THE BROWNSEA GAZETTE

The Newsletter of Independent Scouting

Volume 4 – Edition 7 **December 2006**

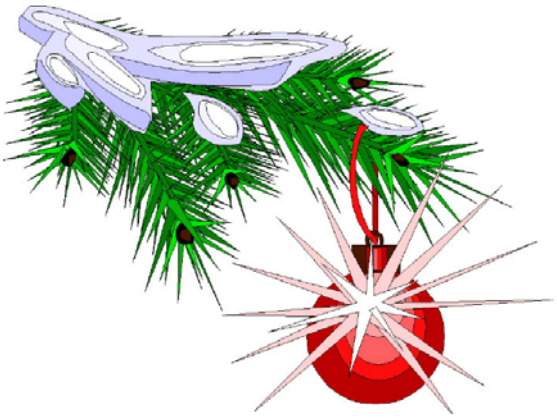
Greeting All,

This year has gone extremely fast, and I'm assuming it's just yet another of those signs that I'm getting old! BPSA has had a great year, and I would like to welcome into the traditional Scouting family our many new members and Groups in Ontario and New Brunswick.

Christmas is and has always been an extraordinary time for sharing and giving. It is also a time for peace, love and goodwill among human kind. It is the season for celebration and for renewal. It is a time for us to forget the things that have divided us during the course of the year and to celebrate the things that binds us together as a community and people. May this holiday season come to represent an oasis of warmth. Let it be a time for hope and renewed promise, of joyful expectation for young and old alike, a time for the giving and receiving of gifts, especially the greatest gifts of love and friendship.

Last year I asked that you keep in your thoughts over Christmas the Canadian Forces and RCMP members who are currently serving overseas, and once again I ask you to do the same. This year our servicemen and women, 2500 of them, are in Afghanistan and the Arabian Gulf Region. I would also ask you to keep in your prayers those families that have lost loved ones during this past year, this will be a most difficult Christmas for them as they continue in their grieving process.

Mary and I wish for you peace and joy, and all the best the season can bring. From our house to yours - Merry Christmas!



The Timber Wolf Pack

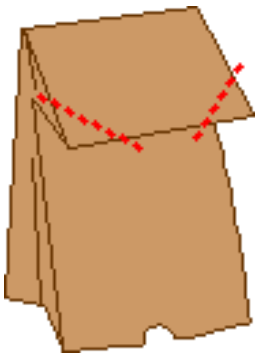
As it's near Christmas I thought that a Christmas Craft would be in order. So, here you have a Paper Bag Reindeer Puppet.

You can make a very simple reindeer puppet using a small paper lunch bag. The antlers are made from handprints traced on construction paper.

Supplies needed:

- Paper bags
- Deep red (or another colour) construction paper
- Glue
- Scissors
- Markers or crayons
- Optional - googly eyes

Trace two hands on construction paper. Cut them out. These will be the reindeer's antlers.



Fold the two square edges of a paper bag under (at the dotted lines), to form the reindeer's head. You now have the shape of the reindeer's head for the puppet.

Glue, tape, or staple the handprints behind the reindeer's head.

Cut out eyes from construction paper (or glue on googly eyes). Using red paper, cut out and glue on a large red nose. Glue them to the reindeer's face. Draw a mouth with a marker or crayons.

This puppet is also a good craft for your Otter Section as well !

The Otter Raft

A Winter Tale for your Otters…….

A Horse That Wore Snowshoes

Mr. Brown had to go to his camp at Pine Tree Valley, which is in the midst of the wilderness in Manitoba.

His men were cutting down the giant trees, and piling them in readiness for the Spring freshet, or floods of the river, when the snows melted. Then they would slide them down the mountain sides to the little villages below.

There was a great deal of snow on the mountains, and Mr. Brown knew it would be hard work climbing to the camp, but Lady Gray was strong, and used to it.

Lady Gray was Mr. Brown's pet horse, and carried him everywhere. She was always happy when her master was in the saddle.

But today the snow was very deep and soon Mr. Brown had to get off, throw away the saddle, and lead her. They had to stop very often, and lean against the trees and rocks for support, while they rested and regained their breath.

In places the snow was so deep and soft, that they sank above their knees. Late in the afternoon they reached the camp nearly exhausted, and it was several days before they were able to return.

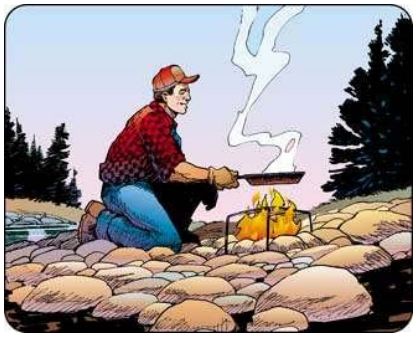
The snow was still deep and Mr. Brown knew he must go back on snowshoes, but he was afraid Lady Gray would have to be left behind.

Finally one of the men suggested making her some snowshoes. They cut four round pieces of board, twelve inches across, and fastened them on with rope. Lady Gray seemed to understand what they were for and tried very hard to walk in them.

She was very awkward at first and could hardly stand up, but by practicing a little every day she was soon able to manage nicely.

So Mr. Brown and Lady Gray both returned on snowshoes, and how every one did laugh when they saw them.

But Lady Gray never could have done it if she had not tried.



Camp Recipe Corner

This months recipe come to us from the dusty archives of the 2nd Frontenac BPSA Rovers……our latest backpacking gourmets…….

Pocket Pizza Pies

Ingredients:

- 2 pieces of white bread,
- pizza sauce,
- pepperoni,
- mozzarella cheese,
- butter or olive oil

How to prepare:

Use a cast iron "pocket pie" maker (you can buy them at camping stores - it's essentially a pie maker on a stick). Grease the inside with butter or olive oil. Put a slice of bread on each side of the pie maker (some will hang over the edge). Put some pepperoni, cheese and sauce in the center of one slice. Carefully close the pie maker and cut off the edges of the bread outside of the pie maker. Put the pie maker in the hot coals of the campfire. Check every minute to see if it's done - the pie will be sealed and the outside will be toasted. Stick a knife in to see if it's hot all the way through. Carefully remove the pocket pie from the pie maker and enjoy!

The Backpacker's Corner

Exploring the wilderness in winter can be a wonderful experience provided you take the necessary precautionary measures. In order to help you prepare for a winter camping experience, we provide the following tips and information. Please note that the information in this article is for educational and teaching purposes only, and is not a substitute for adequate training and experience.

Choosing the right tent

Unless you're planning to sleep under the stars, you need shelter and the most popular shelter for winter camping is the tent. There is a range of tents available on the market today. The key factors in choosing tent are:

- Strength: the tent must be able to withstand both wind and snow. In general it is recommended that you use a tent specifically rated to be a 4-season tent. Four season tents typically have stronger poles to hold snow loads.
- The tent must have a roof line that allows snow to fall off. Otherwise the tent will load up and the weight will cause it to collapse. All four season tents are designed this way.
- You need lots of internal space in your tent to accommodate all the gear you are carrying (leaving your gear outdoors is not recommended).
- You need a tent with a rainfly. Having a breathable inner tent wall with a waterproof fly outside helps reduce condensation in the tent. Typically a tent will be 10-20 degrees warmer than the outside air once your body is inside heating it up.
- Free standing tents (dome type) are recommended because they shed snow fairly well and they provide efficient interior space. Make sure that the manufacturer recommends the tent for winter use. Many dome tents are designed for three-season use only and the stitching and the poles are not designed to take the weight of snow.

Tent Tips

- Always make sure that you bring extra poles with you and pole splints / tape in case a pole breaks.
- A ground sheet (tarp) can help protect your tent floor as the ground underneath usually turns to ice from your weight and body heat and sharp ice can tear the floor.
- Always stake you tent down if you are going to be in windy areas or leaving your tent during excursions.
- Bring a small broom to brush off all the snow on your clothes and boots before getting into the tent at night. This helps reduce condensation and water build up in the tent keeping you and your belongings dry.

Choosing the right sleeping bag

Sleeping bags for winter camping should be rated to temperatures below what you will likely experience if you want to be comfortable. If the nighttime temperature can drop to -15o Fahrenheit, then your bag should be rated to -30o Fahrenheit.

There are a variety of different fills for sleeping bags: down, Primaloft, Microloft, Qualofill, Polarguard, etc. The bag itself should be a mummy style bag with a hood. It should also have a draft tube along the zipper and a draft collar at the neck. In sleeping bags, you want the bag to snugly conform to your body. If the bag is too big, you will have large spaces for convection currents and you will be cold. In a bag that has too much space, you may need to wear clothing layers to help fill up the space. You can opt for the expedition bag which is rated to -30o Fahrenheit or you can use a three season bag rate rated to 0o Fahrenheit and augment it with a vapor barrier liner (adds 5-10 degrees) and/or an overbag (a summer weight bag that fits over your mummy bag - adds 15 - 20 degrees make sure it is big enough to fit over the mummy without compressing it.

Choosing a winter campsite & setting up camp

When choosing a winter campsite, pay particular attention to the following;

- Avoid ridge tops and open areas where wind can blow down tents or create drifts.
- Avoid low lying areas where the coldest air will settle.
- Ensure your tent is set up on level ground.
- Ensure your tent is not set up under dead branches hanging in trees.
- Ensure your site is in an area that does not pose any risk from avalanches.
- Set up your tent facing south as this will ensure longer days and more direct sunlight.
- Set up your tent near a water source (stream or lake) so you won't have to melt snow for your water needs. Do not eat snow as it takes an incredible amount of energy to transfer water from one state to another (solid to liquid). You are burning up too many calories to do this which can quickly lead to hypothermia.

When you first get to the site, leave your snowshoes or skis on and begin to tramp down areas for tent and your kitchen. Set up your tent with the door at 90 degrees to the prevailing winds. Stake the tent out. On a cold night you can build snow walls on the windward side of the tent. Mound the sides of the tent with snow (have someone inside pushing out on the tent to keep it from collapsing. When the snow sets up you will have a hybrid tent-snow shelter that will have better insulation than the tent alone. Dig out a pit in front of your tent for a porch. This makes taking your boots off much easier. Put your foam pad in the tent and un-roll your sleeping bag. If the snow is deep, you may want to dig out a pit for your fire / kitchen. Dig down about 2-3 feet and pile the excavated snow around the perimeter. Pack the snow at the perimeter of the hole with your shovel. This will give you a 4-5 foot deep area, protected from the wind.

Bedtime

Here's a few tips for bedtime.

- Get warm before you get into your sleeping bag by doing mild stretching and exercises.
- Get any clothing/gear you will need out of your pack as well as some water and tomorrow's lunch.
- Strip off your layers of clothing to what will be appropriate in your sleeping bag. The more layers you wear the better insulated and the warmer you will be. However note that too much clothing can compress dead air space in the bag and reduce its effectiveness.
- Remove any wet/damp layers and replace them with dry ones, particularly socks.
- Place damp items in the sleeping bag with you near your trunk. This will help them dry overnight.
- Place your boots in your sleeping bag stuff sack (turned inside out) and place the stuff sack between your legs. This will keep your boots from freezing during the night and the stuff sack keeps your legs from getting wet.
- Put water bottles and food with you in the bag.
- A hat and booties are recommended to help keep you warm. You can also wear a scarf around your neck.

- Try to sleep with your face out of the bag. This reduces moisture build-up inside the bag (which could be catastrophic for a down bag).

Clothing material

Our body basically acts as a furnace, producing heat through chemical reactions and activity. As physical activity increases so does heat production and conversely as activity decreases so does heat production. The key to keeping warm is to add insulation to the body and the best way to achieve this is by having a number of layers of clothing. Each layer provides a certain amount of dead air space. This allows you to add or shed layers to increase or decrease your accumulated dead air space as the temperature changes and/or as your activity level changes. As mentioned, your body is the heat source, the clothing layers only serve to trap the heat and slow down your heat loss to the cold environment. If you have too much clothing on, you will overheat and start to sweat. You need to find the proper heat balance between the number and types of layers and your activity level. If you sweat and get soaked, you will lose heat much more quickly through evaporation of the water. Also you are loosing an incredible amount of water through sweating since the air is so dry. Too much water loss leads to dehydration which significantly increases the risk of hypothermia. So you want to control your layers so as to be warm at the activity level you are in but not sweating profusely.

As a general rule, the efficiency of clothing is proportional to the diameter of the body part it covers. Thus a given thickness of insulation added to your trunk will be more thermally efficient than the same thickness added to your arm or leg. It will also help maintain that body core temperature. This is why vests work well to maintain body heat. There is an optimal thickness of insulation for each body part. Beyond that the added bulk tends to be more of a hindrance in movement than the added insulation is worth.

Some of the different types of materials for winter clothing and insulation are discussed below.

Wool - Wool can absorb a fair amount of moisture without imparting a damp feeling because the water "disappears" into the fiber spaces. Even with water in the fabric wool still retains dead air space and will still insulate you. The disadvantage to wool is that it can absorb so much water (maximum absorption can be as much as 1/3 third the garment weight) making wet wool clothing very heavy. Wool releases moisture slowly, with minimum chilling effect. An advantage to wool is that it is relatively inexpensive (if purchased at surplus stores). However, it can be itchy against the skin and some people are allergic to it.

Pile or Fleece fabrics - is a synthetic material often made of a plastic (polyester, polyolefin, polypropylene, etc.). This material has a similar insulative capacity as wool. Its advantages are that it holds less water (than wool) and dries more quickly. The disadvantage of pile is that it has very poor wind resistance and hence a wind shell on top is almost always required.

Polarguard, Hollofil, Quallofil and others - these are synthetic fibers which are primarily used in sleeping bags and heavy outer garments like parkas. The fibers are fairly efficient at providing dead air space (though not nearly as efficient as down). Their advantages are that they do not absorb water and dry fairly quickly. Polarguard is made in large sheets. Hollofil is a fiber similar to Polarguard but hollow. This increases the dead air space and makes the fiber more thermally efficient. Quallofil took Hollofil one step further by creating four "holes" running through the fiber.

"Superthin" fibers (Primaloft, Microloft, Thinsulate and others) - Under laboratory conditions a given thickness of Thinsulate is almost twice as warm as the same thickness of down, however, the Thinsulate is 40% heavier. Thinsulate is made in sheets and therefore tends to be used primarily for outer layers, parkas and pants. New materials such as Primaloft and Microloft are superthin fibers that are close to the weight of down for an equivalent fiber volume. They are now being used in parkas and sleeping bags as an alternative to down. They stuff down to a small size and have similar warmth to weight ratios as down without the worries about getting wet.

Down - feathers are a very efficient insulator. They provide excellent dead air space for very little weight. The major problem with down in the winter is that down absorbs water. Once the feathers get wet they tend to clump, and lose dead air space. Using down items in the winter takes special care to prevent them from getting wet. For example, a vapor barrier sleeping bag liner in a down bag will help the bag stay dry. Down is useful in sleeping bags since it tends to conform to the shape of the occupant and prevents convection areas. Some people are allergic to down. The effectiveness of a down bag is directly related to the quality of the feathers used. Since down is made of individual feathers, sleeping bags are garments must have baffles sewn in to prevent the down from shifting in the bag which would create cold spots.

What to wear

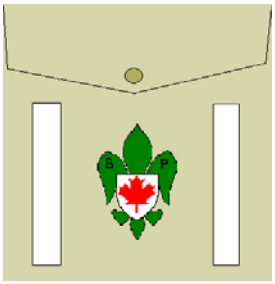
Head - because the head has a very high surface to volume ratio and the head is heavily vascularized, you can lose a great deal of heat (up to 70%) from the head. Therefore, hats are essential in winter camping. A toque is particularly effective and versatile. A facemask may be required if there are high wind conditions due to the susceptibility of the face to frostbite.

Hands - mittens are warmer that gloves because the fingers tend to keep each other warm, rather than being isolated as in gloves. It is useful to have an inner mitten with an outer shell to give you layering capabilities. However, gloves are always essential as well in winter because of the need for dexterity in various operations.

Feet - finding the right footgear depends a great deal on the activity you are involved in as well as temperature and environment. If you are skiing (cross-country), you need a boot that has some ankle support due to the extra weight of a backpack. You may also need a ski "overboot" to give you additional insulation over the ski boots. If you are snowshoeing or hiking, you need insulated boots or mountain bootsm (regular backpacking boots do not provide the necessary dead air space for proper insulation). Insulated boots such as Sorels are rubber or leather and rubber boots that use a layer of wool felt to provide dead air space. Such boots are rated to -20 degrees and even to -40 degrees. They can be easily used with ski bindings, crampons, and snowshoes. Mountain boots have plastic shell and use inner boots made with wool felt or a closed cell foam insulation. They can be very warm and easily used with ski bindings, crampons, and snowshoes. Depending on the inner boot, you may need insulated overboots to add enough insulation to keep your feet warm.

Socks - one of the best systems for keeping your feet warm is using multiple layers. Start with a thin polypropylene liner sock next to the skin to wick moisture away followed by 1 - 2 pairs of wool or wool/nylon blend socks. Make sure the outer socks are big enough that they can fit comfortably over the inner layers. If they are too tight, they will constrict circulation and increase the chances of frostbite. Keeping your feet dry is essential to keeping your feet warm you may need to change your socks during the day

The outer layer - it is essential to have an outer layer that is windproof and at least water resistant. In some cases it may be best to have the garment waterproof. It also needs to be able to be ventilated. There is a big trade off between water-proofness and ability to ventilate. A completely waterproof item will keep the water that is moving through your other layers trapped, adding to weight and causing some heat loss. However, in wet snow conditions, if the garment is not waterproof it can get wet and freeze. Gore-tex and other similar fabrics provide one solution. These fabrics have a thin polymer coating which has pores that are large enough to allow water vapor to pass through but too small to allow water droplets through. However although Gore-tex does breathe, it doesn't breath as well as straight cotton/nylon blends. If you opt for a straight wind garment, 65/35 blends of cotton and nylon work well. The other approach is to have a waterproof garment with sufficient ventilation openings to allow water vapor to escape. This provides the ability to work in wet snow without worrying about getting the garment soaked.



Patrol Leaders Corner

Controlling Group Performance

George is a senior patrol leader. At a camporee, the troop was packing its gear, getting ready to leave. The equipment was spread out on the ground, and each of the five patrols was assembled around its equipment.

The senior patrol leader was barking out instructions: "Trail Chef Kit -- first, the large pot." In turn, each patrol leader would shout to his patrol to come up with the large pot.

Seeing each patrol leader with the large pot in hand, George would bellow out the next order:

"Four aluminum plates in the bottom!" Then each patrol leader would respond, the plates would be found and inserted, and the next command would follow. So it went through the folding of the tents and the storing of all equipment. The task was finally completed, and everything was in its proper place. But long before the job was finished many of the Scouts were horsing around, learning nothing about camp housekeeping or, for that matter, responsibility.

In managing the job this way, George had the task under control but not the troop. He had lost sight of the people while he got the job done. How might he have done it?

At the patrol leaders' council meeting he should have reminded the patrol leaders of the task of putting away equipment properly. When the time came to do it, he should have been casually observing the patrols as they went about it. Where it was being done quickly and well, he would comment on the good job being done and go on. If he found problems, he would offer to help, give the patrol leader a hand, or perhaps note how it might be done better. If he encountered disagreements about how to do it, he would resolve them.

So we see that control is not being a dictator. Rather, it is using good sense and skill to get the job done and keep the group together. Briefly stated, control consists of:

- **Observing** the group.
- **Making instructions** fit the situation.
- **Helping** where necessary.
- **Examining** the completed work.
- **Reacting** to the quality of the work.

Your next patrol or troop activity will give you a chance to try this system. How will you know how successful you were? Ask yourself these questions afterward: Did the job get done on time? How do you feel about it? How do your group members feel? Did you help those who needed it? How did others react? Will the group do better because of this experience? Why?

Successful control gets the job done at the right time, at the right place, and in the right way. But more, it encourages the group to do better next time.

Scouters Notes

SCOUT DESIDERATA

Go placidly amid the noise and excitement of your meeting,
And remember that this is one sign of good Scouting.

As far as possible without surrender
Be on good terms with all your fellow leaders.

Plan your programs carefully and cheerfully;
And listen to others,
Even the youngest Wolf Cub;
He will give you many moments of Joy.
Avoid loud and aggressive gatherings of Scouters,
Except when you're part of one.

If you compare your pack with others,
Do not become vain or bitter;
For success can only be judged by the smiles on their faces.

Enjoy your achievements as well as your plans.

Keep in mind the Aim of the movement,
However hard to understand at times,
It is a real possession in the changing fortunes of time.

Exercise caution with your pack funds;
For a Cub works hard for his dues.

But let this not blind you to what Scouting is all about..
Baden-Powell wrote it himself; Camping and the Outdoors.

Be yourself.

Especially, have fun.

Neither burn out too soon;
For in the face of all aridity and disenchantment
Those boys and girls are depending on you.

Take kindly the counsel of your Service Team,
They will help you all that they can.

Nurture strength of spirit in case of a failure
But do not blame yourself... you have done your best,
And what you think of as failure may be super fun to your Cubs.

Beyond a wholesome discipline,
Be gentle with yourself.

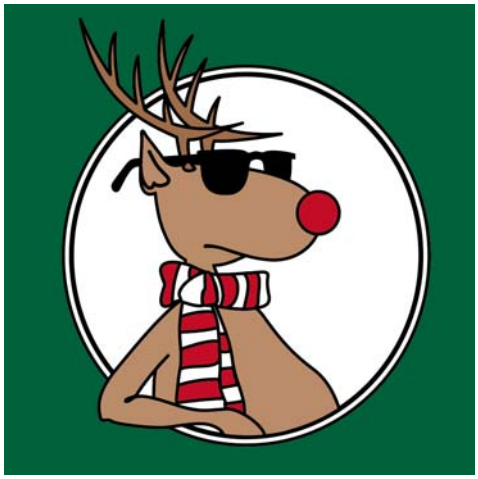
You are the most important person in Scouting;
We need more adults like yourself
To help the youth of this world.

And whether or not it is clear to you,
You are molding the future of this country.

Therefore, be at peace with God,
Whatever you conceive Him to be,
And whatever your labours and aspirations,
In the noisy confusion of your meeting
Keep peace with yourself.

With all its hard work and sometimes frustration,
It is still a wonderful movement.

Be cheerful
Strive for good Scouting ...



The Quartermaster's Stores

UNIFORMS:

Just a reminder to all of our members, especially our newer ones, that the BPSA Quartermaster has available all of your uniform needs – from hats to shirts. You may contact Ron, our QM for further details at: qm@bpsa-bc.org

BADGES:

BPSA Badge supplies are available to all members.

Visit http://www.geocities.com/bpsa_badges/index.htm to find the correct stock number for the badges. Badges are ordered through the Badge Secretary, Bill, at bpsa.badges@gmail.com.

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 !!