benefit from surgical reconstruction. Finally, surgical procedures to treat obesity are sometimes recommended for sleep apnea patients who are morbidly obese.

### **Non-specific Therapy**

Behavioral changes are an important part of the treatment program, and in mild cases behavioral therapy may be all that is needed. Overweight persons can benefit from losing weight. Even a 10 percent weight loss can reduce the number of apneic events for most patients. Individuals with apnea should avoid the use of alcohol and sleeping pills, which make the airway more likely to collapse during sleep and prolong the apneic periods. In some patients with mild sleep apnea, breathing pauses occur only when they sleep on their backs. In such cases, using pillows and other devices that help them sleep in a side position may be helpful.

### **Seeking Medical Help?**

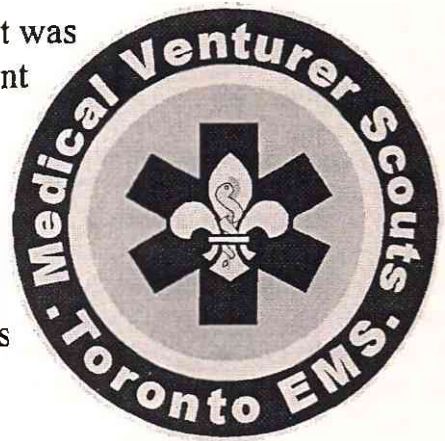
If you are experiencing sleepiness during the day, loud snoring or pauses in breathing during sleep or any other sleeping difficulties, make an appointment to discuss these problems with your doctor. Sleep disorders are treatable. Your doctor can evaluate your sleep problem and may refer you to a sleep specialist who has special training in sleep medicine. Many of these specialists work at sleep centers where overnight sleep studies can help determine whether you have a sleep disorder. For more information, contact the National Sleep Foundation or visit our website at:

***[www.sleepfoundation.org](http://www.sleepfoundation.org)***

# Toronto's MedVents Provide Service During Major Electrical Outage

At 18:00 hours on Thursday, August 14th, a request was received from acting Deputy Chief Rotolo for MedVent assistance at Emergency Services Headquarters.

Due to the power outage which hit a good portion of the Northeastern US and major sections of Ontario, EMS and Fire dispatch staff in Toronto were hard pressed to handle the increased load of calls and were not able to take the time to prepare food for themselves.



Advisors Keith, Doris and Jenny along with eight MedVents came to the rescue by raiding their refrigerators and bringing in all the food they could find.

With additional groceries that our intrepid EMS planner Ric-Rangel Bron had coerced out of a local supermarket - that had just closed it's doors, the MedVents fired up the barbecue on the patio and the microwave ovens on UPS in the dispatch kitchen and cooked up a variety of meals including sausage on a bun, hamburgers, stir fry on rice, while other medvents set out cold-cuts, cookies, drinks and fruit in the atrium.

Throughout the night, EMS and Fire Dispatch and Headquarters staff were able to take quick breaks to get their meals and drinks - helping them cope with the workload.

On behalf of EMS and Fire, I would like to commend and thank the MedVents for their timely assistance during this trying time.

*Jerry Crawford  
Group Chair  
Toronto EMS  
MedVents*



# Conference/Training Dates

## ONTARIO

### GREATER TORONTO COUNCIL



November 22-23

Crew Woodbadge Part I  
Scout House  
Greater Toronto Council  
Contact: GTC Training Department  
(416)490-6364 ext 237

March 18, 2004

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

April 22, 2004

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

Oct 7 or 9 or 21 or 23 or Nov 8 or 15

Scouting Basics/Basic Leadership & Admin.  
Scout House  
Greater Toronto Council  
Contact: GTC Training Department  
(416)490-6364 ext 237

Oct 14 or 16 or 28 or 30 or Nov 8 or 15

Core Program Planning- Planning Part B  
Greater Toronto Council  
Scout House  
Contact: GTC Training Department  
(416)490-6364 ext 237

Feb 20-22; Mar 26-28; Apr 16-18, '04

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

### VOYAGEUR COUNCIL

November 1, 2003

14th Annual  
Scouts Canada Food Drive  
Ottawa, ON



## SASKATCHEWAN

March 5-7

Saskatchewan Training Conference  
Arlington Beach Conference Center  
Cynric, SA

## ALBERTA

November 1 '03 & February 1 '04

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

### WHITE PINES COUNCIL

November 1-3

Basic 'Core' & 'Section Specific' - all sections (including Group Committee)  
Camp Sunac  
Oshawa, ON  
gord\_varey@atlantic.ca

October 17-19

Advanced Training—Part II  
Camp Impeesa  
Joyce Ross: (403)327-4108  
jross@telusplanet.net

January 17 '04

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

## MANITOBA

Nov 1, Feb 7 or Oct 29, Nov 12, & 26

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

Oct 4, 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](http://www.mb.scouts.ca/docs/training%calender02-03.htm) for more details

## QUEBEC

October 3-5

Gilwell Reunion  
Camp Tamaracouta  
Mille Isles, QC  
Roberta: oscar1@videotron.ca  
B.J.: bjfinlay@sympatico.ca

January 17 (Theory)

Jan 31 - Feb 1 (Practical)

Winter Camping  
Delta Beach Camp  
Winnipeg, MB  
[www.mb.scouts.ca/doc/training3.html](http://www.mb.scouts.ca/doc/training3.html)

## NOVA SCOTIA

November 7-9

Nova Scotia Provincial Council  
46th Annual Scouter's Conference  
Oak Island Resort  
Western Shore, NS  
douglas@ns.scouts.ca

# International Events

### OCTOBER

25-29

8th General Assembly of the  
World Scout Parliamentary Union  
Cairo, Egypt

### JANUARY '04

2-11

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

23-25

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

### FEBRUARY '04

13-14

the Southern 50 Challenge 2004  
50 Kilometre or 50 Mile Hike  
Chiltern Hills, England

southern 50@hotmail.com

### APRIL '04

17-21

11th European Guide & Scout Conference  
Laugardalscholl Conference Center  
Reykjavik, Iceland  
euroconf2004@scout.is

### JULY '04

2-4

Dragnet Challenge  
Cumbrian Lake District  
England  
post@dragnet.org.uk

22-Aug 1

4U - Eléments/Développement Global  
Luxembourg

info4u@lgs.lu

23-30

2e Camp Mondiale de la Solidarité  
France  
[www.eedf.assa.fr](http://www.eedf.assa.fr)

30-Aug 10

12th World Moot  
Hualien, Taiwan  
[www.scout.org.tw/wm2004](http://www.scout.org.tw/wm2004)  
[www.moot2004.org](http://www.moot2004.org)

31-Aug 7

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

### AUGUST '04

3-12

4 around  
Scouts/Venturers/Rovers  
Krems, Austria

# UPCOMING EVENTS

# UPCOMING EVENTS

## SUMMER of 2003

Impeesa Extreme - Hiking; Caving;  
Rock Climbing; Etc.  
Camp Impeesa  
Lethbridge, AB  
Venturers/Rovers  
[scoutsar@telusplanet.net](mailto:scoutsar@telusplanet.net)

## OCTOBER

5 Scouts Canada/Girl Guides of Canada  
Centennial Trail Hike  
(Part of the TransCanada Trail)  
Start near Rennie, MB  
Cindy Bell: [cindyjbell@shaw.ca](mailto:cindyjbell@shaw.ca)

10-13 Scared More Stupider  
Granny Grunt Rover Crew  
Camp Tamaracouta  
Mille Isles, QC  
Brian: (514)489-7521  
Marcus: (514)626-8659  
[www.tcmap.ca/gruntmoot](http://www.tcmap.ca/gruntmoot)

17-19 RAVE 2003  
Location TBA  
Halifax, NS  
[kevin.croft@ns.sympatico.ca](mailto:kevin.croft@ns.sympatico.ca)

18-19 Council Youth Forum  
Northern Lights Council  
Alberta  
Location TBA

[nlyouthforum@hotmail.com](mailto:nlyouthforum@hotmail.com)  
25 "Scouts Night" with the BC Lions  
(vs Saskatchewan Roughriders  
Vancouver, BC

24-26 Jailbreak Moot 2003  
Arpad Park  
Niagara Falls, ON  
[www.jailbreakmoot.com](http://www.jailbreakmoot.com)  
[warden@jailbreakmoot.com](mailto:warden@jailbreakmoot.com)

24-26 RoVent 2003  
Opemikon Scout Camp  
Perth, ON  
Jen: (613)726-6245

or  
[alan\\_griffin@hotmail.com](mailto:alan_griffin@hotmail.com)

## NOVEMBER

1 Halloween Dance  
Newmarket Scout Hall  
Newmarket, ON  
Sandra: (905)295-5251

[crayolarockmyworld@hotmail.com](mailto:crayolarockmyworld@hotmail.com)

7-9 E-Vent 2003

Camp Kasota AB  
Sylvan Lake, AB

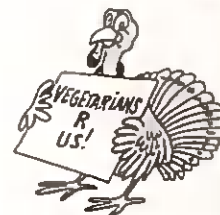
[event.2003@telus.net](mailto:event.2003@telus.net)

8-11 Red Cross Symposium 2003  
YMCA Camp in Belcarra Park  
Port Moody, BC

[george.chandler@redcross.ca](mailto:george.chandler@redcross.ca)

22 Rover Forum  
Peterborough, ON

[Nicky Patterson: nickuoar@hotmaol.com](mailto:NickyPatterson@hotmaol.com)



## FEBRUARY 2004

20-22 Rovent 2004  
Manning Park  
Crambie Creek, BC  
[info@rovent.ca](mailto:info@rovent.ca)

## MAY 2004

23 3rd Annual Grey Wolf  
Lawn Mower Derby  
Grey Wolf Scout Camp  
Thunder Bay, ON  
[llewis@tbay.net](mailto:llewis@tbay.net)

## JUNE 2004

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

## JULY 2004

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

## AUGUST 2004

14-21 'essay '04'  
Saskatchewan Jamboree  
Scout/Venturer  
Echo Valley Provincial Park, SK  
[jmeed@sasktel.net](mailto:jmeed@sasktel.net)



Central Division RRT Events	Alberta RRT Events
Nov 14-16 2nd Ever Event Udora, ON for details: Carrie (Crash) Clifton: <a href="mailto:carrie@jellybeans.com">carrie@jellybeans.com</a> (705)357-9944	Nov 7-9 E-Vent 2003 & Meeting Camp Kasota Sylvan Lake, AB for details: <a href="mailto:tigress@shaw.ca">tigress@shaw.ca</a> web site: <a href="http://www.wwww.ceberus.ca/ant">www.wwww.ceberus.ca/ant</a>

MORE INSIDE !!!!!

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

.....IT'S FREE