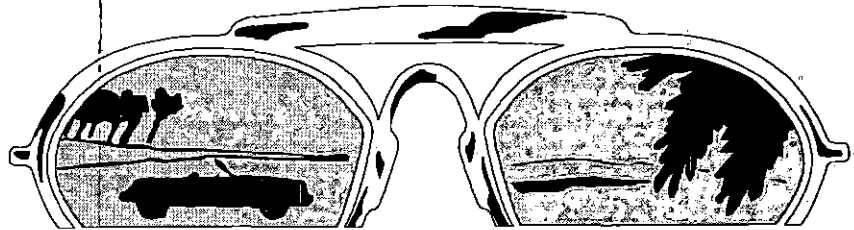
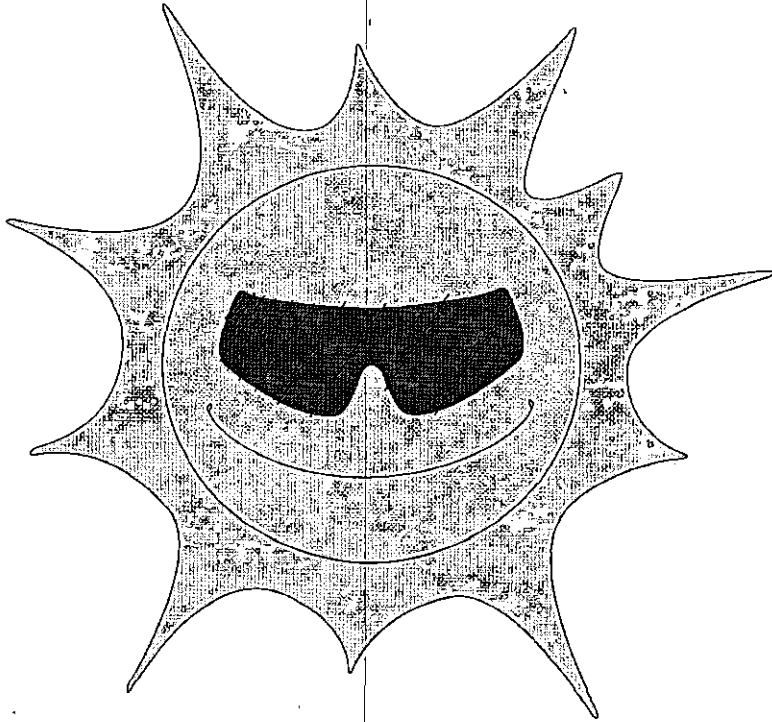


June/July 2000



S U M M E R

DON'T FORGET...the next deadline is July 7, 2000

The Canadian Rover EH!

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and
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Advertising

Submissions to the Editor **MUST** include a copy ready print [a computer file (in MS Word/MS Publisher format - or a format agreed to by the magazine staff) would be really helpful, and can be sent to our e-mail address as an attachment] and a contact person's name and phone number. If payment is not received, the ad will not be printed. All advertising must be received by the 7th of the month prior to printing. Staff reserves the right to change submissions for content and appearance.

Send Submissions to:

The Canadian Rover EH!
 c/o Scouts Canada
 844 Frederick St. Kitchener, Ontario N2B 2B8

Questions ? Problems ? contact:

Kathy - 1 519 742 1029

or at our e-mail address

EMAIL US!

canadian_rover@hotmail.com

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The Canadian Rover Eh! is published on a bi-monthly basis. Its main objective is to keep the Roving community informed. Any questions or concerns may be directed to the editor. This magazine has been made possible through the enthusiasm of the Rovers and Rangers throughout the world!

Advertising Rates

Rates for the Scouting and Guiding movement are as follows:

\$10.00 per single side page (1 issue)

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From the Editor's Desktop



To contact me regular mail:

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Early this year, I scheduled a weekend in March primarily to attend the ORC meeting in Kitchener, but also to get together with some of the key people that help put this magazine to press. About a week prior to that time, I called an old friend in Kitchener and found that not only would she be home that weekend, but that she would be willing to let me take up some of her time.

The end result was that I spent several hours in the pleasant company of Ruth Sitler – the widow of Don Sitler, who was, amongst other things, the driving force behind the original Rover Magazine. Whatever his official title, whether publisher, adviser or editor (or a composite of all three), that magazine would not have functioned without Don's input.

Ruth and I spent the afternoon reminiscing about old times, with lots of laughs, but also some sadness, for we both missed the man who wasn't there. As we sat and talked, I couldn't help but think of the multi-faceted man that Don had been. (I have to add a comment here, stating that in his presence, I had to enunciate his name as Dawn, because with my south-of-the-border accent, he kept claiming that I called him Dan – but that's a story for another day.)

Don's legacy is really the young people who passed through his life: his children; the Rovers in his Crew; the many people that contributed in whatever way to the magazine; the Rangers he dealt with; and all those who just spent time in his company. His official title was Advisor – to his Rover Crew, and to the magazine staff, but he was a true leader – one of those who convinced you that doing things his way was your idea in the first place.

There is only one thing that I can think of which wasn't his idea originally. That of creating a Rover magazine. He let himself get talked into becoming the advisor (with a small a) to the Green Acres Regional Rover Round Table newsletter. The rest is history. It was so successful as a communications tool for Rovers that people from near and far (including myself) subscribed to it for the information. He really believed in Rovers communicating with each other, and did all he could to make that newsletter succeed. And so it did – to become a major link across Ontario, then across Canada, finally reaching as far as Australia and New Zealand.

His Crew, 9th Kitchener, ran the Indian Summer II and III Moots way back in time. I remember two things about them....they were small and full of action, making them fun, but most of all, nobody seemed to sleep during those weekends. The staff had about six people (tops!!!!), who ran from activity to activity wherever participants gathered. Everyone ran out of steam after the Moot was over, but the fun and fellowship was fantastic.

How about the great St. George's Day Dinner/Dance that was held at St. Peter's Lutheran Church in Kitchener year after year..... in a castle setting. The atmosphere might have been created by background "flats" painted and assembled to look like a castle, but it always looked impressive, and every year brought some minor enhancement. What an impressive sight to anyone arriving for the first time.

The highlight of those dinners were the original Roger Awards (another idea from a fertile mind). I have to admit that the originals were a lot more impressive than the ones THIS magazine is presenting, but creating and painting those huge plaster plaques requires more time and talent than our current staff can allocate.

As I look back at all that Don accomplished with and for Rovers, its hard not to admire him just for his ideas. But then, you realize that he not only came up with a lot of "off-the-wall" thoughts, but he convinced others that they were great and made them work! As the editor of THIS magazine, I can't hope to follow in his footsteps, I can only hope to follow the path he blazed. He was truly "A Man For All Seasons".

Keep on Rovering,
Stan Kowalski Jr.

It's a Boy

Welcome Liam James Madill Mitchell, born March 16, 2000 at 9:41 PM weighing in at 8 lbs 11 oz

Congratulations to the proud parents Leanne and James Mitchell of Cambridge, ON

Special Thanks from the Magazine Staff

To Jennifer Levitt for all her help with receiving and printing large files. Jennifer is always there when we need an extra helping hand. Thank you

To all the ORC reps and Youth Reps who supplied us with lists of all the crews in their regions.

To Albert Fuchigami for helping with whatever is asked of him.

To Michael Logan for getting Meet the Crew up and running.

Welcome New Subscribers

Kelli Ellis—1st Oshawa Blue Dragons
John Fraser—Surrey, BC
Jennifer Levitt—Atironta Region
Robert Hall— Burlington District
Jim Fell—5th Flin Flon Rovers, Manitoba
Andrew Bienhaus—Binbrook, Ontario
Ben Harper—2nd Brampton Cavaliers, Ontario

It's a Boy, It's another Boy!

David Kowalski (Skipper of the Queen City Rover Crew) and his wife Janet added twin sons Adam and Matthew to their family on Friday, May 12th. The new arrivals (who showed up earlier than expected) join sister Jennifer and brother Mitchell. Our editor and his wife are proud grandparents.

Send your free announcements to: The Canadian Rover Eh!

844 Fredrick St
Kitchener, Ontario, N2B 2B8

Announcements, Announcements, Announcements.

CONGRATULATIONS!

To Lynn Green member of the 1st Wilmot Greyhawk Rovers, on her engagement to Tim Belfour. The Happy couple plans to tie the knot in the summer of 2001. We wish you the best of luck

Congratulations

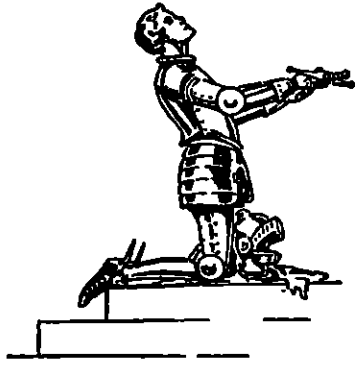
To Michelle (AKA Michelle Currie) and Graham Rae who were married on Saturday May 6th, 2000. All the best from the 1st Wilmot Greyhawk Rovers and the magazine staff.

Congratulations

To Brian Dagg and Elaine Mummery who were married on Friday, May 5th 2000. All the best from the 81st and 21st

or canadian_rover@hotmail.com

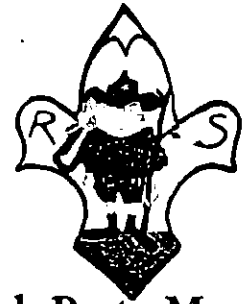
AWARD WINNERS 1999



R.S.Dell Award

The winners of the award for 1999 are
The Thunderbird Rover Crew
Sponsored by the 81st Hamilton Scout
Group and St. Andrew's United Church

Roger Awards



Dedication to Rovers: J. Kirby McCuaig and Sherry Just

Dedication to Rangers: Pam Rodgers

Best Moots: 1st Place — Halloween Moot 3rd Place — Beach Party Moot
2nd Place — Snow Moot 4th Place — Looney Tunes Moot

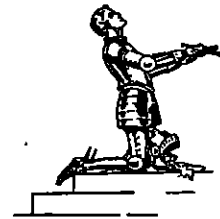
Best Continuing Article: Kirby McCuaig — Out & About

Best Feature Articles: Ali Gothard — Event Planning for Dummies

and

Michael Logan & Allison Daley — Meet the Queen's Rovers

Quester Awards

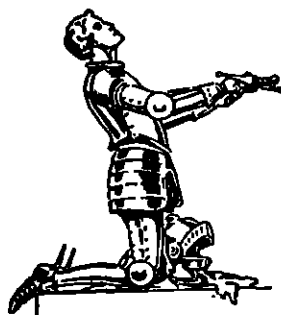


Gold Quester (for successfully starting a new section)

1st Holland Landing Black Knight Rover Crew 1st Mount Albion Dragon Rover Crew
Emily Burns (31st Niagara Los Dracos Rovers) Stirling Dragons Rover Crew
Erica Bowman (31st Niagara Los Dracos Rovers)

Silver Quester (for successfully recruiting a new member)

Devon Koudius (22nd Niagara Rovers) John James (6th Rideau Lakes)
Krista Pembleton (99th Inner Circle Rovers) Amy Paterson (Stirling Dragons)
Mary McTaggart (22nd Springville Lancers) Alison Gothard (Pas Philos Rovers)
Beverly Lewis (1st Mount Albion Dragon Rovers)



R.S.Dell Award

A Brief History

Roland S. "Roly" Dell was a long-time Scouter with the 1st Niagara Scout Group, usually remembered as the Advisor or "Skipper" of their Rover Crew. He was also the man others turned to for advice, for his was a voice of reason.

Back in 1977, Ed Boulay, a Rover Advisor from St. Catharines, and Dave Lee, an area Rover, proposed running a World Rover Moot at one of the local camps. Roly's first response was, "you're crazy". Fortunately, he was a man who looked for solutions, and he let himself be persuaded that it could be done.

Once he got behind the project, the trio promoted the idea and got support all the way up to the National level. Unfortunately, the World Scout Association disagreed and wouldn't give their sanction (at this point there hadn't been a World Moot in 20 years).

Alternate Plan "B" turned into the 9th Canadian National/World Invitational Rover Moot at Camp Wetaskiwin, St. Catharines, Ontario, in 1982. The Moot was a huge success, but Roly never saw this dream become a reality. He passed away suddenly in the fall of 1981.

The Dell family wanted to preserve his memory by honoring Rovers, and presented an idea to the committee of this National Moot to create an award in his name, going to a Rover or Rover Crew displaying the characteristics that Roly used to guide his life – devotion to duty, family, community, Scouting, and Roving.

The idea was accepted, and the award, presented after the Moot, went to the 37th Hamilton Sea Rovers, for their long history of active involvement – topped off by their outstanding work with the Moot itself, in planning and carrying out most of the camp-wide activities.

Although this award was originally planned as a one time event, Roly's family consented to allow the Roving community to continue the award indefinitely. Since then, the award has been presented annually to individuals and groups who have striven to provide such a level of service that, even within a community of service-committed people, their peers cannot help but be inspired. The fact that the award has continued is surely a tribute to Roly and a celebration of the continuation of his legacy.

"Roly Dell, of 1st Niagara, devoted himself to Scouting, Roving, and his community for over thirty years. Roly's sense of commitment, honor, dignity and service has been regarded as a model for innumerable men and women".

For the past few years, the award's three most recent recipients have comprised the selection committee, but beginning with this year, it was decided that the spirit of the award might better be served if every recipient were allowed to contribute a vote every year.

The following is the outstanding nomination for this year's winners:

It is my pleasure to present the 81st Hamilton 'Thunderbird' Rover Scout Crew as candidates for the Roland S. Dell Memorial Award. I believe this Crew and its members exemplify some of the best qualities of the Rover Section and Scouting Movement.

The Rover Crew can trace its roots as far back as 1965 with the St Andrew's Rover Crew. It underwent a variety of sponsor and group changes until the Crew folded in the early 1990's. In September 1996, the Thunderbird Crew was re-

established with 12 new members as a part of the 81st Hamilton Scouting Group. Today, the Crew has an impressive roster of 31 members - 14 Knights, 1 Advisor, 8 Squires, 4 Pages and 3 Honourary members. Since their reinstatement, the Crew has once again become a strong force within the Hamilton-Wentworth Rovering Community.

Like their predecessors, Service is a very important part of the Thunderbird Rovers. Individually, most members are active outside the Crew as Activity Leaders, Pack Akelas, Troop Scouters and Venturer Advisors. Others have gone out and taken leadership roles with the Ontario Rover Community (ORC), and the District, Regional and Provincial Youth Forums. Each Rover is fully committed to the belief of returning something to the Scouting Movement, and providing a strong role model to the younger sections.

As a group, the 81st Rover Crew has participated in many site-improvement projects at their District Scout Camp (Mt. Nemo Scout Camp). The Crew is also very active at District events for the younger sections. They run events at the Hamilton-Wentworth Cub Fun Day, and organize the Victoria Day District Competition Camp. Everyone in the District is very impressed with the service that the Crew performs, and the way its members conduct themselves.

One of the most appealing aspects of this Crew is that not only are they a close-knit group of friends, but they run an exciting program. Their Crew calendar is filled with outings, service projects and fun activities. Many Rovers participate in the Duke of Edinburgh's Award program, which has helped motivate the Crew to undertake several challenging outings. These include a cross-country ski trip in Quebec, a trek on the Gibson-MacDonald Canoe Route, and an 85 km hike down the Bruce Trail. One member has received the Gold Level Award from HRH Prince Phillip, and other members have received the Silver and Bronze Levels.

The Crew tries to experience the full Program spectrum, and not just a slice of it. Some of the Rovers get together every other week for a Discussion and Bible Study as they work towards their Religion in Life Awards. The Rovers also participate in the Annual District Swim Gala, and in activities with the other sections of the 81st Scouting Group. The Crew tries to organize at least one major camping expedition every 6 months, and the Rovers are accomplished campers.

Participation at Rover Moots are another area where the Crew tries to make it out as a contingent. In the last few years they have become involved with other Rovers from the District Rover Round Table to organize Snow Moot, which has been growing each year. Last year the Thunderbirds ran the St. George's Dinner and Dance as a fundraiser and social event.

The 81st Rovers use a modified Knighthood theme. New members undertake a squireship program that helps them better understand the Thunderbirds, Rovering and Scouting. The Rovers are keenly aware of Scouting's history and traditions, and make an effort to follow the spirit of Baden-Powell's teachings.

The Crew has experienced international Scouting as well. They have hosted visiting Rovers from Australia, Great Britain and Finland, and learned about Scouting outside of Canada. Several members are world-travelers and have visited different Scout Groups during their adventures. Three Rovers are planning to attend the 11th World Moot in Mexico.

Most of the Thunderbird Rovers have come up through the Scouting and Guiding, and hold their Chief Scout and Queen's Venturer Awards. Two Rovers have received Scouts Canada Trust Scholarships for their academic excellence, and their active participation and service to Scouting and their communities.

The Rovers are also committed to their personal and professional lives. They have taken first-aid, lifeguard, and leadership training. They volunteer at local community centers and their churches. Rovers are pursuing university and college degrees in Guelph, Waterloo, Hamilton, Kingston and New Brunswick. In several cases, the out-of-town Rovers have become involved with the local Scouting Community where they attend school, and this has assisted with two new Crews forming in those areas.

In the last three years, the Thunderbirds have become one of the strongest Crews in Battlefields Region. Their enthusiasm and dedication to Rovers are a credit to themselves and the Scouting Movement. The Thunderbirds are Rovers who not only do service, but also want and deliver an exciting program. Many Rovers, Advisors and Scouters are impressed with the Thunderbird's strong camaraderie, the way they always deliver on their commitments, and how they have a great time doing it. The Thunderbirds lead by example, and present the best qualities of the Rover program to other Rovers, the younger sections, and the general community.

It is an honour and privilege to submit the 81st Hamilton 'Thunderbird' Rover Scout Crew for consideration as recipients of the Roland S. Dell Award.

Fit as a Fiddle



Personal fitness does *not* mean having a sculpted body and posing for weight lifting magazines. It *does* mean getting your body into a healthy state with a reasonable weight for your height and body structure, a firm muscle tone and being able to do some physical activity without wheezing. This column is *NOT* intended to replace your doctor, nutritionist or a certified trainer. It *IS* intended to give some common sense suggestions concerning exercise, nutrition and keeping fit.

BEAT THE HEAT

Tips to prevent and treat heat-related injuries

by Jeff Oliphant, MS, ATC

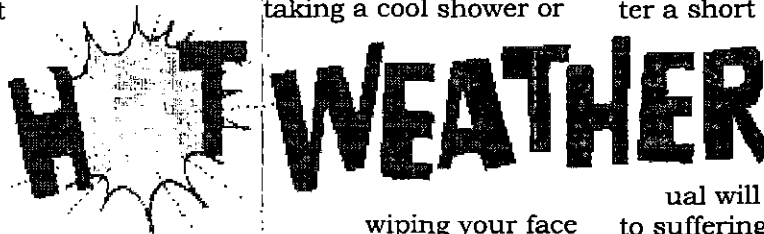
Spring is in the air, and fitness enthusiasts are moving back outside to enjoy the outdoors. The temperatures in your area are probably fairly mild now, but within a month or two the temperatures will rise and so should your concern for exercising safely in the heat. Heat injuries are very easy to prevent, and it is extremely important that, no matter if you live in the hot and humid Southern US or not, you're knowledgeable on how our bodies lose heat and the results if they don't.

Temperature Controls

It is a common fact that when we exercise our bodies produce heat. When we exercise in warm or cool temperatures, our bodies are able to easily regulate this heat production and keep our body temperatures within a normal range. If we exercise in a hot and especially humid environment, we make it much more difficult for our bodies to maintain temperatures at a safe level. The hypothalamus in our brain is our internal thermostat and controls how our body dissipates the heat that is produced from exercise, in addition to what is exerted on our bodies externally from the environment. Our bodies are able to get rid of excessive heat by four methods:

- Radiation: When our bodies are hot and the outside environment is cooler, we are able to emit excess heat into the environment by radiation.
- Conduction: Body heat can be lost when the body comes in contact with something that is

cooler. An example would be taking a cool shower or



wiping your face with a cool, wet towel.

- Convection: If cool air or water moves over the surfaces of the body, heat can be lost by convection. Running and cycling produces airflow over the body that creates a heat loss.
- Evaporation; The primary way our bodies lose excess heat is by evaporation of sweat. As body temperature increases, the sweat glands produce water on the surfaces of our skin. As the water evaporates, heat is carried along with it.

When the environment's temperature is higher than the body core temperature, heat can still be lost by conduction, convection and evaporation. If we add high humidity to the equation, however, heat loss is negligible by any means, and the body will

be susceptible to heat injury after a short period of time if exercise is continued. If body temperature continues to rise and is not controlled, an individual will be very susceptible to suffering from the injuries of heat exhaustion or heat stroke.

Heat Exhaustion

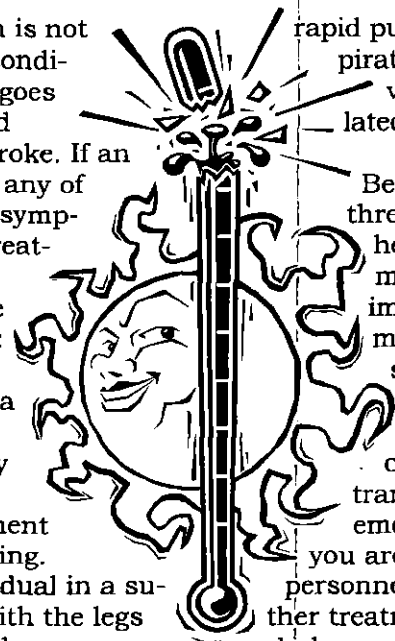
Heat exhaustion can develop when a person does not adequately replace fluids the body loses from sweating. (S)he becomes completely fatigued and exhausted to the point of possible collapse and is definitely unable to continue her activity. Signs and symptoms of heat exhaustion may include: gradual feeling of weakness; nausea and vomiting; skin that is clammy, moist and pale or ashen in color; slight confusion, dizziness, headache; rapid and weak pulse; rapid and shallow respiratory rate; uncoordinated movements; body temperature that is elevated (101°-103°); and possible fainting.

Heat exhaustion is not a life-threatening condition, however, if it goes unchecked, it could progress to heat stroke. If an individual exhibits any of the above signs or symptoms, immediate treatment is warranted and should include the following steps:

- (1) Try to get the individual into a cooler environment as quickly as possible.
- (2) Remove equipment and extra clothing.
- (3) Place the individual in a supine position with the legs slightly elevated.
- (4) Give cool fluids to drink.
- (5) Cool the individual with cold towels or ice packs in areas where there are superficial arteries and veins (groin area, neck and armpits).
- (6) If (s)he does not start feeling better within 10 to 15 minutes, loses consciousness or cannot hold fluids down, contact emergency medical services and have him/her transported to an emergency room immediately.

Heat Stroke

Heat stroke is a life-threatening condition that is caused when the body can't get rid of excess heat. The body's core temperature starts to rise, and if it continues, it will progress to organ failure, brain damage, cardiac arrest and eventually death. The signs and symptoms for heat stroke include: disorientation and loss of coordination; possible loss of consciousness; rapid and strong pulse; skin that is hot and red or darker in color, profuse sweating may occur initially, but in late stages, the skin will be dry, high body temperature (105° or higher); strong and



rapid pulse; shallow respiration; nausea and vomiting; and dilated pupils.

Because of the life-threatening nature of heat stroke, treatment should be immediate. The most important step is to immediately contact emergency medical services for transportation to an emergency room. As you are waiting for EMS personnel to arrive, further treatment should include:

- (1) Moving the individual to a cooler environment or room.
- (2) Removing clothing and trying to cool the body as rapidly as possible, such as sponging cold water on the person in the path of a fan, using cold towels or ice packs over the groin area, neck and armpits.
- (3) Keeping the person in a semi-seated position until EMS personnel arrive.

Prevention

The first major step in preventing heat injuries is identifying when you might be more susceptible to having problems when exercising in the heat. Factors that may cause a person to be at risk include: being overweight; being unaccustomed to exercising in the heat; having a recent illness or immunization; having a medical condition such as diabetes, cardiac disease, hypertension, eating disorders or a spinal cord injury; age (young and old individuals); taking prescription drugs such as diuretics, antihistamines and tranquilizers; being in poor physical condition; and having previous heat

injury problems.

If you have one or more of these factors, you should avoid exercising in the heat. Other preventative factors that should be considered are:

- **Acclimatization:** If an individual is not accustomed to exercising in a hot environment, (s)he should be brought along slowly to build a tolerance. (S)he should start out with shortened workout periods at lower intensities and then gradually increase both length of time exercising and intensity, as tolerated. Acclimatizing someone should take at least one to two weeks.
- **Ingesting proper fluid amounts:** Exercising in a hot environment will dehydrate a person in a very short time. Our thirst mechanism is not always a very good indicator if we need fluids or not and an individual should be replacing fluids when exercising in the heat if (s)he is thirsty or not. When a person knows (s)he is going to be exercising in the heat, (s)he should consume two to three cups of water approximately 15 to 20 minutes before (s)he starts. During exercise, (s)he should be able to drink water whenever needed or at least every 15 to 20 minutes. After exercising, fluid replacement should be unlimited. One way to insure you're replacing your fluids properly is to weigh yourself with no clothes on before and after practice, and for every pound that is lost, you should drink at least two cups of fluid.
- **Water and electrolyte replacement drinks** are the best types of beverages to drink to maintain hydration. Beverages containing caffeine and alcohol should be avoided because they are diuretics and may promote dehydration. Fruit

juices and soda should also be avoided when trying to maintain proper hydration; both can cause gastrointestinal upset when large quantities are consumed, and neither one is rapidly absorbed by the body.

- **Lightweight clothing:** Clothing worn while exercising in the heat should be lightweight, light in color and porous. Wearing rubberized or nonporous clothing and heavy sweat suits should be completely discouraged, as this is definitely asking for trouble.
- **Workout times:** If you live in a hot and humid environment or it is the hottest time of the year, you should adjust your workout times so you will be exercising during the coolest times of the day. Early in the morning is generally the best time of day. If workout schedules cannot be adjusted, than it is best to avoid working out outside; move your workout indoors where it is cooler.

- **Well-balanced diet:** If you are not getting the proper nutrients, this will definitely hinder your performances when exercising in the heat. Eat well and to make sure you are replacing lost electrolytes.
- **Proper amounts of rest:** This is of vital importance and should not be overlooked. A person should be well rested before working out in the heat or (s)he will not last very long. Taking frequent breaks during workouts is also important. This will not only give the individual a chance to get a drink, but also allows him/her to cool down a bit.
- **Heed weather warnings:** Most media outlets will give their audiences high heat warnings and regularly announce the current heat index. Pay attention to this information and adjust workouts accordingly.
- **Education:** Educating yourself on the dangers of exercising in the heat is very important.

It is important to know what is proper and what is improper. If you are overeager and always want to go that extra mile or lose that extra pound you're the ones with that should be concerned.

Be Prepared

Prevention is the best strategy when trying to avoid heat injuries, but it is also vitally important to recognize and treat heat injuries if they do occur. Making the proper choices when working in the heat and arming yourself with knowledge is the best preventative medicine. Prepare to beat the heat, and it won't beat you.

Jeff Oliphant, MS, ATC, is the head athletic trainer and an assistant professor at the University of Wisconsin - Eau Claire. He can be reached at oliphajg@uwec.edu

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Okay, I'm going to take a risk here. Maybe it'll make me unpopular, maybe it'll make me uncool, but I think it's time we faced an ugly truth that's arising in Roving.

I'M A ROVER...

I'm referring to the recent rise in the number of LCBO licensed events in Roving. Don't get me wrong, I'm all for responsible drinking, and hey, we are young adults just having fun being young like the rest of the

population's 20-somethings. My problem is how alcohol appears to be heading to the forefront of Roving.

I have been involved with Venturers and Rovers since I joined Rangers seven years ago. Admittedly, I was hanging out with a younger crowd at first, but I moved into the Rover age bracket four years ago and only in the last two years have I seen such a disturbing trend.

Everyone has heard of those crazy folks who drive or take the train all the way to Quebec just to go to a Moot. Why do they go to these "wet" Moots? Is it because of the fabulous events? Actually, I've heard from a number of past participants that nothing actually happens at these camps. Is it the rockin' dance? Nope, Club Med Moot, the one most publicised, has no dance at all. Might it be the draw of a large event where a Rover can meet and make friends with many other Rovers? No, these Moots tend to be small and held indoors in the winter, so people just stay in and play cards. So why do they go? The answer everyone gives is "because we can drink!"

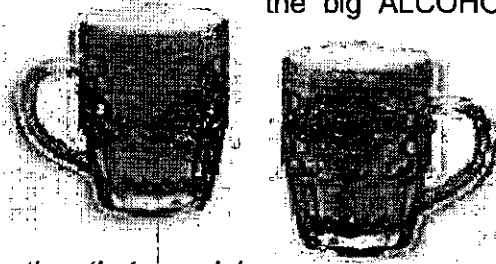
Dances are often advertised not with a theme or a holiday or the name of the host Crew, but with big "ALCOHOL" labels on them. Some people make the excuse that this guarantees an older crowd, but I have seen many young Rovers and senior Venturers show up at these parties in hopes that their older friends will buy them drinks. The fact that party, rather than the social fellowship, rings alarm bells Scouting today.

Has Roving become that we feel we can't have fun? Think about the most fun you've ever had. Was it when you played football in the middle of the woods? Was it meeting that special other? Was it teaming up with a bunch of strangers at the beginning of a game, and making plans to eat dinner with your new friends after the game? Or was it the time you spent on the floor of the bathroom, worshipping the Porcelain God?

Is this progress, holding a party or a camp solely to indulge ourselves in substance abuse? It seems to me that we're digging ourselves a hole. To a large portion of Scouting members, Rovers already have an image of being those lazy, partying, drinking, careless layabouts. For the most part, we are still just in Roving for the good clean fun of it all, but the trend of alcohol parties is frightening because we are not setting a good example for the younger members or to the rest of Scouting.

Rovers used to be seen regularly in the newspapers for their community service. At times, we have been seen within the Scouting movement as hard working, invaluable individuals. We have even won the right to have camps and parties for the pure joy and stress relief that comes with them, rather than solely for program work. Now it seems we are stepping over the line into potential ruin. Baden-Powell himself wrote about "rocks" in the journey of life, one of them being Wine (a reference to the need to avoid substance abuse).

I propose that we try to keep alcohol out of Roving. We have plenty of other opportunities to indulge outside of Scouting life. If we stay sober, our under-age Squires may participate without feeling left out. If you want to have a party for an older crowd, put an age limit on your advertising right from the beginning, and STICK TO IT FIRMLY. It's time for us to remember what it means to be a Rover.



the big ALCOHOL is the reason people attend the aspect or the spirit of Scouting that something is out of whack in

so incredibly boring for us at a Moot when we are sober? you've ever had. Was it when you camp and took out a couple of guy/girl and getting to know each

other? Was it teaming up with a bunch of strangers at the beginning of a game, and making plans to eat dinner with your new friends after the game? Or was it the time you spent on the floor of the bathroom,

...SELDOM SOBER

A Rant by Alison Gothard

"Character and Intelligence, Handicraft and Skill, Health and Strength, Service for others and Citizenship."
(*Roving to Success, Baden-Powell, 1922*)

A Shawl ?

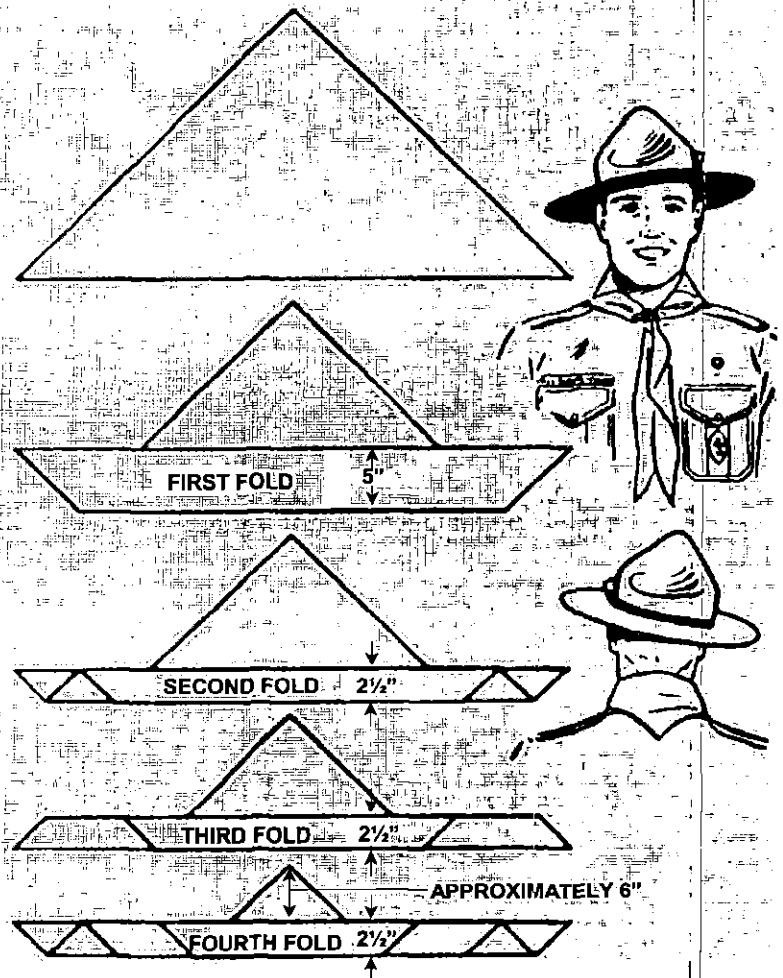
...or a neckerchief ?

These drawings show how the neckerchief should be folded to ensure that it is neat and proper.

Make sure that you allow time for careful inspection.

The neatness of every neckerchief in your unit is the responsibility of each individual, but the way they look reflects upon the whole unit.

As Rovers, set a standard for the younger sections to follow.



A RE"QUEST" for Service

CJ'01 Needs You!!, The YLT (Youth Leadership Team) Committee is requesting volunteers (14 to 26 years old) to act as staff for CJ 2001 in PEI. Specialized teams with 6-10 members will be formed to coordinate and instruct in activities such as hiking, canoeing, life guarding, computer programming, etc at the camp. Each member is expected to have completed their FOCUS Youth Leadership Training before camp begins. For more information contact: the YLT Committee at: E-mail <ylt2001@scouts.ca>, visit <www.scouts.ca> web site, or call Arnold Smith at (613) 829-1358.

The Hug-A-Tree and Survive Programme requires volunteers to present the programme at schools, Cub meetings, community clubs, etc. Please contact your local Scout House or in Southern Ontario contact Stewart C. Small at 848 Southdale Road East, London, Ontario, N6E 1R9 or (519) 685-3686.

2000 BeceI Ride For Heart requires volunteers to man Rest Stations, Distribute Food and Water, and to Marshall the route on Sunday June 4th from 6:30 a.m. to 8:30 a.m. Please contact Harry Bruce at Scout House by calling (416) 490-6364 ext. 228 Help ensure the 13th Annual Toronto ride for The Heart and Stoke Foundation of Ontario is as successful as last year's.

City of Toronto Street Festival requires volunteers for greeters, assist with children's games, and to assist Police with lost children. Volunteers will have one-hour shifts between 11:00 a.m. and 7:00 p.m. on July 8th and 9th. Please contact Harry Bruce at Scout House by calling (416) 490-6364 ext. 228.

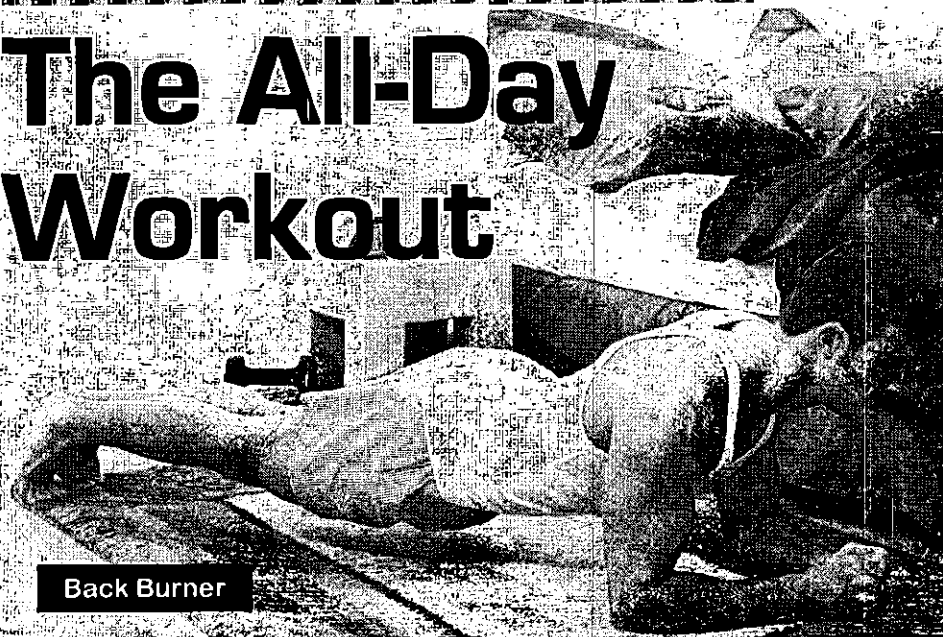
A **RE"QUEST" for Service** is a promotional feature for regional, provincial and national programmes and activities that require volunteers. Please submit your request for service with four months of lead-time to allow for publication by this magazine and for response time by our readers.

Fit as a Fiddle



Personal fitness does *not* mean having a sculpted body and posing for weight lifting magazines. It *does* mean getting your body into a healthy state with a reasonable weight for your height and body structure, a firm muscle tone and being able to do some physical activity without wheezing. This column is *NOT* intended to replace your doctor, nutritionist or a certified trainer. It *IS* intended to give some common sense suggestions concerning exercise, nutrition and keeping fit.

The All-Day Workout



Back Burner

WE ALL HAVE TIME TO EXERCISE. It's the prep work that kills us. Gather your gear, drive to the gym, navigate the reception desk and locker room, warm up, cool down, stretch, shower, dress, and drive home—you invest more time accommodating exercise than actually working out. And we didn't even factor in all the time spent posing in the locker room.

But we've found plenty of exercises you can do without all that wasted time. These moves take only moments—pumping you up or calming you down—and will contribute to your overall strength, flexibility, posture, and muscle.

Best of all, they fit into the pockets of time hidden throughout the day—when you're between tasks at work, walking the dog,

getting ready for bed. On the busiest day of your life, you'll still have time to squeeze all of them in.

6:15 A.M.: Wake up and smell the abs

You wake up in the morning starving and dehydrated. That's the downside. The upside is that your abs are about as visible as they're going to be all day. So take advantage: Do these two abdominal exercises as soon as you wake up—hey, you don't even have to get out of bed for the first one. You'll strengthen the muscles that help you maintain good posture throughout the day, says Jim Liston, C.S.C.S., a strength and conditioning coach based in Los Angeles.

Front burner

Lie on your back in bed and try

to suck your belly button all the way back to your spine. While you're at it, try to tighten up the muscles on the sides of your mid-section, too. Hold for 10 seconds while you take shallow breaths. Try it three times.

Back burner

Get out of bed and lie facedown on the floor (assuming the floor's carpeted; if not, lie on a mat or rug). Prop yourself up so your weight is on your toes, forearms, and hands. Your body should form a straight line from head to heels. Don't let your chest or stomach sag toward the floor. You have to tighten all your muscles to hold this position, with your abs and the muscles between your shoulder blades doing the hardest work. Again, hold 10 seconds while breathing, and do three repetitions.

6:29 a.m.: Dry your back, save your shoulders

The next time you get out of the shower and towel off, add this easy, two-part stretch. It will help combat the tightness that develops in your shoulders when you hunch over a keyboard all day, says Darren Steves, C.S.C.S., a trainer in Halifax, Nova Scotia.

Towel stretch

Grab the ends of the towel with your right hand behind your head and your left hand at the middle of your back. Gently pull down with your left hand until you feel a good stretch in your right shoul-



Horse Stance

der and triceps. Hold for 15 to 30 seconds. Then pull up with your right hand until you feel a stretch in your left shoulder, and hold that for 15 to 30 seconds. Repeat two or three times, slowly going from one stretch to the other. Reverse hand positions and repeat two or three more times.

7:15 A.M.: Walk the dog, bullet-proof your body

Your body has muscles that move it and muscles that stabilize it as it's moving. "Your stabilizing muscles get weakest fastest, and that sets you up for debilitating injuries," says Mike Clark, C.S.C.S., a physical therapist and trainer in Phoenix. So when your dog is on the leash, you should work on your stabilizers.

On the way to his favorite bush, do a set of walking lunges for 20 feet or so. After he does his dirty work, do another set on the way back. You'll work the stabilizing muscles in your calves, inner and outer thighs, and midsection.

7:45 A.M.: Take a stance, protect your knees

Thanks to the ab and shoulder exercises you've already done, you're so invigorated that you're actually running ahead of sched-

ule. You can use those free minutes to develop your leg muscles.

The two stances shown come from the world of martial arts; fighters use them to build strength and stamina in their lower bodies. These two are particularly beneficial to the muscles surrounding your knees, increasing their stability, according to Adrian Crook, conditioning and flexibility consultant for the Detroit Lions.

Norse stance

Hold for up to 60 seconds, then shift to the bow-and-arrow stance.

Bow-and-arrow stance

Hold for up to 60 seconds, return to the horse stance for 60 seconds, then repeat the bow-and-arrow stance in the opposite direction for 60 seconds.

11:57 A.M.: Dip at your desk, build your back

It's 3 minutes before you're due to leave to meet a client for lunch. You'd like to present yourself as a confident, square-shouldered guy, but your back isn't cooperating. The problem is with the lower portion of your trapezius muscle, in the middle of your back. Its job is to depress your shoulder blades, or hold them down. But hunching your shoulders all day leaves your lower trapezius as weak and inflexible as a rubber band that's always stretched but never allowed to return to its original length.

For a quick fix, Liston suggests this depressing development:

Tender trap strengthener

Get out of your chair. Turn your back to your desk, rest your hands on the edge of it, and bend your elbows a bit (shoot for a 120-degree angle, if you want to be really technical). Your heels are on the floor. Now, without bend-

ing your elbows any more, lower your butt toward the floor, and then lift yourself back to the original position.

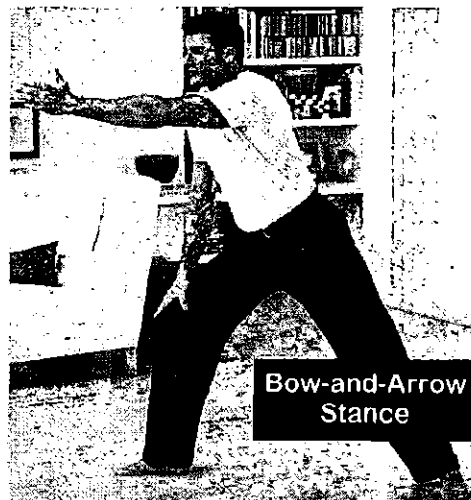
The move feels like a bench dip, except your elbows stay in the same position and your body only moves about 4 or 5 inches. That makes your lower traps do most of the work.

3:45 P.m.: Turn pugnacious, K.O. your assignments

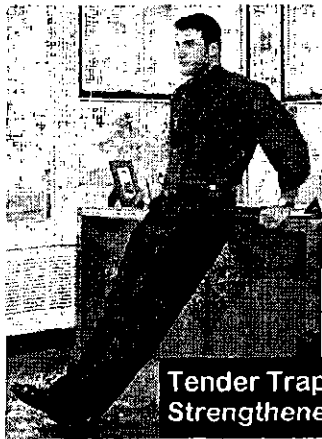
It's late in the afternoon, your brain is foggy, and if the first six cups of coffee aren't helping, why put all your faith in a seventh? So get out of your chair, walk out behind the building, and start kicking some ass.

Figuratively, that is. A quick shadowboxing routine will give you a shot of adrenaline and raise your body temperature a bit, opening blood vessels and allowing more oxygen into your brain. But if you're going to do it, you may as well do it right, suggests Nick Delury, who trains amateur and professional boxers at the Boxing Connection and Fitness Center in Yonkers, New York. You'll avoid injury and scare anyone who discovers you.

► **Put up your dukes:** First, put your fists up, keep your elbows down, and get up on the balls of



Bow-and-Arrow Stance



Tender Trap Strengtheners A

your feet. As you bounce back and forth, shifting your weight and developing a rhythm, breathe in through your nose and out through your mouth.

► *Work the jab:* If you're right-handed, jab with your left. Make sure your knuckles are parallel to the floor at the end of each punch. Go slowly—you can injure an elbow by flinging punches at full velocity with cold muscles.

► *Develop combinations:* Try two jabs with your left, then a straight right hand, then a left hook, then a right uppercut. Or any variation on that theme. "It's like lotto—look how many combinations of those four members you can pick," Delury suggests.

6:45 pm.: Walk the dog (again), unleash your hip flexors

This time, when you cruise the block, make use of a nearby fire

hydrant (preferably not the one he's just liquidated). You can stretch it your hip flexors. These muscles, which are on the front of your pelvis, have been shortened and tightened from a full day of sitting.

Hip-flexor stretch

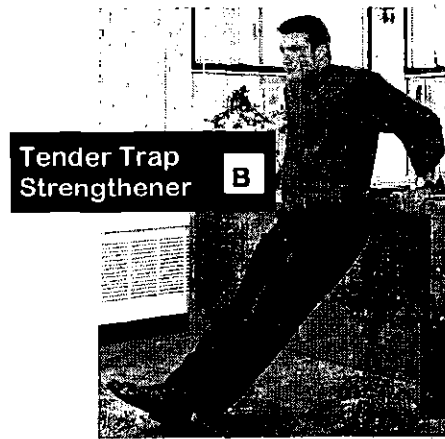
Plant your left foot on the hydrant, then lean toward it, bending your left leg while keeping your right leg straight. Feel the stretch on the front of your right hip. Hold for 30 seconds, then switch legs.

10:45 pm.: Fall asleep with a wave of your hands

At the end of the day, some guys wind down faster than a street vendor's Rolex; others need some time to relax. If you're in the second group, try this easy exercise from the ancient discipline of tai chi, suggests Linda Morrissey, an instructor at Nyack Kung Fu/T'ai Chi Academy in Nyack, New York. You'll get so much relaxation you just might need adult diapers.

Waving hands like clouds

First thing: Make sure the blinds are closed. Okay. Now stand with your feet shoulder width apart, head up and eyes forward. Take a deep breath. Raise your left arm to chest height, palm down, as if embrac-



Tender Trap Strengtheners B

ing your own personal cloud. Support the bottom of the cloud with your right hand, which is palm up.

Now, as you slowly turn to your left, twisting at the waist, lower your left arm to release the cloud, and raise your right arm to chest height. Exhale as you do this.

Then inhale and turn slowly to your right, lowering your right arm and raising your left. Repeat six to nine times. Each repetition should last as long as you need to take a deep breath and exhale.

*Ethan Boldt
Men's Health Magazine
March 2000*

Trivia Time

Who is that "waltzing Matilda" that Australians sing about?

The Answer:

This catchy song originally emerged from Australia in the 1890s. Its appearance on the soundtrack of the successful 1959 film, "On the Beach", about a dwindling number of people Down Under who have survived a nuclear war, made it popular once again. It has the kind of tune that stays in your head, but the lyrics refer to...whom?

In fact, it's not just "whom", but also "what". How does sheep blanket dancing sound to you? "Matilda" is the nickname that was given to the blanket that lonely Australian sheep shearers use to warm themselves at night. Why Matilda? Because that's the generic name soldiers in 17th century Europe gave to the women who danced with them and kept them warm at night—a name that got applied to their blankets, as well. The song, by the way, was inspired by a violent sheep shearer's strike in 1894.



the Gourmet Rover

Why do you suppose I'm offering more information about Dutch Ovens. Well, I have more than one reason. First and foremost is the desire to get you to learn more about one of the best ways to enjoy good meals in camp. Another is of a more selfish nature. Since I'm always looking for recipes to share with Rovers in general, I hope that some of you will decide that Dutch Oven cooking is as great as I said it was and will become my field testers, trying recipes meant for ovens in the home kitchen, working out ways to translate them for cooking in camp with Dutch Ovens, then sending in the modified recipes for future Gourmet Rover columns (I'll even give you the by-line).....Ye Olde Editor

Cooking With A Dutch Oven

*Techniques compiled from various
Boy Scout Sources
by Grampa Fox (AKA Ron Wagner)*



Seasoning a Dutch Oven

The only way to successfully cook in a Dutch oven is to properly season it. When you buy a new Dutch oven it usually has been coated with a waxy material to protect it. Peel the label and wash the pot well with **mild** soapy water. A steel wool pad, or S.O.S. pad is really the way to go here. Rinse thoroughly and dry it quickly. You will be surprised how quickly Dutch will rust if you don't dry it immediately. Grease the Dutch oven with a thin coat of vegetable oil (Crisco works well) or lard using a cotton cloth. Remember to do all surfaces inside and out. **DO NOT USE BUTTER, MARGARINE OR SALAD OIL.**

The entire surface of the oven needs to be coated. Place your Dutch in your home oven at 350 degrees for one hour. Be prepared! This may cause a slightly unpleasant odor and some smoking may occur. Turn off the oven and when the Dutch Oven is still warm, not hot, wipe out the Dutch Oven and ensure a thin layer of oil is on all the Dutch Oven. You will notice that your oven is now golden in color, but continued use of the Dutch Oven will form a patina or real black surface. This is evidence that an individual uses and cares for their Dutch Oven. The blacker the pot, the better. A high gloss lacquer shows that the

Dutch Oven is well seasoned. The flavor of the food is enhanced the more the Dutch oven is used. If your Dutch Oven rusts or discolors or has a metallic taste this is a sign your seasoning has been removed. Repeat the seasoning steps. Reseason your Dutch Oven after storage over the winter. If you haven't used your oven for a while, and it smells rancid, just repeat the seasoning process.

A Favorite Method of Cleaning

More often than not, cleaning cast iron ovens is much easier than scrubbing pots and pans. For cast iron ovens, the clean

process is in two steps. First, food is removed and second, maintenance of the coating. To remove stuck on food, place some warm clean water into the oven and heat until almost boiling. Using a plastic mesh scrubber or coarse sponge and NO SOAP, gently break loose the food and wipe away. After all traces have been removed, rinse with clean warm water. Soap is not recommended because its flavor will get into the pores of the metal and will taint the flavor of your next meal. After cleaning and rinsing, dry. While the oven is hot, apply a thin coating of oil to the inside of the oven and the underside of the lid. Allow the oven to cool completely, DO NOT PUT COVER ON TIGHT. The outside will need little attention other than a good wipe down unless you see signs of rust forming. As a suggestion, it is a good idea to keep a scrubber for cast iron and never use it with soap.

Tips:

It is recommended that you cook foods with high fat and grease content the first few times to expedite seasoning. This would include cooking bacon, sausage, hamburger, or deep frying potatoes, chicken, etc. Soups, stews, etc. (foods with high moisture and acid content) have a tendency to remove seasoning from a cast iron utensil and may want to be avoided at first, or be aware your utensil may have to be re-seasoned after use. If your food gets a metallic taste, or food turns "black" it means one of two things are wrong. Either your pot has not been sufficiently seasoned, or you are leaving the food in the pot after it has been cooked. Cast iron utensils are NOT to be used as storage vessels. Store in a dry place uncovered. This is especially important in humid climates. If you put a lid on a pot for storage, condensation could occur causing rust. Give your pot clean, dry air in a place where the temperature is fairly stable. It may have to be re-seasoned after being stored.

A Few No-No's:

- Never, and I repeat, NEVER allow cast iron to sit in water or allow water to stand in or on it. It will rust despite a good coating.
- Never use soap on cast iron. The soap will get into the pores of the metal and won't come out very easy, but will return to taint your next meal, though. If soap is used accidentally, the oven should be put through the pre-treatment procedure, including removal of the present coating.
- Do not get in a hurry to heat cast iron, you will end up with burnt food or a damaged oven or pan.
- Never put cold liquid into a very hot cast iron pan or oven. They will crack on the spot!

Dutch Oven Cooking Tools:

There are many tools and gadgets to assist in Dutch Oven cooking. Dutch Oven chefs have their own personal favorites, so listen to them, have them demonstrate how to use the various instruments, and you will discover your own personal favorites. The most important of all of them are the lid lifters. We suggest that you obtain these items specifically for cooking with a Dutch oven.

- Charcoal (the good stuff - Kingsford)
- Tongs, long pair
- Spatula, (wood is good, metal is mean)
- A briquette starter
- Shovel, a folding camp shovel is best
- Leather gloves, insulated
- Whisk broom
- Tin or Aluminum pie plates
- Paper towels
- Heavy Duty Aluminum Foil
- Serving utensils
- Hot pot tongs

How Hot Is The Oven?

There are several ways to test the temperature of your Dutch oven. The one main way to test the temperature is to lift the lid. If the food is not cooking enough add some

heat. If it is cooking too fast take off some heat. Here is one way to test the temperature of a heated oven:

1. Place a teaspoonful of flour in a pan inside a hot Dutch oven and place the lid on the oven

2. Leave it for 5 minutes

- If the flour has not turned brown, the oven is less than 300 degrees
- If the flour is light brown, the oven is about 350 degrees
- If the flour is dark brown, the oven is about 450 degrees
- If the flour is dark brown after 3 min. reduce the heat, the oven is too hot to cook with.

There is another good way to test the temperature. It could be called the 2-3 briquette rule. Using this rule, you take the size of the oven and place that amount briquettes on the lid and place that amount under the oven. Then take 2-3 briquettes from the bottom and move them to the top also. This technique will maintain a temperature of 325 to 350 degrees. Refer to the table below for common oven sizes. Temperatures per amount of briquettes are for the Rocky Mountain area. If you live in another area, check these settings with an oven thermometer to make sure they are OK. I mention this because temperature is effected by altitude. There are a couple of other things to remember about temperature control. The first is that you should rotate your oven a third of a turn every ten minutes. And you rotate the lid a third of a turn the other direction. Next if you are baking bread, rolls, or cake remove it from your bottom heat after two thirds of the cooking time. It will finish cooking from the top heat. This will keep it from burning on the bottom.

Oven Size	Briquettes on top	Briquettes on bottom
8"	8-10	6-9
10"	10-12	8-10
12"	12-14	10-12
14"	14-16	12-14
16"	16-18	14-16

Deep Fat Frying Temperatures

1 inch bread square turns brown in:	
65 sec.	345 to 355 degrees F
60 sec.	355 to 365 degrees F
50 sec.	365 to 375 degrees F
40 sec.	375 to 385 degrees F
20 sec.	385 to 395 degrees F

Cooking Tips:

You can also figure that each charcoal briquette is worth about 25 degrees Fahrenheit. 20 coals will give about 500 degrees.

Roasting:

The heat source should come from the top and bottom equally. Coals should be placed under the oven and on the lid at a 1 to 1 ratio.

Baking:

Usually done with more heat from the top than from the bottom. Coals should be placed under the oven and on the lid at a 1 to 3 ratio, having more on the lid.

Frying, Boiling Etc.:

All of the heat should come from the bottom. Coals will be placed under the oven only.

Stewing, Simmering:

Almost all heat will be from the bottom. Place the coals under and on the oven at a 4 to 1 ratio with more underneath than on the lid.

The Lid:

The lid can be placed on the fire or stove upside down and used as a skillet or griddle. Using the lid in this fashion, you can make virtually error free pancakes and eggs that don't run all over. This is because most lids are shaped like a very shallow bowl so things naturally stay in the center,

How Big *IS* That Dutch Oven?

The following is a guide showing which pots are more useful according to serving size and type of food:

- 5" oven = 1 pint serves 1 - 2 any food
- 8" oven = 2 quarts serves 2 - 4 vegetables, desserts
- 10" oven = 4 quarts serves 4 - 7 beans, rolls, cobblers
- 12" oven = 6 quarts serves 12 - 14 main dishes, side dishes, rolls, desserts
- 12" deep = 8 quarts serves 16 - 18 turkeys, hens, hams, standing rib roasts
- 14" oven = 8 quarts serves 16 - 20 main dishes, side dishes, rolls, potatoes, desserts
- 14" deep = 10 quarts serves 22 - 28 turkeys, hens, hams, standing rib roasts
- 16" oven = 12 quarts serves 22 - 28 any food for a large group

Flat bottomed ovens (bean pots) are suited for cooking on a flat surface (wood stove, etc.)

Measures

Camper's Measurements

- One - Finger Pinch (with thumb) = $\frac{1}{8}$ Teaspoon
- One - Finger Gob of shortening = 1 Tablespoon
- Palm of Hand = 1 Tablespoon
- 1 Open Fistful = $\frac{1}{2}$ Cup
- Five - Finger Pinch = 1 Tablespoon
- Four - Finger Pinch = 1 Teaspoon

Equivalents:

- 1 Stick Butter = $\frac{1}{4}$ Lb. or $\frac{1}{2}$ Cup or 8 Tbs.
- 1 Lb. Butter / Shortening = 2 Cups
- 4 Ounces Cheddar Cheese = 1 Cup Grated
- 8 Ounces Sour Cream = 1 Cup
- 1 Lb. Flour = App. 3 $\frac{1}{2}$ Cups
- 1 Cup Marshmallows = 11 Large/ 110 Miniature
- 1 Lb. Brown Sugar = 2 $\frac{1}{4}$ Cups (packed)
- 1 Lb. Granulated Sugar = 2 $\frac{1}{4}$ Cups

How Much is in That Can?

<u>Can Size</u>	<u>Contents</u>	<u>Cup(s)</u>	<u>Serving(s)</u>
	8 Oz.	1	
# 1 =	10 $\frac{1}{2}$ - 12 Oz.	1 $\frac{1}{4}$	1
# 300 =	14 - 16 Oz.	1 $\frac{3}{4}$	2 or 3
# 303 =	16 - 17 Oz.	2	4 or 5
# 2 =	20 Oz.	2 $\frac{1}{2}$	4 or 6
# 2 $\frac{1}{2}$ =	1 lb. 13 Oz. (29 oz.)	3	5 or 6
# 3 Cylinder =	3 lbs. 3 Oz. or 1 Quart 14 Oz.	5 $\frac{3}{4}$	12
# 5 =	48 Oz.	6	12 to 15
# 10 =	6 $\frac{1}{2}$ lbs. to 7 lbs. 5 Oz.	12 to 13	25

Standard Measures:

- 3 Teaspoons = 1 Tablespoon
- 4 Tablespoon = $\frac{1}{4}$ Cup
- 5 $\frac{1}{3}$ Tablespoons = $\frac{1}{3}$ Cup
- 8 Tablespoons = $\frac{1}{2}$ Cup
- 12 Tablespoons = $\frac{3}{4}$ Cup
- 16 Tablespoons = 1 Cup
- 1 Cup = 8 Ounces
- 2 Cups = 1 Pint
- 4 Cups = 1 Quart
- 4 Quarts = 1 Gallon

What if I Don't Have Something?

Then Here Are Some Substitutions:

- 1 Cup Milk = $\frac{1}{2}$ Cup Evaporated milk + $\frac{1}{2}$ Cup Water or 1 Cup Reconstituted Dry Milk + 2 Tbs. Butter
- 1 Cup Buttermilk = 1 Cup Milk + 1 Tbs. Vinegar or $\frac{3}{4}$ Cup, Milk + $\frac{1}{4}$ Cup Butter + 1 $\frac{1}{2}$ Tbs. Corn Starch
- 1 Cup Sour Milk = 1 Cup Sweet Milk + 1 Tbs. Vinegar/Lemon Juice
- 1 Tbs. Cornstarch = 2 Tbs. Flour or 4 Tsp. Quick Cooking Tapioca (for thickening)
- 1 Cup Sugar = $\frac{2}{3}$ to $\frac{3}{4}$ Cups Honey
- 1 Cup Honey = 1 $\frac{1}{2}$ Cup Sugar + $\frac{1}{4}$ Cup Water
- 1 Small Fresh Onion = 1 Tbs. Instant Minced Onion (rehydrated)
- 1 Tsp. Dry Mustard = 1 Tbs. Prepared Mustard
- 1 Clove Garlic = $\frac{1}{8}$ Tsp. Garlic Powder
- 1 Cup Tomato Juice = $\frac{1}{2}$ Cup Tomato Sauce + $\frac{1}{2}$ Cup Water



This first recipe is a useful method to use when you're "breaking in" a new or reseasoned Dutch Oven. Prop up one end of the oven a little, so that you have a deeper "well" without using a lot of oil. After every batch of donuts, CAREFULLY rotate the oven to treat a new area. You'll end up with a seasoned oven, and happy campers.

Lazy Mans Donuts

several tubes of refrigerator biscuits
 cooking oil
 sugar
 cinnamon
 brown sugar
 1 - Dutch Oven any size

Heat about 1 ½ to 2 inches of cooking oil in the oven on hot coals (DO NOT HEAT OVER FLAMES THE OIL WILL BECOME TOO HOT!) Open biscuits. Now the fun starts. You can put your thumb through the center of the biscuit, you can tear them in pieces, roll them into balls, stretch them and twist them. You can do almost anything you want to do to them. CAREFULLY drop them into the hot oil, turn them once when they start to brown on the bottom. (If the oil is too hot, they will cook on the outside and not be done on the inside) Drain on paper towel or brown paper. Roll them in the brown sugar, white sugar, or a mixture of white sugar and cinnamon.

Very seldom is there enough.



Cherry Crisp

2 cans cherry pie filling
 2 sticks butter or margarine, melted
 1 pkg. yellow cake mix
 1 ¼ cups chopped nuts
 1 - 12" Dutch Oven

Pour pie filling into a hot oven. Sprinkle cake mix over the top of the cherries DO NOT STIR. Top with the nuts. Pour the melted butter over the top. Bake about 30 minutes at 350 deg. CHECK FREQUENTLY.

Peach Cobbler (Dump Cobbler)

1 pkg. yellow cake mix
 2 - cans (29-oz. size) of sliced peaches
 Cinnamon
 1/4 lb. of butter
 1 - 12" Dutch Oven



Pour sliced peaches into the bottom of a well-heated 10" or 12" Dutch oven. Sprinkle dry cake mix over the top of the peaches. DO NOT STIR! Smooth cake mix out evenly over the peaches. Cut butter into small pats and drop randomly onto the cake mix. DO NOT STIR! Next sprinkle the cinnamon on top. DO NOT STIR! It will burn. Cover and bake for about 25 min., or until bubbly and the top is lightly brown.

If you use pie fillings you will need to mix the cake mix as you would for a normal cake, because there is not enough liquid in the pie filling to moisten the dry cake mix.

A NEW ANGEL

A heart of gold stopped beating.
Two shining eyes at rest,
God broke our hearts to prove,
He only takes the best.
God knows you had to leave us,
But you did not go alone
For part of us went with you,
The day He took you home.
To some you are forgotten,
To others just part of the past
But to us who loved and lost you,
The memory will always last.

Anonymous



GONE HOME

Gabrielle Rhiannon

Puchala was born on March 16th in London, and died of SIDS on Monday April 3rd. Gabrielle is survived by parents Dee and Mitch and big sister Samantha. Dee and Mitch are advisors with the 26th London Rovers and Venturers, and both very involved in many other aspects of London Scouting. If you would like to send ecards, Mitch's email address is mpuchala@skynet.ca
Site suggestion: www.sidsfamilies.com



WHAT IS SIDS?

Sudden Infant Death Syndrome (SIDS) is the "sudden death of an infant under one year of age which remains unexplained after a thorough case investigation, including performance of a complete autopsy, examination of the death scene, and review of the clinical history" (Willinger, et al., 1991).

What Are the Most Common Characteristics of SIDS?

Most researchers now believe that babies who die of SIDS are born with one or more conditions that make them especially vulnerable to stresses that occur in the normal life of an infant, including both internal and external influences. SIDS occurs in all types of families and is largely indifferent to race or socioeconomic level. SIDS is unexpected, usually occurring in otherwise apparently healthy infants from 1 month to 1 year of age. Most deaths from SIDS occur by the end of the sixth month, with the greatest number taking place between 2 and 4 months of age. A SIDS death occurs quickly and is often associated with sleep, with no signs of suffering, . More deaths are reported in the fall and winter (in both the Northern and Southern Hemispheres) and there is a 60- to 40-percent male-to-female ratio. A death is diagnosed as SIDS only after all other alternatives have been eliminated: SIDS is a diagnosis of exclusion.



Hallowe'en Moot 2000

It's just a traditional Hallowe'en celebration

Presented by the Burford Rovers (Past & Present) and Friends

Problems or questions? Call Stu or Mary Murchie at (519) 449-2289

Or e-mail us at: halloweenmoot@hotmail.com

Try our website at:

<http://members.xoom.com/halloweenmt>

Monte has put a lot of interesting stuff up there for you to look through.



Friday October 13th

12 noon	Registration opens
5:00 pm	Supper
8:00 pm	Gang show
12 midnight	Bonfire
2:00 am	Curfew

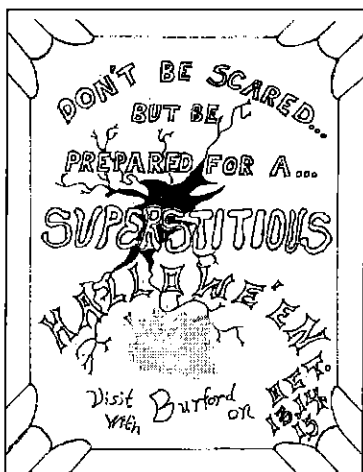
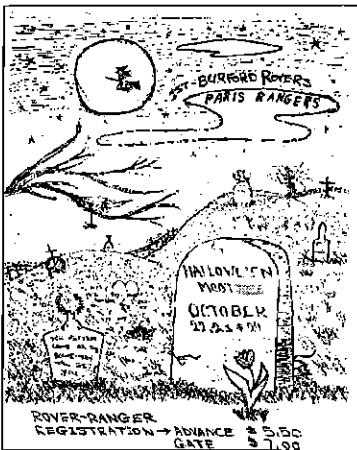
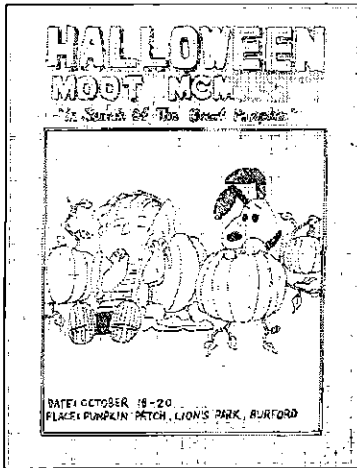
Saturday October 14th

9:00 am	Official camp opening
9:45 am	Social events and Kids' events
12:24 pm	Lunch (provided)
1:30 pm	Crew Events & Car tour
5:00 pm	Supper
7:30 pm	Form in parking lot for Dance
8:00 pm	Children's camp circle - Agricultural hall
8:30 pm	Costume judging
1:00 am	Bonfire at park
2:00 am	Curfew



Sunday October 15th

10:30am	Rover's own
11:30am	Closing



Event Briefs:

BONUS POINTS WILL BE AWARDED FOR PARTICIPATION AT THE GANG SHOW ON FRIDAY NIGHT

Tombstone Design: Any crew wanting to participate may enter the competition. Create and bring your own tombstone. On it have your crew name as the deceased. Be creative. You can also put a short limerick on it as to how your crew met its fate. An award will be given for the best-dressed tombstone. On Sunday after closing all tombstones may be taken away if you want them since this is the last year for the moot.

Car Tour: Waiver forms will be available at registration after opening.

Dance and Children's camp circle: Both will be held in heated halls in town. Directions will be supplied. There will be awards for the best costumes. Dancing will be held in one hall, the Children's camp circle and any card games, etc will be in the other. The judging for the costumes is at 9pm in the agricultural hall.

Jack O'Lantern Carving: Pumpkins will be distributed upon arrival at the moot. One per group, please. Carved pumpkins will be judged and points will go toward the main trophy (this has been a tie-breaker contest in the past, folks).

General Information: A tractor will be provided to haul you gear to the campsites. All groups come self-contained. There are motorized camper sites available, but please pre-register and pre-pay if you would like one. No hydro is available in the backfield. There will be a canteen selling hot and cold beverages and snacks at the pavilion. A Saturday lunch will be provided for all **BUT PLEASE BRING A PLATE AND BOWL TO THE LUNCH LINE.** The main Moot trophy will be awarded to the group with the most points at the end of the weekend. The trophy will be engraved accordingly but will stay in Burford.



PRE-REGISTRATION FORM:

Name of Crew, Company, Post or Family: _____

Mailing address: _____

Postal Code: _____

Name of responsible adult attending camp: _____

Telephone # of contact: _____

email address: _____

Number attending WEEKEND: _____

DAY: _____

REGISTRATION FEES:

Advance \$10.00 - if received on or before September 30, 2000.

Gate registration \$13.00

Children 5 and under are FREE (no crest) Children 6 to 10 years old \$5.00 (no crest)

Day registration \$13.00 until 2pm Saturday..... after 2pm \$6.00 (no crest)

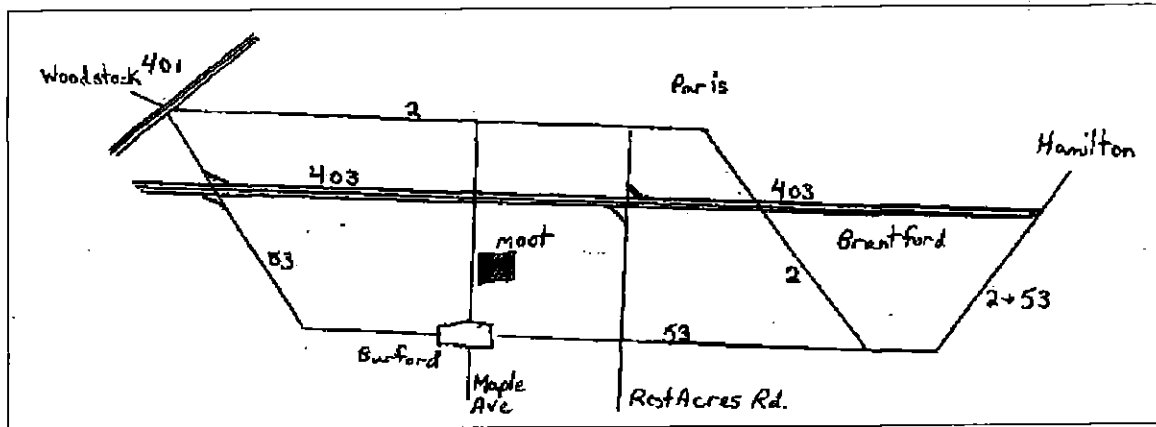
PLEASE ENCLOSE A LIST OF NAMES OF THOSE ATTENDING

VENTURER COMPANY REGISTRATIONS MUST BE ATTACHED TO AND SENT IN WITH THEIR SPONSERING ROVER CREW'S REGISTRATION OR IT WILL NOT BE ACCEPTED

PAST ROVERS, RANGERS & EXPLORERS ARE WELCOME TO REGISTER AND BRING THEIR CHILDREN TO CAMP.

FAMILIES WILL EACH NEED THEIR OWN REGISTRATION FORM

Please make cheque payable to: **HALLOWE'EN MOOT**
 Mail to: Burford Rovers, P.O. Box 337, Burford, Ontario, Canada N0E 1A0

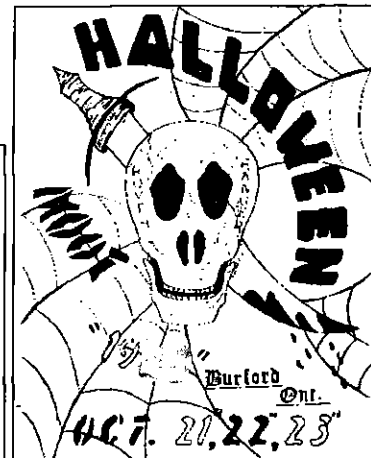


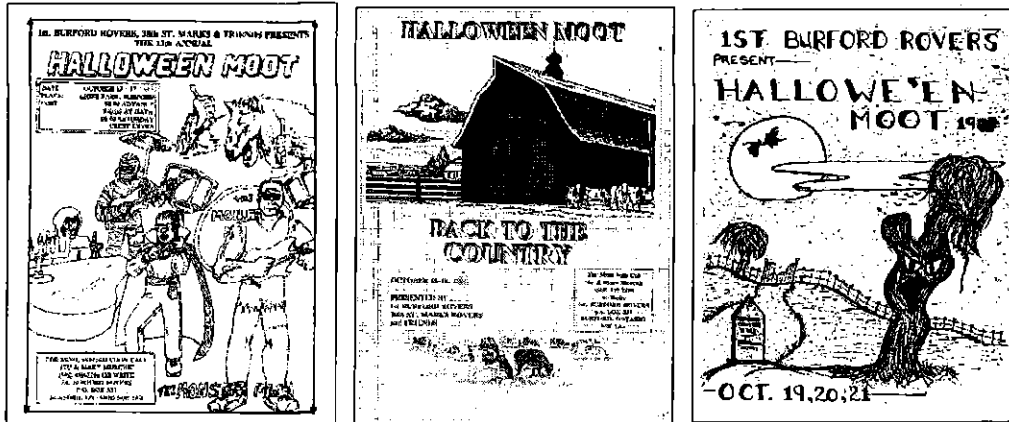
Toronto/Hamilton Region: Use the Rest Acres off-ramp on Highway 403, go south to the stoplight, then turn right onto Highway 53. Go to the 2nd set of lights (Maple Ave) Turn right.

London/Windsor Region: Use Highway 401, to Highway 53 east

If you're lost or in need of assistance you can call Stu's cell phone at (519) 754-7767 between 2pm and 1am on Friday, October 13th only

ATTN: Within this flyer you will see copies of each of the covers from our past moots. Bonus points towards the trophy will be given if you can correctly match each cover up with the year it was used in. Turn your list of guesses into Registration before the dance on Saturday night.





Rules and Regulations

Please read them, they're different this year

1. The moot is open to registered Rover Crews, BP Guilds, Explorer Posts, Ranger Companies and Venturer Companies (with some restrictions). All participants must be in good standing with their units.
2. **VENTURERS MUST BE SPONSORED BY A REGISTERED (and attending) ROVER CREW.** The Rover Crew must have more than one member attending the Moot. A Rover Crew can sponsor one Venturer Company. The Rover Crew is responsible for all the Venturers sponsored by the Rover Crew. Problems from either group could result in the immediate expulsion of both groups from camp without refund. The Rover Crew and Venturer Company must camp beside one another. Both groups are to participate in weekend activities together.
3. Rovers, Rangers, Venturers and Explorer Post members **MUST BE AGE SIXTEEN (16)** or older (ID required). Groups not following the rules will be asked to leave with no refund.
4. **This year's Hallowe'en Moot is also open to PAST Rovers, Rangers and Explorers.** People in these categories are invited to bring their children with them as long as they realise that they must take responsibility for their own families. This means any person under 16 years of age in the camp must be under the direct supervision of their parent.
5. Due to complaints in the past - **PLEASE LEAVE YOUR PETS AT HOME.**
6. Anyone found consuming, in the possession of, or under the influence of alcoholic beverages or drugs while taking part in camp activities risks arrest and the immediate expulsion of their entire group from the campground
7. Cutting of live trees will not be tolerated. Wood will be provided.
8. **NO GROUND FIRES!** Fires must be eighteen (18) inches above the ground
9. The staff of Hallowe'en Moot are not responsible for lost, stolen or damaged articles.
10. Car permits will be issued upon arrival. Permits must be visible. Vehicles parked on the site must stay on the site. Sites are assigned upon arrival.
11. All Rover and Ranger rules will be in effect.
12. Rangers wishing to attend must obtain private sanction.

OUT & ABOUT

CANOE TRIPPING

"There is magic in the feel of the paddle and the movement of the canoe. A magic compounded of distance, adventure, solitude, and peace. The way of the canoe is the way of the wilderness and a freedom almost forgotten."

-Written by Sigurd F. Olson

-Submitted by Meaghan Bluer

Lakehead University Rover Crew

Northern Tier, National High Adventure, BSA

In **Out & About** Number 6 I spoke of it being time to dust off the canoes at my cottage and have the crew go on a canoe trip. No sooner had these words been committed to paper when out came the April edition of Scouting News (for GTR) with its list of Outdoor Skills Workshops including a canoe tripping course. Do those guys at Head Quarters read our magazine? Scary thought!

I have to admit that in the past I have been a day tripper canoeist, after all, where are the paddles? Having completed the course: two evening instruction sessions, one pool session, and a two day canoe trip, I believe the course is for everyone. We had a cross section of Scouting in our group; Scout, Venturer, and Rover Leaders as well as Venturers and Rovers. Every member of your crew will gain from the experience of taking a similar course.

The evening sessions concentrated on theory portion of the course. Knowing the expectations of all the people involved (Youths, Parents, Leaders), knowing the abilities of all members of the trip (swimming, canoeing, and camping skills), and knowing the conditions in which the trip will take place (water levels, difficulty of the portages, availability of campsites, etc.). As one of the session leaders - Ian put it..."do your worrying at home". To borrow from an old phrase (or Motto) Be Prepared.

The pool session began by driving home the point of how tiring it is to swim fully clothed with a lifejacket on. It was also emphasized that we had completed our swim under ideal conditions in a warm pool with no wind or waves. It was important to **know your limits**. The session concluded with a number of safety drills, including: practice with throw lines, re-entering canoes from the water, canoe to canoe rescues.

The 56-kilometre overnight canoe trip from Gibson Lake to McDonald Lake via Georgian Bay was our final exam and a great way to get to know your fellow classmates. Though the Ministry of Natural Resources route map considers the trip of intermediate difficulty, I thought at least two of the six portages we encountered were pretty demanding.

On our Ministry route map was a list of Safety Tips, which really apply to any trip:

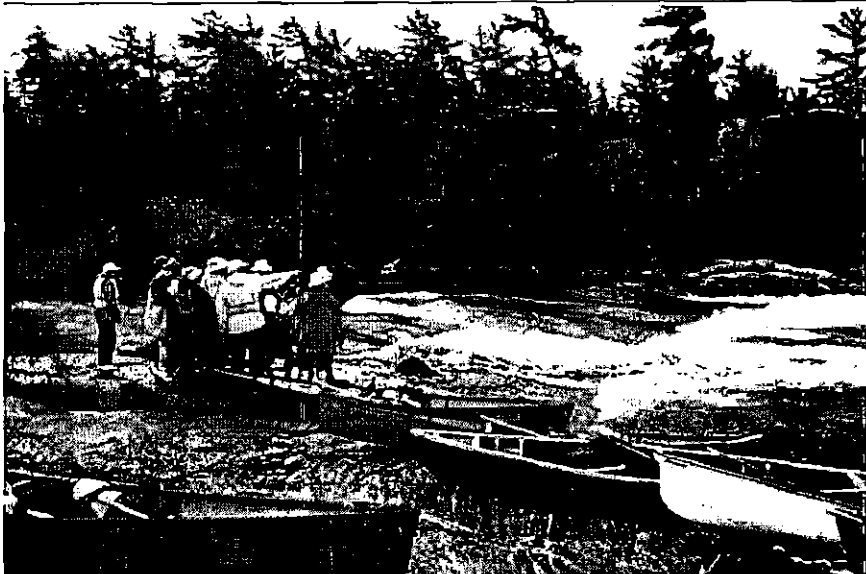
- Always wear a life jacket and carry an extra paddle, complete first aid kit and insect repellent.



- Know basic canoe skills and rescue techniques.
- Use portages. They are there for a reason.
- Make sure someone knows where you are going and when you expect to return.

Our course leaders had a few other tips in organizing a canoe trip:

- Each trip should have one person in charge while on the water. That person occupies the lead canoe so that he or she can stop the group if at anytime the group gets too strung out or if the group is about to encounter a potential portage.
- Each trip should also have an experienced pair of canoeists in the rear with the responsibility of being the sweep canoe.
- The group as a whole should go over a portage, so that no one gets left behind.
- Make sure you have planned your meals so that everyone eats well. Being tired and hungry will ruin any trip.
- Carry a water purifying system. Water is heavy to carry and you don't really know how much will be enough. (I would suggest juice crystals be added to the water to improve the taste depending on the system you use.)



An Informal Survey:

I'd like to thank those of you who took the time to answer the following questions of my little survey either at the Magazine's e-mail address: canadian_rover@hotmail.com or at Looney Tunes Moot. Its not scientific, its just your answers. Feel free to take these individuals up on their recommendations or send in you own. Either way, get "Out & About"!

What would you recommend as the best canoe trip in your area?

- | | |
|--|--|
| • Kilarney Park, Ontario | -Kristen, Chimo Rangers |
| • The Grand River, Ontario | -Mel Lackner, 1 st Elmira Rovers |
| • White Otter Wilderness Canoe Area of Atikokan, Ontario | -Meaghan Bluer, Lakehead University Rover Crew |
| • Pickerel River to Key River via Georgian Bay, Ontario | -Stu Eley, 13 th Brampton Venturers |
| • Waterton National Park, Alberta | -James Durant, Glendale 101 Rovers, Calgary, Alberta |

What was your most memorable trip?

- "Spider Lake, rained all weekend, got lost"
Janet Hague, 2nd Oakville Venturers, Ontario
- "I was in the Yukon this summer and we went down the Teslin and Yukon Rivers it was

the most amazing trip I've ever been on. You're totally in the wild and the history of the river is amazing."

Emma Cox, Paris Rangers, Ontario

- "A great trip with some good kids on the Mattawa."
Nick Bidwell, Lakehead University Rover Crew, Ontario

Do you have a tip(s) for others when it comes to a canoe trip?

- "...bring food you can eat raw!"
- "...concentrate on paddling at least a bit. If you stop to look at frogs, you'll tip over."
Kristen, Chimo Rangers, Ontario
- "Do the research and know the area."
Nick Bidwell, Lakehead University Rover Crew, Ontario
- "Plan, Plan, Plan!!!"
Janet Hague, 2nd Oakville Venturers, Ontario
- "One recommendation would be to build a "Sweat Lodge or Steam Room" on the river bank."
James Durant, Glendale 101 Rovers, Calgary, Alberta
- "My tip for anyone wanting to take a canoe trip is really to get out and do it. Live the life of a voyageur and take in the scenery."
Meaghan Bluer, Lakehead University Rover Crew, Ontario

Final Comments:

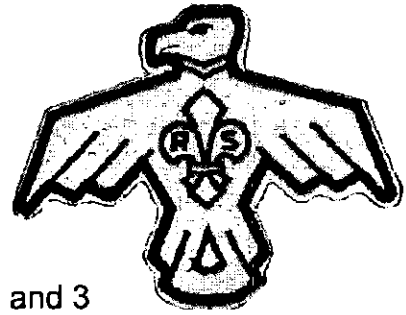
If you usually drive to camp and resort to going to the local store if you forgot something (we all have), I can't emphasize the pre-planning aspect of the trip more. One of the members of my crew, Mike MacDonald purchased a water-purifying pump specifically for the trip. On the Saturday of our trip the temperature got up to 25 degrees (extremely hot for the first weekend of May). Without the pump we wouldn't had enough water for the weekend. The simple truth is, if you didn't pack it you don't have it. I highly recommend a crew packing session to ensure that you have everything you need as a group and to cut down on unnecessary trips on your portages by eliminating duplication of items.

Our crew has an old saying, "If it's breakable it must be an event". It stems back to winning a number of plaques at moots by being the last group to use an event's apparatus before...whoops (can't give away too many trade secrets). Anyway, it's come to mean that certain crew activities have become more memorable due to some kind of adversity being overcome. Our recent canoe trip being a case in point. On Saturday morning as we pulled into MacTier before putting our canoes in, the timing belt went on Mike's 1986 K car wagon. Thus making the trip by definition an Event (thus elevating the trip to Event status in the oral story telling of crew history for all time to come). Our crew and Mike specifically would like to thank Hank of the service station in MacTier for repairing our ride home while we canoed (and thus eliminating a potential unscheduled 180 km plus hike from our itinerary).

Finally I'd like to thank Walter Dorlandt and his group of instructors: Ian Burr, Willy Steiner, Mike Johnston and Bill Gilbert for putting on an excellent course. Amazingly enough, members of this group have been volunteering their time as canoe instructors for over twenty years in GTR. Thanks Guys.

Meet the Crew

The Thunderbird Rovers
Hamilton, Ontario



The Thunderbird Rovers are a group of 23 full members and 3 Honorary Members located in Hamilton, Ontario. You may have seen us at any number of events around Southern Ontario and beyond!

The most exciting thing about being a part of the Thunderbird Crew is the other amazing people in the group. Even though most of us are from the Hamilton area, some are from out of town, and a few are living in places like Asia, the UK, Toronto, Kingston, and communities surrounding southwestern Ontario. Some of us are in universities and colleges, a few are still in high school and some have full time careers. Three of our members are also getting married in the next year or so! (only two to each other.) Now, that'll change group dynamics!



Cory, the Crew's Mate!

Sponsored by the 81st Hamilton Scout Group and St. Andrew's United Church, the Crew was re-established in the fall of 1996 after having been well known around Hamilton from 1968-74.

We started out with about a dozen members, and have grown in numbers and reputation since then. We briefly considered being a closed Crew, only to realise that the greatest benefit to Rovering is welcoming new people into the "Brotherhood." An active squireship programme and investiture ceremony helps to welcome new members.

Our activities over the last few years have represented a pretty good cross-section of what Rovers can do.



Mike, Mark, John, Adam and Ryan at the Scout Parade.



Mike, Mike, Todd and Dave at Beach Party Moot.



Brian

Some of us have been involved with the Ontario Rover Community (being on executive, organising the 1999 conference, and going to meetings,) some have been heavily involved with Snow Moot, and two members are going to the World Scout Moot in Mexico this July.

Other events we have taken part in include other moots, hell hikes, the Duke of Edinburgh's Award, white water canoeing, curling, summer camping trips,

fundraising, swimming competitions, service projects at camp...

Some of our best times have been when we have made contact with Rovers and Venturers from other parts of the world. Over the last couple of years, we've built relationships with people in England, Australia and Finland, and we'd highly recommend setting up an exchange for your own group! We've also had a lot of fun with car trouble. But its not really the kind of "fun" we recommend.



Laura, with Mike's car.



Hope, asleep.

One of the things we are looking forward to this summer (besides going to Mexico!) is the camp that the Crew is organising for the rest of the 81st Hamilton group. This is an opportunity we will have to get to know the kids in the other sections, build relationships with the leadership of the group, and act as role models for the younger kids (hope-fully this won't be too hard!) We've organised a camp like this before, so we know what we're getting into - a lot of fun! If

you've never tried something like this, why don't you give it a shot with your Crew?

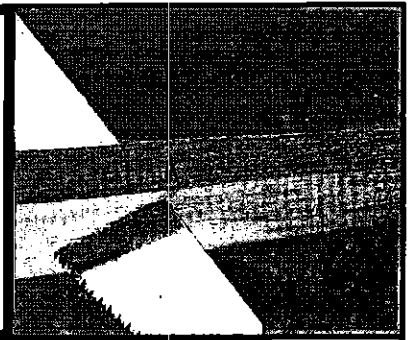
For more information about the Thunderbird Rovers, stuff we've done and stuff we're going to do, check out our web site at <http://thunderbirds.cjb.net>, or write us an email: rovers@geocities.com.

Michael Logan, Thunderbird Rovers



Mark, Dave and Mike canoeing hard. Or is it hardly canoeing?

TOOL TIME



All Rovers, male and female, young or old, will find themselves working with wood at some time in their lives. The author of the following article shares with us some of the problems.....and the solutions.....he's come across as a master carpenter. This column is going to try to make some of your woodworking jobs easier.

LESSONS FROM WOOD

By Duane Johnson

From "The Family Handyman" magazine, February, 1999

Experience is a good woodworking teacher—in fact, some of the lessons it ingrains are unforgettable. I learned the most memorable lessons the hard way, by making mistakes!

I knew even as a rookie carpenter that wood can be stubborn, fickle and ornery. It'll warp when you want it straight, shed finishes like skin off a snake, crack open at joints, split as it dries, and rot when it gets wet. At times you wonder whether wood is a blessing or a curse!

In this article, I'll tell you about several occasions when wood fooled me but in the process taught me valuable and unforgettable lessons about its character.

WOOD MOVES, JOINTS OPEN

As a finish carpenter, I was well aware that changing humidity makes wood expand and contract. But I never understood how badly it could affect woodwork until my crew installed some new oak door casings, about 4 in. wide with a nice pattern. Expensive stuff. We cut precise 45-degree miters on the corners. Then to make doubly sure the joints remained tight, we cut 1/8-in. slots in each mitered end, added biscuits (1/8-in. thick wood wafers) to strengthen the joint, and glued the entire assembly with epoxy. After staining and varnishing, the mitered joints looked great: clean, tight and smooth.

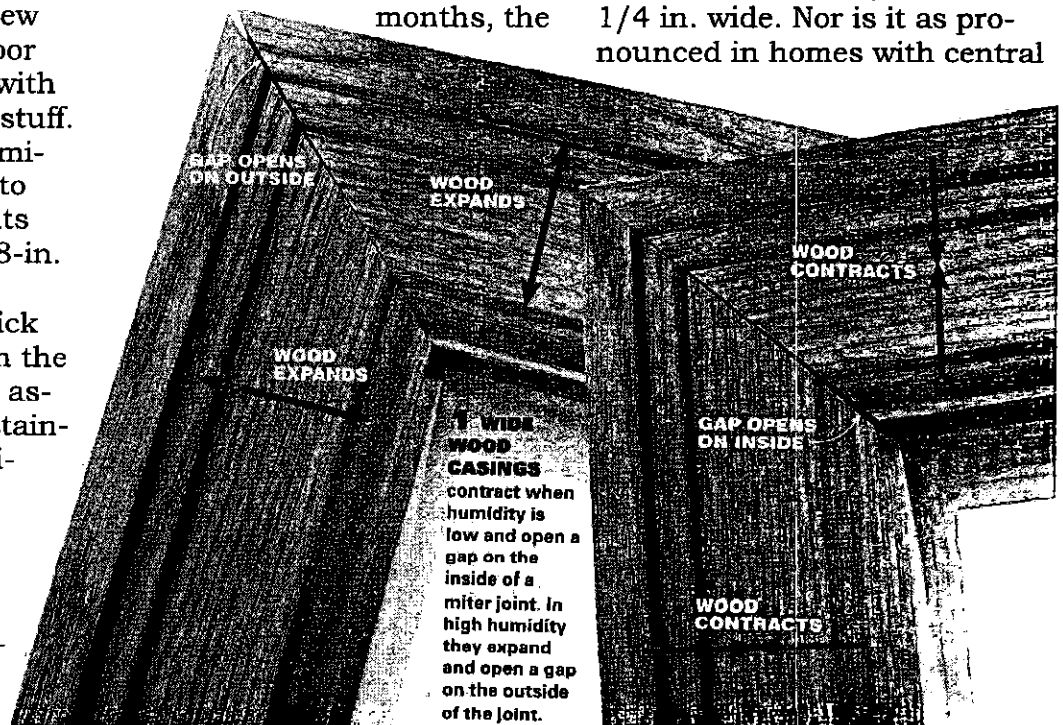
Three months later, about midwinter, I was shocked to see that the inner corner of every joint

had parted, leaving a glaring, unsightly gap (Photo 1). Six months later, about midsummer, that gap had disappeared, but a new one appeared at the outer edge of the miter (Photo 1).

The problem was caused by extreme seasonal changes in relative humidity in Minnesota, where this job was located. During the dry winter months, the

wood dried out and shrank enough to open the gap on the inside of the miter. Then during the humid summer, the wood absorbed moisture and swelled, opening a gap on the outside of the miter. The movement is powerful; even epoxy and nails can't stop it.

This movement isn't as noticeable in modern door casings, which are only about 2-1/4 in. wide. Nor is it as pronounced in homes with central



TOOL TIME

air conditioning, because the indoor relative humidity stays within a narrower range.

In retrospect, we should have varnished all sides of the trim, not just the visible sides, before we installed it. The sealer would have slowed moisture changes in the wood and reduced the movement. Or we could have followed the practices of old-time carpenters and simply avoided those miter joints in wide casing. We could have used butt joints (which have squared-off ends) or corner blocks, two methods that make the wood movement less obvious.

WOOD EXPANDS AND CONTRACTS LENGTHWISE, TOO

Normally, carpenters and woodworkers don't have to worry about length changes in a board, because they're small compared with the shrinkage and swelling in width and thickness. But a deck project proved to be an exception. The 2x6 decking had high moisture content. You could see and feel wet sawdust when you cut the boards with a circular saw. No problem, we thought. We simply spaced the boards closer together to allow for the eventual shrinkage in width. And we butted the ends tightly over the joists.

Six months later, in the middle of the hot, dry California summer, we were called back to deal with a severe case of "gap-itis." It was an ugly sight indeed. Many of the butt joints had opened up a full half-inch!

We had expected wood shrinkage, but nothing like this. In California, redwood

typically shrinks about 3 to 5 percent in width and thickness between the rainy winter season and the dry summer. That's substantial, but since you already have a gap between deck boards, you won't notice it. In contrast, the change in length amounts to only about one-tenth to one-fifth of a percent.

But two factors made our deck unique. First, it was unusually long, about 60 ft. at its longest point. And second, many of our deck boards were unusually long too - 20 to 22 ft. We happily nailed them down, end to end, figuring that fewer joints meant a better-looking deck. What we didn't expect was that even that tiny 0.2 percent shrinkage would amount to about 1/2-in. shrinkage in a 20-ft. board. That made our tightly fit butt joints open up in ugly chasms. In this case, longer was not better.

Annual coats of water repellent might help reduce wood movement in some regions, but probably not in California, where long wet periods follow equally long spells of dry weather. Our solution was to patch in shorter deck boards. The overall expansion and contraction rates stay the same but the movement is divided up among more joints, making each gap smaller. (Incidentally, before we made this repair, the wet season came, causing every gap to swell closed again!)

MILLING WOOD YOURSELF DOESN'T ALWAYS SAVE

To save a few dollars, I once bought some bargain-priced random-width 3/4-in.

oak boards to make trim for a family room. I figured I could easily cut them down to size on my table saw and not waste much wood.

I didn't save a nickel. The boards were straight when I bought them, but practically every piece bowed badly when I ripped it (Photo 2). And although you can usually straighten light pine trim when you install it, you can't straighten 3/4-in. oak!

Seasoned woodworkers have since told me that drying lumber so that it's stable when cut and shaped is tricky. Boards start out straight when they're cut from the log. However, as they dry, internal tensions among the wood fibers come into play. Most boards would warp if they were allowed to dry unconfined, so they're stacked or bundled to keep them straight. But the internal tensions often persist. So when you cut into a board, especially hardwood, those tensions often release and the board bends.

In addition, a poorly controlled drying process can actually create internal tensions in wood, causing a batch to consistently bow inward (as was the case with the oak I bought) or outward when sawn.

Experienced woodworkers have regular suppliers and know the quality of the wood they're getting. Here are two solutions for the rest of us

1. If time allows, precondition the wood you intend to use for finish work. Buy your wood two weeks to a month in advance and stack it neatly (with spacers to allow good air

TOOL TIME

circulation) where you plan to use it. This allows its moisture content to adjust to existing conditions.

2. Use standard-sized boards for trim whenever possible. They may cost a bit more, but you can buy them at any lumberyard. The advantage is that you can select straight boards that you won't have to rip to size. If you need odd widths, you can order

them cut to the exact width. Again, it'll cost a little more, but then the lumberyard will be responsible for making sure the boards come out straight.

SUNLIGHT DESTROYS CLEAR WOOD FINISHES

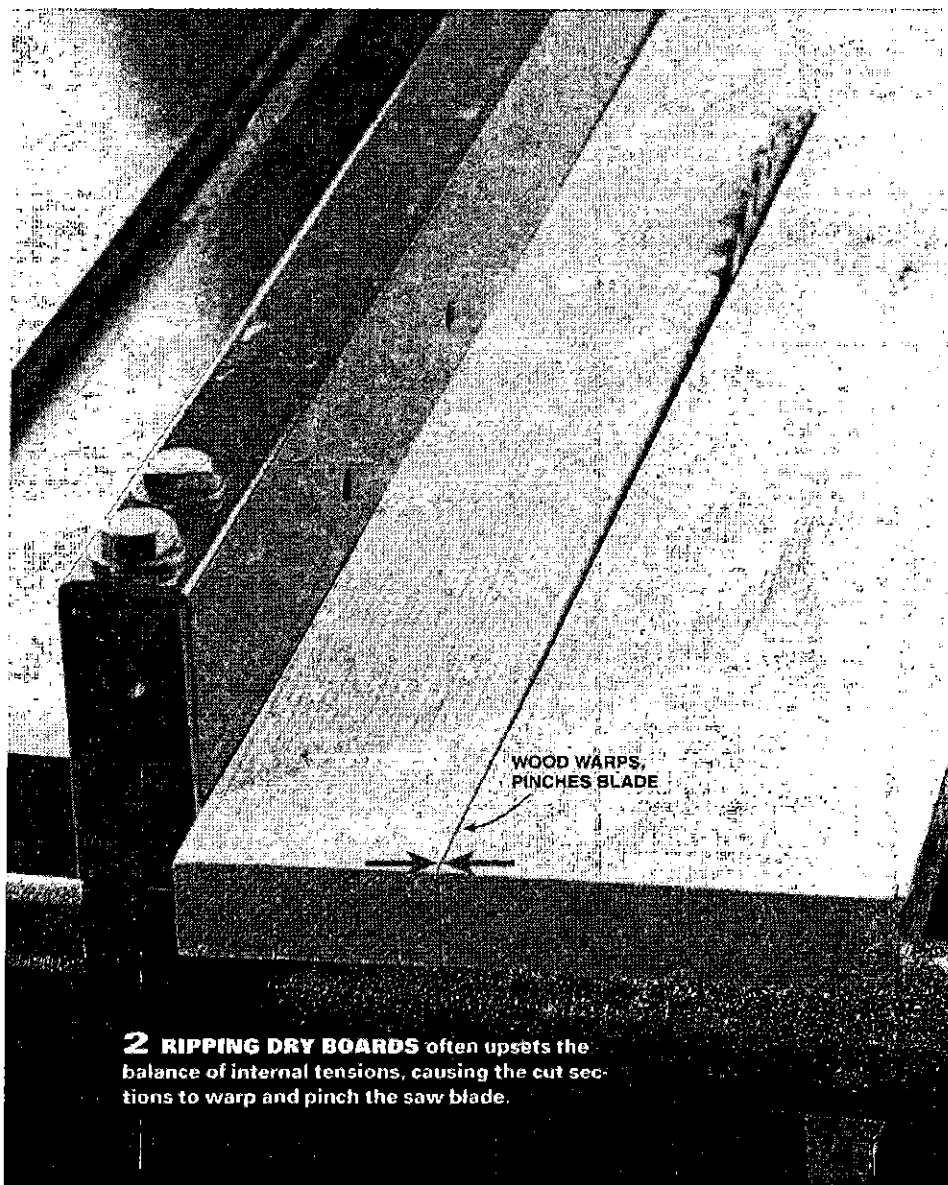
One of my clients wanted a nicely varnished top railing on his deck, so I naively bought about 50 ft. of clear, kiln-dried redwood (expensive,

premium material) and screwed it to the top of the posts. To make the railing more handsome and almost furniture quality, I mitered the corners and glued redwood plugs into the screw holes. Then I covered the whole project with three coats of polyurethane to preserve the color and make the wood watertight.

It was a disaster. After only one year the finish had begun to crack and blister. By the second year it was flaking off, leaving the wood vulnerable to soaking rains, which streaked it black and gray. Eventually I had to sand the finish off and start over.

I learned the hard way that clear finishes on wood won't survive long outdoors. High-energy UV (ultraviolet) rays in sunlight break down both resins and the wood fiber itself. Once the resin film cracks, moisture from humidity and rain seeps into the wood, causes further wood movement, and increases the peeling and flaking already taking place. The deteriorating wood fibers break the finish-to-wood bond as well. Even worse, you can't easily renew the finish. The weathering process causes most wood to turn gray, and once discoloration begins, you have to sand off the entire finish to restore the natural wood appearance.

Even now, some 20 years after this incident, the best new tough, flexible clear finishes still break down after a few years. The best compromise is to apply a semi-transparent oil stain that mimics the natural color of the wood. The trans-



2 RIPPING DRY BOARDS often upsets the balance of internal tensions, causing the cut sections to warp and pinch the saw blade.

CAUTION: GUARD REMOVED FOR PHOTO—USE YOURS!

TOOL TIME

parency allows the grain to show. Pigments help block the sun and slow graying, and the oils stabilize the wood. Although an oil stain might last only a few years, it won't form a solid film, so it's easy to renew.

HEAVY TIMBERS CRACK

I learned a more subtle lesson about the character of wood after building a cathedral ceiling with 4 x 10 rafters. Because these heavy timbers were a prominent decorative feature, as well as roof support, we carefully cleaned and sanded them before we put them up.

Within a year, large, ugly cracks had appeared, running the full length of almost every rafter (Photo 3). You don't no-

tice them in smaller-dimension material like 2 x 4s, but the cracks, technically called "checks," stand out like major flaws in thicker lumber.

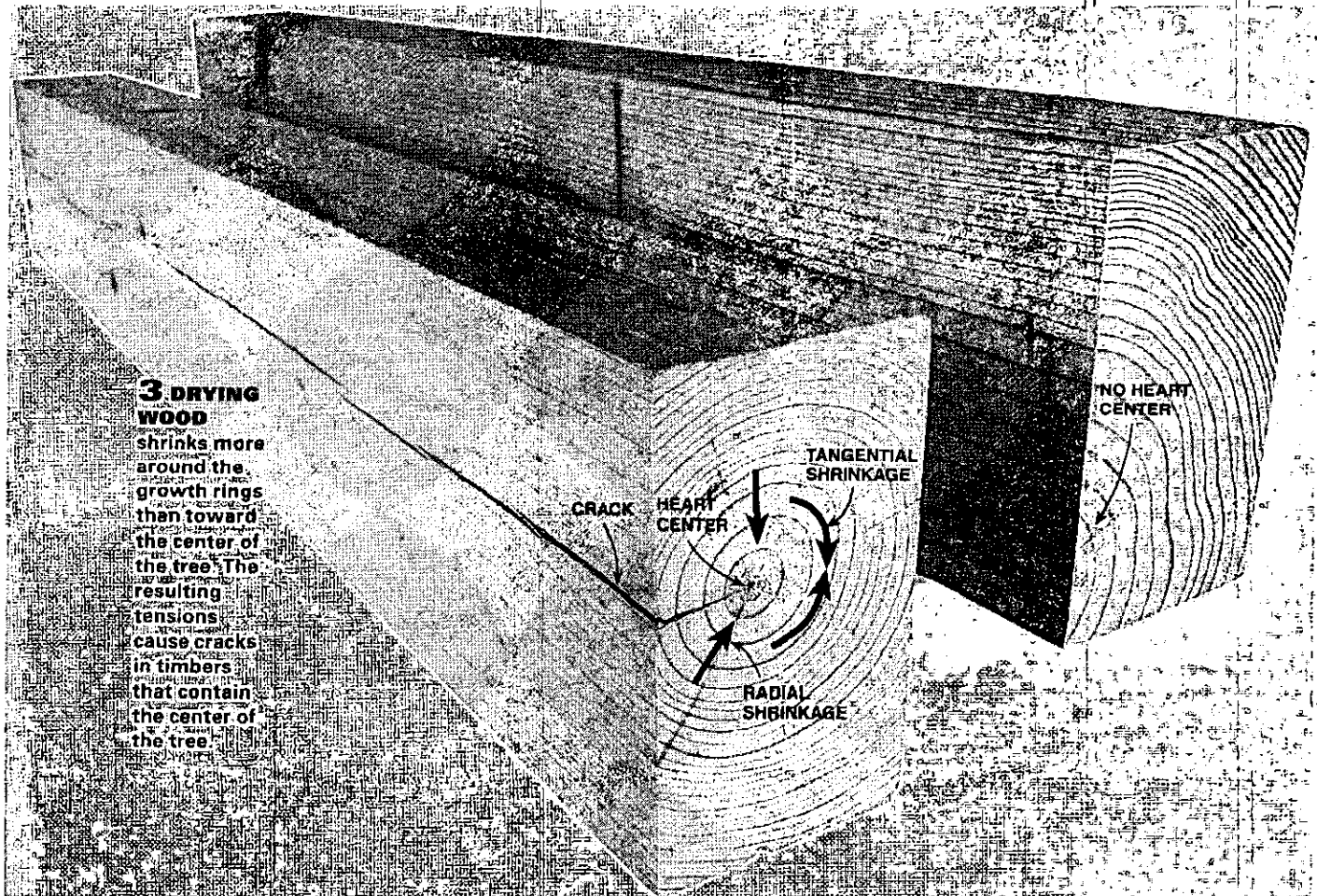
Checks occur because wood doesn't shrink evenly when it dries. If you examine a cross-section of a log, the shrinkage along the concentric growth rings (tangential) is typically about twice the shrinkage toward the center of the tree (radial). So when a log dries, it develops a wedge-shaped crack from the center outward (Photo 3). Sawn timbers dry the same way. You can bet that timbers that contain the center of the tree will crack.

Checks won't significantly weaken the timber and may

even add a pleasing rustic touch to some projects. But if you don't want that crack, order or select timbers that don't include the tree center (Photo 3). Or try this old carpenter's trick to control the crack: Before the timber dries, saw a 3/4-in. deep kerf the full length of one side. Then install the timber with that side out of sight. The crack usually occurs at the saw cut when the timber dries.

A LAST CONFESSION

Experience has taught me well, so feel free to learn from my mistakes. I've made others, too, but I think I'll keep them to myself. I may want to send them in to Great Goofs someday.



Rovers Lead the Way NOW



by Ian Mitchell



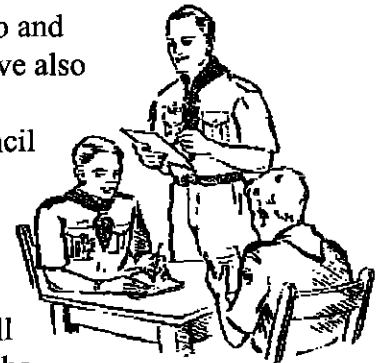
Many people say that Rovers are tomorrow's leaders.
I disagree.

Rovers, are *today's* leaders. They possess all the enthusiasm and character-building qualities that we look for in volunteers who take on adult leadership roles.

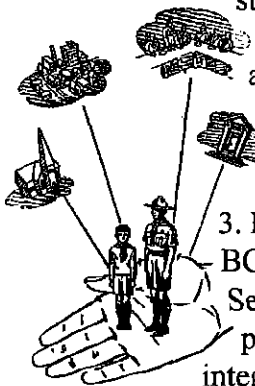
Rovers Accept Leadership Challenges

The Rover program offers many opportunities for these bright young adult members to show their talents — many of which are being utilized now. Here are three examples how Rovers are displaying leadership abilities today.

1. **Hug-a-Tree and Survive** Across the country, Rovers are training young people in wilderness survival skills. What a challenging and rewarding experience! The RCMP designed the workshop, which comes complete with a video and instructor's guide. Rovers haven't just trained Scouting youth; they've also trained youth in school classes and other community-based groups. Looking for a training challenge? Contact your local Scouting council office for details.



2. **CJ'01 - YLT (Youth Leadership Teams) Program.** CJ'01 is looking for Rovers to act as team leaders for units of the YLT Program. These units will be made up of 8 to 10 Venturers who will come together as a team and actually run a program activity under the supervision of a project leader. Team leaders (Rovers) will be mentors for the units, acting much like advisors in the Venturer program itself. Looking for a leadership challenge? Rovers will lead many CJ'01 events — everything from kayaking and canoeing to pioneering and deep sea fishing. See January's Leader magazine or the CJ web site at <www.scouts.ca>



3. **Event 2002** Organizers of this Venturer/Rover event (run by the Province of BC-Yukon), are now looking for Rovers who are willing to act as Offers of Service. Whether it involves running an activity, helping out with planning, putting on a special event, or assisting with the logistics, Rovers will play an integral part of the operating team. Looking for an event or activity challenge?

Visit www.bc.scouts.ca/2002.html for details.

These are just a few examples how Rovers are leading within Scouting right now. Leaders of tomorrow? I think not. Rovers are today's leaders, learning as they gain experience.

**Are you Straight but not narrow?
lesbian? Gay? Bi? Trans?**

We have THE urban event for you!

Pride Moot 2000
June 23-25th

**lot's of fabulous events including dances,
hiking. youth performances. community
involvement and
more!**

WWW.QUEERSCOUTS.ORG

or call Bonte (416) 935-0272

129th Toronto Rover Crew

ORC Retreat

2000

July 7th-9th 2000

Goodyear Memorial Scout Camp
Orangeville, Ontario

Cost: \$10.00

Activities:

- Archery
- Obstacle Course
- Hiking Trails
- Swimming
(Public pool \$2.25)
- Baseball, Soccer, Basketball
(bring own supplies)
- Mandatory trips to Tim Hortons and Dairy Queen

Open to Ontario Rovers and Rover Advisors

Indoor accommodation for the first ten arrivals.
Tenting area beside cabin for the remainder.

Campers to come self contained. (Including Food)

For Info and Registration Contact:

Kevin Dunn
3-295 Lakeshore Rd East
Mississauga, On
L5G 1H3
905-278-4518
kdunn@softhome.net

DIRECTIONS

The camp is located approximately 60 km north of the City of Mississauga, just east of Highway 10 and the Town of Orangeville and overlooks the scenic Hockley Valley.

From the 401 take Highway 410 north to Highway 7 West (Bovaird Rd).

Turn left and go 3 km and turn right on Highway 10 North (Hurontario).

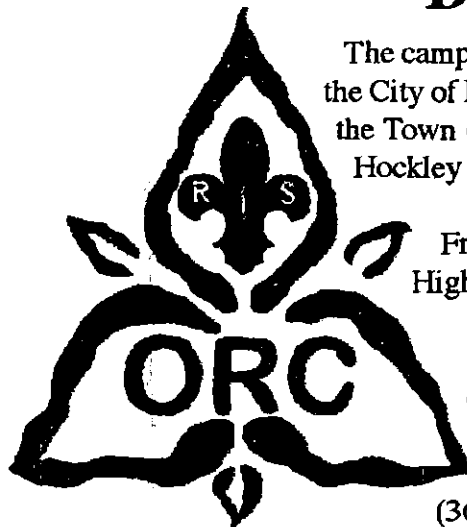
Follow Highway 10 to Orangeville (36km). Continue through Orangeville to Hockley Valley Road (a different Highway 7)

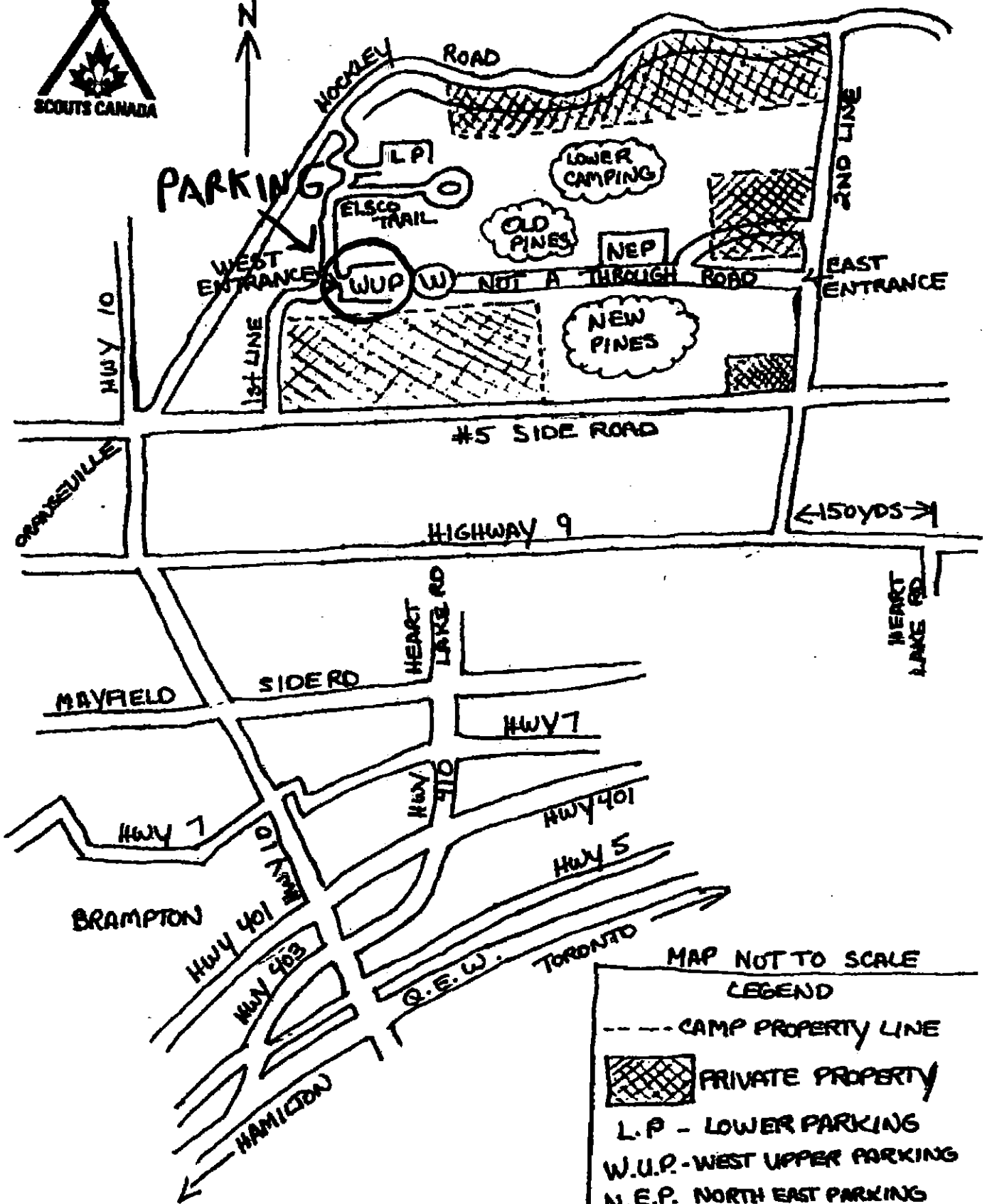
Turn right (east) and follow Hockley Valley Road for about 1.5 km. At the gravel pit on your right, the road forks with Hockley Valley Road going to the left and No. 5 Sideroad going straight ahead (and up a hill). Follow No. 5 Sideroad to the 1st Line E.H.S. (1.5 Km) and turn left.

Follow 1st Line E.H.S. to the west upper parking lot (1km)

Our accommodations are in Tintagel House and are visible from the parking lot. Just look for the Rover flag and a giant ORC sign.

If Lost call 1-519-941-4207 and ask for the Rovers.





MAP NOT TO SCALE

LEGEND

--- CAMP PROPERTY LINE

 PRIVATE PROPERTY

L.P - LOWER PARKING

W.U.P. - WEST UPPER PARKING

N.E.P. NORTH EAST PARKING

 WARDEN'S CABIN CHECK IN

Mississauga Goodyear Memorial Scout Camp
1-519-941-4207 October 96

ORC (Ontario Rover Community)

.....Do We REALLY Need It?

At the March Annual General Meeting of the Ontario Rover Community (ORC) - the lineal descendant of the old Provincial Rover Round Table - just prior to the election of officers for the coming year, Kevin Oates, the nominee for the office of Chairman, received permission to read the following message, even though it was technically too late for candidates to address the body. If you are a Rover in Ontario (and even if you're not - for the items brought up probably occur across Canada), it would be in your own self-interest to read and heed the message.

Hello, I realize I had the opportunity to speak in March, but the significance of the Chair position really didn't sink in until after the meeting and I was reflecting on the meeting and the ORC as a whole. I wanted to say a few words before the vote today, because I want to be honest and open with everyone, so that you can all see where I am coming from, what my beliefs are, how I honestly feel about things and what you will get if I am elected chair. Because, to be honest, I don't want the job simply because there is no one else!!! So here I go

First of all I believe that the ORC has lost or not yet found its new direction. There seems to be no clear purpose or goal for existing and doing business. I firmly believe that doing business simply for the sake of doing business is stupid and counter productive. As we are no longer part of Provincial Council we can no longer ACT as an administrative body and talk down to Rovers about Roving. We have to realize that we need the support of all the province's Rovers to operate. And that support has to come right from each and every INDIVIDUAL Rover. It then has to build through the Crew level, to the District Level, to the Regional Level, and THEN to the Provincial Level. And once we get to the provincial level, if THIS organization is the desired forum then great and so be it. However if this is not the desired forum, the ORC has to realize that and face the fact that it may be out dated.

For the ORC to act as a representative body it really needs to open up and gain true support from ALL Rovers, not just a few reps that may or may not (most likely **not**, it seems) have the support of the regions they represent. I was guilty of this as a rep. I did my best but the regional Rover body just didn't work. I think this is more common than we let on. We need to bring some heads out of the sky, and open up to our faults, and fix them. As an experiment this year I would like to take two types of votes at meetings, both general consensus votes and the normal rep votes (simply for legitimacy) I feel this shows that the ORC recognizes that it-NEEDS ROVERS in order to exist, and it makes ALL ROVERS feel like they are an ACTIVE part of the ORC, not an observer (which is the only way we are going to build any new interest, people don't get interested by watching they are interested by doing!!!). If this seems to work, I would like to make it the practice for the years to come, and eventually eliminate the rep system, simply because it doesn't have the support to be legitimate and therefore doesn't work. If this idea flops then so be it and at least we can eliminate it as an option for future improvement.

Recently there was a Crew Part 2 that brought out a few questions about the ORC (not officially, simply through the grape vine). I believe they are valid, straight to the point questions, and are exactly what the ORC needs to give itself an overhaul!!

1. Do youth forums make the ORC redundant?

YES, as an administrative body. We need to divorce ourselves from trying to do their job, and focus on what we do well.

2. Why do we have the ORC?

This is the exact question that I think needs to be answered!!! I'll give you an idea of what I think in a minute or two, but right now I can't answer this question!!! Can You??

3. Why does the ORC have a bad reputation?

One, pretending, it, as a body, knows more about Rovers than Rovers do, when in reality the body is quite out of touch. This is simply a hangover from when we were part of provincial council, but never-the-less needs to be addressed.

Two, not focusing on one or two key functions and doing them well, but trying to be everything to every Rover!! This is an impossible task, and quite egotistical to think it can be done! The ORC can be a resource, yes, not through it's own declaration, but through Rovers wanting to use it as a tool. Again we have to focus.

4. What does the ORC do for the individual Rover?

Awards,,,,,,that's it!!! Tthat is all that is concrete!!! Here lies the focus we need.

We have said we are a "communication link" for the Rovers of Ontario. Sound's good, and looks good on paper, but actions speak louder than words. In order to be a link, it has to be used and recognized by Rovers as a link. In this day and age, when the "Canadian Rover Eh!" is stronger than ever, and web pages and email list are everywhere, to gather at a table and pass out Moot flyers is quite antiquated and redundant. If the ORC ends up down the road as a communications link, great, but I don't think it should be a focus for survival. We need to narrow what we are trying to do, and actually accomplish something.

In order for us to stop spinning our wheels in oblivion, and simply going through the motions, we needs to set a direction and stick to it!! We need to do one or two things well, and stop trying to do everything and accomplishing nothing!!

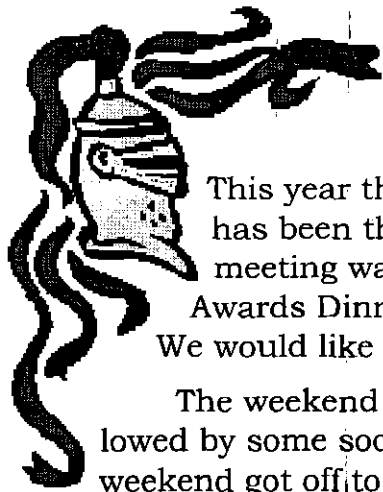
Eventually we are going to run out of gas if we don't find a direction to follow. I think the answer is right in front of us in the Awards Program; it's all we have that is tangible!!! So I believe that our focus should be on making the Awards better, and entrench ourselves in Rovers simply through their existence. This is already happening with the Questers, but we need to make it more widely known that it is Rovers of the ORC that runs this program not Province. We already do the awards well and have a great new program, "Rovering To Success" (RTS) to promote. I think we should use the strength we already have, to make the Awards grow as much as possible. This is why I have been Vice-Chair Program for two years, it's concrete, and it's for the benefit of each Rover! We should expand the Quester, and make the RTS as strong as possible, we should try to make them NATIONALLY known and make receiving them a real honour (perhaps only presenting them at a special awards dinner once a year). The side benefit of expanding and pushing the Quester Awards will be increased Rover recruitment and better numbers down the road. We should make sure that Rovers are recognized for the good work they do.

I think a Moot for ROVERS (just rovers) is a dying breed and a niche that the ORC would fit into quite well.

My personality and occupation is that of seeing problems, and then fixing them, quickly and efficiently, I hope to apply this here. Keep in mind I have only one year to give the Chair job a try. If we do not make some changes soon, and stop spinning our wheels, we will eventually run out of gas, self destruct, and simply won't be here in a few years. I believe that we have a good organization, and can survive, we just have to act now!

I realize this has been a long, and perhaps repetitive speech, and for that I apologize. However I feel that if I were to take the position of chair without having said these things, being honest, and letting everyone know where I stand, would have been irresponsible, and I can't in good conscious do that. Please, if you think what I have said is not the right path, or you think that these beliefs may be detrimental or destructive to the ORC (which is not my intent at all) or simply "out to lunch" then please don't vote for me. If you agree I will do my best, but please don't just vote for me because there is no one else standing here.

.....Kevin Oates



ORC MEETING REPORT

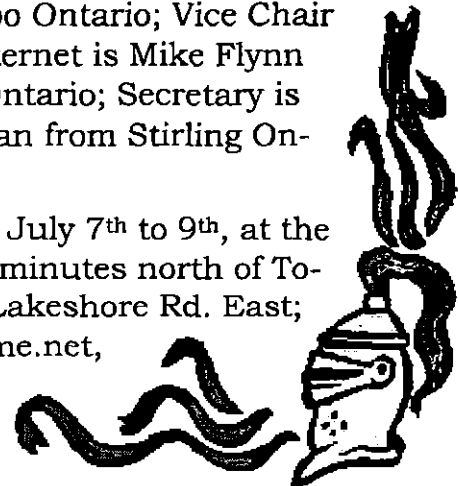
(ANNUAL GENERAL MEETING - MAY 2000)

This year the O.R.C. Annual Meeting was held on the weekend of May 12-14. As has been the case the past few years, we stayed at Don Mills United Church, the meeting was held at the Church of Jesus Christ of Latter-Day Saints, and the Awards Dinner took place at the Stan Wadlow Clubhouse, all located in Toronto. We would like offer sincere thanks to those who allowed the use of these facilities.

The weekend began with a few icebreaker games at Don Mills United Church, followed by some socializing. Everyone seemed to enjoy themselves and felt that the weekend got off to a good start. We were up early Saturday, and had a good breakfast (prepared by the candidates for next years executive), then, we were off to explore Toronto in the form of a Photo Scavenger Hunt. This was a great activity, as it gave us a good chance to see the city, and have some fun doing it!! The Annual General Meeting which was held on Saturday afternoon, included the presentation of this year's Annual Report; presentation of mementoes to the outgoing Advisor, Roy Knight; the introduction of our new Advisor, Carl Pitman of the Stirling Dragons; election of the 2000/2001 Executive; and some other items of business. We finished the weekend off with the Awards Dinner, which was highlighted by the presentation of the Roland S. Dell Memorial Award to the 81st Hamilton Thunderbird Rover Crew. This crew is well known for their work at Snow Moot and is very active in many other activities. Many other Awards and Certificates were presented, including the Roger Awards which were presented by Stan Kowalski and Kirby McCuaig from "the Canadian Rover Eh!". This turned out to be a very good evening and it was great to see Rovers recognized for all their good work. Thanks to all the presenters and a big congratulations to all the recipients.

The O.R.C. Executive for the coming year include: The Chair is Kevin Oates from Aurora Ontario; Vice Chair Program is Ryan Jenkins from Waterloo Ontario; Vice Chair Promotion is Mike Pembleton from London Ontario; Vice Chair Internet is Mike Flynn from Toronto Ontario; Treasurer is Erica Bowman from Oakville Ontario; Secretary is Neil Looby from Ottawa Ontario; and the new advisor is Carl Pitman from Stirling Ontario. Congratulations to everyone, lets have a great year.

The next O.R.C. event is the Retreat, which is scheduled for July 7th to 9th, at the Goodyear Memorial Scout Camp in Orangeville Ontario (about 50 minutes north of Toronto). For more information please contact Kevin Dunn; 3-295 Lakeshore Rd. East; Mississauga, Ontario; L5G 1H3; 905 278 4518; or kdunn@softhome.net, hope to see you there. That's about all for now this promises to be an exciting year, hope to see as many new faces as possible, and have a great summer!!!



Neil Looby, ready to retire as the O.R.C. Chairman, contemplates on a job well done



Kevin Dunn pondering whether the promo video he worked so hard on



Josee Meesen counting the minutes until she could pass off the secretary's job.

The
Funny
Bone

RESIGNATION

I am hereby officially tendering my resignation as an adult. I have decided I would like to accept the responsibilities of an 8 year-old again.

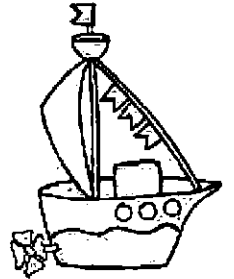
I want to go to McDonald's and think that it's a four star restaurant.

I want to sail sticks across a fresh mud puddle and make a sidewalk with rocks.

I want to think M&Ms are better than money because you can eat them.



I want to lie under a big oak tree and run a lemonade stand with my friends on a hot summer's day.



I want to return to a time when life was simple; When all you knew were colors, multiplication tables, and nursery rhymes, but that didn't bother you, because you didn't know what you didn't know and you didn't care.

All you knew was to be happy because you were blissfully unaware of all the things that should make you worried or upset.

I want to think the world is fair. That everyone is honest and good.

I want to believe that anything is possible. I want to be oblivious to the complexities of life and be overly excited by the little things again.

I want to live simple again. I don't want my day to consist of computer crashes, mountains of paperwork, depressing news, how to survive more days in the month than there is money in the bank, doctor bills, gossip, illness, and loss of loved ones.



I want to believe in the power of smiles, hugs, a kind word, truth, justice, peace, dreams, the imagination, mankind, and making angels in the snow.



So . . . here's my checkbook and my car-keys, my credit card bills and my 401K statements. I am officially resigning from adulthood.

And if you want to discuss this further, you'll have to catch me first, cause....."Tag! You're it."

Pass this to someone and brighten their day by helping them remember the Simple things in Life.

((((((((((((HUGS))))))))))



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Bad Day of Diving!



Brian is a commercial saturation diver for Global Divers out of Louisiana and performs underwater repairs on offshore drilling rigs. Below is an email he sent to his sister. She sent it to Laugh line and won the contest (he wasn't thrilled with her for that one). Anyway...anytime you think you have had a bad day at the office, remember this guy.

Hi Sue,

Just another note from your bottom dwelling brother. Last week I had a bad day at the office. I know you've been feeling down lately at work, so I thought I would share my dilemma with you to make you realize it's not so bad after all.

Before I can tell you what happened to me, I first must bore you with few technicalities of my job. As you know my office lies at the bottom of the sea. I wear a suit to the office. It's a wetsuit. This time of year the water is quite cool. So what we do to keep warm is this: We have a diesel powered industrial water heater. This \$20,000 piece of shit sucks the water out of the sea. It heats it to a delightful temp. It then pumps it down to the diver through a garden hose which is taped to the air hose. Now this sounds like a damn good plan, and I've used it several times with no complaints.

What I do, when I get to the bottom and start working, is I take the hose and stuff it down the back of my neck. This floods my whole suit with warm water. It's like working in a Jacuzzi. Everything was going well until all of a sudden, my ass started to itch. So, of course, I scratched it. This only made things worse. Within a few seconds my ass started to burn. I pulled the hose out from my back, but the damage was done. In agony I realized what had happened. The hot water machine had sucked up a jellyfish and pumped it into my suit. This is even worse than the poison ivy you once had under a cast.

Now I had that hose down my back. I don't have any hair on my back, so the jellyfish couldn't get stuck to my back. My ass crack was not as fortunate. When I scratched what I thought was an itch, I was actually grinding the jellyfish into my ass. I informed the dive supervisor of my dilemma over the communicator. His instructions were unclear due to the fact that he along with 5 other divers were laughing hysterically. Needless to say I aborted the dive.

I was instructed to make 3 agonizing in-water decompression stops totaling 35 minutes before I could come to the surface for my chamber dry decompression. I got to the surface wearing nothing but my brass helmet.

My suit and gear were tied to the bell. When I got on board the medic, with tears of laughter running down his face, handed me a tube of cream and told me to shove it "up my ass" when I get in the chamber. The cream put the fire out, but I couldn't shit for two days because my asshole was swollen shut.

I later found out that this could easily have been prevented if the suction hose was placed on the leeward side of the ship. Anyway, the next time you have a bad day at the office, think of me. Think about how much worse your day would be if you were to shove a jellyfish up your ass.

I hope you have no bad days at the office. But if you do, I hope this will make it more tolerable.

Take care, and I hope to hear from you soon.



International Events

JUNE

25-July 2 Indiana Horizons (Venturers)
Franklin L. Cary Camp
Lafayette, IN; USA
<sagamore@sagamoresignals.com>

<bruce_mccrea@lansing.cc.mi.us>
<www.msu.edu/~rasche/scout/micamp.htm>

JULY

11-24 World Scout Moot
Mexico
<www.moot2000.org.mx>
<holden@oanet.com>

22-29 7th International Friendship Camp
Kibblestone International Camp
Oulton, Stone, Staffordshire; UK
<david.j.johnson@btinternet.com>

22-29 High Sierra International Rendezvous
Mountain Man Rendezvous
San Jose, CA; USA
<rendezvous@sccc-scouting.org>
<www.scccscouting.org/misc/rendezvous_2000/>

27-AUG 3 Becours 2000
Camp Mondial de la Solidarité
Becours, Aveyron, France
<international@eed-scout.org>

29-AUG 5 Snapphane 2000
Glimåkra, Sweden
Information:
Lunds KFUK-KFUM Scoutdistikt
Sunnaväg 18D
S-222 26
Lund, Sweden

24-AUG 2 Dutch National Jamboree 2000
(Venturers)
Dronten Flevoland; Netherlands
<jamboree@lb.scouting.nl>
<www.scouting.nl/jamboree/index-eng.html>

27-AUG 5 Campdowne 2000
Downe Scout Camp
Kent; UK
<campdowne2000@btinternet.com>

30-AUG 6 Michigan International
Camporee (Venturers)
Northwoods Scout Reservation
Michigan; USA

30-AUG 8 Vienna 2000
Vienna; Austria
<vienna2000@ppoe.at>
<www.ppoe.at/lv/w/>

31-AUG 9 Regional Scout Camp
Tupaja - Town by the Sea
Weitprechts, Germany
<internationales@landeslager.de>
<www.landeslager.de>

AUGUST

????? National Jamboree of Polish Scouting
Anniversary of Polish Scouting/Guiding
Gnieszno, Poland

5th Nippon Venture 2000
Kuju Plateau
Oita Prefecture
Kushin Island
Japan
<bsn@scout.or.jp>
<www.scout.or.jp/>

7-14-21 Asia-Pacific/
10th Korea National Jamboree
Mt. Sarak, Kangwon-do, Korea
<scoutshq@scout.or.kr>
<www.scout.or.kr>

8-13 Nordjamb
Iceland
<BIS@scout.is>
<www.scout.is>

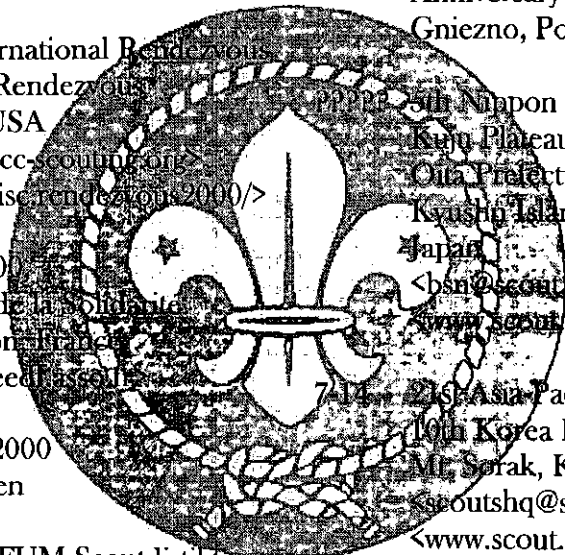
9-19 4th Africa Jamboree
Nairobi, Kenya
<afriscout@arce.or.ke>
<www.ksa.adventurealternative.com>

OCTOBER

21-22 JOTA (Jamboree on the Air)
43rd Annual JOTA
On-site Radio Station: HB9S
<JOTA@world.scout.org>
<www.scout.org/jota>

21-22 JOTI (Jamboree on the Internet)
<JOTI@world.scout.org>
<www.scout.org/joti>

UPCOMING EVENTS



UPCOMING EVENTS

JUNE

2-4 Coldstream 2000 Venturece
Coldstream Conservation Area
Jason: (519)666-1341
Ken: (519)666-1180
<www.gamescentral.net/coldstream>

2-4 Attawanderonk Moot
Everton Scout Reserve
Guelph, ON

23-25 Dance Moot 2000
Camp Impeesa
38th Brant Rovers
<dancemoot@hotmail.com>
<dancemoot.do.ru>

23-25 B.Y.O.M.
(Bring Your Own Moot)
Black Trillium Rovers
e-mail:
<blacktrillium@hotmail.com>

23-25 Oops: The Moot
Everton Scout Forest
Guelph, ON
<first_arthur@yahoo.com>

23-25 Pride Moot 2000
Toronto, ON
Bonte: (416)935-0272
<www.queerscouts.org>

24-25 Yeoman Hike
Toronto
Kirby: (416)226-2296
<jmccuaig@pre-con.com>
Nicola: (416)398-3380

29 Thank God Exams
Are Over Dance
Newmarket Scout Hall
Mark: (905)898-4556 or
Dan: (905)895-6684

JULY

8-15 Jamboree 2000
GTR
NOTE: *event cancelled for all but Cubs.
Looking for Rovers to assist on staff.*
(416)490-6364 ext. 460

21-23 Beach Party Moot 2000
Camp Attawondaron

Grand Bend, ON
<beachpartymoot2000@hotmail.com>

AUGUST

4-6 Pirates of the Caribbean
Moot 2000
Camp Harris
Dartmouth, NS
<crovers@netcom.ca>

11-13 X-MOOT
For all ex-Rovers & their families
Valen's Conservation Area (Ont.)
Tod: (905)574-4346 or
Cam: (905)634-7377
e-mail: <xmoot@hotmail.com>

18-20 Sonic Boom Moot
Site TBA (Outgrew Elgin Park)
1st Beaverton & 1st Uxbridge Rovers
<www.wigdor.com/daniel/jason/uxbridge>

26 3rd Annual Space Dance
St. Peter's Church
Kitchener, Ont.
Erica: (519)893-5498
<www.geocities.com/space_dance_2000>

SEPTEMBER

4 Alberta Rover Moot

15-17 GO WILD ON THE
OTTAWA RIVER
(river rafting)
<go_wild@hotmail.com>

OCTOBER

13-15 Halloween Moot
20th and Final Moot
Lion's Park
Burlford, ON
<carla.patterson@sympatico.ca>

NOVEMBER

3-5 E-vent 2000 & ARRT Meeting
Alberta

10-12 Genesis Venturece
Camp Bel
Dorchester, ON
Jason: (519)892-3403
<www.geocities.com/Rainforest/Jungle/3635>

MORE INSIDE !!!!

If you have an event that you would like to see announced on this page, or know of an event that should be, please email us the details and it will appear in the next issue

.....IT'S FREE!!!

