



**Udora Community Center**



**Check-in and Set-up**



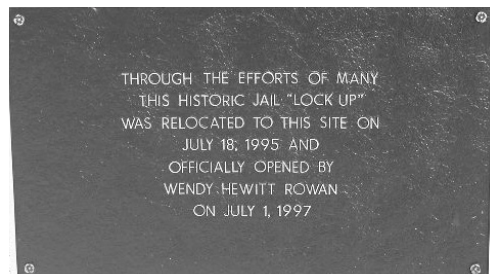
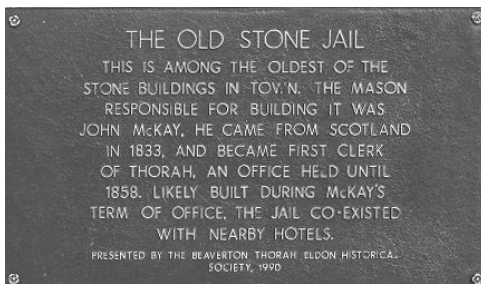
**Friday night – easy living time**



**Rise and shine – time for breakfast**



**Opening Ceremony**



On tour at the Beaverton Museum



Time to relax after lunch



Helping to set up the hall for the  
United Church dinner





**Rover Service Project**

**establishing Udora's "parkette"**



**The highlight of the weekend – the Rover Forum**



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



**Saturday night games**

**Saturday night games**



**Ending a great weekend**





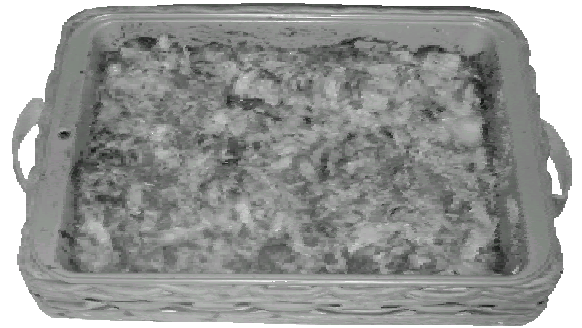
# the Gourmet Rover

**Editor's Note:**

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

## **Lazy Golumbki**

- 1 lb ground beef
- 2 medium onions, diced
- 1 medium head of green cabbage (about 2 lbs), coarsely sliced
- 2 medium carrots, thinly sliced
- 2 tsps salt
- $\frac{3}{4}$  cup regular long-grain rice
- 1  $13\frac{3}{4}$ - $14\frac{1}{2}$  oz can beef broth
- $\frac{1}{2}$  cup water



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

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

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

*Cathy Szczutkowski*

## **Polish Noodle Bake**

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



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

*Carrie Kehoe*

## German Potato Salad



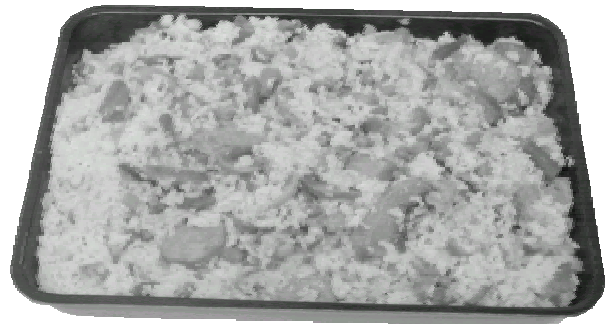
6-8 potatoes  
3 eggs (hard boiled)  
 $\frac{1}{2}$  lb bacon  
1 small onion  
1 cup sugar  
 $\frac{1}{2}$  cup vinegar  
salt/pepper

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

*Lorraine Reid*

## Colorful Kielbasa

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



### IN A SKILLET:

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

Makes 4-6 servings

*Pat Kowalski*

**Registration at Six. Campfire at Eight.  
Murder at Midnight.**



**May 7th - 9th, 2004**

**heber down conservation area  
whitby, ontario**

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A blonde goes into work one morning crying her eyes out. Her boss concerned about all his employees well being asked sympathetically, "What's the matter?"

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

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

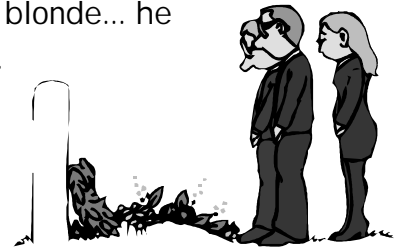
The blonde very calmly states..."No.. I'd be better off here. I need to keep my mind off it and I have the best chance of doing that here."

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

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

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

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



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## Mechanic vs. Doctor



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

The mechanic shouted across the garage, "Hey Doc can I ask you a question?" The surgeon, a bit surprised, walked over to the mechanic working on the motorcycle. The mechanic straightened up, wiped his hands on a rag and asked, "So Doc, look at this engine. I open its heart, take valves out, fix' em, put 'em back in, and when I finish, it works just like new. So how come I get such a small salary and you get the really big bucks, when you and I are doing basically the same work?"

The surgeon paused, smiled and leaned over, and whispered to the mechanic..... "Try doing it with the engine running!"



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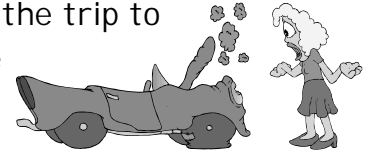
Two blondes were walking through the woods and came upon a set of tracks. One blonde said that they were deer tracks. The other blonde said that they were moose tracks. They were still arguing when the train hit 'em.





# The Funny Bone

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

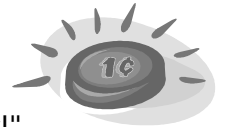


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A Scottish lad and lass were sitting together on a heathery hill in the Highlands. They had been silent for a while when the lass said, "A penny for ye thoughts Angus."

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

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



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

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



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



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



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

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

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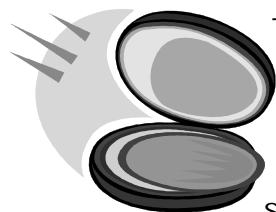
So there's this blonde out for a walk. She comes to a river and sees another blonde on the opposite bank.

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

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



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



# the Nova Rover



## RAVE 2003

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

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

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

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

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

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

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

Hope to see you there!

*Happy Rambling,  
Kat Nielsen  
The Granny Grunt Rover Crew  
outpost\_8@yahoo.com*



# LETTERS

## to the EDITOR

via e-mail



November 9, 2003

Dear Central Division Rovers,

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

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

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

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

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

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

Yours in Rovering,

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

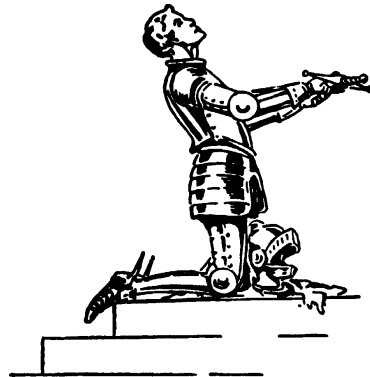


# ROLAND S. DELL MEMORIAL AWARD

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

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



## **Nominations and Eligibility**

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

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

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



# ROLAND S. DELL MEMORIAL AWARD

~~~~~

Dear R.S. Dell Award Committee:

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

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

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

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

Position:      Rover\_\_\_\_      Rover Advisor\_\_\_\_      Rover Crew\_\_\_\_

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

Council: \_\_\_\_\_

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

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

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

E-Mail: \_\_\_\_\_

\_\_\_\_\_  
DATE

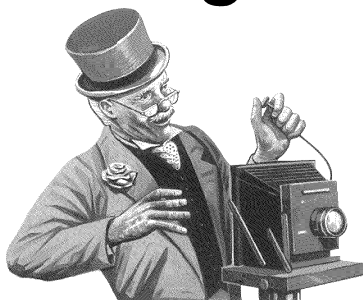
\_\_\_\_\_  
SIGNATURE OF NOMINATOR

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

Send completed applications to:

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

# the Photo-Journalist



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

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

or via email:

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

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



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



## — Wanted — for acting as a Rover Advisor



09-19-2003

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

Kevin Dunn has been around Rover events in Ontario for a long time, and has exhibited a great sense of humor.....which he's displayed by putting up with my teasing in print in previous editions of this magazine. When I took these front and side view pictures, one of his many "friends" suggested the WANTED poster pose. I thought it came out pretty good, what do you think? Kevin's a great promoter of Rovering, and shows up at a lot of events with his computer set-up (a Mac) to provide music and videos for the assembled crowd. If you run into him at an event someplace, tell him you saw his "WANTED" poster in this magazine.



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

*photo by Simon Holick*



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

*photo by Ye Olde Editor*

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

**"I would like to inform you that as of 7:52 pm on October 23, 2003, Mike and I are officially parents!!!! Kaleb Isaac Leonard came into this world at a very healthy 8 pounds 8 ounces and 21 inches long. Congratulations to the new parents from all of the Rovering community. May your new son enjoy good health and grow up to be the Rover Mate of his own Crew."**



# Your Health



*This article appeared in the September 2003 edition of 'Personal Fitness Professional' magazine and was slightly modified to remove the specific references to fitness trainers.*

## What Is Calorie Deficit?

Lose weight - and keep it off

*By Dennis M. Loya, JD*

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

# Central Canada Rover Round Table



## OFFICIAL REPORT

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

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

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

*If you would like more information on any of these events, please contact Jeff Sauve:  
[sauvej@sympatico.ca](mailto:sauvej@sympatico.ca)*

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

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

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

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

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

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

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

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

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

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

Yours in Rovering,

*Sophia Doole*  
*CCRRT Chair*  
*phiai@sympatico.ca*



# BC MedVent Advisor Commended for Bravery



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

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

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

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

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

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

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

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

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

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

Article by Jennie Lucow  
Rover Mate  
10th Richmond BC Rovers



# LETTERS

## to the EDITOR

via e-mail

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



November 9, 2003

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

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

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

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

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

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

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

Yours in Rovering,

Albert Fuchigami  
Advisor, University of Waterloo Rover Crew.



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519-721-2166 (SARAH)

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JUNK YARD WARS

TOO TIGHT

APRIL 23 - 25 2004



# LOONEY TUNES

## REGISTRATION FORM

NAME OF CREW, COMPANY, POST \_\_\_\_\_

REGISTRATION FEE PER PERSON:

Number of people attending:

\$15.00 Before April 15

\$18.00 After April 15

\$10.00 Day Rate (With Crest)

\$5.00 Dance Only (No Crest)

Total Cost:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\$ \_\_\_\_\_

Food: # of \$1 Lunches: \_\_\_\_\_

Extra: \_\_\_\_\_

(POP) (Hotdog) (Hamburger)

Grand Total (Reg + Lunch) \$ \_\_\_\_\_

### Saturday Lunch

Cost with Preregistration:

\$1.00 - Which gets you either a Hot Dog or Hamburger and a Pop  
(Also can add a combination of more food or pop at \$0.50 each \*Pre-Reg ONLY\*)

Cost without Pre-Reg:

\$1.00 - for Pop and Hamburgers - and \$0.75 for a Hot Dog.

SATURDAY NIGHT DANCE WILL BE HELD AT THE ACTON COMMUNITY  
CENTRE 415 QUEEN STREET, ACTON (See Map and Map Inset)

### FOR MORE INFORMATION, PLEASE CONTACT:

MIKE CROUCHER (905) 510-1293  
SARAH FEENEY (519) 721-2166

EMAIL: Mr\_Happy\_Croucher@hotmail.com  
EMAIL: super\_cala\_fraja\_liztic@hotmail.com

CHEQUES PAYABLE TO: BLACK PANTHER ROVERS

SEND TO: LOONEY TUNES MOOT  
C/O MIKE CROUCHER  
59 CHISHOLM ST.  
OAKVILLE, ON  
L6K 3H6

PEOPLE ATTENDING CAMP:

1	2	3
4	5	6
7	8	9

NAME AND NUMBER OF RESPONSIBLE ADULT ATTENDING MOOT: \_\_\_\_\_

## Conference/Training Dates

### ONTARIO

#### GREATER TORONTO COUNCIL

**March 18**

Planning a Backpacking Trip  
Scout House  
Greater Toronto Council  
[msingleton@scouts.ca](mailto:msingleton@scouts.ca)

**April 22**

Planning a Bicycle Camping Trip  
Scout House  
Greater Toronto Council  
[msingleton@scouts.ca](mailto:msingleton@scouts.ca)

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

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



#### SASKATCHEWAN

**March 5-7**

Saskatchewan Training Conference  
Arlington Beach Conference Center  
Cymric, SA



### ALBERTA

**February 1**

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

**January 17**

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

### New Brunswick

**April 28-May 2**

Advanced Woodbadge  
Camp Green Hill Lake  
**Linda Boone: [leboone@nbnnet.ca](mailto:leboone@nbnnet.ca)**  
**Keith Barr: [keithbarr@rogers.com](mailto:keithbarr@rogers.com)**

### MANITOBA

**Feb 7**

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

**April 17**

Module B - Outdoor Skills  
Delta Beach Camp

**April 24-25 & May 14-16**

Advanced Outdoor Skills  
& Program Planning  
Delta Beach Camp

**check the web site: [www.mb.scouts.ca/docs/training%calender02-03.htm](http://www.mb.scouts.ca/docs/training%calender02-03.htm) for more details**

**January 17 (Theory)**

**Jan 31 - Feb 1 (Practical)**

Winter Camping  
Delta Beach Camp  
Winnipeg, MB

**[www.mb.scouts.ca/docs/training3.html](http://www.mb.scouts.ca/docs/training3.html)**

## International Events

#### **JANUARY**

**2-11**

Venture 2004  
Canterbury, New Zealand  
**[v04@venturers.org.nz](mailto:v04@venturers.org.nz)**

**23-25**

Surfmoot 2004  
Eumeralia Scout Camp  
Melborne, Victoria, Australia  
**[surfmoot@vicscouts.asn.au](mailto:surfmoot@vicscouts.asn.au)**

#### **FEBRUARY**

**13-14**

the Southern 50 Challenge 2004  
50 Kilometre or 50 Mile Hike  
Chiltern Hills, England  
**[southern50@hotmail.com](mailto:southern50@hotmail.com)**

#### **APRIL**

**17-21**

11th European Guide & Scout Conference  
Laugardalscholl Conference Center  
Reykjavik, Iceland  
**[euroconf2004@scout.is](mailto:euroconf2004@scout.is)**

#### **JULY**

**2-4**

Dragnet Challenge  
Cumbrian Lake District  
England  
**[post@dragnet.org.uk](mailto:post@dragnet.org.uk)**

**22-Aug 1**

4U - Eléments/Développement Global  
Luxembourg  
**[info4u@lgs.lu](mailto:info4u@lgs.lu)**

**23-30**

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

**30-Aug 10**

12<sup>th</sup> 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  
Stamford, England  
**[secretary@poacher2004.org.uk](mailto:secretary@poacher2004.org.uk)**

#### **AUGUST**

**3-12**

4 anaund  
Scouts/Venturers/Rovers  
Krems, Austria  
**[office@4anaund.at](mailto:office@4anaund.at)**



# UPCOMING EVENTS

## FEBRUARY

20-22 Snow Moot  
Mount Nemo Scout Camp  
Burlington, ON  
<http://snowmoot.cjb.net>  
[snowmoot@canada.com](mailto:snowmoot@canada.com)

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

## MARCH

6 Big Rig Run 2004  
Wesley United Church  
Welland, Ontario  
[welland9venturers@hotmail.com](mailto:welland9venturers@hotmail.com)

## APRIL

1-3 Night Survivor 2004 - Super Heroes  
Brant Area Venturer Assembly  
Camp Impeesa  
Brantford, Ontario  
[Hunter\\_bruce@sympatico.ca](mailto:Hunter_bruce@sympatico.ca)



23-25 Looney Tunes Moot 2004  
"The Year of the Gossamer"  
Blue Springs Scout Reserve  
Acton, Ontario  
[Mr\\_happy\\_croucher@hotmail.com](mailto:Mr_happy_croucher@hotmail.com)

30 -May 2 CAN-AM Friendship Camporee  
(Venturers for staff)  
Camp Attawanderon  
Bluewater Area - Ontario  
[randy\\_watt@cogeco.ca](mailto:randy_watt@cogeco.ca) or  
(519)383-8497

30 -May 2 RSVP Camp  
(Rovers, Senior Scouts,  
Venturers, Promotion)  
Baxter Conservation Area  
Voyageur Council  
**Susie Page:**  
[susie\\_sunny@sympatico.ca](mailto:susie_sunny@sympatico.ca)



## MAY

7-9 Mystery Moot 2004  
Heber Down Conservation Area  
Whitby, Ontario  
May 7-9, 2004  
**Rick or Cheryl 905-655-4188**

8 Jamboree-On-The-Trail  
A trail of your choice  
<http://jott.org>  
[hikechief@jott.org](mailto:hikechief@jott.org)

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



## JUNE

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

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

### Central Division RRT Events

JAN '04 3rd Ever Event  
Midland, ON  
for details:  
**Sophia Doole:**  
[phiai@sympatico.ca](mailto:phiai@sympatico.ca)

MORE INSIDE !!!!!

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

**.....IT'S FREE**