



THE BROWNSEA GAZETTE

The Newsletter of Independent Scouting

Volume 4 – Edition 6

November 2006

Federation Governance...

The following Warrants of Appointments have been issued, and the appointments are confirmed effective 26 October 2006:

- 1) Glen Matthews – 1st Mariposa BPSA Ontario.
- 2) Darlene Matthews – 1st Mariposa BPSA Ontario
- 3) Margo Levy – 1st Mariposa BPSA Ontario
- 4) Harold Boomer – 1st Woodstock BPSA New Brunswick
- 5) Dale Wilson – 1st Fredericton BPSA New Brunswick
- 6) Rory Pronk – 1st Fredericton BPSA New Brunswick
- 7) Scott Myles – 1st Fredericton BPSA New Brunswick
- 8) Graham Smith – 1st Fredericton BPSA New Brunswick
- 9) Kyle Kerasiotis – 1st Fredericton BPSA New Brunswick
- 10) David McMath – 1st Fredericton BPSA New Brunswick
- 11) Eric Topple – 1st Fredericton BPSA New Brunswick
- 12) Peter Neilson Livingston – 1st Fredericton BPSA New Brunswick
- 13) William Sorenson – 1st Fredericton BPSA New Brunswick
- 14) Shelley Pronk – 1st Fredericton BPSA New Brunswick
- 15) Drew Simpson – 1st Fredericton BPSA New Brunswick
- 16) Paul Jones – 1st Fredericton BPSA New Brunswick
- 17) Michael Maloney – Provincial Commissioner, BPSA BC

The following Warrants of Appointments have been cancelled effective 26 October 2006:

- 1) Terry Blaker – Provincial Commissioner, BPSA British Columbia
- 2) Donna Middleton – 1st Logan Lake, BPSA British Columbia
- 3) Dave Dubois – 1st Logan Lake, BPSA British Columbia
- 4) Robert Thompson – 14th Dragon Lake, BPSA British Columbia
- 5) Jack Service – 14th Dragon Lake, BPSA British Columbia

The following Group Charters have been issued:

- 1st Woodstock BPSA New Brunswick



The Timber Wolf Pack

How Cubs Learn -

When you think about the Timber Wolves in your pack, different characters likely come to mind. There are those who talk a lot, give long descriptions, and become easily distracted by noise. There are quiet boys who like pictures and reading and always try to keep their uniforms looking neat. There are others who like to touch, feel, and try out things. This mixture of individuals is the "spice" in a Timber Wolf pack that makes a leader's job interesting and challenging.

We can become frustrated when some Timber Wolves don't respond to parts of the program in the way we expect. When we give instructions for a compass activity, a few boys may fidget and seem not to be listening to the directions. Or perhaps we've prepared a very interesting craft that some Timber Wolves tackle with much more enthusiasm than others. On an outing to the fire hall, some Timber Wolves may try to get into the fire engine to learn how it works while we worry about the welfare of both the truck and the boys.

These situations don't happen because of our lack of leadership abilities. One of the reasons boys show such different characteristics has to do with the way they learn.

Learning Styles

Research suggests that people learn best through one of three senses - seeing, hearing, or touching. These senses are referred to as learning styles or channels. For each person, one sense is usually the primary learning channel. The person learns through the other channels also, but not as easily.

People who learn best by seeing pictures and reading are called visual learners. In the pack, these Timber Wolves generally prefer order and feel it's important to have a neat uniform with all the badges sewn on correctly. They are concerned about how the items for their Collector badge are displayed and work hard to make their craft creation look just right. Visual learners often show impatience with long verbal explanations but they remember things they see on an outing more than the other Timber Wolves. They usually can work without being distracted by noise and activity around them.

The Timber Wolves in your pack who learn and remember things best by hearing them are called auditory learners. These boys usually like to talk, to be heard, and to listen to others for short periods. They are the ones who want to tell you everything that has happened to them since the last meeting. Unlike visual learners, they aren't too concerned with order and neatness. When you tell a story, they remember and understand more of the details than others. The sounds they hear on an outing make a more lasting impression on them than what they see and, in a tent, they are very conscious of the wind or the sound of rain

on the roof. A good way for them to express their understanding of a pack activity is through sound in skits, songs, or stories.

People who learn best through touching or hands-on activities are called the kinaesthetic tactual or KT group. These Timber Wolves want to take apart things to see how they work and like to make or build things such as sand castles in summer and snow sculptures in winter. On an outing, they may remember different kinds of trees by touching the bark on the trunk rather than by looking at the leaves. Although they enjoy making crafts, they aren't as concerned about how the final product looks as visual Timber Wolves. They may give your meetings some lively moments.

Varied Program Important

Each boy needs to find some way to express himself within the Timber Wolf program, and we need to be aware of both what he learns and how he learns it. Because people learn in different ways, it becomes very important to use a variety of activities and all eight elements of the Timber Wolf program. By planning meetings around the eight elements and the program emphases, you will ensure your program is suited to different kinds of learners.

Within each of the eight program elements, plan a range of activities to meet the needs of your different kinds of learners. Use a variety of games and even various approaches to a single game. Visual learners, for example, do best at a standard Kim's Game, auditory learners shine in a Kim's Game based on sounds, and KT learners are successful in a blindfolded Kim's Game where they feel different items. For badge or star work, you can offer a variety of approaches involving different senses: e.g., discussing, making, observing.

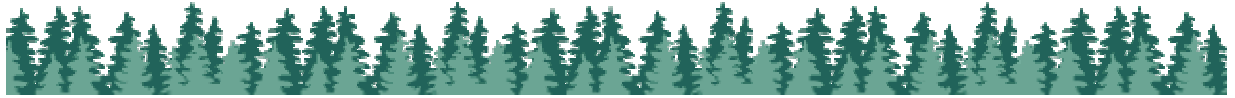
Timber Wolves will experience greater success from activities in which they use their primary learning channels. They can learn in other ways, too, but it is harder and less comfortable for them. Your Timber Wolves will feel better about themselves and learn more when they can do some activities in their primary learning channel.

It's not so difficult to arrange. Consider these program items, which include activities in each of the learning styles.

1. **Teaching knots:** show Timber Wolves how the knot is tied; tell them how it is tied and why it is used; have them tie the knot.
2. **Crafts:** show Timber Wolves the finished craft; help them do each stage of the project by explanation and demonstration.
3. **Outing:** go to see the fire hall; back at the meeting place, have the Timber Wolves talk about their visit and paint or draw what they saw.
4. **Nature hike:** on the hike, have Timber Wolves gather natural materials; after the hike, ask them to talk about what they saw; let them use the natural materials for a collection or to make a craft.
5. **Teaching the importance of good diet:** have Timber Wolves tell what foods they eat and what part each plays in a balanced diet; show pictures or samples of the foods; have Timber Wolves prepare a simple well balanced meal or, for a different touch, create and perform skits about the importance of a balanced diet.

Because leaders have different learning styles as well, the concept of shared leadership in the leadership team is also important for providing Timber Wolves a balanced program. A balanced varied program that includes all eight elements reinforces and supports the activities of the school, home, and other social institutions involved in the development of young people.

When we understand that children learn in different ways, we can better understand the behaviour Timber Wolves display in some activities. Know your Timber Wolves' individual strengths and build on them so that you can help them do their best in your program.



Timber Wolf & Otter Game

Sentry Post -

The prize goes to the quietest team in this game. Set up two chairs about seven feet apart. These are the sentry posts and two blindfolded players are seated in them, facing each other. The other players divide into two teams. At signal from the leader, the first player in each line sneaks forward on tiptoe and tries to pass between the two sentries without a sound. If either sentry hears anything, he calls out and points in the direction from which the sound came. If he's right, the player is "captured" and out of the game. If he points in the wrong direction, the player sneaks ahead. Each team goes through just once. The winner is the team that gets the most players past the sentries.





The Otter Raft

Friends

From membership studies done over the years, we know that one of the main reasons children join Otters is because their friends are joining. Parents also look to Otters to provide opportunities for their children to make friends beyond those they have in school or around the neighbourhood. It can be frustrating for the child, parents, and leaders when an Otter has difficulty fitting in and making friends in the Raft. Let's take a look at how children this age make friends and how we might help Otters develop new relationships.

To help Otters begin making contact with other children, we first have to recognize that each child has his or her own level of confidence and approach. Some children are quick to mix in with a large rowdy crowd, while others prefer more quiet reserved play. This highlights one of the secrets of making childhood friendships. For Otter-age children, friendships develop through doing things together. Children usually identify as friends the peers who like and want to do the things they like to do and when they want to do them.

For children who seem to find it difficult to fit into the Raft, the Den may be the first place they find peers who let them join in. Den-based activities use small groups that eliminate the overwhelming chaos found in larger Raft activities. Dens provide a safe environment for Otters to meet new children and develop relationships through play in the Den, spend time introducing and reintroducing Otters to each other until they recognise each other by name. Everyone needs a sense of belonging in order to feel confident enough to approach new people for making friends. The Den provides that first sense of being accepted as an Otter and a value member of the Raft.

When the Dens break to do activities, it can be disruptive to children who are just making friends in the Den and now must readjust to a new social environment. A child's feelings are probably not unlike what we feel at a social gathering. We look for few people we know,, but when the time comes to break up and mix into the larger group, we feel lost and somewhat alone in a sea of faces. If you spot any Otters hanging back from an activity, remember the 'doing' approach children use.

Ask them what they would like to do or if they need help getting started. Guide them to a group of children who are playing at their level and speed and slowly work them into the activity. As a shy Otter becomes accustomed to the setup, the others will start to draw him or her into conversation and play. Inevitably, conflict will arise when a child is excluded from a group. The sense of belonging to a group can become so strong that excluding another child is not so much an act of meanness to that child as an act of reaffirming friendship between members of the group. Help the group accept new members by showing that they can contribute to the activity. When a group of Otters realizes they need one more child to play a certain game, the excluded child suddenly becomes someone very much in demand. This helps both the group and the individual develop a new sense of belonging and kinship, which leads to the development of new friendships.

Children are equally devastated when a best friend in the Raft no longer wants to be their friend. This can happen when a child suddenly leaves or a new child is introduced to the group and friendship pairings shift and rearrange themselves. Unfortunately, it's one of those hard lessons every child must learn. We can help children who are feeling abandoned by telling them that they still are good Otters and introducing them to other play groups in the Raft.

Letting abandoned Otters be your special helpers for a time can also help rebuild their shattered confidence and enable them to work gradually into another set of friends. Playing in Dens and provides opportunities for Otters to develop different sets of friends over time and enables them slowly to learn and adapt to changing friends.

Perhaps you have children who have difficulty making friends because of their behaviour. Sometimes the only social skills a child has acquired came from the TV. Children's cartoons, such as the Simpsons, provide ready scripts for social interaction, most of them inappropriate in the real world. Help such children by teaching them how to introduce themselves to others and how to share and cooperate. Help them learn to call people by their real names, rather than "dude" or "hey you". By developing basic social skills, an Otter will eventually be able to make friends more easily in the Raft.

Remember, too, that Otters learn most by observing what you do as leaders. Be active role models for how friends behave, introduce others, share, and cooperate. Shared leadership is not simply a concept for planning, but a way of teaching Otters how to make friends and enjoy being with them.





Camp Recipe Corner

This months recipe come to us from the dark and dusty archives of the 77th York County BPSA Rover Crew.....more of our backpacking gourmets. This recipe is just made for winter activities:

Apple Soup

1/2 c. dried prunes (about 12 med.)
1/2 c. raisins
4 c. water
1 c. sugar
1/2 tsp. cinnamon
3 apples, peeled & sliced
2-3 tsp. cornstarch mixed in 1/4 c. cold water

Bring 4 cups water to boil, add prunes, raisins, sugar and cinnamon. Simmer until fruit is soft, about 45 minutes. Add sliced apples and cook until soft. Remove fruit and add water to make 4 cups.





The Backpacker's Corner

Winter Camping - What's Stopping You?

By Grey Eagle

It's early March in Northern Ontario. A good 3 feet of ice shrouds the lakes and rivers insulated by 5 more feet of enduring snow. Winter has taken its toll on the populace and is the subject of constant conversation everywhere you go. The general consensus: When will it end? The days are getting noticeably longer and the sun feels warmer on the modest amount of exposed skin but no respite emerges. While most are dreaming of warmer weather, the beach, boating, canoeing, camping, and barbecuing, this is the time to explore an often neglected activity. Winter Camping!! Brrr! First let's look at the most obvious pros to such an adventure. You can leave the bug dope at home. It rarely rains on your parade. Bears are catching some z's so they're not a problem. Food doesn't spoil as quickly. Since there is an abundance of building material around in the form of snow, a tent is a non-essential item. Firewood is easier to come by because the lakes and rivers are frozen and overhangs are accessible. Now the cons. Unlike summer camping, a lack of preparedness is more likely to kill you. There are new hazards that you need to contend with such as large quantities of snow dropping from overhead trees. Crossing creeks and fast flowing rivers with thin ice can create deadly situations if you are not prepared for them in advance. But all in all winter can be a beautiful time to enjoy the unhurried pace of camping and, with proper planning, a very memorable experience. So sit back and find out if unpacking that camping gear early is for you.

Snow Shoes or Skis?

The first thing to ask yourself is how do I want to transport myself and my gear over the frozen back-country. Snowshoes or skis? Snowshoes are a good method of travel because you are not limited to where you can go. Snowshoes offer good flotation on almost all snow conditions and, with very little experience, are extremely maneuverable. The enlarged footprint offers matchless stability with a heavy pack and most snowshoe harnesses will fit on standard pack boots with no modification thus eliminating the need for a second pair of boots. Although movement is much slower, photo opportunities can be greater and the silence with which one can move increases the chance of wildlife sightings. On the down side, though, traditional wood and rawhide snowshoes can become extremely heavy and loose in wet snow conditions. Boots tend to slide around in the bindings and a large portion of energy is lost through slippage and lifting the added weight. Skis on the other hand are quicker than snowshoes and, with the right waxes, mild temperatures are not a problem. Ski poles also offer added stability and balance. One of the drawbacks of skis is the need for an extra pair of boots. Also some areas accessible on snowshoes are impossible to reach on skis. Falls can be more dangerous due to increased speed and clumsiness of a pack.

Sleeping bags

The sleeping bag should be your most expensive investment since it is where you'll spend almost half your time in the bush so don't skimp. I recommend a good quality mummy shaped sleeping bag with a comfort rating of at least -17C. Although more constricting than the standard rectangular shaped bag there is less air inside the bag that your body must heat up before you're comfortable and less bag means less weight and bulk on your back. Just remember that to get the equivalent warmth of a 5 lb mummy bag you would need a 7-10 lb rectangular bag. There are many excellent synthetic fills available on the market such as Lite Loft, Polar Guard HV, Micro Loft which offer admirable insulation properties, but for the best warmth to weight ratio goose down cannot be beat. A good quality down sleeping bag, well cared for and cleaned will last decades and lose absolutely no loft (thickness of the fill). Synthetic fills can lose up to 25% of their loft in just a few uses and this can be unsettling on those unexpected cold nights. On the negative side, Down must be kept completely dry at all times or it's insulation properties are lost. Synthetics, on the other hand, will be wet but can be wrung out and continue to offer some degree of warmth. Personally a wet sleeping bag will be cold no matter what is inside it. The golden rule: Use utmost care in packing your sleeping bag to keep it dry. Your life may depend on it.

Sleeping Pad

Having a great sleeping bag with the highest comfort rating is all fine and good but totally lost if you're sleeping on the bare snow. Almost 75% of your body heat can be lost under you if you have no insulating layer between you and the ground. Ensolite closed cell foam (blue pad) is a fantastic material but it doesn't add much cushioning. A better choice is a self-inflating open cell mattress such as a Therm-A-Rest pad. It gives you the padding of a good quality air mattress and the insulating factor of a closed cell foam pad.

What to Wear?

Layer clothing instead of carrying heavy jacket. The largest mistake of many of the people I've taken in the woods with me in the winter has been their inability to determine how much clothing to bring with them. Often they carry two or three heavy sweaters, jeans, cotton shirts and underwear, and a heavy jacket that spends most of it's time in the pack. You can build up a great deal of heat cutting wood, digging a snow cave or just hiking through the woods.

When packing for a winter overnight trip layering is the answer to being warm and dry during the whole adventure. For example, as your activity level increases you remove a layer to prevent sweating. When you stop for a break or lunch you put a layer on to prevent chilling. This way you create a thermostat thus keeping your clothing dry and comfortable for the duration of your trip. Ideally during the coldest times you should have everything you've brought with you on and one extra set in your pack. That's efficiency. Keep in mind, as well, that we lose 50% of our heat through our head so cover it with a hat at all times. One final piece of vital gear I always include is a rain suit. Building a snow cave is wet work. It is not very sensible to build a comfortable snow cave to sleep in if all the clothing you brought with you gets wet in the process. After the cave is built the suit makes a great tarp to insulate your sleeping pad from the snow.

Leave the Tent at Home

This usually raises a few eyebrows when I mention it because most people equate tents with warmth and security. In winter nothing could be further from the truth. In a tent the air temperature will be approximately 5 - 10 warmer than the outside air. This is fine and dandy when the outside air is a balmy 5C but not much comfort in -20 weather.

Look around you. Notice all the snow. If you think back on your high school physics class you will remember two key things about water; it boils at 100C and it freezes at 0C. It cannot go above 100 or below 0. Therefore if you were to build a shelter out of frozen water the air inside said shelter should not go much below 0C which is rather soothing with a wind chill factor of -50 pummeling the outside walls. I've built and slept in many shelters of all designs and shapes and, aside from the initial sense of claustrophobia, have slept as snug as a bug in a rug. The biggest problem was keeping the temperature inside the structure from rising above 0 and turning the solid water into liquid water and dripping on me.

Building a snow shelter or "quinzee" is a simple task which can take as little as an hour or as much as 3. One thing that remains the same; it's a wet job and rain gear is a must. Start by tramping down an area 10 feet square with snowshoes or skis. Then with shovels, snowshoes or pots simply pile snow on this area to a height of 6 - 8 feet. Allow this mound to settle for a few hours while you gather firewood, arrange your site, and dig a kitchen area out or whatever you need to do.

Now begin tunnelling into the mound. As you begin to reach the middle of the mound, enlarge the interior. The secret is to make the walls no more than 20 cm thick to reduce the risk of a cave in. This can be easy to determine by jabbing 20 cm twigs into the mound before you begin tunnelling and hollow out the structure until you reach a stick. The wall will appear slightly translucent and the beautiful blue hue of the light filtering through the wall is quite mesmerizing.

Create a sleeping platform on the far side of the shelter at least level with the top of the doorway. This will prevent cold air from pooling on the sleeping area at night and keep the drafts to a minimum. A small candle placed in a hollow in the wall will give off a surprisingly large amount of light and heat during the evening. To prevent the potential for meltdown, try to keep the occupants to 2 people.

Another method of shelter is a simple tarp suspended between trees and stretched lean-to fashion. Use snow to create walls on either side and position a fire just outside the opening. A stack of logs behind the fire will work extremely well as a reflector and keep you toasty warm... as long as the fire is going. Unfortunately that's the problem. It only works as long as the fire is going. So most of your night is spent stoking and nursing heat from the campfire. This is a superb method on those mild, clear nights where the air temperature is not expected to drop much below freezing and star gazing is the order of the night. This is definitely one of my favourite methods because I don't particularly like sleeping in a snow shelter unless absolutely necessary.

Water, Water Everywhere

Drinking water in the form of snow is so abundant that it's difficult to imagine anyone suffering from dehydration but it happens all the time in winter. Many people will simply grab a mitt full of snow and pop it in their mouth and so begin the inevitable decent to both hypothermia and dehydration in one fell swoop.

You see it takes a great deal of heat energy for the body to melt snow in the mouth and so much snow has to be eaten to replenish our lost water that more heat is subsequently lost. Avoid the temptation to eat snow. The cascade effect is difficult to arrest. If you must eat snow to quench your thirst, allow it to melt and warm n your mouth before swallowing.

Swallowing snow will drastically reduce your core temperature and you will begin to shiver uncontrollably. The optimum method is to melt snow over a fire or camp stove. Sounds simple but if not done properly this can lead to damaged equipment, burned pots and elevated frustration levels. To begin with snow is light and fluffy and much dryer than one would expect. As a matter of fact it takes 10 oz of snow to make 1 oz of water. But snow is also highly absorbent and when heated soaks up water like a sponge. This will often cause the pot you're using to melt it to scorch. To prevent this start with about 10 oz of water in the bottom of the pot. Heat and slowly add handfuls of snow.

Fight the temptation to fill the pot with snow for it will merely absorb all the water in the pot and you will be left with a burning pot of sizzling, spattering snow. I will often keep a pot of water simmering on the fire during my entire stay and simply throw in a handful or two of snow as water is removed for cooking or coffee.

Another hint: fill your water bottles with the warm water before bed and slip them in the foot of your sleeping bag and your feet will be comfortable all night and of course you eliminate the chance of your drinking water resorting back to it's solid state. (Just make sure the cap is securely screwed on before doing this.

What about the fire, you ask. How do you build a fire on snow? Well, there are many ways to prevent the inevitable sinking into oblivion from happening. First off, lay 4 or five green logs parallel to each other on the well-packed snow. I usually carry an old cookie sheet with me and place this over the logs. Now build a small fire on top of the cookie sheet or on the green logs. No matter how green the logs are eventually they will dry and catch fire and your fire will consequently drop out of site and you will have to start the procedure all over again. If you use the cookie sheet you may get an extra few hours out of the green logs. Don't forget to stick a few logs into the snow behind the fire to act as a reflector.

Keeping Feet Warm

Keeping your feet warm cannot be stressed enough. When I venture out into the bush in winter, even for a day hike, I always carry at least one extra pair of wool socks to change into. Even when my feet feel dry (wool tends to wick moisture away quite efficiently) normal perspiration can soften the soles of the feet making them more prone to blisters. Also wet wool socks may feel dry somewhat but they can saturate the felt liners in most pack boots and they can take forever to dry out. So don't skimp on the socks and change them often. Your feet will thank you.

Cotton - Your Worst Enemy

You'll notice I stressed wool socks as opposed to cotton. As a matter of fact leave everything made out of cotton at home. Although they may be cozy in front of a roaring fireplace or refreshing on a hot summer day, the very reason they are that way can cause hypothermia in the winter. Cotton gets wet, stays wet and pulls heat away when it dries. That's why cotton is so refreshing on a hot sticky summer day. The slightest breeze on damp cotton will make you feel so cool. Think of how it would feel with a -20 breeze attacking you. Most synthetics are designed to wick moisture away from the skin thus giving you the perception of dryness. Fabrics like polypropylene, and Thermax as well as polyester are excellent for thermal underwear. A fleece sweater or zippered jacket will provide more warmth ounce for ounce than anything on the market and if wet, merely wringing it out will remove over 85% of the moisture. I mentioned wool socks and mittens because wool tends to be warm even when wet and does not melt or burn as readily as synthetics. Try handling a hot pot of water or stoking a fire with synthetic mittens and you'll be spending a very stressful few seconds shedding liquid polypropylene from your fingers.

Footwear

Pack Boots (the kind with the removable felt liners) are excellent for outdoor camping because extra liners can be carried in the event that one pair becomes damp. Also, sleeping with the liners in your sleeping bag or on your feet at night means that you won't be putting your toasty feet into icy cold boots when you wake up.

Construction Equipment

Don't forget the shovel, and axe. A small Swede saw or bow saw is excellent as well. Many hardware stores sell a folding travel shovel that can be stowed in a trunk for emergencies. While most of them are too flimsy to be of any use on a winter camping trip a few models do hold up to the abuse that you can give them. I prefer to buy a non-folding polyethylene or aluminium type and simply strap it on the outside of my pack. That way when I arrive at my prospective campsite I can commence the task of constructing a kitchen or shelter immediately without having to route through my pack to find that elusive folding shovel. An axe, while not vital can make clearing debris and securing firewood much more pleasant as will a portable bow saw. Often in the winter wood will appear dry because the moisture on it is frozen but when you put it on a reluctant fire, the moisture puts the fire out. By splitting logs you can get to the dry, inner parts of the wood and avoid the frustration of a steaming instead of roaring fire. Again these items can be strapped to the outside of a pack but you must take precaution to cover the axe head with a sheath to prevent injury.

Rope

You can never have enough rope: rigging tarps, hauling wood, repairing snowshoes and harnesses. The list is endless.

Camp-stoves

I always carry a small single burner stove with me on my trips. It nests in a two-pot set which I need to carry anyway. When you first arrive at a campsite hunger is often the first sensation you experience and a stove can make preparing a quick meal a welcome joy. It's amazing how smoothly the duties of preparing a site can go on a full stomach. Making that morning coffee is heaven when you don't even have to get out of your sleeping bag. (If, of course, you strategically placed everything you'll need including the stove within reach before bed) One can rough it only so far.

First Aid Kit

One of the first and most easily accessible items in your pack should be a well-stocked first aid kit. Secondly, everyone should know what to do with it. Always remember that you are alone. There is no phone or vehicle to transport an injured hiker to a hospital should an accident occur. And although caution and safe handling of all equipment should be observed, things can go wrong.

A wilderness first aid kit should be equipped to handle all of the injuries that can occur on your trips, from sprains and fractures to cuts and bruises and burns. You can leave the bee sting kit at home. Back Packs and Safety cannot be done at a department store or through a mail order catalogue. Find a reputable outdoor store with knowledgeable staff that insists on taking the time to "fit" the pack for you. Believe me, taking a few minutes or even an hour walking about the store with a pack loaded with half the products they sell may be necessary to close the deal for you.

Your fastidiousness will not go unrewarded for years to come. With regard to pack safety, all multi-day packs are equipped with a hip belt and a sternum strap. The purpose of the hip belt is to take a majority of the weight of the pack off the shoulders and back and redirect it to the hips and larger muscle groups. When properly adjusted the pack will feel almost empty. (Well not exactly empty but much lighter) The sternum strap is just that, a strap connecting the two shoulder straps together across your sternum preventing them from slipping off your shoulders. These two devices can make carrying a heavy pack quite pleasant (OK tolerable) but can also create a potentially hazardous situation.

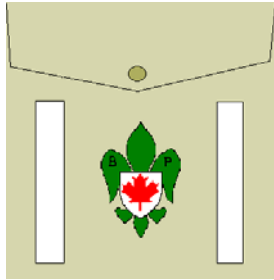
When crossing questionable ice always unbuckle the hip belt and sternum straps for your pack. In the event of a break through you can shed you pack quickly and not be dragged to the bottom. This can be a problem even in shallow water where the weight of the pack and the speed of the current can prevent you from standing up. It is much easier to recover your pack after you get yourself on dry land than for your companions to recover it with your limp, lifeless body strapped to it.

So now you're ready to go winter camping or at least thinking a bit more about it. Don't take this article as all the instruction you need and go trudging off to a lonely lake in the middle of who knows where. This was meant to spark interest and wet your appetite, so to speak.

The reason most people don't try something new is because they don't know how simple it is. When people think winter they often think hibernation, catching up on some reading, eating, putting on weight, vowing to hit the gym more, whipping themselves for not visiting the gym more. Anyway you get the picture.

There's a whole world out there and it isn't stopping just because there's snow on the ground. My advice to you; find someone who has spent the night in the bush in the winter (voluntarily, hopefully) and plan a trip together to gain the experience and enjoy a bug free, crowd free, pristine winter experience. Your Troop may never pack away the camping gear again.





Patrol Leaders Corner

Dressing for the Outdoors

Explorers and Scouts have long recognized that multiple layers of clothing keep them warm in winter and from overheating in summer. Adding or removing garments is a practical way to adapt quickly to different activity levels and temperature changes during your time outside.

Many winter campers wear a system of underwear, a mid-layer of polyester fleece (pants and top), followed by a windproof, water-resistant outer layer (wind pants with full zips down the side for easy on/off and a high-performance wind shell with zippers under the arms for ventilation during active sports).

Underwear

While cotton was once the mainstay of long underwear and cold-weather clothing, it is no longer recommended for strenuous winter activities because it soaks up moisture. Damp clothes are heavier and, if next to your skin, can pose a chilling hazard.

Modern performance underwear, made from polyester or polypropylene, is most effective in moving moisture away from your skin and into outer layers of clothing where it can evaporate.

Underwear should fit snugly, without hampering movement. Make sure the shirt is long enough to tuck firmly into the lower half. Too loose a fit may cause chafing.

In addition to traditional shirts and "long johns," many other garments, including short-sleeve tops, boxer shorts and briefs, are now made with polyester fabrics to wick away chilling perspiration.

Midlayer

If you are performing an active sport such as skiing, or hiking in spring or fall, a polyester fabric, such as fleece, is an ideal second layer over your long underwear. It continues to trap your body warmth while wicking away moisture. Even in warmer seasons, a mid-layer is useful to have handy in your pack for those times you begin to chill (particularly during rest stops.)

Outerwear

Depending on weather conditions, you may want to wear wind-resistant, water-resistant pants and an anorak over your other clothes. How many layers you need depends on your level of exertion, personal preference and weather conditions.

Rainwear

Be prepared for severe weather. Carry a waterproof rain jacket and pants with you, even if the forecast is for sunshine.

Hat

Up to 80% of your body heat can be lost through your neck and head. Carry a hat with you for added warmth or protection from the sun.

For overnight trips, carry a lightweight polypropylene hat. It is lightweight and stores compactly in your pack pocket and doubles nicely as a comfortable sleeping hat in cool weather.

Winter campers often carry a hat system consisting of a lightweight polypropylene liner and a nylon shell to adjust to changing winter temperatures.

Socks

For maximum comfort and blister prevention, many hikers wear two layers of socks, a thin polyester sock liner with a thicker outer sock. On overnight or extended trips, be sure to carry enough socks to be able to change into a fresh set each day.

As a Patrol Leader it is your responsibility to ensure that your Explorers are properly prepared and equipped for a winters hike or even a weekend camp under winter conditions. Remember, bring the right equipment can make the difference between having a really miserable time and having a great time.

Make sure you read up on the dangers of hypothermia before going into the winter bush with your Patrol.





BPSA - BC NEWS

Greetings from Beautiful Traditional British Columbia.

We would like to welcome the new groups to the BPSA Federation from New Brunswick and Ontario. We as an association are very pleased to make you a part of our 'family'.

It has taken a lot of work by my predecessors to get to this place and we are anticipating fantastic growth from coast to coast of our wonderful country.

On Saturday, October 14th we held our AGM in Logan Lake, BC. A small community of about 2600 people. Our executive has decided to hold our 2007 AGM in the Burnaby (a suburb of Vancouver) where the weather will be much more conducive to camping out under canvas. We had planned to hold our meetings at the municipal campground (of which we are very proud) however the district work crews closed down the facilities 4 days prior to our camp. We were forced into using the hall of a local church. We did however manage to get the executive photo shoot done outdoors in the wilderness!

One of our groups will be sending a few youth and leaders to London, UK in July of 2007 and from there they plan on travelling into Germany where our good friend Klaus of WFIS Europe will take them under his wing and show them scouting WFIS Europe style. Our group is keenly looking forward to this adventure.

The 15th Horizontes Group of Burnaby BC continue to astound and amaze with their ability to make traditional scouting happen within the confines of a major city. A feat that is not done easily. I had the pleasure last fall of spending a day cleaning up the environment with them in the Burnaby sky train area and then participating in some orienteering on a large soccer pitch. All of the day's activities were capped off with a most pleasant meal shared with the Mazariieg family. I am looking forward to my next visit with this fantastic bunch of Scouters and scouts.

Up in the northern section of the Cariboo the 14th Dragon Lake Group has been very busy and have formed an Rover Crew. No Virginia, we do not have an upper age limit on our BC BPSA Rover Crews. All one has to do is to be able to breathe and stand up! (That last sentence was a joke folks-but there is no age limit.)

The 14th Dragon Lake group will be hosting our 2nd Annual Provincial Camp next summer and we are looking forward to it already. Yes, groups from the east are more than welcome. Watch these pages for more information!

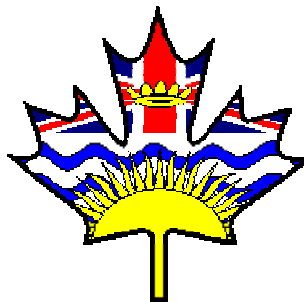
The 1st Annual Summer Camp was hosted by the folks of 1st Logan Lake Group and did a stellar job. A lot of close bonds were made amongst those attending.

Our Provincial Secretary, Ric Raynor also wears another cap or two besides his fire department chief's hat. Ric is currently working on a Rover Project and is busy helping to develop our Wood Beads Part 2 courses in both a 3 weekend and one week long format. The rough drafts I have perused to date look very good and our goal is to work with WIFS-NA and the World Wide WFIS community to help develop standardized traditional training for leaders and later on for trainers in a world wide scope. That way, wherever one travels in the world, Traditional Scouting will be uniform and standardized. This is goal that is very much within our grasp.

Our Provincial Council suffered a great loss when 'our Bill' moved to Kingston, but I suppose that one cannot be but happy in knowing that our loss was Canada's gain. At least I think Kingston is still in Canada isn't it? (Editors Note: Mike, it's in "Upper Canada".)

Well folks, Bill asked me for a blurb from B.C. and you have just read it!

Good Scouting to all
YITS
Michael (Mikey) Maloney
Provincial Commissioner BPSA-BC
Vice President WFIS-NA





Scouters Five

On November 11, especially, but also throughout the year, we have the duty to remember the efforts of some very special Canadians. In remembering, we pay homage to those who respond to their country's needs. On November 11, we pause for two minutes of silent tribute, and we attend commemorative ceremonies in memory of our war dead.

Following the First World War a French woman, Madame E. Guérin, suggested to British Field-Marshal Earl Haig that women and children in devastated areas of France could produce poppies for sale to support wounded Veterans. The first of these poppies were distributed in Canada in November of 1921, and the tradition has continued ever since, both here and in many parts of the world.

Poppies are worn as the symbol of remembrance, a reminder of the blood-red flower that still grows on the former battlefields of France and Belgium. During the terrible bloodshed of the second Battle of Ypres in the spring of 1915, Lieutenant-Colonel John McCrae, a doctor serving with the Royal Canadian Army Medical Corps, wrote of these flowers which lived on among the graves of dead soldiers:

*In Flanders Fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

The flowers and the larks serve as reminders of nature's ability to withstand the destructive elements of war by men, a symbol of hope in a period of human despair. In Canada, traditionally the poppies which we wear were made by disabled Veterans. They are reminders of those who died while fighting for peace: we wear them as reminders of the horrors of conflict and the preciousness of the peace they fought hard to achieve.



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:

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Good Scouting to you all !!

