# COMING



NEW
SOUTH
WALES
BRANCH
ROVER
COUNCIL

**JUNE - AUGUST 1990** 

Features:
Yak Attack!
Is There Life After 26?
Going Skiing?
Scouting Starts Up As
The Wall Comes Down

Plus: Focus on Service

Proudly printed on recycled paper



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## **THANKS TO**

Trevor Croucher and C & D Stationery for printing, Alison Hall and Corso Graphics for bromides, Mac-Rent for laser printing, North Metropolitan A.R.C. Executive for collating the last issue, Marita Pyykkö, "Interchange", "Roverline", "Roverinz", "Canadian Rovering", "Statewide", "Kalora", "Tulpi", "Australian Scout". "Scouting In New South Wales".

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## FOCUS ON SERVICE

- National Service Project
- Bangladesh Australia Child Health Project - (B.A.C.H.)
- Show You Care Give Blood







In his book, 'Rovering To Success', our Founder, Lord Baden-Powell, wrote, "The Aim of Rovering is Brotherhood and Service for Others". The Principles of Scouting are that Scouts should serve God, act in consideration of the needs of others, and develop and use their abilities to the betterment of themselves, their families and the community in which they live. The Scout Promise, in part reads, "On my honour I promise To do my best...To help other people..." This part of the Scout Promise is taken further in that it is symbolised in one of the three upright fingers in the Scout Salute and one of the three parts of the Arrowhead in the Worldwide Scout Emblem. The motto of the Rover Section is "Service".

It follows then, that a reasonable part of a Crew's programme should consist of service activities. Or should it? Is service something that you do now and then to keep your Group or District or Area happy? Do you sometimes feel that you should perhaps be doing some service (to relieve the guilt complex)? Do you ever think about service when programming? If not, is it because you don't do any; or because service jobs eventuate anyway when people ask you to do things; or because you include it as part of your programme without consciously thinking that some service should be included?

Let's face it: an important part of being a Rover is service. Many of us aren't doing enough service. (Now that's a provoking statement!) This brings up two questions: what is enough; and indeed, what exactly is service?

The question of what constitutes enough service for a Crew or individual cannot really be answered - not by me anyway. The relevant factors here are the need for service; the ability to give appropriate service; and balance in programming as service should not be the only activity a Crew does.

A Crew should be able to identify areas in their local district and community where there is a need for service. The Crew members must then decide if they are the right people to give the service.

Personally, I think that a group of Rovers who put their minds to something can accomplish anything. However, specialist training and equipment needs should be considered and it may be more appropriate for the Crew to contact the right people for the job and offer assistance.

How much of a Crew programme should consist of service activities? Activities can be categorised in a number of ways. One method is to follow the four areas as outlined in the Aim of Scouting of physical, mental, social and spiritual which are carried through in one method of the Baden-Powell Award. Here, service may come under the social and spiritual categories. Another method may be along the lines of indoor and outdoor Scouting type activities, social activities and service activities. Whatever method is used, the thing to remember is that the various areas that you divide your activities into should each have the same amount of time and effort devoted to Bear in mind however that I am not preaching how to programme for your Crew. Each Crew when programming needs to consider the relevant expertise, experience and interests of its members.

The point I am making is that a Rover Crew should not be doing all outdoor or all social activities. If this is what members want, then sports clubs or social clubs would fulfil their needs better. By the same token, there are also service organisations if this is primarily what people are looking for. Rovering is much larger than one or a combination or all of these areas, however they may be defined. Rovering offers more than any other organisation could ever hope to. The scope is enormous.

If you disagree with what I have said in the last paragraph, then maybe we need to redefine our objectives, principles and methods. I refer you to the Principles of Scouting, as identified by the Founder, mentioned earlier in this Editorial and to the Aim of Scouting which is to encourage the physical, mental, social and spiritual development of young people so that they may take a constructive place in society as responsible citizens.

I do not think that any redefinition is necessary - just a reminder of what our present goals are and not to skimp on some areas as they are just as important as the other ones you are strong on. Remember that there is no reason why service cannot be fun instead of being seen as a chore. Aside from this aspect, service can also provide great satisfaction and self esteem in being able to help someone. In addition, as a bonus, it acts as good public relations for what a part of Rovering stands for.

I would love to receive some letters commenting on the views I have expressed.

As for what service actually is, the answer could be very long. Many things may not seem to be service which are. Service may range from helping to serve drinks at a Group dinner, to gardening for local elderly people, to weed control in local bushland, to gaining first aid knowledge for when the need arises to use it, to participating in something like the B.A.C.H. Project. Later in this issue is a new regular feature called "Focus on Service" which gives

some ideas and suggestions in the area of service. The concept of the "good turn", as clichéd as it has become, is really what is embodied by our Motto of "Service".



2nd Gordon Rover Crew

## "Coming Events"

"Coming Events" is published bi-monthly to provide a means of communication between NSW Rovers and Venturers. It is a non-profit magazine produced by Rovers operating as an independent sub-committee of the N.S.W. Branch Rover Council (B.R.C.), and funded by the N.S.W. B.R.C., advertising and private subscriptions.

The contents of this magazine do not necessarily reflect the views and beliefs of the Editorial Team.

The Editorial Team reserve the right to publish material that does not necessarily reflect official Scout Association Policy, including policy of the N.S.W. Branch Rover Council.

"Coming Events" is published by Stuart Kennedy on behalf of the New South Wales Branch Rover Council and is printed by C & D Stationery, 66A Byron Road, Guildford, N.S.W.

## **SUBSCRIPTIONS**

The yearly subscription rate is \$10.00, which will purchase six issues.

A free copy of Coming Events is provided by the B.R.C. for each registered Rover Crew in N.S.W.

Unfortunately, we must charge extra for overseas subscriptions - price on application to the Publisher.

## **CONTRIBUTIONS**

All contribution of articles, artwork, photograghs and ads are most welcome. Mail them to us at the address below, or give them to one of the Team.

We will return photos and original artwork if you request.

The deadline for each issue is the BRC meeting preceding publication. See the Dates page at the back of each issue.

### **ADVERTISING**

Enquiries to the Advertising Co-Ordinator.

Rates are as follows:

#### **Scouting Events:**

Full Page \$40 Half Page \$30

Insert \$30 (you provide the insert)

Commercial Advertising rates are available on application to the Advertising Co-ordinator.

We can supply artwork and inserts drawn or on the computer as long as we are given reasonable notice. Price for this service on application.

Artwork for ads should be on an A4 sheet of paper with a clear 1.5cm border all around.

Advertising is on an up front basis. Money should be sent with the ad. If it is necessary for "Coming Events" to invoice Scouting advertisements for late payment, a \$5 invoice fee will be charged.

## **ACKNOWLEDGEMENTS**

Material used in non-Scouting publications must first have the permission of the Editor.

Scouting publications may use any original "Coming Events" material.

Please send a courtesy copy to the Editor.

## **CORRESPONDENCE & ENQUIRIES**

Write to:

"Coming Events"
C/- The Rover Office
P.O.Box 288
PENNANT HILLS NSW 2120

Or phone the Rover Office on:

(02) 875 4577

The office is always attended between 8 and 10 pm on Wednesday nights. If you ring at another time, there is an answering machine and if you leave a message we will get back to you.



## Kanangra Boyd National Park

## by Bundy - Eastwood Rover Crew

A meteor flashes a streak of flame through the twinkle of heavenly bodies, millions of light years away. A lone Boeing 747 makes its descent through the constellations, only minutes away from touchdown at Kingsford-Smith; the drone of its engines fade into the distance to be replaced by the 'Boo Book' of an owl, the sighing of the wind through the eucalypts and the trickle of a fresh mountain stream.

As the first rays of light turn the stratosphere into a blaze of glowing light, the night sounds disappear and the morning reveille of a Kookaburra, the shrill squark of a Black Cockatoo and the chorus of the Currawongs awaken the sleeping bush.

100 kms to the East as the crow flies, the sons and daughters of the concrete jungle are stirring from their sleep to the scream of an alarm clock, the roar of peak hour traffic, the rattle of an eight car train, the choking industrial emissions and the routine 9 to 5.

Do yourself a favour and discover the natural beauty of the wilderness. Take the Crew this weekend to Kanangra Boyd National Park. Go hiking, caving, swimming, climbing, abseiling, canyoning, four wheel driving, fishing, camping, etc, etc, etc.

There are numerous hikes in this region, ranging from day walks to strenuous week long survivals.

Kanangra Walls is a popular starting point. From here you can walk to Katoomba, Mittagong, Yerranderie and Wombeyan Caves.

Kanangra Walls to Katoomba is a popular walk with Venturers attempting the Queen's Scout Expedition award. The route taken starts at Kanangra Walls car park and follows the Ganagerang Range to Mount Cloudmaker, thence on to Dex Creek, Strongleg Ridge, Cox's River,

Yellow Pup Ridge, Wild Dog Mountains, Medlow Gap, Tarros ladders and Narrow Neck Plateau, a distance of approximately 60km. If attempting this walk allow at least 3 days; camping overnight at Dex Creek and Mobbs Swamp in the Wild Dog Mountains.

This route requires good physical fitness and navigation skills, the latter skill being the most important, especially during winter as thick fog is not uncommon when associated with foul weather, particularly around Mount Cloudmaker and Gangerang Plateau.

CMA Maps required for this walk are Kanangra, Jenolan, Jamison and Katoomba. Another useful map is Myles Dunphy's sketch map of Gangerang and the Wild Dog Mountains.

Another walk that may be of interest is the Uni Rover trail which connects Kanangra Walls to Wombeyan Caves Road. This trail was constructed many years ago by a dedicated team of Rovers from Sydney University. The route covers some very rugged terrain and crosses the Kowmung River, one of NSW's last wild, unpolluted rivers. Trout are prevalent, so don't forget your fishing line.. (and your anglers licence).

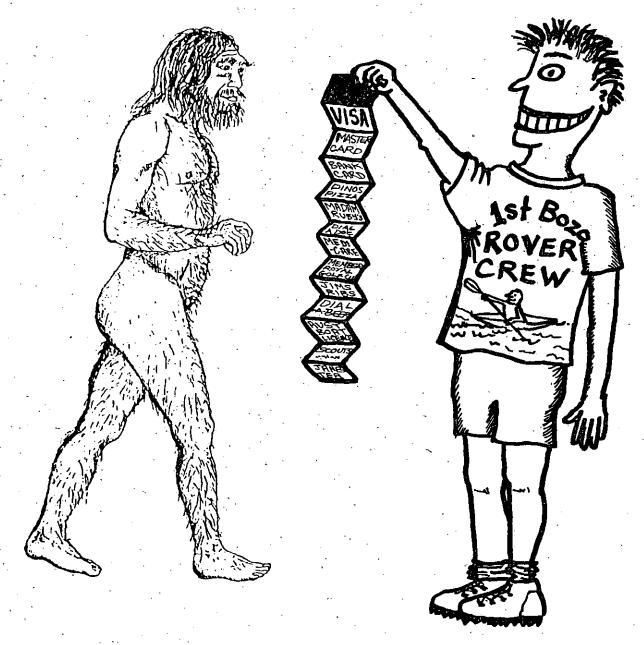
CMA Maps required for this walk are Kanangra, Yerranderie and Bindook.

Kanangra Boyd National Park is not only restricted to hard bushwalking. The Kanangra Walls region has many opportunities for abseiling large cliffs in excess of 130 metres. The same can be said for climbing.

Danae Brook is also nearby for those with the will and courage to go canyoning. A number of caves exist in and around the park. Jenolan Caves is passed on the way into the park and is worth a visit. Church Creek and Billys Creek Caves are in an isolated section of the park and require permits to use them.

For more information about Kanangra Boyd National Park contact:

N.P.W.S. P.O. Box 43 Blackheath, N.S.W. 2785 or phone: (047) 87-8877.**C** 



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# HOMARGE W.S.N 0001 BACKWARDS TOOM

The 1990 Branch Rover Moot was held at Bendeela Pondage, Kangaroo Valley, on the 3rd-4th March. The Moot was organised and hosted by 4th Wollongong Rovers with the theme being "Backwards". About 140 Rovers from across NSW attended.

For those uninformed members amongst us, who were all too slack to attend, a small band of enthusiastic 3rd Orange Rovers, three in all, managed to take home the prestigous Moot Skin. It must have been "beginners luck" as it was our first Moot. We would like to thank the small group of Stingray Rovers who helped us make up team numbers and taught us the basics of "How to Win a Branch Moot". This 3rd Orange/Stingray combination also successfully won the Campfire Award with an amusing redition of "Skippy, The Bush Kangaroo".

At 2.30 a.m. Saturday morning the last Crew eventually arrived and the Moot settled in for a night of anything but sleeping. The thick fog that settled over the valley lifted in time for the Closing Ceremony. The first activity was a Pull-O-War, the wet, knee-high grass made this a dampening experience. The air-bed relay demonstrated the various abilities of the Crews - the resue canoe was put to good use.

The afternoon saw some canoe orienteering with the spare time activities being a "DROWSSORC" (it was a Backwoods Moot) and a scavenger hunt. A number of errors were found in the clues, some had been completly left out, but Stingray Crew still managed to successfully complete it. Well done Stingray.

Saturday breakfast, at 5:30 p.m., saw a stylish Chicken and Champagne Breakfast in one camp complete with lace tablecloth, silver candleabra and goblets.

The nights activities saw some Cunning Running, (who put the clue in the loo?), and a campfire that rarely hit great heights apart from a backwards striptease, (who where those naked men?), and the appearance of Skippy.

Sundays activities included a Backwards Commando Course, Honeymoon Relay (in drag) and a Balloon Relay that ended in a giant mud fight.

The Opening Ceremony held Sunday afternoon saw the presentation of the Skin and the Campfire Award, both to 3rd Orange (in case you've forgotten). A good weekend was had by all. Thanks 4th Gong.

Next years Branch Moot will be held at the Canobolas Scout Camp, Orange (yes it is less than 300 kms from Sydney, it is only 270 kms). Plans are well under way for this historic event (the first ever Branch Moot in the Golden West Area). It will be a Moot to remember - everyone will be there. Watch out for the information in future "Coming Events".

3rd Orange Rover Crew

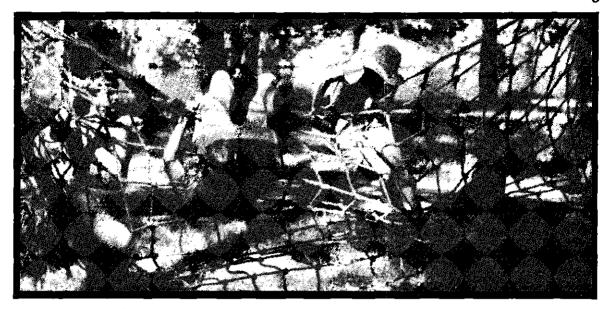
## Scouting

## Wedding

The 12th of May, 1990 saw the joining of two Rovers/Leaders in Holy Matrimony. Helen Smith (1st Warrimoo Cub Scout Leader and Penrith Rover) and Trevor Nickl (1st Westmead Scout Leader and Rover) were wed in St. Columbus Church at Springwood.

They left the church through a Guard of Honour comprising 1st Warrimoo Cub Scouts and 1st Westmead Scouts and Rovers. C







## Some Views of Backwards Moot:

Top and Bottom: One of the more unusual events of the weekend was The Honeymooners' Race where male competitors dressed themselves in female clothes from underwear up and vice versa for the females. In the top view they're actually going over the net backwards!

Left: The eventual winners of the weekend, 3rd Orange with a little bit of help from Stingray.

Photo's: Angus Macoun.



## Bits and pieces



## 8th World Moot

We have approximately 55 people out of our quota of 100 going to the World Moot. So if you know anyone who still wants to go they can but they will have to pay the Moot fee with their applications.

Applications are now being accepted from Australian Leaders aged between 18-25, so if you know anyone who might be interested, let them know about it.

As for the expeditions being offered, you would have seen a list in the February-March issue of "Coming Events". By now you should have been contacted directly by the Australian Contingent about the process of selecting and paying for your expedition.

If anyone has any questions about the Moot then contact Stuart Kennedy via the Rover Office as he has now taken on the position of N.S.W. Co-ordinator.

## **Home Hospitality**

As you probably already know the 8th World Moot is being held just after Christmas near Melbourne.

What you might not know is that most of the contingents from overseas will be passing through Sydney before and/or after the Moot.

To try to cope with the numbers expected each area has appointed a home hospitality co-ordinator and has been allocated a particular contingent. For example, Central Sydney Area is looking after the contingent from Finland and the co-ordinator is Joe Attard. A full list of co-ordinators and contingents is detailed below.

Each contingent will be spending ten days in

Sydney before or after the Moot, however each contingent member will only spend only five days with each host.

#### Sydney Home Hospitality Contingents

Denmark

28 - post Moot Manly-Warringah

Finland

24 - Central Sydney

Liechtenstein

13 - pre Moot Cumberland

Sweden

367 - post Moot

200 - St. George

167 - South Coast

Switzerland

67 - North Metropolitan

United Kingdom

12- Central Sydney

How does it work? Just talk to the co-ordinator from your Area and let them know how many you can provide billets for, and over what dates. It doesn't matter if you're not going to the Moot!

Most importantly, if you're billeting someone on Christmas Day, make sure they can spend the day with a family. No matter how old you are, Christmas is a bad time of year to be away from your family.

How many do we need? The more the better. We're talking about big numbers here. This is not limited to Rovers - any Scouting families can be approached, even booted Rovers.

## Branch Home Hospitality Team for the 8th World Moot

In this list, the first name is the Rover representative and the second name is the other representative for the respective Area. All numbers are home telephone numbers unless otherwise indicated.

Chairman: Elizabeth Walker 971-5764

Branch International Friendship Team (B.I.F.T.) Delegate: Kelvin Fowler 973-1048

Central Sydney

Joe Attard 683-5050 (W) 558-6102 (H)

Ron Penn 77-8323

## Bits and pieces

#### Cumberland

Michael Turner (047) 35-1546 Elsie Wilcox (047) 21-0703 Tony Scott 686-1802

Manly-Warringah Kelvin Fowler 973-1048 Joanne Wilson 982-9060

St. George Randall Treloyn 524-6216 Elaine Russell 53-7062

**South Coast** 

Warren Goodall 21 Park Cr, Oak Flats

The future meeting dates of the committee are:
Tuesday 18th September
Monday 15th October
then monthly on Mondays.

All meetings are held at The Bunyas (Branch HQ) at 7:30 p.m.

#### Jamboree On The Air (J.O.T.A.)

The 33rd Jamboree On The Air will be held on 20th-21st October, 1990. The first J.O.T.A. was held in 1958 and since then, this event has become the largest annual event in the Scouting, Guiding and amateur radio movements with over 300 000 participants in 100 countries and is the only international activity which many youth members are able to attend.

J.O.T.A. provides opportunity to gain experience in radio communication, share ideas, learn new skills, make friends, understand the technology involved and have fun.

For further information, contact Bob Demkiw who is the State J.O.T.A. Co-ordinator on (046) 26-4776.**C** 

## Personal Accident Insurance

Well after nearly two years of working towards it, we finally have had a decision made one way or the other.

The Branch Executive Council decided at it's April meeting to recommend to the Branch Insurance Committee that it investigate and implement a Personal Accident Insurance Scheme for Rovers in this Branch. This was based on a recommendation made at the Chief Commissioner's Council back in July last year. Why it took 7 months and a second C.C.'s Council in March to come before the B.E.C. remains a mystery.

Anyway, what has eventuated after all this time is that Rovers will be covered to the same extent as Leaders. This cover will be compulsory and will cost one dollar (\$1) per Rover - well worth it!

Personal accident insurance for Rovers will begin on 1st November this year. At the same time the cover for Leaders will be upgraded and Rovers' cover will be the same as this. When we find out the details of the cover, we will let you know.

The means of collecting the dollar from every Rover has not been decided and will probably be the subject of some debate at B.R.C. and A.R.C. meetings in the near future [What a cynic I am! - Ed.]. Thank you to all the Rovers who have worked so hard on this important project and congratulations on now seeing the desired result after a long campaign of what, at times, must have seemed like beating your head against a brick wall. C

## <u>Statement</u>

## From The National Meeting Of Branch Commissioners For Venturers

It is the opinion of Branch Commissioners for Venturers that the Scout Association of Australia should take a leading role with high public profile in environmental issues by re-enforcing one of our Scout Laws which states:

"A Scout cares for the environment"

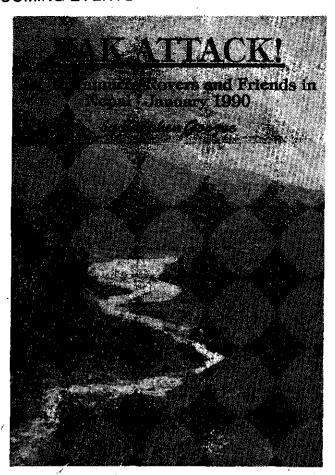
All formations and Sections must consider the implications of their actions and decisions on matters affecting the whole environment and demonstrate their committment with actions which address the above law.

We invite Venturers, whose futures will be significantly affected by decisions made today, to

submit their ideas on:

- What action The Scout Association of Australia should take now to address environmental issues.
- What individual members of The Scout Association of Australia should do to influence their friends to address issues.

These ideas should be submitted to the respective Branch Commission for Venturers and the best of them will be published in the Australian Scout and the other Scouting publications.



"Morning tea!" The screen on the tent door unzipped, and a brown hand holding two steaming mugs of warm sugar with tea in it was passed into the relative warmth of the dome tent. Outside it was approximately 3 degrees (Celsius!) and another crisp, clear sunrise was changing the dark blue sky to a fiery pastel. Just another bloody brilliant day in the Khumbu region of Nepal.

Steve Butler originally came up with the idea of a trek in Nepal back in '88, but it didn't eventuate until January of 1990 when a party of 14 Turramurra, Eastwood, North Epping Rovers & friends headed off for the Himalayan peaks. None of the party had been to the Indian sub-continent before, and indeed, some of the group had never been outside Australia [Patriots! - Ed.], so there were the inevitable culture shocks. All in all, a trip to broaden the mind!

Our introduction to Asian hospitality in Bangkok was very encouraging, three of the head honchos from the Thai Rovers had come out to the airport to say G'day. They were very friendly and some of our party met up with them on the return trip.

Back onto the Thai Jumbo which arrived in Kathmandu two hours later. The highlight of the short trip had been the views of the Himalayan Massif fom the side windows. The sight of the peaks (they looked like clouds from that height)

towering over the plains was really awe-inspiring, and I don't think I was alone in feeling a tingle of anticipation of the trek ahead.

Kathmandu was the usual Third World mosaic of sights, smells, and sounds. We all came out of the airport feeling like plurocratic bastards because we hadn't given the beggar kids any spare change. As it turned out, we found that they made quite a good living, preying off gullible (and guilt-stricken) tourists. The bus trip around the outskirts of the city was a feast for the eyes, with a thousand sights that you would never see in a lifetime in Australia (no elephants for starters!) Watching some of the latter-day Marco Polos coping with the local customs and currency exchange were definitely in the "Scout shows courage in all difficulties" department.

After a day or two in the capital being briefed on the trek, shopping, and taking in the sights the group embarked on the legendary flight to Lukla (2827m). The sensation of being in a plane, trying to land on the side of a mountain on a 200m long runway is agood way to learn how to compose yourself before death! The pilot accepted the spontaneous applause from us without comment, he'd seen it all before.

After meeting our Sherpas and sharing the first of many cups of tea or Tang with them, we set off. The Sherpas set a cracking pace to shake us out of our low-land lassitude and the group quickly spread itself out into what was to become the travelling order for the next 14 days.

The route we were planning to take followed the Dudh Kosi (Milk River - from the colour of the water, carrying debris from the glaciers) through the Sagarmatha National Park, Namche Bazar, up the Imja Valley, onwards to our goal of the Khubu Glacier and Kala Pattar (5545m). The plan also included three acclimatising days to allow our bodies to get used to the high altitude and thin air of the Himalaya. They really do begin where other mountains leave off!

We quickly settled into a routine of early rising and breakfast, pausing for an hour or so for lunch, walking until 4.00 pm, then sitting around, playing frisbee with the Sherpas (where did they get the energy?) and waiting for the Yaks to arrive. The concept of having someone put up your tent, unroll and shake out your sleeping bag, then place your kit bag outside your tent is the ultimate in outdoors decadence and should be tried by everyone at least once in their life. But don't get used to it, you'll never get anyone to do it in Australia! The weather at this time of the year was COLD and clear, with temps reaching 12 to 15 degrees at midday, but plummeting to -15 at night. The coldest was at Lobuche, our highest

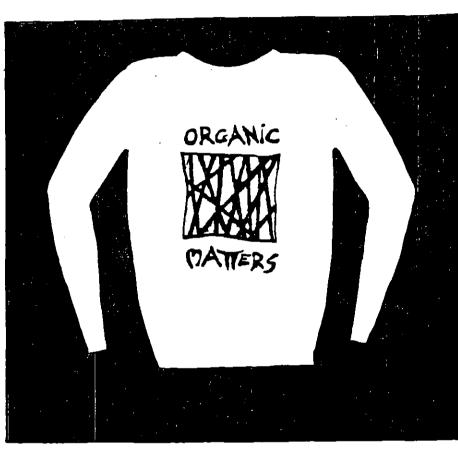
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## Yak Attack!

Continued from Page 12

night: -25 degrees!!!

We mostly stayed in the two-man tents provided, but a few of the evenings, we had the choice of staying in a lodge/tea house/hotel (depending on the grandiosity of the proprietor), of course we didn't want to miss out on an chance for an important cultural exchange (or fire & hot shower!)

Some of the highlights included:

-Visiting the Everest View Hotel at Shyangboche. The highest hotel in the world, it

was built to give Japanese tourists somewhere to go for their honeymoons. Unfortunatly, over 30% of them suffer altitude sickness and spend their time looking at Everest out the porthole of the re-presurisation chamber until they fly back to Kathmandu. The hotel was just preparing to reopen after a six year closure.

-Khude hospital was opened and is funded by the Himalayan Foundation (started by Sir Edmund Hillary) and is staffed on a two year, voluntary basis by two doctors from Canada. They have some interesting tales to tell regarding some countries attempting to "buy" peaks when climbing by them, forcing the sherpas to

climb them and set fixed ropes so the "victorious" could Jumar their way to the summit. Australians aren't in this category, being respected as competent mountaineers.

-Pangboche Gompa (religious school) possesses the hand and scalp of a Yeti which they show to visitors for a small donation. Although we lost a little in the translation, it seems that the one of the Lamas from the Gompa captured the Yeti "many many years ago." Hmmm! But the inside of the Gompa was definitely worth the visit.

-A little before Namche Bazar, we stopped at a tea house for a break. Kami, our head sherpa pointed out a peak in the distance, casually remarking how good Everest looked from this distance. The cameras went beserk!!!!

The scenery was really breathtaking all the way up to the beginning of the glacier region, with spectacular views in all directions. Some of the suspension and canter-levered bridges had to be seen to be believed. But then they had to be crossed! (Yaks have right of way over EVERYTHING!)

The whole time that we were struggling in the rarified air, the Sherpas were keeping up a constant "cheer squad" atmosphere of jokes, catcalls, mispronounced English words and songs, which were really appreciated by one and all. I

can really recommended an organised trek for this reason alone (well, for the first one anyway.)

One of the main aims of the trip was to climb Kala Pattar, Everest Base Camp. Unfortunatly, not all of the group managed to get to the summit due to altitude sickness. Those who did make the summit had the most amazing views of the Eastern Himalaya. As one of those whose lungs gave out half-way. I came back with a feeling of wanting to go back next time to finish it off.

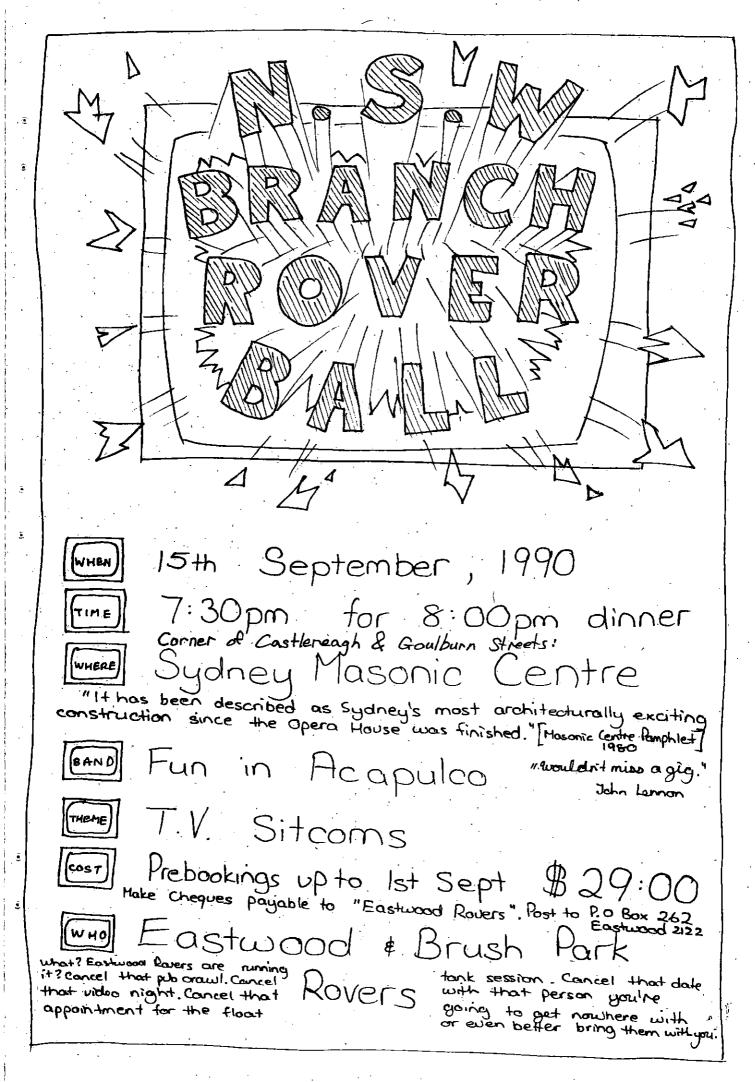
The trip back down to Namche Bazar, then Lukla left everyone with a chance to see things which they'd missed on the way up (which disappeared in a blur of

pain and sweat) and take a second look at some of the wondrous vistas. The flight back to Kathmandu was as exciting as the flight in (that runway vanishes very quickly!), but I wasn't alone in feeling a little sad that the adventure was finishing.

We returned to the capital where, after more of the ubiquitous bargain hunting, we headed off on the next leg of the trip, rafting down the Trisuli River. Unfortunately, word hadn't got through to the travel company in Kathmandu that we were a rambunctious bunch of Rovers, and not afraid of a few Grade 4 rapids, standing waves etc. So we got the edited version of the trip down to the Chitwan

Continued on Page 16







## Gear Survey - Ascenders

Well, back to the Rockcraft! I have been asked a few questions about ascenders. "Which is the best ascender?" "Which do you personally recommend or use?" The first question is unanswerable and the second is of no consequence. I will however answer it at the end of this article.

No! Virginia, there is no best ascender! The reason for this is simple when you think about it. Using specific ascender for all types of ascending systems would not be the best way to achieve the desired result.

The recommended way to make a choice is to try a few different systems for ascending, say a couple of Sit - Stand methods and than some rope walking styles. Pick a system that you feel comfortable with and then choose the ascender that best suits that system!

Much has been made of the strength of various brands of ascenders, the rated strength for example is sometimes as high as two tonnes. This is a meaningless figure to most of us and actually is misleading as the greater majority of ascenders rip the sheath off ropes at between 600kg and 800kg. The one noteable exception to the above statement is the Gibbs Ascender which at about the 800kg mark does some quite significant damage to the rope core.

The best idea is that if the ascender you like is being stocked by most or all of the major gear shops including the Scout Outdoor Centre then you can be assured that it meets the safety standards required. Then it becomes a simple matter of fitting a particular model of ascender to the system you have chosen.

Now as promised the answer to the question of what I use myself! As I mentioned, this is not really a recommendation - it is simply that this is what works for me. I use a sit-stand system and have found that the combination of a Petzl Expedition for the foot ascender and a Petzl Croll as the chest ascender work best for me.

I hope this has been of some help to those who are thinking of which ascender to buy, and please remember, if you have any specific questions please write to me care of this magazine and I will do my best to answer them.

Good Scouting, and remember: Rockcraft is fun!

Bear

## Yak Attack!

Continued from Page 14

National Park. Still fun, but some of the veterans of the famous Nymboida River were muttering about maiden aunts. It made a pleasanrt change to not have to walk, and the scenery was very different to that of the trek.

Chitwan Jungle Lodge, where we stayed for two nights, was a curious blend of civilisation and rusticity. It has been very heavily influenced by the African big game lodges, complete with elephants, dug-out canoes, and thatched huts. But it is a very successful adaptation, and everyone had a great time. We were there at the time when the local residents were allowed into the park to cut Papyrus grass to make paper and build houses, so animals had headed for the hills. We still saw a few rhinos, deer monkeys and myriad birds, but January isn't the time to visit!

All too soon it was time to head back to Kathmandu and home. During our last stop there, there was a great deal in the local presss regarding a conference being held by the democratic

opposition parties. Since then, there has been a bloodless revolution, similar to that of the Philippines. It was great to see history in the making.

The group headed back to Bangkok to split into two groups. The first departed for Sydney after a 15 hour delay, doing some impromptu sightseeing. The otheres stayed in Thailand for 4 days for some touristy stuff and some serious hospitality from the Thai rovers.

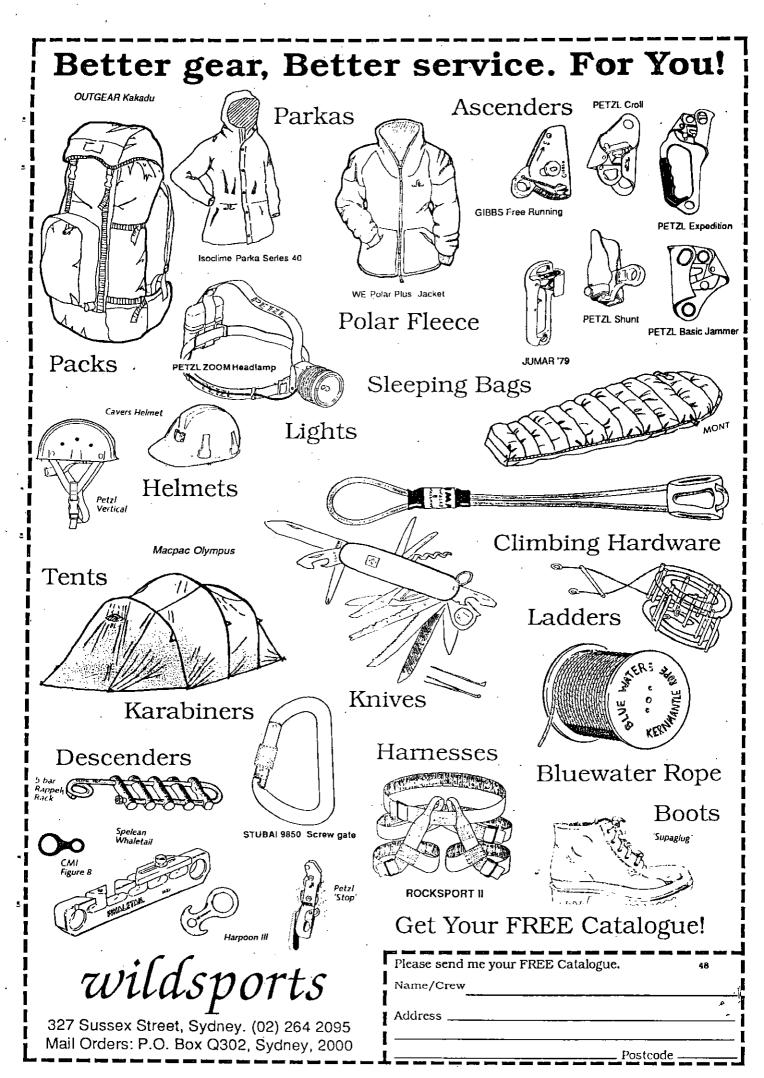
We have decided to return the favour by raising enough money to bring two Thai Rovers to Australia for the Moot in Victoria at the end of the year. Anyone who wishes to help please contact Steve Butler (498-6207) or Matt Owers (449-6272). Also, anyone interested in running a similar trip, feel free to contact the Crew for advice or a really speco slide show.

#### **Photographs**

Front Cover: Catriona Rae from Eastwood Rovers crossing into Sagamartha National Park.

Page 12: Dudh Kosi - The Milk River.

Page 14: Ama Dablam - 6856 m.C





## North Met Area "Pirate" Moot

by Mike Adcock - 2nd Gordon Rovers

In true form, the Moot hosted by 1st East Roseville turned out to have an election and some bad weather - where would we be without it?

Situated 91.384218 km from Windsor on the Singleton Road in one of the more moist paddocks of Putty: excellent habitat for the famed Mermaids of Putty.

Violence and debauchery began early on the Saturday morning. Half of the Normanhurst Sea Soccer team was taken out in a violent tackle leaving the other half on the team to brave high speeds and police officers on "P" plates.

Forest Rovers took the casual approach in arriving at various times throughout the day after taking the Newcastle detour. Lots of Brownie

points for orginality, fellas.

The highlight of the day had to be Errol Flynn Memorial Greasy Pole Competition. The ungreased pole proved not to be a big enough challenge for Yaralla who managed to extend the overall length of the pole with certain deft & dextrous movements.

Preliminaries out of the way, the pole was greasy and erect, but Yaralla (with special help from Murray Farm) couldn't pull off the same magic as before, leaving the pole unmounted, but still winning the event with smiles on their faces.

An excellent spit feast followed by two hour vidoes butchered to ten minutes and a triathlon quiz. This consisted of mental excercise, the run to the buzzer and some interesting body combinations. There was a case of sore breasts reported in Forest Rovers.

The next day gave way to some of the most intresting Mermaids ever the seen the southern hemisphere. Some of whom were rumoured to be mermen. These creatures were hauled, dragged and kicked through the obstacle course, by their buccaneers trying to get their ill gotten gain back to the ship, for some....

The boat race was a little disappointing, with only one entrant - a real gem of a boat, so perhaps if it was one of the old brewed hops boat races, there may have been a few more entrants.

Thankyou once again to 1st East Roseville for hosting the event and congratulations to Yaralla for taking out the best Crew (?) outside North Met. and to 2nd Gordon for the best within and overall winners.











Far Left: Rob Poulton on the winning ascent of the Errol Flynn Memorial Greasy Pole climbing competition.

Left: The winners: 2nd Gordon and their largest Jolly Roger erection.

Above: DaveBennett hangs ten as he walks the plank.

Previous Page Left: Michael Herman dunks (is dunked) for apples.

Previous Page Right: Marita Pyykkö grapples with the commando net.

Below: Mermaids - before the race. [Note the alter-images of Rob Poulton and Dave Bennett (who was the best looking Mermaid - sorry girls!).]

Right: 2nd Gordon, with Addy up top, attempt the greasy pole.

Photo's: Angus Macoun and Marita Pyykkö.







## Scouting Starts Up As The Wall Comes Down!

#### by Daniel Reynolds - Eastwood Rovers

As you would no doubt be aware, there have been fairly major political and social changes in Eastern Europe over the past few months. These changes have created the opportunity for Scouting to re-emerge in countries where it was previously prohibited.

Usually due to the existence of compulsory, state-controlled youth organisations, preventing the operation of the Scout Movement, there is also hope for Scouts to develop in other countries who had previously not known of it.

For many years now, there have been unofficial and informal contacts betwen "Western" Scouting Organisations and individuals in Eastern-Europe. Since the recent political upheavels, the number of official contacts has risen dramatically.

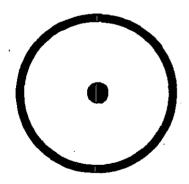
Scouting is now starting up in countries such as Hungary, Poland, Czechoslovakia, Yugoslavia and even in some Soviet states. The Scout organisations in Hungary and Czechoslovakia have applied to rejoin the World Organisation of the Scout Movement.

The main obstacle to be overcome by these countries is the lack of equipment, publications and organisational structures.

On the 3rd & 4th of February this year, Representatives of Scout and Girl Guide Associations from Western Europe and the U.S.A. met in Geneva to discuss the revival of the Movement in Eastern Europe. Seventy leaders from fourteen countries were present.

It was generally agreed that in assisting the development of Scouting in Eastern Europe, there is a need to develop Scouting programmes relevant to the particular needs of the Youth in each country. Participants at this international meeting were provided with materials to assist and encourage the re-emergence of Scouting in Eastern Europe.

Let's hope that all goes well. Just think, in a few years time we may turn up to World Moots and see Rovers from Poland, Hungary, and who knows, maybe even the U.S.S.R.C



Ian (Hawk-Eye) Hawkins, who lived for Scouting, died on 2nd of June in a canoeing accident on the Shoalhaven River.

Hawk-Eye, who was 19, was one of the founding members of the Kananga Crew, was an Abseil Instructor and member of the Area Rockcraft Committee in Manly-Warringah. He was also involved in the Bush Fire Brigade.

Hawk-Eye could always be counted on to be involved in anything, help anyone, or try anything.

Hawk-Eye will be sadly missed, but always



remembered, by all who knew him.

Above: Ian "Hawk-Eye" Hawkins and Cassy Poole of Kananga at the 1989 Branch Ball, dressed as the Scarecrow and Dorothy from the Wizard of Oz.

Photo: Bill Davis - Lane Cove Rovers. C

EASTWOOD Rovers, 2151->23/2044 RI from Eastwood station K ski hire \* 2 nights acc. at Aspen chalet \* Sat. E Sun.(po Vindabyne dinner ★2 breakfasts # videos ¥5 star everything Contact: ROSS (mugumbi) Reynolds = 8682001 Johnny ("wilderness") Graice - 6308580 Eastwood rovers - more

rob Mitchell - 1284268



# Is There Life After 26?

by Nick Buchner - 7.R.O.7.S.

This of course is a question that is going to face all Rovers sooner or later. Particularly for anyone who has heavily involved themselves in Rovering, and benefited from the amazing range of opportunitied it offers, turning 26 can come as a bit of a shock!

The Scout Association no doubt has hoped that all ex-Rovers will become leaders in another section of the Movement. This however, is a pretty unrealistic expectation, as not all ex-Rovers are prepared or able to make the necessary commitment, and not everyone is good leader material anyway.

Up to 8 or 9 years spent in Rovers can produce very strong friendships, and an amazing array of contacts. Particularly through activities such as climbing, caving and ski touring, which can all incorporate life-threatening situations, a great degree of trust develops. And as for Rovering spirit, it's pretty hard to beat the atmosphere amongst a Crew who have just won a competitive event or overcome a major difficulty, or amongst a group of Rovers who have spent a period of time together, on an expedition, at a major Moot or at somewhere like the Bogong Rover Ski Chalet.

So, what can ex-Rovers who want to continue undertaking similar activities do to keep that sort of spirit alive? Using the old maxim of "Once a Rover, Always a Rover", some Crew have a category of associate membership for their over-26's. This is all well and good, but as long as the leaving age is set as 26, their "associates" cannot actually remain members of the Scout Association. It's worthwhile noting that in New Zealand, where the Rover leaving age is 30, associates are officially recognised by their Association as members and continue on

indefinately, although they are not able to take any major role in the running of the Crew.

As for going straight on to become a Rover Advisor, you must be over 27 years old and it is recommended that the minimum age be 30 to give a break of a few years from the Crew.

Ex-Rovers from a number of Crew around the place have got informal "umbrella" groups They are the F.R.O.B.S. (Forest operating. Rovers Old Boys), the T.R.O.T.S. (Turramurra Rovers Over 26) and the Has Beens (ex-Platabeen Rovers). There are no doubt a few others too. Groups such as these usually get together on a regular basis for social functions, outdoor activities, and occasionally to participate in their old Crew's activities such as bootings, Christmas Parties, major projects etc. They also provide a valuable resource to the current Crew of people experienced in many aspects of Rovering. Groups such as these are a great way to keep the old spirit and contacts alive. Their members, however, have no official connection to the Scout Association, apart from those who may be leaders.

The same applies to the Baden-Powell Guild. The Guild is an organisation of Ex-Scouting and Guiding people, and has several branches across N.S.W., as well as in every state. The Guild's members are not members of the Scout Association although it is represented on various Branch level Councils. Guild membership is also very much on the older side, usually ranging from about 50 years of age and up. An exception to this is a section of the Guild in Victoria known as C.A.S. TERRAS (Continuing Active Service -The Ex-Rovers, Rangers and Associates). Many will have seen them in the Blue BP Guild uniform, at National Moots, and operating stalls at at Mudbash and Surfmoot. C.A.S TERRAS meet regularly for a range of activities and have a membership of about 40 in the age range of 26 to about 40. It has been frequently suggested that soomething similar should be started in N.S.W., but as yet, no one has taken the initiative.

In 1988, the National Executive Committee cleared the way for the formation of what some have called "The 6th Section" - The Scout Fellowship. (That 6th after the existing four, plus Joey Scouts, the pre-cub age section that is gradually being introduced). The Fellowship is open to all adults aged 26 and over, and allows its members to actively serve Scouting and the Community, whilst also providing opportunity for social and other activities, limited only by the members' own wishes. Members of the Scout Fellowship are full members of the Scout Association and are required to take the Scout Promise. Warranted leaders cannot be actual Fellowship members, but there is nothing to stop them being involved in Fellowship activities. Introduction of the Fellowship is at the discretion of each Branch, and as yet, only the ACT and Western Australia Branches have Fellowship groups operating.

In the A.C.T., there are about 35 members in their Branch-based group. They meet monthly and are aged between 26 and 70, but with the majority currently being in their late 30's/early 40's. Activities have included running the coffee shop at the recent National Moot, constructing a chapel and tree planting at the Cottermouth campsite, and providing food at Gang Show rehearsals. In Western Australia, there are 7 functions of the Fellowship - 6 attached to groups, and one at a District level. The latter is predominantly recent ex-Rovers, and undertakes various outdoor activities. All groups meet monthly and are similar to the A.C.T. group in their range of activities.

In N.S.W., information about the possibilities of starting up the Scout Fellowship has been scarce, but it will surely only take a few people to approach Branch H.Q. to get the ball rolling. Fellowship groups can be formed at Group, District, Area or Branch level. The Scout Fellowship, with all the activity & service

opportunities it can offer, combined with the privileges and obligations of full Scout Association membership, may be the best bet yet for ex-Rovers who still want to be involved with the Movement.

Finally for those who wish to make a clean break with Scouting, mention should be made of other organisations such as Apex (maximum age of 40), Rotoract (max. age of 28), the State Emergency Service, and Volunteer Bush Fire Brigade, to name a few. All offer some of the social and service activities available in Rovering, but with a narrower focus. There are also a range of bushwalking, caving and other outdoor clubs in most centres. Contacts for all these organisations and clubs can be found in the phone-book, or through local councils.

Then again, there will certainly always be those who just want to settle down in surburbia, start a nice sensible family, and do nice, sensible things in there spare time! All you need to do is take a few moments to remembr the great experiences you've had in Scouting, and particularly Rovering, and you will probably realise that being over 26 is no reason for you to stop having such great experiences!

## Scout Allpine Adventure Base (S.A.A.B.)

## By Owen Pearce and Jill Thorne Forest Rover Crew

So, what does the Scout Alpine Adventure Base have to offer?

Did you ever wonder what happened to the sauna that the Finnish contingent gave to the Australian Scouts at the 16th World Jamboree? Well its final resting place was the Scout Alpine Base at Jindabyne.

Aside from the sauna, the Alpine Base has plenty of other facilities to offer.

The base consists of an indoor complex capable of accommodating one hundred people in two 'spacious' halls. Dining facilities, undercover BBQ area, Ladies and Gents amenities (with both hot and cold running water) disabled amenities, separate coach driver accommodation, Scouter's lounge, drying room and storage rooms are available.

There are also camping facilities available at

the Base. These include indoor kitchen and dining room, showers, toilets and drying area for two groups of twenty-five.

There are a varied number of activities available in the Snowy Mountains district, in both Summer and Winter. Apart from the usual Winter activities such as cross-country and downhill skiing, tobogganing and ice skating, the base is available all year round for trout fishing, boating, sailing, waterskiing, swimming, hiking, bowling, squash, golf, tennis, horseriding, bicycle tours, art galleries (a major attraction at Jindabyne!), trout farms, underground railway and the Snowy Mountains Scheme. Hiking in the Snowy Mountains area, in Summer, is an experience not to be missed.

Anyone who has gone to Branch Snow Moot, will know and appreciate the quality of the Scout Alpine Base and what it has to offer.

#### **Bookings:**

Winter bookings (June long weekend to October) open in November annually, and may be subject to ballot if overbooked. Dates are allocated during March.

Off-peak bookings are available on request.

The best way to book is to write to Brian Farmer (Base Warden) at the Scout Alpine Adventure Base, P.O. Box 41, Jindabyne, N.S.W. 2627.C

## Focus on Service



## **National Service Project**

It was decided at the National Rover Council held in January, 1990 to create the position of National Service Co-ordinator to investigate, then implement, a national service project for Australian Rovers.

Gary Gaskill from Queensland, accepted the position.

One of the possibilities disscussed was working with Greening Australia, with the Rovers of Australia suppling the man-power to not only plant the trees and shrubs, but also to maintain and keep the plants in a heathly condition.

We will be contacting Greening Australia for details which will be presented to the BRC for discussion.

As this is a National Service Project (ie happening all over the States. We have almost 1,300 Rovers to call upon and the incentive of a healthier environment.

Get behind the National Service Project and take on the challange of controlling your own future.

If you wish to discuss the project and how you feel about it, or if you have a project within your own Area, I would be happy to talk to you. I can be contacted at New South Wales Branch Headquarters during working hours on (02) 799-9244 or, if you're lucky, at home on (042) 26-2740.

## What Service Can Rovers In My Area Do?

Maybe the historical building needs painting, If so will council supply the paint if you supply the bodies?

I'm sure your local blind children's school

could do with a camping trip.

Is it getting harder to find your way along the overgrown, badly marked trail in your National Park?

Your area needs young adults to do the work, fix the problems.

If you looked you could easily find a service job a little more demanding than helping old ladies across the street, one that will give you more satisfaction than washing your local War Memorial, and one that will leave a more permanent mark on your community than a simple Scout Display in the park (but don't stop helping old ladies).

Contact your local council, the National Parks people, your local greenies. Become aware of the "special schools" in your area, and of their particular needs. Your Area Commissioner may have recently received a request from someone needing help.

It doesn't matter how you find things out, just do it!

Keep in mind, an Area Service Project should be big, it should be exciting(or at least stimulating). It should also be achievable. Look at things like cost? Time involed? People needed? How can we promote Rovers at the same time?

Aim high but keep your feet on the ground.

Remember two things. We can not help raise money for another charity and as this is service, you should not have any surplus monies after the event.

I can help you make your project work. Contact me if you want help. (I'd like to be kept informed anyway.)

## Rent Moot

Slack effort guys.

Less than 30 people found any time at all to give. Not enough work was done and there wasn't even enough people to run a moot.

Thanks go to Forest Rovers in particular for the effort of having people there all weekend. To the others that turned up, thankyou for your help and the time you put in. I appreciate that some of you could only put in a couple of hours. Again thanks to the 8 crews that helped.

Michelle Coupé

# Platabeen Rovers

Invites you to attend

The Manly Warringah Area Rover Moot

Theme

MONTY PYTHON

DATE: - 21ST TO 23RD OF SEPTEMBER

PLACE: - MARRAMARRA NATIONAL PARK (MAPS WILL BE SUPPLIED

TIME:- STARTS FROM FRIDAY NIGHT 8.30pm

COST:- \$15.00 ahead (includes T-Shirt)

THINGS YOU NEED:- BEST SILVER TEA SERVICES & A BUTLER, SWIMMERS, ROPES

ENQUIRES:- KAREN MARTIN 971-0585 STUART SOLTAU 982-1097

## Focus on Service

## Bangladesh-Australia Child Health Project (B.A.C.H.)

#### by Raoul Aubin

One of the good things about Scouting is the variety of interseting activities which are open to its members.

The BACH Project is one of these interesting activities. It gives an opportunity for Rover age Scouting and Guiding people from Australia to get together with Bangladeshi Scouts and Guides of the same age to perform some worthwhile service in a few of the 68,000 villages in Bangladesh.

The aim of the project is to initiate a number of activities to help improve the living standards of the villagers. We are there to motivate the villagers to do it themselves.

Some activities the BACH teams perform whilst working in the villages are:

- Growth monitoring: checking the weight-to-age ratio of babies.
- Arranging clinic days for examinations and immunisations.
- Improving sanitation, hygiene and water quality by installing latrines and tube wells. Villagers are taught how to use and maintain these items as well as how to go about obtaining more latrines and tube wells.
- Some groups have made washing platforms and irrigation canals.
- There is also a big push on nutritional education. Many vegetables and fruits are available to families but they don't seem to understand the benefits of including them in their meals on a regular basis.

Surveys are conducted in the villages to help identify the need of each village. It also helps the B.A.C.H. teams to decide how to best utilise their short time in each village.

Villages are also mapped showing buildings, latrines, tube wells and wells. All Australians who have visited Bangladesh have no doubt become very frustrated while carrying out this project as you quickly realise how differently to us the Bangladeshi think.

The team I was in was only the second team to visit Bangladesh. We found that we were very frustrated at times, but looking back, the children of the villages benefitted greatly from our visit and they helped us by providing big smiles and an enthusiasm to be involved in whatever we did, which helped with team morale. Even before we left, the children were enacting some of our teachings on hygiene.

The Bangladeshi Scouts and Guides ran many other service projects such as vegetable gardens, fish farming, cottage building and goat and other animal rearing (different from New Zealanders' sheep rearing programme).

The project is working. Each village which has had a team visit has continued these health related activities. Hopefully, neighbouring villages will see the benefits in improving their health standards and will go about doing something to improve their standard of living.

For further information, contact Brett Walker, who is the chairman of the B.A.C.H. Team Organising Committee, via the following address:

The Scout Association of Australia International Office P.O. Box 325 Five Dock N.S.W. 2046

Team number 10 leaves in December 1990 and the 11th Team leaves in March 1991.

## **Cenotaph**

We're looking for volunteers to clean the Cenotaph in Martin Place. This would be a perfect service activity to do on a Crew basis. Buckets et cetera are supplied and your Crew could do it in an hour one morning. Contact Michelle Coupé at work on (02) 799-9244 for more details or to book a date.

Hint: This could be a good activity for a Squire or Trainee who needs to run a service job but doesn't know what to do.

## Congratulations

to Glennys and Chris Gillard on the birth of a

## daughter!

The Rovers of New South Wales welcome **Louise Catherine Gillard** into the World and wish her a happy and healthy life.

Wednesday 8th August.

## Focus on Service



## Show You Care -Give Blood

### by Paul Thistlethwaite

The Blood Bank is a valuable and essential service in our community, supplying blood and blood products to all the hosipatals in Australia. Unfortunately, only 3% of the population are regular blood donors. Together with advances in medical & surgical procedures, this means the Blood Bank is often faced with a shortage in blood supplies.

Healthy men and women, aged 16 - 70 can donate regularly every three months. This means all Rovers, Leaders and older Venturers can donate. Parental consent on a form available from the Blood Bank is required for 16 and 17 year olds. Giving blood is safe and easy equipment is sterile, used once only and then disposed. To protect the blood suppply all donors are erquired to sign a safety declaration form before donating. All blood donated is tested for hepatitis, syphilis, AIDS and other viruses.

#### The Steps of Donating Blood

- 1. At every visit to the Blood Bank, or local mobile unit you will be asked to complete a medical questionnaire and sign a safety declaration before making a donation.
- 2. You will be interviewed by a Sister who will check your medical history and answer any questions you have.
- 3. Your haemoglobin will be checked by pricking your finger for a small blood sample, this is to ensure you are not anaemic.
- 4. A fruit drink is available if desired before donating.
- 5. Next you are taken into a cubicle and made comfortable. Your blood pressure is checked and, if requested, a local anaesthetic is givien.
- 6. Your 450 ml of blood flows down a tube into a plastic bag. This take about 5-7 minutes.
- 7. After a short rest you'll be given something to eat & drink to build up your fluid and blood sugar levels.

All this takes about one hour.

#### Which Are The Major Blood Groups?

In Australia, the largest group is O positive (40%), followed by A positive (31%), O negative (9%), B positive (8%), A negative (7%), B negative (2%), AB positive (2%) and AB negative (1%).

#### What Is The Blood Used For?

Whole blood is used mainly when there is massive bleeding and is required infrequently in transfusion therapy. Mainly cellular and protein components of blood can be separated from each other and then can be used to replace a specific blood deficiency. The four main components of blood are: red cells - used for the treatment of anaemia and cronic blood diseases; platelets - used for the treatment of bleeding due to platelet deficiency, such as leukaemia; cryoprecipitate - used for the treatment of haemophilia; plasma - used for the treatment of some coagulation disorders.

Some of these blood components are used in the manufacture of immunoglobulins for the treatment of diseases such as tetanus, diphtheria, & hepatitis

People who have had hepatitis or malaria can donate blood. There are parts of the blood which can be used from these people. If you have any questions, ask a medical officer.

There shouldn't be any reason why your Crew or Unit can't give blood. Make a challenge to another Crew or Unit, to see which can give the most blood over a 3 month period, and don't forget to get your attendance card to prove that you've given blood. When you decide to go, ring beforehand to let the Blood Bank know how many are going, & they can make arrangements to make it more pleasent for both you & them.

For Crews & Units that are interested in learning more about the Blood Bank, including the history of the Blood Transfusion Service & the use of blood components, arrangements can be made for a speaker to visit your meeting. Alteratively Crews & Units can visit the Sydney City Blood Bank for a tour & lecture. Contact the Publicity Department on (02) 229-4444 for bookings. For further information on where you can donate, contact the Blood Bank on (02) 229-4444 (City), (02) 891-4111 (Parramatta) or your local hospital. The Rover Office also has current lists of where the mobile locations are. C

## New Zealand National Rover Moot Timaru - Easter 1990

Five Australians attended the New Zealand Moot in Timaru this year, three from NSW, one from Vic and one from Qld. The following excerpt from the New Zealand Rover magazine (Roverinz) is a pretty good representation of events, although it fails to mention that Australia (with a few helpers) managed to make it to the quarter finals in the Tug-of-War, and was just out of the placings in the shooting trophy.

The following report was written by Donna Rutherford from Regal Rover Crew in Wellington.

"The 48th National Rover Scout Moot started early for many of the participants. Crews were arriving from Thursday on, some in style, Wainakarua Rover Crew arrived in a stretch limo - that must be a first.

The opening ceremony on Friday contained some traditional Maori greeetings as the Moot itself was part of the 1990 celebrations. It was then out of uniform and into running gear for the marathon - this year apparently a "slightly" shortened course.

The marathon (or was it a long sprint) left everyone full of strength for the tug-of-war. Again this year the yelling or screaming was starting to have an effect on a large number of voices. Timaru used boards for the pull this year.

Friday night's dinner was a barbeque held outside at the racecourse complex. We first thought our barbeque may have been served in the buckets we were asked to bring to the Moot but alas that is another story -read on!

Back to the evening's entertainment and while we were outside a mechanical bull had been set up in the dining room area. Great fun - but hard on the thighs! Nearly everyone had a turn. The juke box was regularly heard and we must have gone through a major amount of 50 cent pieces.

Saturday morning saw several tired unenthusiastic faces but it was up, up and away on the bus trips. Several tours were offered this year, a Lakes tour (including a trip over the Southern Alps), a Rural tour (a trip around a winery and a Helicopter ride) a local tour around Timaru and a rafting Tour. It was very infortunate that the tragic drowning of Helen Thomas occurred on this day.

Saturday night was 'dress up night' and there was a barn-like atmosphere created. Everywhere there were cowboys, cowgirls and even a few sheep (who definitely looked very sheepish). The

music was played well into the small hours and another great night came to an end.

Sunday's Rover's Own was a memorial service for Helen where we took time to have a few thoughts for her and her family.

Before lunch the remit session was held. This year no remits came forward so the proposals put by the National Rover Council were discussed.

After lunch the shooting trophy began. This year a "Top Town" style was adopted, including such games as six blindfolded people forming a square with a piece of rope, a five man "six-legged" race, shooting netball goals, building a card house, crossing a mine field to drink a can of beer (not real mines of course - but electronic triggers under a large piece of sacking. When they were stood on a car horn sounded VERY LOUDLY!) The shooting trophy was enjoyed by all, even those starting to feel a little weary after lack of sleep over the past few nights.

Sunday night was a formal banquet where everyone dressed in posh frocks and suits. Even the Wilsons were not wearing any t-shirts (but Orongorongo had acquired t-shirts that looked very flash!).

The highlight of the dinner was the entire Moot doing a "Mexican skull". It had to be seen to be believed.

Monday morning was service projects and it was back on board buses. Some interesting projects were held; repairing a Scout Den, cleaning around a mini-golf course, helping clean up the Riding for the Disabled site and the clearing as part of the redevelopment for a park. The weatherman was not kind to us today - after two days of hot, sunny weather - we finally suffered some South Island rain. This did not stop us from getting some service done that morning. The buses returned us to the Moot site in time for lunch and to change into uniform for closing ceremony.

The closing ceremony was short and sweet the trophies awarded were presented as follows:-

Zulu Shield - Northdown Te Rangi Fergu McLaren - Wainakarua Macho - Pine

Nymph - Ladies of the Moot Organising Committee

Eastman Shield - Richmnd Scrubbers Bros Dunny Busters

Shooting Trophy - Northdown Te Rangi

1st Man Cross Country Run - Michael Codyre, Northdown Te Rangi

1st Woman Cross Country Run - Jaydee Anderson, Regal

Mens Team Event - Pauatahanui

Continued on Page 30



Rovers, Venturers, Scouts, Rangers and Guides why not get a team together to contest the

# Frank Marsh Memorial Trophy 3rd and 4th November 1990

Let the full moon bring out the best in you as you paddle down the Hawkesbury River to raise funds for Multiple Sclerosis.

The Frank Marsh Memorial Trophy is awarded to the scouting district that paddles the most kilometres in the shortest amount of time.

You don't need a fancy boat — there are classes for recreational boats as well as racing craft. The emphasis is on finishing the course or as least getting as far as you can.

For more information on the

## **Hawkesbury Canoe Classic**

ring or write to the Race Information Office, 41 Myall St, Oatley 2223 (02) 580 8908





## "Super Heroes" Dragonskin - 1990

## By Miss Jayne Martin Forest Rover Crew

What does Easter, rain and Venturers all have in common? That's right! This year 1200 Venturers braved the rain mud and hypothermia to attend Dragonskin 1990 - Superhero which was held in the Newnes State Forest.

Dragonskin is fast becoming THE event in the Venturer calendar. Ever since the inaugural Dragonskin in 1984, the participation, not to mention the rain and mud, has increased. But why? Is it the thought of hiking 4 days, the challenging activity sites or the social interaction between Venturers from all over the state. As a veteran of six Dragonskins I'd have to say it is a combination of all but mostly the last.

This year the theme was Superheroes, with each Venturer Overnight Camp (VOC) named accordingly, and duly led by the Hall of Justice (HQ). The six VOCs (one from each area) ran 10 challenge sites which tested the initiative, resourcefulness, teamwork and skills of the aspiring "Super Heroes".

The theme was very appropriate as many people were aided by "super-heroes" whether it was help in becoming "de-bogged" or assistance in other ways. I, too was aided by a "superhero", who came int the guise of Viv Moran, mild-mannered V.L. at 2nd Carlingford and his sidekick - Martin, The Boy Wonder (1st Epping Rovers)

Unable to discover the elusive lair of The Phantom - The Dark Woods (VOC 3) our travelling party secured the dpth and breadth of Newnes Forest discovering in our travels Atlantis (Cumberland) and Gotham City (St George). The elements - bad roads, mud, no maps, mud, and unhelpful HQ Staff Member and more mud! To our rescue came Super Viv, who transported us to the Hall of Justice where we were able to resume our journey into the Deep Woods.

During our travels we spoke with many Venturers who expressed their opinions about the weekend.

"Great"

"It's a bludge"

"The VOCs are boring"

"Great"

"All right"

"OK"

"Unreal"

"The food tastes like shit but you can live on it"

"Welcome to VOC 7"

"Fantastic"

"Who wants to know?"

Behind the scenes, as always, there was a dedicated team of Leaders and Rovers working to ensure the success of the Dragonskin, However it was disappointing to discover that there was an us and them mentality between the VOCs which unfortunately some Venturers picked up.

Overall it was bigger and better than last, new friendships were formed and a good time was had by all. Congratulations to the winner Lane Cove/Tambourine Bay and also to all the Leaders and Rovers who made it a "Super" success.

P.S. A special thanks to Gavin Marsh, Peter James, Craig Johnson, Shane Hill and Simon Head who assisted in de-bogging this intrepid reporter and her Telstar from the mud. C

## New Zealand Moot - Continued from page 28

Womens Team Event - Regal Mens Tug-of-War - Wainakarua Womens Tug-of-War - Orongorongo/Eastman and the 48th National Rover Moot in Timaru drew to an end.

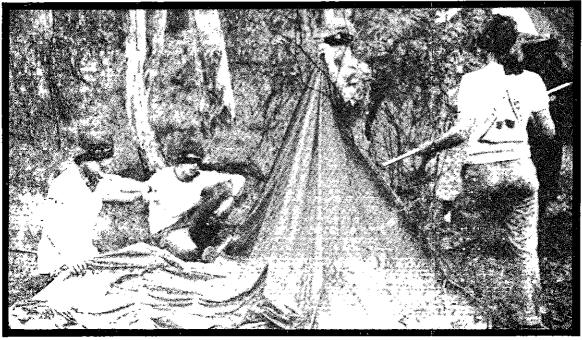
Oh! the buckets - yes well it was explained to us at the closing ceremony that they had only been on holiday!

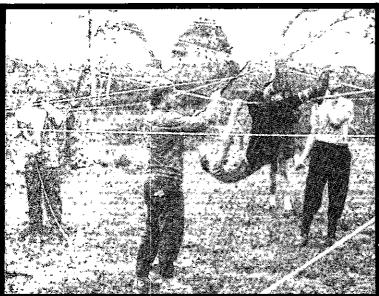
Thank you Timaru Moot Organising

Committee - you did a wonderful job and we look forward to seeing you all in Queenstown at Easter next year."

Thank-you to the Committee also from the Australians who attended and thank-you to Roverinz Magazine for allowing the reprinting of this article.

The Australian Contingent Leader to the 1991 New Zealand Rover Moot is Michael (Max) McDonald from the A.C.T. He can be contacted by telephone on (062) 85-2662.





**Top:** Putting up a tent the hard way: wearing blindfolds. Should be in all good Squire requirements!

Middle: How to cross a flying fox without getting tangled in the 'electric wires'. Penalty for missing: flour bombing.

Bottom: Aftermath: don't worry, a band-aid will fix it! Do you want the ones with Snoopy or Garfield?

Photos: Matthew McDonell - 2nd Castle Hill Rovers.



# Address to the Rover Section

### by Conny Gissel

Recently, many Crews elected a new committee for the beginning of this new Rover Year. In light of this, I would like to talk about Rovering, in paticular:

- what it can offer for its active participants,
- what direction it can take, and
- what effect this can have upon the Crew.

Rovering can and has offered a multitude of different experiences, which I am sure we could all list now without effort. For instance, Rovering offers: "fun, fellowship and action; in areas of interest to all young adults" [Scout association of Australia (1987) pg 1]. However, these experiences are totally dependent upon the efforts of all individuals working harmoniously together, to ensure that the whole Rover Crew functions as a cohesive and stable group.

Rovers differ from all other Sections of the Scouting Movement, because it is autonomous and self-directing: while using the Scout Promise and Scout Law as a framework for its goal setting. Nonetheless, Rovering has always aimed to:

- promote active citizenship,
- provide service to the community and the Association,
  - promote personal abilities,
  - encourage satisying and useful lives, and
- to maintain and develop the Scouting Movement for future generations.

However these aims and the harmonious functioning of the Rover Crew are jeopardised when people are not prepared to:

- contribute to Crew operations,
- accept or offer responsibility for the running of activities,
- or will not attend or assist at organised functions.

In addition, personal differences or conflicts between its members, or conversely, peoples inability to accept constuctive criticism, also restricts the Crew's functioning capacity.

Therefore, in summing up, the future of a Rover Crew and what individuals get from Rovering, hangs in the balance of how well and how much all of us are prepared to work together. Only by doing this effectively will we be able to foster a harmonious and stable Crew for the benefit of present and future members, as well as the community.

## Crazy

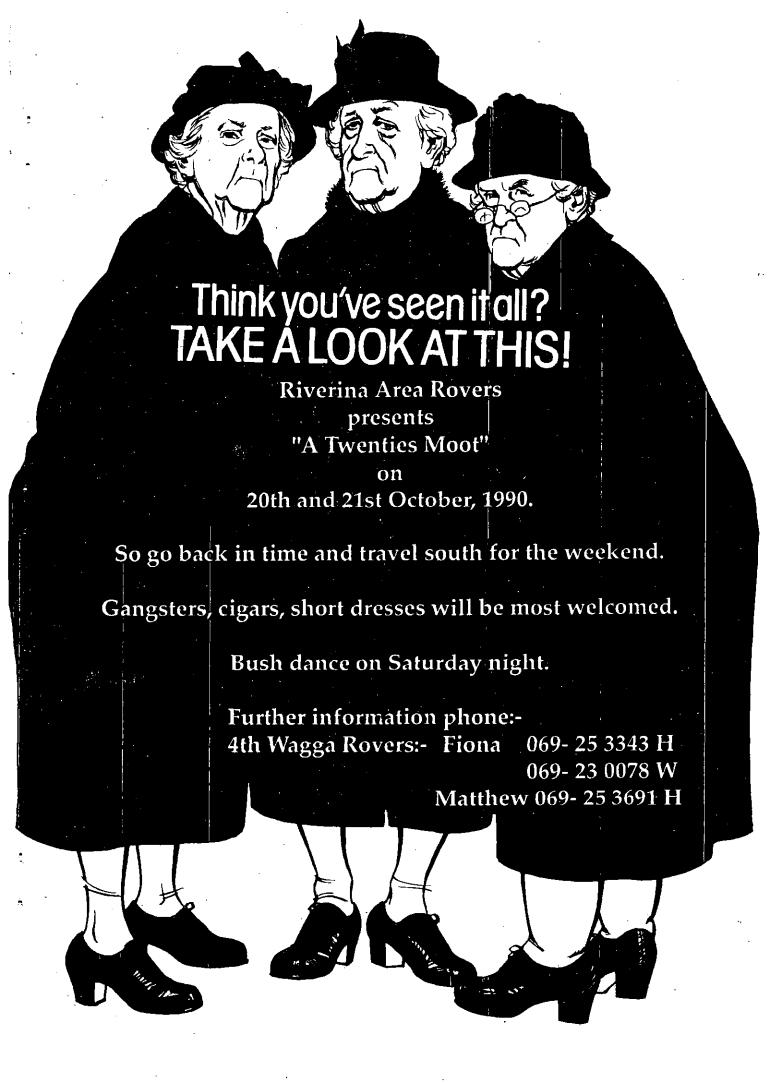
## Caption

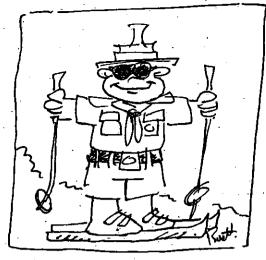
## noititeq mod

Yes!! We have a prize!!! That's right! Due to a slow start and waning interest, we actually got our act together and found a prize - well not really: someone just sent it in. However we felt magnaminous enough to give it away! For your witty entries providing our photos with captions, you could win an "Organic Matters" T-shirt designed and made by David Starr. (See the opposite page.) Be the first in your Crew to wear an environmental message with a difference on a high quality shirt! Don't forget that you can still enter captions for photo's in previous issues.









## Going Skiing?

## by Daniel Reynolds - Eastwood Rovers

Well boys and girls it's that time of year again. Yep, you guessed it, it's Ski season again! That's right, those weekend trips to the South will be on again soon. Driving/busing [Coaching! Ed.] down Friday night, zooshing around all weekend, checking out all the ski bunnies (and of course those Austrian ski instructors for the girls!). Abit of Apres-Ski then it's back home Sunday night and turn up absolutely buggered for work or Uni the next day - good fun Hey!

Now remember how last year you said, "Next year I'll be fitter so I'll enjoy it even more"? (Even if you didn't it's a good idea anyway.) Well this is your lucky day! We're going to lay it all out for you really clearly so you'll have no excuse. All in all this should result in a more enjoyable season, and a better chance that you'll come home with most of your joints intact.

But firstly, a few things to remember.

- Aim to improve both your (i) endurance/stamina and muscle and flexibility. Endurance and stamina will help to see you through the days of continual exertion (Don't forget to eat plenty before and during to build energy stores. Also take on plenty of fluids to prevent dehydration and muscle fatigue.) Muscle and joint flexibility will help you not to break limbs when you fall.
- (ii) To do any good it is best to start your conditioning several weeks (say 6-8) before your trip(s).
- (iii) In any exercise you should be exerting/streching yourself but it should never be painful.
- (iv) During stretching exercises avoid 'bouncing', this can damage muscles and joints. It's better to stretch and hold for 15-30 seconds. This will do you a lot more good.

#### **ENDURANCE AND STAMINA**

To increase your stamina you might want to start a programme that includes running, skipping, or swimming. Cycling is also good for both stamina and leg strength, without all the nasty jarring you get with running.

Aim to work up to doing half an hour or so, every couple of days (or more if you feel comfortable). It's good to spend a little while warming up, a while exerting yourself, (but remember, it's not meant to hurt) and the remainder winding down.

#### MUSCLE AND JOINT FLEXIBILITY

The following exercises are reprinted from 'Scouting in New South Wales'. Try to carry them out three times a week. You can do them early in the morning, or at night, which ever works best for you.

#### 1. Running on the spot or skipping



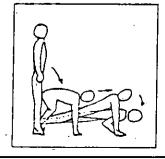
Knees, if possible, waist high for both exercises. Beginners 30 repetitions; intermediate 80 repetitions; advanced 200.

## 2. Parallel side to side jumping



Feet and knees together, knees bent, jump 5 cm high and 25 to 30 cm from left to right. Beginners 10 repetitions; intermediate 15; advanced 25.

#### 3. Burpee



Feet together, four positions for the complete exercise; start and end in the upright position. Beginners 5 repetitions; intermediate 10; advanced 15.

#### 4. Knee to shoulder hopping



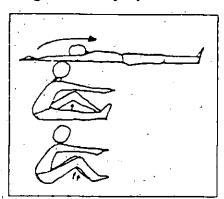
Raising the right knee as high as possible, hop on the left foot then alternate by raising the left knee and hoip on the right foot. The whole exercise should flow as smoothly as possible with the hands being used to pull the raised knee as high as possible. Beginners 10 repetitions; intermediate 20; advanced 30.

#### 5. Wall sit



Start this exercise standing with the heels and back against a wall. Slowly assume a seated position, as in the diagram below, by slowly moving the feet away from the wall, at the same time pushing with the legs to keep the back firmly against the wall. Hold the seated position for the appropriate time. Beginners 30 seconds; intermediate 1 minute; advanced 2 minutes.

## 6. Curling three way up



For this exercise, lie down on the floor, face up. With the arms extended out beyond the head, sit up and touch the toes and lie back on the floor.

To alternate the exercise, as the body is being

raised to touch the toes, bend one knee to a raised position.

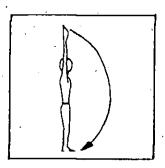
The third alternative is to complete the exercise with both knees bent while rising up to the sit-up position. Beginners 6 repetitions; intermediate 12; advanced 18.

#### 7. Achilles stretch



Begin by facing the wall with arms extended out at 90 degrees, palms of the hands flat against the wall. Move the feet back away from the wall keeping the heels against the floor as much as possible. Increase the distance between th feet and the wall very slowly by stretching the achilles tendon.

#### 8. Touch the toe



This exercise is the standard touch-the-toe exercise while keeping the knee straight. Beginners 10 repetitions; intermediate 20; advanced 30.

#### Inner leg stretching



Place the hands on the floor in front while keeping the legs straight. Rock backwards trying to put the heels flat on the floor keeping the legs straight. Beginners 6 repetitions; intermediate 12; advanced 18:C



## Orange "City of Colour" Ranger Regatta 1990

### by Vicky Longmuir - The Hills Rangers & Editor of Kalora Magazine

Have you ever organised a Regatta? Well I guess not if you don't have Regattas, but we do; and we did organise one, although we hadn't before. We are The Hills Rangers, (the only Ranger Unit in the Hills Region).

We took on this job when volunteers were asked for and before we had time to bind and gag Lesley (whose surname shall remain anonymous to those who don't know her as I value my life), she quickly dobbed us in, and so, initiated with the task, we set to work.

Months and months later, 30th March arrived and we were setting up at Lake Canobolas. Each Regatta has a theme and ours was City of Colour which was derived from the many colours of the countryside around Orange throughout the year.

Since the park gates were locked at 8 p.m., we "Rangered" the gate with the key to let them in. We gained great skill in jumping out of the car in the rain, interrogating them (only Rangers being allowed in) opening the gates, and directing them. A canoe topped Scout tried to pass, but was directed to a camp further down the road.

One camper from the caravan park decided to follow us to the car and poke his head in the window. He soon left. Half-an-hour later, whilst on his rounds, a policeman paid us a visit. Better late than never! By 2:30 a.m. all were accounted for and we fell into bed.

Bright and early came the lengthy operation of placing the buoys - the "Canobolas Ness" monster kept pulling them into his deep dark holes and we managed to rescue all but one.

Ranger Guides and Rangers competed in canoeing and rowing races of all kinds such as slaloms and relays (the muddiest race). In this event one "power rower" who had eaten her rice bubble and corn flake mixtures for breakfast, managed to snap an oar whilst only on the second leg (4 legs altogether). We limped back, changed oars and pairs and managed to finish second. (I was forgiven.)

On shore, there were various activities such as knotting races; the 3 R's (rescue, resuscitation and recovery with an S.E.S. first-aider helping to test this); as well as visiting the nearby deer park.

Other events were the triathlon, which included eating Froot Loops blind folded and running down the State Commissioner. The highlight was the Leaders race. Anyone attempting to organise this event must first be very sane as it's very difficult. After much cheating and bribes (some really good ones too) on their part, a "winning" team was found - although they didn't come in first [Sounds similar to Normanhurst's car rally! - Ed.]

We were blessed with glorious sunshine on Sunday, but since Orange hasn't had rain since January, we copped it Friday and Saturday. As you know it didn't stop for a while either! They have invited us back if they have another drought.

Sunday, being April Fools Day, saw the port-a-loo seats covered in honey. [To stop the redbacks from going anywhere no doubt? - Ed.] Those lucky enough to attend the 6:30am Guides Own had already been and didn't get "stuck".

When all scores were counted, Ku-Ring-Gai Ranger Guides came out on top with Bathurst second and Sirius in third place. (We came fifth we weren't allowed to win.)

Also notable over the weekend was the change-over of the State Ranger Advisor. Sue Conde finished her time and we welcomed Karen-Lee Henry into the position.

Most importantly, next to winning, is the "Oar" This is awarded to the team that competes happily and fairly and has the best overall sportsmanship. This year it was awarded to Model Farms Ranger Guides.

Broken oars don't go to waste. After writing on ours it became another "Oar", but of a different kind. This one was awarded to Annangrove Extensions for their participation and competitive spirit. They compete each year and we are glad to have them with us.

After devouring sausage sandwiches and fresh Orange apples [??!? - Ed.], supplied by Orange Local Association, we had the closing ceremony, thus ending the City of Colour Regatta 1990.

A great Regatta (even if I do say so myself). C

## It's All In The State Of Mind

If you think you are beaten you are; If you think you dare not you don't If you'd like to win but you think you can't It's almost a cinch that you won't

If you think you'll lose you've lost, For out in the world you'll find Success begins with a fellow's will... ...It's all in the state of mind.

If you think you're outclassed you are; You've got to think high to rise: You've got to be sure of yourself before You ever can win the prize.

Many a race is lost Before ever a step is run; And many a coward falls Before ever his work's begun.

Think big and your deeds will grow: Think small and you'll fall behind Think that you can and you will...
...It's all in the state of mind

Life's battles don't always go
To the stronger or faster man;
But sooner or later the man who wins
Is the fellow who thinks he can.

Author Unknown



## Bennett Rover Crew Cumberland Area

by Joanne Twist-Bennett Rover Crew

Bennett Rover Crew was formed in 1983 with only 5 members. We have come along way since then. Our motto is - "Bennett Rover Crew - We Do It Wagon Style", as we are named after the Bennett Wagon situated in St Marys.

Our Crew is a District Crew with two Lodge Baden Powell Awards to our name. We do alot of District and Area activities. Main activities for us are District Rally's, Hikes, Camps, Security work for Jeff Marsh Shield (Area Scout camping competition), J.O.T.A. and Scout Job Week.

We do community work like raising money for the Children's Hospital at Camperdown and helping with the Sunshine Flummaries Train.

Crew activities are snow trips, Jamberoo Recreational Park at Kiama, Easter trip to Lightning Ridge to work on an Opal mine and numerous other places.

We may not be a big Crew in Cumberland Area, but we have received a big reputation with our peers at District and Area levels. C





## 8th World Moot Mondial Australia Dec 90 - Jan91

## Scouting Towards 2000



## Recycled Paper

- Trash, trend or environmental economics?

### Fire!

## Branch Rover Council Annual Report

- What have we been doing for the past year?

## Rovers on the High Seas!

- Sydney boating adventures.

August

3rd - 5th

Hume Area Most

10th

Corrimal Rover Ball

19th

North Met ARC KALANG KUP Sokker

Challenge

19th

Royal Alexandra Hospital for Children

78LE7740N

26th

St. George ARC Fundraising Day

September

1st - 2nd

1st - 2nd

8th - 9th

8th -9th

15th

15th - 16th

21st - 23rd

22nd

22nd

Normanhurst Rovers CAR RALLU

Manly-Warringah Rover Methods Course

Central Sydney Area Rover Moot

Cumberland Area GOLD RUSH Most

New South Wales

BRANCH ROVER BALL

St. George Area FROOT LOOP Most

Mauly-Warringah Area

MONTU PUTHON Moot

Branch Rover Council Meeting

COMING EVENTS DEADLINE - October

Issue

October

3rd

19th-21st

20th-21st

Rover Speleological Society Meeting

Newcastle & Hunter Rover Methods Course

Riverina Area TWENTIES MOOT

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