



HEADQUARTERS GAZETTE

Volume 2 – Edition 4

December 2003

From the Chief Commissioner:

Mary and I wish for you all the joy and peace that this most wonderful season can bring to your life ... and that your holidays be filled with the most precious gifts of all - the love and laughter of time spent with family and friends.

We ask that you keep in your thoughts this Christmas time the approximately 3500 Canadian Forces members who are currently serving overseas in Afghanistan, Bosnia, Croatia and the Arabian Gulf. Places of great danger at a time of joy and peace.

From our house to yours - Merry Christmas!

Bill

Provincial Council News -

Warrants of Appointment

The following Warrants of Appointment have been issued, and the appointments confirmed:

- 1) Mike Maloney – DC Thompson – Caribou
- 2) Vicky Sanderson – HQ Commissioner for Otters
- 3) Terry Blaker – Provincial Trainer

The following Warrants of Appointment have been cancelled:

- 1) Mike Krochter – Assistant Chief Commissioner
- 2) Colleen Dick – 1st BPSA Logan Lake
- 3) Strider Headworth – 1st BPSA Nanaimo
- 4) JoAnn Powell – 1st BPSA Logan Lake

The following Group Charters have been cancelled:

- 1) 1st BPSA Nanaimo



Upcoming Events

3rd Colwood Rover Crew is planning a 10-day wilderness canoe trip for September, 2004. Bowron Lake is their intended destination, and would like to issue an invitation to all Rovers who would like to participate. We are limited to a party of 10, so it will be first come, first served.

Bowron Lake Park is a large wilderness area situated on the western slopes of the Cariboo Mountain Range. The world-renowned Bowron Lake Canoe Circuit is listed as one of the top 10 canoe trips in the world, and encompasses a 116 km chain of lakes, waterways and connecting portages. This wilderness canoe trip takes from 7 to 10 days to complete, depending on your time frame and skill level. It is recommended that those who attempt the circuit have some wilderness canoeing experience.

Please contact 3rd Colwood Rovers at 3colwood@rovermail.org for more details, dates and costs.



BPSA-BC has been asked to host the WFIS World Conference, 23rd – 27th September 2004. The Provincial Council is currently looking for a site to hold this Conference. This is a great honour for us to be asked to host this event. This is the first time the meeting has been held outside of Europe, and Chief Commissioner's and their staffs from 49 WFIS associations are expected to attend. As we get more information on the Conference we will post it in the newsletter.



Show me a poorly uniformed troop and I'll show you a poorly uniformed leader.
- Baden-Powell - 1927



Camp Recipe Corner

Here's another couple of simple recipes for your next camp. Send us your favourite's for future editions of the newsletter!

Camp Fire Stew

- 2 pounds ground beef
 - 2 large onions, cut in pieces
 - potatoes, cut in chunks, as much as you like!
 - 1 pound baby carrots
 - salt and pepper
- Cut pieces of heavy-duty aluminium foil for several packets.
- Make little balls of ground beef and place on foil.
- Add onions, potatoes, carrots and salt and pepper.
- Wrap up packets very tightly and place on grid over fire.
- They will take about 30 minutes or longer, depending on the fire.

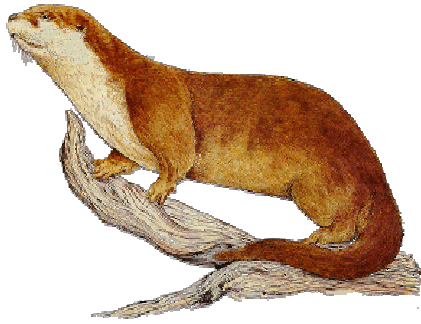
One Burner Pizza

Mix up your favorite bannock, and press into a circular shape, the size of the bottom in your skillet. Bannock should be about .75cm thick, and fairly

stiff in consistency. Place the bannock into the dry skillet and set it on top of one burner (medium low heat) and brown the underside of the bannock. You must keep the bannock from sticking to the pan by shaking the pan from side to side. (Once the bannock starts to brown, it will become easier to do this)

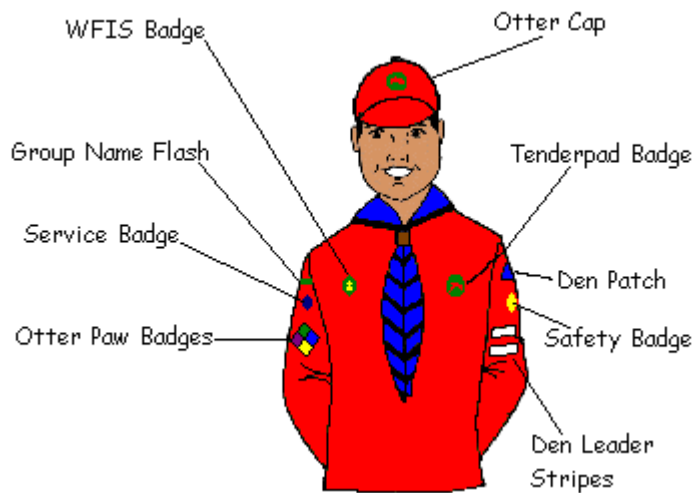
When the underside is cooked sufficiently, flip the bannock over. Add pizza sauce, cheese, and your favorite toppings to the cooked side, lower the heat, and cover the pan. While the bottom cooks, the cheese and toppings will heat up. When the cheese is melted, remove from the heat, and let it cool for a couple of minutes before removing from the pan.





Fun along the River Bank

Well, they say some things are worth the wait ☺ So, here is the “Official” diagram for the placement of Otter badges for BPSA – BC.



At our last AGM we discussed the Otter Tenderpad badge we were using, and decided to change it, as the one we were using was too close to that used by another Scouting Association. Below is our new Otter Tenderpad badge, and a very nice one it is! This badge is also to be used as the Otter cap badge, sewn onto the front of the red ball cap. Here it is.....



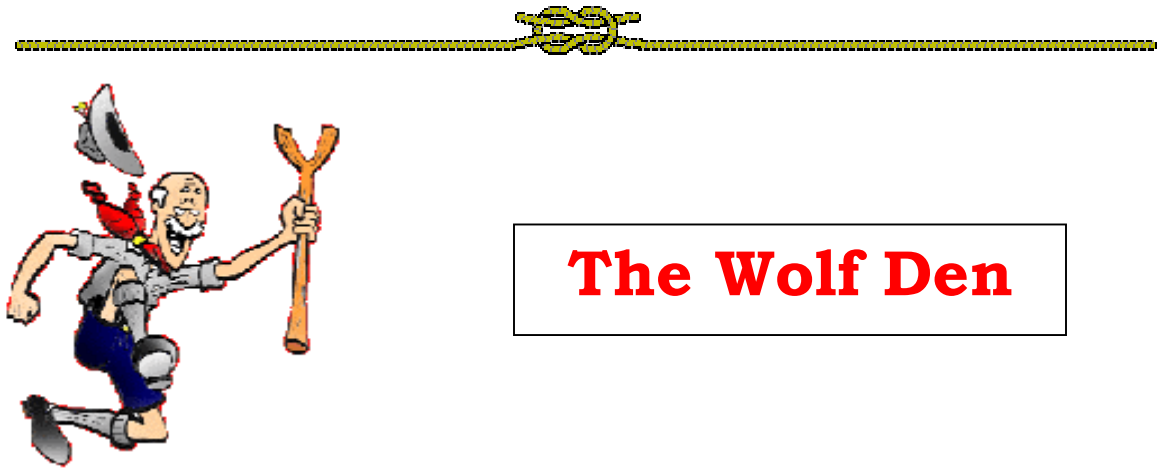
Otter Games:

Pipe cleaner zoo:

Each Otter is given two pipe cleaners and five minutes in which animals, or any living creature, can be made from these.

Oranges under the chin:

Two teams line up with their hands behind their backs. An orange is placed between the chin and shoulder of the first person in each team. At the word 'Go' the oranges are passed without using hands to the next person in the line. If the orange drops, it has to go back to the beginning of the line.



Well, the Otter gang are happy because they got their badge placement diagram so, here's the Timber Wolf badge placement.....



Timber Wolf Games:

Fill the Basket:

Indoors/outdoors.

Equipment: A pail or a large basket; as many balls as possible.

Formation: Scatter.

The leader has the basket and endeavors to keep it empty, throwing the balls as far away as possible. The Cubs do their best to fill the basket. See who wins at the end of five minutes !

Round the Moon:

Active, indoors/outdoors.

Equipment: 1 chair per six.

Formation: relay.

All the Sixes line up at the end of the room. Each Cub places their hands on the waist of the Timber Wolf in front so the Sixes form a 'rocket'.

One chair is placed at the far end of the room opposite each Six, these are the 'moons'. When the leader calls 'Go', the Sixes run the length of the room, round their 'moon' and back into orbit. As they pass base, the 'rockets' drop a section each time and the Timber Wolves sit down there one by one, until finally the 'nose cone' - the Sixer - returns home. The first team to be sitting down is the winner.

Submarine Dive:

Indoors.

Equipment: Piece of chalk.

Formation: Scatter.

Draw a number of small chalk circles - submarines - around the room with one less than the number of Cubs in the Pack.

The Cubs hop, walk or run round the room according to the direction given by the leader. When he calls 'Submarine Dive!', each Cub tries to get into a submarine. The one Cub who is left out stays on a submarine for the next game and so gradually the submarines become occupied. The winner is the one who gains the last vacant submarine.





Backpacker's Corner

This month lets look at some basic First-Aid skills that we need to be very competent in.

SHOCK

Shock is a depression of all of the body processes and may follow any injury regardless of how minor. Factors such as hemorrhage, cold and pain will intensify shock. When experiencing shock the patient will feel weak and may faint. The skin becomes cold and clammy and the pulse, weak and rapid. Shock can be more serious than the injury itself.

Use the following method to prevent and control shock:

- 1.** When treating injuries:
 - i. restore breathing
 - ii. stop bleeding
 - iii. treat breaks and fractures
- 2.** If there are no head or chest injuries place the patient on his/her back with the head and chest lower than the legs. This will help the blood circulate to the brain, heart, lungs and other major organs.
- 3.** If severe head and chest injuries are present elevate the upper body. If chest injuries are present, elevate the injured side to assist in the functioning of the uninjured lung.
- 4.** If the injured person becomes unconscious, place him/her in a face down position to prevent choking on blood, vomit or the tongue.
- 5.** Keep your patient warm and under shelter.

STOPPED BREATHING

If breathing has stopped, begin mouth-to-mouth resuscitation. Place the patient on his/her back and follow these steps:

- 1.** To open the airway lift the patient's neck and tilt the head back.
- 2.** Keeping the neck elevated, pinch the nostrils to prevent air leakage.
- 3.** Place your mouth completely around the victim's mouth and blow, watching for chest expansion.
- 4.** After removing your mouth, listen for air leaving the patient's lungs and watch for the chest to fall. Check for an airway blockage if the chest does not rise.

Repeat these steps approximately 12 to 15 times per minute. If treating a child, cover the nose and mouth with you mouth. Use smaller puffs of air and repeat this method 20 to 25 times per minute.



Patrol Leaders Corner

Winter Camping & Safety 101

Camping at any time of the year requires certain equipment to ensure that you, as an outdoorsman, stay comfortable. In the winter season, certain equipment is essential not only to your comfort, but to your safety as well. This short piece is directed to the kind of weather we can expect almost anywhere in Canada: the unexpected. Our winter weather can only be described as unpredictable. From fierce snowstorms in November to balmy days in January, you simply can't predict with any certainty what the next hour's weather may bring. Read along, ask questions, and if you pay attention, when you are out in the beautiful winter wonderland, you'll be warm (more or less), well fed (more or less), and prepared for anything (you better be!).

DRESSING FOR THE GREAT OUTDOORS:

LAYERS are the answer to "how do I dress for winter weather?" Several thin layers of clothing trap dead air in between them to keep you warmer. Shedding a layer when activity levels are high is easy; replacing it when you slow down will work wonders toward controlling your temperature. Sweating in your clothes is a sure-fire way to get them wet, and once they're wet, you *will* start to chill. Synthetic materials, while more expensive than cotton, keep you drier because they do

not absorb water like natural materials do. Wool, of course, is a natural material, and it *does* absorb water, but it is one of the few natural materials that will keep you warm when it's wet. It will get heavy when soaked, but is still a favorite choice for just about any layer of clothing.

The layer next to your skin should be a material like polypropylene. **Long johns** made of polypro suck moisture away from your skin (you sweat even if you don't notice it), and therefore keep you drier. If you're dry, you're warmer.

Pants should be sturdy. Jeans are not a good choice; a large pair of fleece pants with nylon rain pants on top is ideal. By wearing large pants, you can wear long johns under them without the combination being so tight it cuts off circulation. Stopping the blood flow is guaranteed to cool you off, since blood circulation is what carries heat to all parts of your body. Another choice could be the following combination: Long Johns, sweatpants, again with nylon rain pants on top.

Wear a polypro **T-shirt**, or other warm layer next to your torso. Layer this with a sweatshirt, or a wool sweater (better choice). If it's really cold, wear them both. Again, big and baggy beats form fitting and tight. **Fleece** garments are an excellent upper layer. They are not very wind-resistant, however, so plan on another outer layer if it's windy out.

The outer-most layer is your **jacket**. This garment should almost certainly be made of a synthetic material such as nylon, with PolarGuard™, Hollofil™, Quallofil™, Thinsulate™, or other synthetic insulation inside it. Having a built-in hood is nice. B.C. is generally too wet for down garments. Goose down is wonderful: it's lightweight, compact, and has a very high warmth-to-weight ratio. But get it wet, and it turns into a big blob of soggy feathers, and a big blob of soggy feathers will NOT keep you warm.

ALWAYS BRING A RAIN JACKET WHEN WINTER CAMPING. BEING WET IN THE WINTER MEANS BEING COLD IN THE WINTER, AND COLD KILLS!

A note on breathable materials: Gore-Tex™ and other waterproof, breathable fabrics are fantastic materials, and if taken care of by proper washing, etc., go a long way in keeping you dry in those mid-level temperatures we tend to have during wet winters. You know the day: 10 degrees and drizzling rain...The best waterproof materials have come a long way in the last 15 or so years, and work much as advertised...but they are very pricy. If you can afford this luxury, buy a size or two large to allow for layers of fleece or wool underneath, plus a year or so of growing. They are not completely waterproof, nothing short of tying yourself in a 50-gallon garbage bag (not recommended for obvious reasons!), but even in extreme conditions these laminated synthetics are by far the best way to go.

Proper **footwear** is essential. Running shoes are LOUSY for any winter camping. It is certainly not that expensive to outfit yourself with Mukluks, or hiking boots, and all the other things he could wear on your feet, but at least heed this piece of advice: BRING PLENTY OF DRY **SOCKS**. Do spend a few dollars and

buy several pair of wool socks with some kind of synthetic liners (Thermax™, polypro, and others), or a combination of wool/synthetic socks. Cold, wet feet will make you miserable and keep you miserable. Even if you don't own any boots of any kind, you should have *plenty* of socks to change into if your feet do get wet. Bring along a spare pair of shoes of some kind in case they really get soaked (we're not planning any swimming activities, but you know how Explorers can be around water...). If you own boots, make sure you have applied whatever the recommended treatment is, beewax or synthetic potions for rough-out leather boots, and brushing suede portions of uppers to keep the leather clean is cheap insurance to help ensure dry feet. Again for a premium price, you can purchase boots with Gore-Tex™ laminated into the uppers - you almost NEVER get wet feet unless you submerge them.

Bring two pairs of **gloves**. Cold hands are no more fun than cold feet. They need not be expensive (go to a closeout or outlet store, many times they have \$7 specials on ski gloves). Wet, cold hands are much more miserable than cold hands, so again, avoid cotton.

A good **wool hat or Fleece hat** that covers the ears is necessary. You can often find a bin full of wool and acrylic hats for under \$5 in Wal-Mart. Since 80% of the body's heat loss is through the head and neck, keeping the head warm allows blood to provide warmth in other places such as the feet and hands. An old saying is "...if your feet get cold, put on your hat." This really works.

SLEEPING IN THE GREAT OUTDOORS:

Staying warm while asleep is not really all that tough. A **sleeping pad** of closed cell foam such as Ensolite™

is necessary to keep you off the ground, and insulate you from it. The earth is a great heat-sucker, and lying right on top of it with no insulation is almost guaranteed to make you wake up cold in the middle of the night. Thermarest™, RidgeRest™, and other companies make these pads. Open cell foam (foam rubber) is not the best choice, particularly in wet weather. It's soft, for sure, and it does a fair job of insulating you from the ground, but it sucks up water like a Bounty paper towel. Get it wet, or discover that your tent leaks in the rain, and you'll be sleeping (actually, trying to sleep) on a cold, cold water bed. Air mattresses tend to get cold and stay that way. The air in them is too much for your body to overcome the heat sucking ability of the ground under it. In other words, you want to be off the ground, with some form of solid insulation between you and it.

The **sleeping bag** you choose is also important. Again, it should be synthetic, and insulated with Hollofil™, PolarGuard™, Quallofil™, Thinsulate™, etc. REMEMBER: GOOSE DOWN IS NOT GOOD FOR MOST B.C. WET WEATHER!!! If you already own a bag, and wonder if it will be warm enough, guess what: you can always add **layers** to make it warmer. Bring along an extra fleece blanket or two to wrap up in if the temperatures really plummet. Usually, that's all you'll need.

Don't wear the clothes you've had on all day to bed. They are damp with sweat, and therefore at least a little bit moist whether you feel it or not. Change into clean, dry underwear, and wear loose fitting sweat pants and a sweatshirt to bed, or clean, dry long johns. Don't bundle up too much. If you start to sweat while you sleep, you're likely to wake up cold and stay that way until you get dry. Keep a hat handy to pull on your head if it feels cold. It is *not* a good idea to keep your head inside the sleeping bag while you

sleep. The moisture in your breath will wet a spot on your sleeping bag, and guess what, you'll have a nice wet cold spot to keep you company. Wear a pair of clean, dry socks to keep your feet warm.

Eat a **snack** before you go to bed. Hot chocolate and a sugar-filled snack will get you quick warmth to get the inside of a cold sleeping bag warm fast. Eating cheese or summer sausage (beef sticks) will provide all-night warmth since it takes fat longer to burn up inside you.

EATING IN THE GREAT OUTDOORS:

Wow, if nothing else, winter camping lets you eat all those **fatty foods and sugar treats** you don't get to eat all week long. Since your body burns food to generate warmth, you'll want plenty of it in your system to keep the fires going. But not just any food is really good for stoking up Mother Nature's furnace.

Lots of sugar, found in foods like hot chocolate, candy, and marshmallows, provides quick energy, and an initial burst of warmth. Unfortunately, however, it burns quickly and leaves little behind. It is a good addition to a well rounded diet, but you can't rely on sugar to keep you warm and energetic for any length of time.

Hot oatmeal in the morning is a good breakfast. Add fruit and lots of butter. Eat one more package than you usually do. Several hundred calories consumed this way will get your day off to a good start. Pancakes work well for morning fare, as do foods like sausage biscuits, or eggs, bacon and toast. Again: High fat, high calorie, slow burning foods that "stick to your ribs" are the key.

Lunches should include something like **hot soup**, and maybe **grilled cheese sandwiches**. Fix plenty, so everyone can have a couple of servings. It's been four busy hours since breakfast, and four or more 'til

dinner. You'll want to be full to start out the afternoon.

Dinners should be HUGE. Eat lots of food! Spaghetti and meatballs, sloppy joes, Polish sausage with onions and green peppers, there are all kinds of choices here.

All during the day, you should drink plenty of fluids. Winter air typically is dry, and your body will need extra water intake. On particularly cold days, three quarts is not too much. If you feel thirsty, you're already a quart low. Watch your urine: if it turns dark yellow, you need more water in your system.

Plan a **late night snack** before you go to bed. Eating before bed will provide fuel to make it through the night warm.

SHELTER IN THE GREAT OUTDOORS:

Remember, if you don't like the weather in the winter, wait five minutes.....it'll change. Winter weather is totally unpredictable. We've had clear skies all the way to a camping area, then a blizzard for the last five miles in. We've had sunny Saturdays in February, then almost get snowed in Sunday morning. Shelter is important, to say the least.

For winter shelter, you'll want more than just a roof over your heads. Besides water, wind is a problem. Wind pulls heat away from your body very quickly, thus the term "wind chill". A small, two-person mountain tent is the best choice for winter camping. However, any tent that is waterproof, and seals well against the wind will do. A small tent means there is less space for two bodies to warm up. A tent in zero degree weather can be almost seven inside. Balmy! Do leave a couple of small openings for ventilation. This prevents the build-up of condensation inside the tent, and the ice storms which result when you sit up and hit the roof of the tent.

DO NOT PLAN ON USING ANY COMBUSTIBLE HEAT SOURCE INSIDE A TENT OR SLEEPING BAG!!! THIS INCLUDES BUTANE AND SOLID FUEL HANDWARMERS. THE CONSEQUENCES OF USING SUCH ITEMS CAN BE DEADLY !!!

WINTER CAMPING CAN BE A FUN, REWARDING ACTIVITY IF YOU ARE PROPERLY PREPARED FOR IT. IF YOU HAVE QUESTIONS ON WINTER CAMPING ASK YOUR LOCAL COMMISSIONER!! PLAN ON HAVING A GREAT TIME IN Your WINTER WONDERLAND!!!



In all of this, it is the spirit that matters. Our Scout law and Promise, when we really put them into practice, take away all occasion for wars and strife among nations.

- Baden-Powell



Troop Corner

Wintertime brings a whole new set of outdoor skills we need to learn to stay safe. Here is a great article on some winter camping skills.

Rules and Instructions for Keeping Warm in the Sack

By Jeff Hills

1. **REMEMBER:** The sleeping bag doesn't heat you, you heat it. So use this rule, "Thickness is warmth", to keep this heat. If you're cold, add some more insulation (blankets, clothes, more newspaper).
2. **DO NOT SLEEP IN BOTTOM OF BAG:** Your breath contains water. If you close your bag with your head inside, then this water sticks to the bag. Wear a hat to keep your head warm.
3. **CHANGE CLOTHES:** **NEVER** sleep in wet clothes. Even perspiration will chill you at night.
4. **EAT A CHOCOLATE BAR:** This increases your metabolism (moves your blood faster) and it helps keep you warm.
5. **GO TO THE BATHROOM BEFORE BED:** This saves you a middle of the night trip in the cold.
6. **DO NOT DRY "WET" CLOTHES IN BAG:** Moisture will travel from wet clothes to sleeping bag.
7. **PUT TOMORROW'S CLOTHES UNDER BAG:** This heats up clothes for tomorrow's cold morning and also provides more insulation.
8. **FLUFF UP YOUR BAG:** Always fluff up bag before using to create the thickness important in keeping warm.
9. **MOST IMPORTANT, KEEP IT DRY:** Keep all your sleeping gear dry and follow these rules, and winter camp should prove to be a rewarding experience.

IMPORTANT STUFF TO KEEP IN MIND

1. Clothing does not make you warm; it is your body processes that keep you warm. Clothing merely provides the insulation to preserve your warmth.
2. Layered thickness is warmth.
3. Keep your torso warm so that it can send heat to the extremities.
4. Avoid sweating by ventilation.
5. Keep rain and wind out of your insulation.
6. Use your head. Keep it covered when you're cold; remove cap as you warm up to avoid sweating.
7. Strain one muscle against another to maintain metabolism.
8. Wool clothing is best but needs wind protection, synthetics are next best. Down is OK as long as it stays dry, but cotton is a poor choice.
9. If your feet are cold, put a hat on.
10. Remember the word "**COLD**" –

Clean - Keep your clothing

Overheating – Avoid it

Loose – That's how to wear clothing

Dry - Keep it that way

RECOMMENDED CLOTHING FOR TWO DAY WINTER CAMP

In addition or in substitution to what you would normally bring to camp, bring:

- 2 shirts (wool, best, Fleece or flannel)
- 2 pairs wool or synthetic pants (Strongly recommend against cotton pants like jeans. They absorb moisture like a sponge).
- Thermal or polypropylene underwear
- Boots (WATERPROOFED)
- 2 pairs of heavy socks (wool recommended)
- 2 pairs lighter socks (polypropylene is best)
- Windproof jacket (as is or part of heavier jacket)
- Toque
- Parka or heavy jacket
- Mittens, (Wool or Fleece - gloves not recommended except as extra pair)
- Extra boots

It is always best to stay dry when camping in the snow, but you can expect to get wet and should be prepared. Boots or other shoes which are not waterproof will normally start getting the feet wet and cold after less than 15 minutes in the snow (depending on temperature, the colder it is, the longer the feet stay dry). Low top shoes will not keep the snow out of the shoes. Gaiters can be made from plastic bags and a strong tape like duck tape. Do not cover the bottom of your shoes with plastic; doing so will cause you to lose almost all of your traction (and you will fall down!).

Unless your parents are planning to buy some of the items on this list anyway, do not run out and start spending lots of money on clothes and equipment. If all your pants are jeans,

for example, bring three or four pairs and change frequently. If you are in doubt or have questions, call one of the troop leaders for advice.

When taking Troop up into the snow I used the above and I made sure to plan the activities, which makes snow camping fun. I am referring to sledding (in one form or another); games like capture the flag (try in a foot or more of snow in a hilly area-use a wash for no-man's land-its great fun). Snow ball fights, etc. These activities lead to one of my favorite quotes about Winter Camping (I am of course referring to the messy Winter Weather I grew up with in Toronto) is: If you are NOT WET, you are not having FUN. So be sure everyone has plenty of extra dry clothing and go have fun in the snow!





Hmmm.....was she naughty or nice?