



THE BROWNSEA GAZETTE

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Provincial Council News –

As we get close to the summer groups should be focusing on where to take the Otters, Timber Wolves and Explorers camping. It is not necessary to hold weekly meetings during July and August but it is important to have a couple of camps and several hikes take place during the school break. Sometimes this type of activity will draw in new members in the fall.

Two groups went camping a few weeks ago and both groups sustained injuries. One was a leader who tripped on a root and met the tailpipe of his truck with his forehead and cheek. Fortunately he has since recovered but did have a slight concussion. The other group had an Explorer greeting a barbed wire fence with his eye, he suffered superficial wounds to his eyelid. First aid was effectively rendered in both situations. Let this be reminder that it is imperative that your DC knows you are going away from your regular meeting place and that your first aid kits are up to snuff.

The AGM will be held in the Logan Lake Area on the Sept 24th weekend. Details to be announced later. Something different this year, we will be inviting the groups to bring their youth and make it a joint camp experience for all. The meeting time for the AGM will be short.

Till next time, enjoy the outdoors with your youth!

YITS
Mike Maloney
Chief Commissioner



World Federation of Independent Scouts News:

The WFIS World Council would like to take this opportunity to welcome the Independent Scouts of Pakistan and the United Arab Emirates Independent Scouts as prospective members of our worldwide family.



Camp Recipe Corner

Here's more cooking tips and recipes for your next camp, once again they're direct from the dark, damp and dusty archives of the 3rd Colwood BPSA Group.....our Galloping Goose Gourmets ☺

Hints for Frying Eggs

Whether you like your eggs sunny side up, turned over, fried hard or soft, here are a few basic rules that will make them a success anytime.

- Don't have the frying pan too hot.
- Go easy on the grease.
- Don't overcook them.
- If you turn your eggs over to cook on both sides, salt the yolks before flipping over to prevent them from breaking.
- Always have the pan hot before dropping in the egg or it will run out too thin in the pan before it starts to cook.

Fruit Grill

- Mandarin Oranges
- cherries
- pineapple chunks
- bananas
- plums
- strawberries
- melon
- marshmallows

Line a shallow baking pan with foil, leaving enough to fold across the top of the pan. Fill pan with suggested fruits. Allow one cup of fruit per person.

Arrange marshmallows on top of the fruit, (about four large marshmallows per cup of fruit). Fold foil over top of pan and heat on hot coals until the marshmallows begin to melt (about 15 minutes). Serve plain or over ice cream.



Backpacker's Corner

Beating the Bugs

Every once in a while an outdoor magazine tests the theory that Skin-so-Soft skin lotion by Avon is the bug repellent par excellence. It's bug season: Those pesky mosquitoes and carnivorous blackflies are out with sharpened teeth and heightened appetites. Will you let them keep you out of the woods? Or can you keep them at bay? Is there a way to avoid these backcountry spoilsports?

DEET. No one likes the stuff. It's smelly, and if it can strip the plastic off of your watchband and the coating off of your Gore-Tex, you've got to wonder what it can do to human skin. But test after test has confirmed that DEET, the active ingredient in most insect repellents, is the most effective anti-bug skin-lotion. Use it sparingly.

You don't need 100-percent DEET to do the job. Tests show that diluted concentrations work just as well. You can buy combo sunscreen-insect repellent lotions to protect your skin from two problems at once.

Know where bugs hang out. Lush grassy meadows, especially wet ones, are prime skeeter territory. Windy passes are not.

Citronella candles can help keep mosquitoes out of the area, meaning that you don't have to slather so much repellent on yourself.

The tests never hold up the theory. But the debunkers and disclaimers have no effect on backwoodsmen and lumberjacks who wouldn't think of heading into BC's woods during blackfly season without slathering on their wives' skin lotion. After years of claiming that the lotion is only a lotion, Avon has finally buckled to the pressure and produced an insect repellent. Old-timers swear it works against blackflies.

Head-nets can be a sanity saver, and they weigh next to nothing.

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Try clothes, not chemicals. Long-sleeved tightly-woven loose-fitting clothes in light colors work best.

A hat with a brim keeps bugs away from your face. Many insect fly in an up-and-down pattern; the brim keeps them at bay.

There is an "old wives tale" that eating banana's and wearing light clothing also helps keep the bugs at bay.

Have fun, and get out into the bush this summer.



Patrol Leaders Corner

How To Sleep Warmly - 10 steps to a goosebump-free night

Lucky is the warm sleeper. You know you're a member of this club if you've ever slept blissfully through the night with the zipper to your bag wide open while companions with nearly identical sleeping bags complained of the bone shivering cold.

Warm sleepers and cold sleepers are indeed born that way, due in large part to metabolism and body size. But a whole bunch of other factors come into play that influence your ability to sleep comfortably through the night, such as how much water and food you consumed that day and how much insulation lies between you and the heat-sucking ground.

So, cold sleepers, don't despair. You can level the playing field with a few easy-to-follow tips to help you generate and conserve more body heat when the night turns frosty. Here's how:

1. Get enough "bag" for your buck. Select a temperature rating for your sleeping bag that's adequate for the nighttime temperatures you're likely to encounter. Head into New Hampshire's White Mountains in November with a 35-degree bag, for example, and you'll likely be a cold pup. For a more in-depth discussion on temperature ratings.

2. Hold onto your heat. A sleeping bag's design plays a big role in your ability to retain body heat. If you're a serious camper or backpacker, your slam-dunk choice is a mummy-cut bag for the simple reason that there's less empty space inside that needs to be heated and the close-fitting hood prevents heat from escaping. (Attention women: new women's bags conform to the realities of the female form and metabolism — narrower fitting in the shoulders, wider in the hips, shorter overall, and extra insulation in the foot area — to create a bag that's easier to heat up.)

Other warmth-enhancing bag features to look for: an insulated draft collar, which drapes or cinches around your neck like a gasket to seal in heat; a hood with loads of insulation as well as cinch cords to narrow the face opening; and an insulated zipper draft tube running the entire length of the zipper.

3. Get off the ground. The ground is always colder than you, so without an insulating layer between you and it, you'll be robbed of precious body heat. Your best bets in pads are either the closed-cell foam variety or self-inflators. Tip: When camping on snow or frozen ground, the best formula for warmth is to carry two pads, a smooth, full-length closed-cell foam pad topped with a full-length self-inflator.

4. Eat before you sleep. Think of your body as a furnace that needs stoking with food to generate heat. Treat yourself to some high-calorie indulgences before turning in. For quick heat, carbohydrates like a cereal bar will rev your internal motor almost instantly, but the burn peters out after a few hours. That's where proteins and fats come in. Peanuts and beef jerky, for example, are like big ol' Yule logs that burn long and slowly to help generate metabolic heat into the wee hours.

5. Drink your fill. Blood is to your body what water is to a hot-water heating system in a house. Run low on fluid and your blood pressure begins to drop as the volume of blood decreases. Another side effect is that blood viscosity increases and flow becomes sluggish, which slows its progress throughout small capillaries in your extremities. The sum total is you'll begin to feel cold. Get in the habit of drinking beverages even before you feel thirsty throughout the day and hydrate in a big way at dinner time. Tip: Cold water causes a direct net energy loss, so drink warm beverages before bedtime.

6. Zip into a tent. A tent creates a buffered airspace around you to counteract heat loss on calm, cold nights as well as windy nights. Maximize your tent's warmth potential by pitching camp sheltered from prevailing winds, and try to stay out of depressions or hollows where cold air settles. To ward-off morning chill, scout out a tent location that will receive full sunlight at daybreak. Tip: four-season campers should consider purchasing a convertible tent with zip in-zip out panels that cover breezy mesh panels to retain precious body heat. A well designed tent can be 5 to 10 degrees warmer than the outside temperature.

7. Wear the right amount of clothing. Too much bulky clothing can strangle blood flow and needlessly compress the bag's insulation. Wear non-constricting synthetic long underwear; preferably, a pair that's not damp from the day's activities. Vital to staying warm: cover your noggin with a synthetic or wool pullover hat. Tip: Reduce the amount of internal air space that needs to be warmed in a bag by loosely stuffing next morning's apparel around your feet or along your sides. As a bonus, you'll wake up to pre-warmed clothing.

8. Give your bag a boost. Slip your bag into an overbag and you'll ratchet up the comfort factor a good 10 to 20 degrees. Another warmth booster that also happens to preserve your bag's interior is a liner, which can add about 10 degrees of warmth. In a pinch, try draping a down parka, a shell jacket or any apparel item over your bag to add a few precious degrees of warmth.

9. Get your blood pumping. Remember as a kid when you warmed your hands by swinging your arms like a windmill? That's centrifugal force powering blood into your extremities, and it works. So does a brisk jog-in-place, or anything that temporarily elevates the heart rate. As simple as it sounds, brief exercise prior to bedding down will turn your body into a blast furnace that quickly transforms a crinkly, cold nylon bag into a cozy cocoon.

Conversely, once inside the bag try to keep your movement to a minimum. Thrashing and rolling creates a bellows effect that blows hard-earned warmth right out the neck opening of the bag.

10. Maintain loft. Trapped air is at the core of a sleeping bag's ability to retain your body heat, so it figures that the more fluffed up and "lofty" the bag the greater it's heat conserving ability. When you arrive in camp, unroll your sleeping bag as soon as possible and grab one end and give it a few good fluffing shakes. At home, avoid keeping a bag compressed too much or too long. Synthetic fills are more easily damaged in this way than down. Worse still is leaving a stuffed synthetic bag to overheat in the trunk of your car.





14th Dragon Lake's Most Excellent Adventure.....

By GSM Ric Raynor.

We left Dragon Lake School at 4:45 Friday afternoon and arrived at Becker's Lodge on Bowron Lake at 6:30 pm. We were met by the owner and welcomed with an overview of the lodge and its facilities. He bid us good night to meet back at 8:00 am Saturday morning. With the weather looking threatening, the TWs chose to use the cabins in the "Scout Camp" and the Explorers pitched their tents in the campground well away from them. Two Patrols joined together to form the Falcon/Beavers while the Moose Patrol had a full turn out. Each Patrol cooked their evening meal in their Patrol Camp while the Timber Wolves enjoyed an evening meal of hamburgers and salad. Smors following around the campfire brought Friday night to an end for an early rise.



Saturday morning at 6:00 brings a light drizzle with high cloud and clearing breaks. Pancakes and bacon start the day off to a good start before meeting our hosts at 8:00 am.

They have lots of jobs for us and the work and crews are assigned. One group heads to the Paddle Shack to clean it out and rid the cob webs that accumulate through the winter. Another group is raking and cleaning debris from around the chalets and carting it away while the next group cleaned up the cabins and grounds of the Scout Camp. During the day we split firewood, put in fence posts, fixed paths and re-graveled the stairs to the beach among many other tasks.



The work is broken up with snack breaks, lunch and an afternoon rest before finishing up in the late afternoon. Our work is done and our hosts are very happy. They thank us for the fruits of our labour and reward us with the canoes that we will have for our very own! The rain starts to pelt down on us as we prepare our supper which quickly brings a change of plans from tin foil dinners in the fire (which is now almost out) to a cooked fire on the stove. The chicken, potatoes and carrots taste great nonetheless. A game of capture the flag is organized with the Timber Wolves and the Explorers after everything is cleaned up. The rules have been changed slightly in that if someone is caught they must go to jail (which is where the Leaders are relaxing around the campfire). In order to get out of jail, the Timber Wolf or Explorer must correctly answer a question put to them by the Leader, such as “What is the Timber Wolf Promise?” or “What is the 6th Scout Law?” Thus the game becomes fun and educational and everyone had a great time. Bandarlogs complete the evening with a sing-a-long around the re-lit campfire.



Sunday morning is sunny and bright and after a breakfast of oatmeal, eggs, french toast and/or pancakes (some people ate all of that!) we all head out to the lake for Scouts Own. The Timber Wolves are dismissed and head to the beach while the Explorers invest our newest member. It is a magnificent setting for an investiture ceremony, one that not many of us will soon forget! The Timber Wolves meet a Parks Contractor that mistook me for a Park Ranger (can't understand why) and told us about the Bowron Chain and some of the groups that have gone around. The Timber Wolves decide to have another game of capture the flag while the Explorers strike their camp. A general clean up of our area is done to Leave No Trace standards and our host bids us good bye. The drive back to Quesnel is observed by a number of deer and a very large moose by the side of the highway near Wingdam. Many take the opportunity to have a nap (except the drivers) as the weekend has been exhausting, but well worth every moment. We arrive back at Dragon Lake School 48 hours later and bid our Timber Wolves Good Hunting!



A windy Bowron Lake





Be Weather Wise!

Learn to recognise the following signs. Note them in your logbook and you will see how close they are to being right.

- A bright-blue sky almost always means fair weather.
- A vivid-red sky at sunset: fair tomorrow
- The same sky in early morning: sailors take warning
- The sky is dull and greyish at sunset: could be bad weather tomorrow
- Cloudless sky when the sun sets: fair and cooler tomorrow
- Check the moon: if there is a ring, it means a storm or rain may be on the way

Naismith's rule

The Naismith's rule is very handy if you are going for a hiking trip. It helps you to plan your distance of walking per day.

Allow 1 hour for:

- 5 km easy going
- 3 km easy scrambling
- 1.5 km of extreme rough country, deep sand, soft snow or thick bush

Add 1 hour for:

- every 500 m up
- every 1000 m down
- For every hour (after 5 hours) add an extra hour for fatigue
- Very experienced and very fit walkers can reduce the total by one-third