



THE BROWNSEA GAZETTE

The Newsletter of Independent Scouting

Volume 4 – Edition 5

October 2006

Federation Governance....

The following Warrants of Appointments have been issued, and the appointments are confirmed effective 09 October 2006:

- 1) Rick Box – 1st Mariposa BPSA Ontario.
- 2) Pauline Trent – 1st Mariposa BPSA Ontario.
- 3) Joy Carson – 1st Mariposa BPSA Ontario.
- 4) Patty Grieves – 1st Mariposa BPSA Ontario.
- 5) Toon Pronk – 1st Fredericton BPSA New Brunswick.
- 6) Lorne Dudley – 1st Bayridge BPSA Ontario.
- 7) Al Murdoch – 1st Bayridge BPSA Ontario.

Group Charters

The following Group Charters have been issued:

- 1st Mariposa BPSA Ontario Scouting Group.
- 2nd Kingston BPSA Ontario Rover Crew.
- 77th Toronto - York County BPSA Ontario Rover Crew.
- 1st Fredericton BPSA New Brunswick Scouting Group.
- 1st Bayridge BPSA Ontario Seafarers.

Registration:

Groups are reminded that all registrations, both youth and leaders should now in to your Provincial Treasurers and Provincial Secretaries. Groups are advised that effective 31 September 2006, new registrations will be \$60.00 per person.

A new Federation Tenderfoot Badge has been produced, and will replace the individual provincial badges we have previously worn. Shown below they are available from the Badge Secretary. These are a woven badge and are very good quality.



Upcoming Training Events

BPSA Ontario will hold a WFIS standard WB1 course in Toronto District, November 18th and 19th. Please contact bpsa.training@gmail.com for more details.





The Timber Wolf Pack

Timber Wolf Game:

A First Nations game to build special awareness and direction skills:

Timber Wolves gather at the starting point.

Leaders moves out about 30-50 feet.

First Timber Wolf closes their eyes.

Leader calls out to Timber Wolf to start walking.

Timber Wolf walks directly towards where they believe the leader is standing.

When the Timber Wolf believes they have walked the distance to the leader, they stop and raise their hand.

When the Timber Wolf raises their hand or when they are close to being in danger, the leader calls out to stop and the Timber Wolf stops and stays where they are. They can now open their eyes.

After all the Timber Wolf have gone through this, notice where they have gone. Have the majority veered to the right or left? Have they gone past the leader or not as far? What clues does this give us about getting lost at night when we can not see?

(We will probably tend to go to the right and not far enough.)



The Otter Raft

Otter Game: "Who is it?"

Required: a sheet or blanket.

Everyone mingles around the room until the leader calls 'Stop'.

Everyone curls up into as small a ball as possible on the floor, covering their eyes.

The leader covers one person completely with the blanket or sheet and then tells everyone else to stand.

The object is to guess who is hidden under the blanket or sheet.

Otter Game: "Guess a Minute"

Required: A watch.

Everyone stands and closes their eyes.

On 'GO' signal from the leader with a watch, everyone tries to estimate when a minute (60 seconds) has elapsed while keeping their eyes closed.

When you think it has been a minute, you sit down.

The person that sits closest to a minute wins.



Camp Recipe Corner

This month's recipe comes to us from the dark and dusty archives of the 2nd Kingston BPSA Rover Crew.....our latest backpacking gourmets:

This recipe feeds 6 to 8 people, and takes about 15 minutes to prepare and cook

Ingredients:

- 1000 grams pasta
- 2 packs of hot dogs
- 1 big jar of pasta sauce

How to Prepare:

1. boil pasta
2. cut up all hot dogs
3. when pasta is cooked drain water from pan
4. add pasta sauce and hot dogs
5. cook altogether until sauce and hot dogs are hot or warm.





The Backpacker's Corner

Hiking is easy, it is simply going for a walk, but doing so the wilderness. Its not really that much different than taking a walk anywhere else except that the surfaces you are walking on may be more uneven than the paved or flat surfaces you usually find in a city. You need to be prepared for whatever the weather conditions are when you go for a hike and to be able to find your way back home again.

If it is a new experience for you, the following suggestions are intended to help ease you and your Patrol into hiking. If you are about to take your first hike in the woods, here are a few tips to help you to get started.

One of the best ways to get your Patrol started is to start with short hikes first. That way if your muscles or your feet aren't used to hiking or if you find you are not properly dressed for the weather you won't suffer unnecessarily.

One of the differences between hiking and walking around town is that you need to be more aware of your circumstances and what to do to take care of your body. When hiking, there generally won't be any shelter to duck into if you get too hot, too cold, too tired or too hungry. Depending on when and where you go there may not be anyone else around. If you misjudge something on a short hike, it won't take long before you can get back to warmth, shelter, food, water, and more familiar surroundings. If you want to do it the easy way, use short hikes to learn what you can expect before attempting to tackle longer hikes.

You're going to be outside. The best way to learn about hiking is by doing it at the time of year when weather is the nicest. In most parts of the world, summer is usually the best time of year for hiking, but if you live in the desert you may want to start hiking in the spring, fall, or even winter when temperatures are more moderate. Choosing friendly weather will mean one less thing to worry about while finding out what hiking is all about. After you have gained some experience and want more variety or challenge you can go when the seasons are less friendly.

Start out hiking with others in your Patrol. It is also a good idea at least at first to go with other people who have already been hiking and know what to expect and can help you out when you don't know what to do.

One of the most common mistakes made by the hiking novice is the wrong choice of footwear. Choosing the right footwear is very important. Hiking by definition is walking which means being on your feet. So you should choose footwear that is designed to make your feet comfortable while walking, not footwear whose sole purpose is to look good and get attention. Some people prefer hiking boots, but you don't need boots to go hiking especially if you are just going hiking for a few hours or a day. A good pair of walking shoes is quite adequate in most areas. What you don't want to wear hiking are dress shoes that are designed with walking foot comfort as a last consideration. The footwear needs to be comfortable and needs to have the kind of sole that won't have you slipping on any surfaces that aren't perfectly flat.



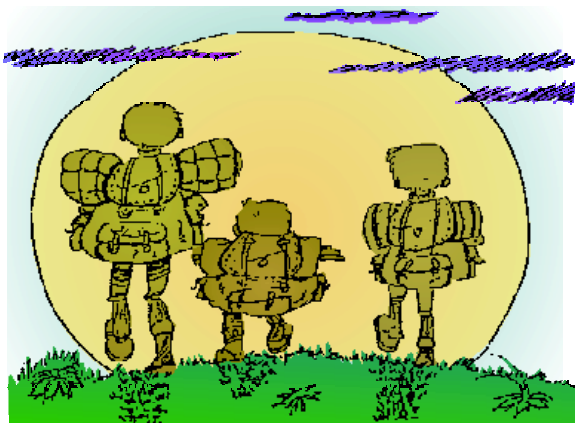
One of the most common mistakes is to buy brand new footwear and wear it for the first time on a hike. This is more of a problem with boots than it is with shoes. Give your feet a chance to get used to any new hiking footwear by wearing it for short periods around your home or for short walks in the park. Generally the heavier the footwear the longer it will take for your feet to get used to the new shoes. If you wear something on your feet for a hike that don't already feel very comfortable, you may be sorry. Blisters are the most common result, and while not life threatening blisters certainly aren't fun. They can in fact be quite painful.

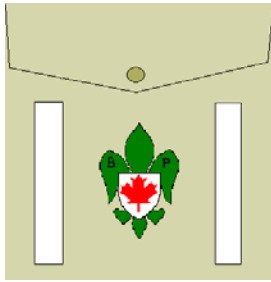
The proper clothing is also important for comfortable hiking. Wear only clothes that feel comfortable in while you are walking. Generally, this means loose fitting clothes. You don't want clothes that will bind with every step you take. At the other extreme you don't want your clothes so loose that they get in your way and trip you up or catch on things as you walk by. Your clothing should also be chosen to help your body maintain a comfortable temperature while hiking – not too hot and not too cold.

The best type of footwear and clothes to wear while hiking will vary based on locale and weather. For example, wearing sandals for a winter hike when there is a lot of snow. Really warm clothes aren't desirable for hot, sunny hiking weather, and clothes that aren't warm enough can be miserable in cool to really cold weather.

Experience will be your best teacher if you're paying attention. To gain experience start out with some short, easy, group hikes. Ask questions when something doesn't feel right or you don't know what to do. The experience you gain will help you make sense out of what others have to say, and pretty soon you will be able to decide for yourself what feels most comfortable to you while you are out walking in the wilderness.

Once you have some experience under your belt, if you want to do more by expanding your hiking season, or going out for longer trips, or tackling more difficult terrain, check out the other information available here and elsewhere for ideas. Consider these ideas and techniques in light of your own experience. Then experiment. You will need to find out what works for you. Hiking is a very personal experience. What works best for you, what brings you the most joy while hiking, won't be the same for everyone else. So don't worry about it. By tailoring the experience, you can get the most out your hiking. Most importantly be sure to enjoy your hiking.





Patrol Leaders Corner

The Hikers Best Friend on Patrol Hikes.....

Moleskin is a hiker's best friend. Not only does moleskin help prevent blisters, it can also provide some relief for blisters that have already formed. Make sure you have a package of it in your Patrol First Aid Kit, you never know when a member of your Patrol will get a bad blister.

What is moleskin? It is simply a tough, two layer "tape". On one side is a cloth-like material and on the other side is an adhesive pad. There is also something called molefoam. The only difference in the two is the thickness, molefoam is thicker than moleskin.

The physics behind moleskin is simple. A blister occurs because your boot is rubbing against your skin. When you place moleskin around the blister, you are making the area around the blister to be the same height as the blister. This reduces the rubbing on the blister. If the blister is taller than a single layer of moleskin, you can use several layers of moleskin until you have the desired height.

What to do if you already have a blister. For a basic blister, cut a square of moleskin slightly larger than the blister. Now here is where it gets a little harder, you must cut a hole in the square the same size as the blister. Pull the covering from the adhesive and place the moleskin over your blister with the blister in the hole. Sometimes, the adhesive doesn't hold very well, so you can add some athletic tape to help hold it in place.

Prevention is the best medicine. If you feel a hotspot (an area of your foot that is being rubbed by your boot) cover it with moleskin. Covering the hotspot with moleskin reduces the rubbing that your boot causes on this spot.

Blisters are a hiker's worst nightmare. Once blisters form on the trail, they are very hard to heal and can get infected very easily. Be sure you take care of them properly so they don't get infected.

You and your Patrol should practice first aid for blisters, just in case !



BPSA - Ontario NEWS

Well, BPSA Ontario is up and running with three new Groups formed over the summer, and several more looking at forming. We welcome our new Groups to the BPSA Federation and hope that they enjoy their traditional scouting with us.

A lot of work has gone into the formation of BPSA Ontario and I would like to thank all those who have helped us get to this point. It's been a long journey.

We will be putting on WB training courses over the winter to ensure that all of our new leaders are fully qualified for the positions they hold, especially those new GSM's, they're the glue who hold the Groups together.

Please remember to get your registration packages back to the Provincial Commissioner as soon as possible. I realize that some of you are still waiting to open bank accounts etc, and we understand the problems of starting a Group from scratch, or switching over from another association.

Congratulations to the following leaders who have been appointed GSM of their respective Group:

Rick Box – 1st Mariposa.
Lorne Dudley – 1st Bayridge
Lorne Hood – 77th Toronto – York County

Remember, if you have any problems or questions do not hesitate to contact your Provincial Commissioner for the solution or answer.



BP Scouting in America

NEWS

BP Scouting in America is growing at a good rate. Their Rover Crews are doing great work helping out with camp and local Troops.

BPS has designed a new Tenderfoot Badge for their Association and it is shown above. It is based upon the very first Tenderfoot badge designed by B-P himself.

They are also having a fundraiser to help raise funds to properly get them off the ground. They have designed a badge to help celebrate the centennial of Scouting. These badges are available from the Chief Commissioner for US\$10 each.



They may be ordered by email at: craigtaylorbrown@yahoo.com



Scouters Notes

Camping With an Eye to the Weather

No one would plan a camp-out in the path of a hurricane or blizzard, but forecasts of rain or snow shouldn't always be a reason to cancel an outing.

An Explorer Troop backpacks through Ontario's Algonquin Park. They are following a ridge trail when a frightening change of weather occurs. The sky turns dark, lightning strikes, and the group is pelted with pea-size hail. What should they do?

In the Piney Woods of East Texas, a Pathfinder Troop sets up camp late at night and heads to bed. After midnight, a violent wind- and rainstorm whips through the campsite. A dead, 120-foot lodgepole pine snaps and crashes to the ground, landing mere feet from a tent.

Groups usually survive even the worst storms with their humor intact and a good story to tell. However, bad weather can have tragic consequences. Severe weather should never be underestimated: While it is most often an annoyance, it can also be deadly.

A forecast of rain or snow shouldn't automatically be the reason to cancel most weekend camp-outs, though. But it's important to consider the following: 1) Do the group's leaders have experience in foul-weather camping, and do they have contingency plans should the weather turn severe? And 2) are the unit's members well equipped for wet and/or cold conditions?

Remember, many rain showers are but short squalls that last a few hours. It's unusual for an entire weekend to be waterlogged. A unit that cancels a camp-out every time the forecast is less than perfect might miss some of the best weekends of the year. Remember, if you can camp successfully in the rain, you can camp successfully in just about any weather.

'Blizzard of the Century'

Even unsettled weather can teach youth a wealth of outdoor technical skills and provide experiences that may become some of your unit's most memorable journeys.

Some years ago, I spent three nights in a shelter atop Georgia's Springer Mountain at the southern end of the Appalachian Trail. Late the first night, four Explorers and their leaders joined me—just in time for what became known as the "Blizzard of the Century."

The local forecast had predicted a few inches of snow to be followed by a quick warming—no reason to cancel a hike. The reality was different: two feet of snow, single-digit temperatures, howling winds, and three days during which the Explorers, unable to hike out, entertained themselves by playing cards, chasing a mouse around the shelter, and learning more about cold-weather camping than many adults who have thousands of miles of hiking experience.

To go or not to go

So, how do you decide whether to cancel a trip? Use common sense and make an informed decision. Check weather forecasts and remember that forecasts are often transmitted from urban centers. Mountain weather may be considerably colder, wetter, and more variable.

Be prepared. If the weather forecast calls for rain, carry extra food and gear.

Make sure your youth are well equipped. Bring a tarp (you can cook and eat under it), fire starter (for emergencies), garbage bags (for sorting and storing wet gear and for waterproofing stuff sacks), extra clothing, and extra zipper-locking bags for items that need rain protection (guidebook pages, maps, cameras, and cell phones).

If cellular reception is available, take a cell phone in case of emergency—or for reassuring those at home that you are O.K. If you're a Ham Radio Operator take along your 2 metre radio.

Be flexible. This might mean staying out longer than you had planned, taking a different route, or camping in a completely different campsite. Be sure you have good maps that show alternate and bailout routes, as well as extra food.

(Be sure to file any required BPSA tour permits, government or landowner's authorization, or other similar formalities. Appropriate notification, including alternate and emergency routes, should be directed to parents, enforcement authorities, landowners, and others as needed.)

Severe weather advice

In addition, know what to do in the following situations:

Hail.

Hailstones can be painful and even dangerous. Cover up with clothing (rain gear is best) and seek shelter under bushes, shrubs, trees, or the lee side of large rocks. If you are above tree line, you may have to descend to shelter.

Wind.

If you are climbing toward a mountain pass on a windy day, the wind is likely to be even stronger once you reach the pass. Put on more layers of clothing before you get to the exposed alpine areas.

If you are camping on a windy day, avoid setting tents under trees, especially trees that look unhealthy (look for damaged bark, leafless limbs, or dead branches). Avoid making camp in the dark, because you can't evaluate your campsite for safety from snags (standing dead trees) that could fall.

Lightning.

Come down! If you are caught in a lightning storm above the tree line, descend on the leeward side away from the approaching storm and seek shelter. Descending as little as a few hundred feet makes a significant difference, since lightning is more likely to strike the highest object in its vicinity.

Cold.

Don't wait: Put on extra layers. In camp, change into warm dry clothes immediately—then send your Explorers on a physical errand such as gathering firewood to prevent them from sitting around and becoming chilled.

Submissions for the next edition should be sent to:

BPSA.01@GMAIL.COM

Remember that this is **YOUR** newsletter and we need
YOUR submissions and articles.

DO YOU HAVE ANY GOOD CAMP RECIPES? SEND THEM TO US AS WELL!!

TELL US ABOUT YOUR CAMPS OR HIKES.....WE WANT TO READ
ABOUT THEM!!

DO YOU HAVE ANY IDEAS THAT WILL HELP OTHER LEADERS WITH THEIR
PROGRAMS? SEND THEM ALONG!!

SEND YOUR SUBMISSIONS FOR THE NEXT BPSA NEWSLETTER TO:

BPSA.01@GMAIL.COM

Good Scouting to you all !!