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ROVERING TO EXCESS



Rovering To Excess

Is a bi-monthly E-Zine by Rovers, for Rovers, about Rovers.

Editor-In-Chief:

Kat Nielsen
outpost_8@yahoo.com

Production Manager

Kevin Dunn
kdunn@softhome.net

Contributing Writers

Kat Nielsen
Jo Stickland
K.R. "Smoke" Blacklock
Stan Kowalski Jr
Jordan Stanley
Rev. Michael Diegel

Rovering to Excess is always looking for submissions from Rovers, Rover Advisors or past Rovers.

Submissions should be sent to the following addresses:
outpost_8@yahoo.com
kdunn@softhome.net

Please put "Rovering to Excess" in the subject line to ensure the email gets past spam filters.

Documents should be in MS Word format.

Pictures should be in JPEG format and be no larger than 640 x 480 at 300DPI. If we need a larger copy we will contact you.

Submission Deadlines are the 1st of March, May, July, September, November and January.
This E-Zine is for you.
Please support it as much as you can.

It is with great pleasure that I present the first issue of Rovering to Excess, a new magazine for Canadian Rovers. The success of this publication depends on Rovers who share their ideas and experiences with each other. So, please enjoy this issue, and send in your comments on how we can improve it! We look forward to hearing from you soon.

The Editor

Ça me fais grand plaisir de vous présenter le premier volume Rovering to Excess, une magazine nouveau pour les Routier Canadiens. Le sucés de cette magazine dépend sur les Routier qui échange leurs idées et expériences. Dont, s'il vous plais nous envoyer vos suggestions pour comment on peut l'améliore! A bientôt!

La Rédactrice

Saint George: The Patron Saint of Rover Scouts

© Kat Nielsen 2001

Originally Published under the "Rover Reflections" column of *The Canadian Rover, Eh! Magazine*, June/July 2001, p. 12-13.

Spirituality in life is important. In *Rovering to Success* (1922) Baden-Powell called this the "Rock of Irreligion." In it he states that "religion is essential to happiness" (p. 176). However, religion does not have to be "Religion" like going to church very week. It means being spiritual in your life and your actions.

Baden-Powell recognized this, and chose a patron saint for Scouting. St. George was chosen by BP to be an example of service for not only Scouting in general, but for the Rover Scouts in particular. St. George is also an example of how to live your life . First off, let me introduce St. George.

St. George was born in Cappadocia, into a Roman family, but his mother was Christian. When he became a man, he enlisted in the Roman army, where he would go into pagan temples, destroy them, and, if the opportunity presented itself, kill their priests, Christians included. As the years went on, George became a Tribune in Diocletian's Imperial army.

However, George soon realized that it was easy to play the hero, to parade in uniform, and to kill others, but to let your own body to be subjected to all kinds of refined tortures reveals your physical, and above all, your moral endurance. On his way to see the Emperor Diocletian to try to convince him that the persecution of the Christians was unnecessary,

George arrived at Silene in Lybia. When George came upon Silene, he found the city plagued by a dragon, which the citizens appeased by feeding it one human sacrifice each day.

On the day George rode into Silene, the king's daughter Cleolinda was to be the sacrifice. He hurried to help her, even though his only weapon was a spear. With awesome courage he charged on his horse, knowing that he had only one shot at killing the dragon. He succeeded and saved the princess' life. The people of Silene were so thankful that they converted to Christianity, which lead to the baptism of thousands. It is this event which later granted George sainthood.

But shortly afterwards, George was arrested the Roman authorities. This is because he no longer tried to destroy pagan idols or priests; he had become wise, he was on the road to sanctity, he was beginning to understand that silence was stronger than a parade.



George was tortured and beheaded in Nicomedia for his Christian faith on April 23rd, 303 A.D. The noblest question in the world, George teaches us, is "What good can I do?", not "What harm do I do?" Always remember that Baden-Powell chose St. George as the patron saint of Scouting because he reflected the qualities of responsibility, truthfulness, devotion to duty, a brave heart, religious faith, a noble spirit, and dedication to helping others which Baden-Powell wanted to bestow in every Scout.

So why is this relevant to Rovering? The Cross of St. George (red cross on white background) is found on the Rover flag in Canada. Often in knighting ceremonies the altar is covered with the flag of St. George. If we are going to use his symbols, we should also know what they represent, that's why we're using them after all. Crews can spend some time celebrating with other Rovers or with their groups "St. George's Day", April 23rd of each year.

Now, St. George is the patron of my crew, but perhaps a Catholic and Orthodox saint isn't your cup of tea. Don't remove spirituality from your life. It allows each individ-

ual to make sense of their lives. For example, I know of a crew whose patron is Dionysus, the Greek god of music and the water. This is very meaningful for a crew that does a lot of scuba diving. Choose someone who has meaning to your Crew and who will be an example for Rover Scouts.

In *Rovering to Success* (1922), for example, Baden-Powell suggests a spirituality derived from knowledge of nature. Who could be a patron in that capacity? Why not the Greek goddess Artemis (of the hunt and wild animals). If you're a sailor, why not someone like Neptune (in Greek Poseidon), the god of the sea. If you're a crew of Engineering students, perhaps the Greek Hephaistos, the Greek smith god who was in charge of engineering feats.

Now these are Greek examples, but there are lots of other patron saints available from Catholicism and Orthodoxy, and other groups of gods as well. Perhaps one



of the prophets from Judaism or Islam. You can choose anyone, just make sure that they are meaningful to you. Just wander over to your local library and peruse some encyclopaedias, I'm sure something will jump out at you that you would like to learn more about.

There are a lot of possibilities out there. Just think about it. That's all I'm asking. And if you need any help, there are many people out there who can be resources for you. Your friends, advisors. Please don't hesitate to contact me if you have any further questions.

THROUGH THE RAPIDS

By K.R. "Smoke" Blacklock

Through The Rapids from 1922...

In 1922 "Rovering to Success" was written by Lord Baden-Powell as a guide to life for young men. He compared life to a river where you must "paddle your own canoe" through the rapids. The rocks in the river were the hazards of life as he saw them in his time. Over the years this book has been the basis for a lifetime philosophy for many around the world.

Today's river also has rapids, some of the same rocks, a lot of new rocks, and some which have just changed their appearance. The paddlers have changed too, with male and female membership in Rovers and a great variety of lifestyles, with married, single, high school, university, career, employment, and home-making all among

them.

Although the old rocks included "Women", the new rocks must include men, women, marriage, divorce, relationships, and significant others. Long walks and cold showers are no longer found to be effective (if they ever were). Tobacco is considered deadly while the new choices involving alcohol, soft and hard drugs, designer drugs, and various other substance abuse are cloaked in a great deal of misinformation.

Humbugs, politicians and organized religion are still with us as horses (and their rear ends), although with some new twists. What I am attempting to do in the following letters is to try to offer a little further help beyond the campfire yarns of B-P. If you are able to beg, borrow, or liberate a copy of "Rovering to Success" read it and enjoy it. After you have giggled a little at

some of the expressions you will find a great deal of information useful in our contemporary times as you continue to paddle your own canoe through the rocks and rapids of life.

I am a long way from knowing all the answers, but believe that through living a long time and making many of the same mistakes you are trying to avoid, I have a fair chance of knowing most of the questions. Answers, as always, must come from you.

Take time to establish values and ideals that are important to you. Live your life by your principles, enjoy life and cause no pain. In a nutshell, that is one philosophy for a truly happy and contented life.

Good luck.
Smoke

International Work Party at K.I.S.C

by Jo Stickland

What is it?

K.I.S.C. is Kandersteg International Scout Centre, also known as the permanent mini jamboree, in the heart of the Swiss Alps.

The International Work Party, or I.W.P., is a group of individual volunteers who get together to work on service projects to assist in the maintenance and development of the Scout Centre.

Any Scout who is over the age of 18 years and is prepared to give a week of their time is welcome to join us. We work for the first half of the week and take advantage of the fantastic surroundings in hiking or tourism for the second part of the stay. Food and accommodation are provided in the chalet. The work party takes place once a year, either in the autumn or the spring. The next one is scheduled to take place during May 2005.

History

In the autumn of 2002 four volunteers met at K.I.S.C. to work alongside the already very successfully established Dutch Work Party. The new team was made up of two British, one Swiss and a Danish Scout. This was the beginning of the International Work Party. Then in autumn 2003 a team of eight joined together to firmly establish the I.W.P.. We joined as eight individuals and left as a group of friends, after a very

enjoyable and successful week. Four nationalities were represented this time: Swiss, Danish and British, as before, and also Finnish.

Work completed

A post and rail fence was erected in front of the chalet, a barrier fence on the campsite, the nature pond was repaired, lots of wood splitting was done for firewood for the centre and picnic benches were repaired. The team worked well together and a lot of small projects were completed.

Then in the spring of 2004 a team of twelve got together, just three different nationalities: Swiss, British and this time a Slovenian also. Some of the members had been involved with a work party before and others were taking part for the first time.

The work completed included maintenance of more picnic benches, fixture of new picnic shelters on the campsite, construction of a concrete base for the new crate stacking activity, fence, gate and door repairs, and woodland management and firewood splitting. At the end of another very successful week the group joined together in a special traditional Swiss meal and agreed that the week was very enjoyable, even with all that hard work!

What next?

The next International Work Party is to take place at the end of May 2005 and we are looking for new members to join us. As well as having more people we are also hoping for more nationalities to be involved to make it truly international.

The work is not yet decided as the staff at the centre will need to work out what projects could be most beneficial to the centre. The whole team could be working together on one large project, or like before there could be several smaller tasks to be undertaken. It will depend partly on the skills available and also the number of people involved. The I.W.P. can be up to around 20 members. If we get more interest than that then maybe we shall set up a second work week at another time of the year.

More info

See our website at www.kisc-iwp.info or contact us at josi@kisc-iwp.info

We hope you can join us!



Scouts et Guides de France

Suite aux communiqués lançant la campagne Solidarité Haïti, nous vous proposons un point info sur le déroulement des actions scouts présentes et à venir.

Solidarité Haïti

Lettre du 3 novembre 2004

Le 18 septembre, l'ouragan Jeanne dévastait la région des Gonaïves au nord-ouest d'Haïti. Depuis, les scouts haïtiens sont à pied d'œuvre. L'urgence est au déblaiement des écoles et des églises qui accueillent les milliers de familles privées de toit. Les scouts pallient les insuffisances d'un gouvernement provisoire dépassé par l'ampleur du sinistre. « Le ministère de l'Éducation voulait organiser la réouverture des classes. Il n'ont rien entrepris en ce sens. J'entends chaque jour dire à la radio que le ministère de l'Environnement et celui des Travaux publics font leur possible pour la propreté. Il n'en est rien », témoigne Béatrice Rémy, commissaire générale adjointe de l'association scout de Haïti.



Combattre la fatalité

Deux mois après les inondations, les Scouts ont déjà réhabilité 6 écoles. Grâce à eux, des centaines d'écoliers ont pu faire leur rentrée dans deux écoles de la ville. Tous les cinq jours, les routiers se relaient par groupe de vingt. Transport, nourriture et campement sont assurés par l'argent récolté localement. De leur côté, les Guides recueillent habits, ustensiles de cuisine pour les familles sinistrées. Anciens scouts, familles de l'ensemble de l'île ont été sollicités. Les Haïtiens de Montréal, Miami et New York sont mobilisés. Aujourd'hui, les scouts lancent une marche solidaire de 30 km sponsorisée par les entreprises locales.



Ils continuent cependant de manquer cruellement de moyens. « Nous ne disposons que de 6 brouettes, 12 pelles, 12 balais, 6 râteliers pour nettoyer les écoles. Nous ne trouvons plus de gants ni de masques ». Les scouts ont notamment besoin d'un véhicule pour gagner en efficacité. De tels investissements nécessitent une mobilisation de la solidarité internationale.



Répondre à l'urgence

La campagne de dons des Scouts et Guides de France est un succès. Conscients de l'urgence de la situation, vous avez été nombreux à répondre présents. A ce jour nous avons collecté 9000 € auxquels se sont ajoutés 2500 € des Eclaireurs et Eclaireuses Unionistes de France. Cet argent a d'ores et déjà permis de financer un poste de coordinateur pour l'aide d'urgence. Béatrice occupe aujourd'hui cette fonction. Notre initiative est aujourd'hui largement relayée à l'étranger. Les scouts du Japon et du Luxembourg en sont d'actifs soutiens. Cependant, l'effort est à poursuivre. Charge à chacun de mobiliser autour de lui. Parlez en à vos parents et amis. Adressez vos dons aux Scouts et Guides de France. Libellé des chèques : « Scouts et Guides de France – Solidarité Haïti ». 54, avenue Jean-Jaurès – 75019 Paris. Chaque don est déductible.



Afficher sa solidarité

Bien sûr tout le monde n'est pas en mesure de s'engager sur des dons. Pourtant, louveteaux et jeannettes, scouts et guides, pionniers et caravelles, jems et compagnons, peuvent participer à leur échelle. Des milliers de badges ont été imprimés à l'effigie des Gonaïves. Nous proposons à chacun d'entre vous de soutenir les scouts d'Haïti en vous en procurant.

Vous témoignerez ainsi de votre solidarité avec Haïti. Reste qu'au-delà du symbole, un tel geste n'est pas neutre. Il permet d'apporter un soutien substantiel aux scouts haïtiens. Sur les 2 € que vous donnerez en échange du macaron « Gonaïves 2004 », 1,80 € iront directement au financement de projets de réhabilitation. Soyez convaincus de la portée de l'opération. Faites vous animateur de la campagne. Communiquez sur l'opération. Inventivité et imagination sont autant de ressources facilement mobilisables pour une bonne cause. Le site Internet www.scoutsetguides.fr sera heureux d'accueillir les photos et témoignages de vos actions. A vous de jouer !



Plaider pour le développement

Pour l'heure, Béatrice Rémy continue de se démener. De s'inquiéter, aussi... « Je m'arrache les cheveux pour trouver chaque jour qui peut faire ceci ou qui peut nous donner cela! ». Sollicité, le Service international doit déjà penser sur le long terme et envoie Alexandre Grollier comme volontaire. Envoyé le 8 novembre pour deux mois par les Scouts et Guides de France, il a pour mission de plaider la cause des scouts haïtiens auprès des ONGs et institutions internationales.



Alexandre doit également définir les termes d'un partenariat avec l'association scout en Haïti. Un projet de développement sur deux ans est à mettre en œuvre au profit de la jeunesse haïtienne. Telle dynamique appelle un événement fondateur. Notre volontaire pose dès maintenant les premiers jalons : un camp chantier international est programmé à l'été 2005. Reconstruction et reboisement de la région seront au programme pour des jems et compagnons mais aussi des cheftaines, chefs et animateurs motivés.

Pour plus d'informations, contactez :

le Service international
des Scouts et Guides de France
international@sgdf.fr
☎ 01 44 52 37 37

Editor's Note: Hurricane Jeanne destroyed much of the island of Haiti this past September. Rovers from Haiti, and the neighbouring island of Guadeloupe, have been active in the rebuilding process. They are helping to rebuild churches, hospitals, schools, and houses. Donations have been coming in from all over the world to help in this process, and during the Christmas season service teams of Rovers (and Scouts) from France, Canada, and Belgium helped in the rebuilding process. Please remember the activities of our fellow Rovers in Haiti, and help them in any way you can. More information can be located at

http://www.scoutsetguides.fr/articles/article.php?art=a_haiti and donations can be made through the World Organization of the Scout Movement, http://www.scout.org/front/0410haiti_e.shtml



Since I gave up editing "the Canadian Rover, EH!", I needed another activity that would fill my time and still connect me with Scouting and Roving. Since my "home" Crew operates without any of my hands-on "micro-management", I felt it probably wasn't a good idea to step on anyone's toes. Obviously, something else needed to fill my empty hours.

The formation of the Western New York Chapter of the International Dutch Oven Society came along just about that time, and for the past two years I've become more and more involved in "practicing my craft" and teaching others what little I know about using Dutch ovens.

There are a lot of Rovers throughout Ontario who've run into me at a Moot or other activity, where I probably invited them to "come on down to my kitchen and we'll bake a cake for tonight's desert" or something similar. I've been trying to prove to Rovers (as well as Venturers, Advisors and their counterparts in Guiding) that you can prepare anything in camp that you can prepare in the comforts of your kitchen at home. When Kat Nielsen contacted me about the new Rover web magazine, asking me for some input, I thought I'd continue with "the Rover Gourmet" articles, concentrating on recipes for the Dutch oven....BUT, I'd add this as a companion article, giving anyone without prior knowledge of Dutch ovens some ideas about how to get started, how to care for Dutch ovens, what sizes to look at, etc. Happy Cooking!

Stan Kowalski Jr.

A Brief History of Dutch Ovens

Note: For an in depth history of the name "Dutch Oven" and the cast iron oven called a "Dutch Oven" the book "Dutch Ovens Chroniced, Their Use in the United States" by John G. Ragsdale, published by the University of Arkansas Press is suggested.

The ancient history of Dutch ovens is rather murky and filled with speculation and legends. What IS known about the early history is the fact that there were references to cast iron kettles as early as 679-680 and cauldrons or pots about 1180. By the 16th century cast-iron kettles were in common usage. Kettles are metal vessels with straight sides which are larger at the top than at the bottom and were often used for boiling. Pots are generally bulbous vessels that narrow near the top, then flare out to a rim (think of Shakespeare's references to witch's cauldrons) and are generally used for stewing or simmering when cooking. Both pots and kettles usually have ears near the rim for lifting and either had permanent bails or used hinged pot hooks which were shared with other vessels.

According to Ragsdale the name Dutch Oven has been applied to a variety of cooking pots, kettles, and ovens over the years. The origin of the name, "Dutch Oven", is uncertain but Ragsdale suggests a few theories:

1. In 1704 a man by the name of Abraham Darby traveled from England to Holland to inspect a Dutch casting process by which brass vessels were cast in dry sand molds. Upon returning to England Darby experimented with the process and eventually patented a casting process using a better type of molding sand as well as a process of baking the mold to improve casting smoothness. Darby eventually began casting pots and shipping them to the new colonies and throughout the world. Ragsdale suggests that the name "Dutch Oven" may have derived from the original Dutch process for casting metal pots.
2. Others have suggested that early Dutch traders or salesmen peddling cast iron pots may have given rise to the name "Dutch Oven".
3. Still others believe that the name came from Dutch settlers in the Pennsylvania area who used similar cast iron pots or kettles.

George Washington fed his army from Dutch ovens. Paul Revere is credited for developing the flanged lid. Lewis and Clark carried Dutch ovens as they explored and mapped the West, and Dutch ovens were used by "forty-niners" for baking sourdough bread during the California gold rush.

In reality, if the name came from the peddlers or Pennsylvania settlers, the name probably was "Deutch" oven, because the reference was usually to German settlers and peddlers. When you think about it however, they should probably be called "North American" ovens, because they came into popular usage as the pioneers moved westward and needed a means for baking, as well as of preparing various other dishes. These people usually didn't have the luxury of "normal" ovens while traveling, or even when they first settled down permanently. The "black pots" that we now refer to as Dutch ovens served them well. England was the primary exporter of black ironware during the years of the pioneers. Cast iron cookware played an important role in the early history of our country. The journals of early American settlers, military, cowboys, and explorers, all make frequent reference to the Dutch oven, although the early term was usually "bake kettle".

In the early days of the history of the US and Canada, wood was the principle source of heating and cooking. The heat retentive qualities of cast iron enabled early chefs the ability to control temperature and an even heat. Also, when well seasoned, black iron cookware provides a non-stick cooking surface rivaling any modern day coated pan. As a testament to the superior cooking qualities of cast iron, it is interesting to note that explorers and surveyors would pack such an item despite its cumbersome weight.

Dutch ovens have a long history in North America, and were in common use well into the 1900's. The Dutch oven was the cooking implement of choice for the westward bound pioneers and on the chuck wagon of the Old West.

When the early pioneers going to Utah used a number of things such as lumbering prairie schooners, teams of massive oxen, mossy wooden water barrels, and heavy dresses which almost dragged on the ground. For most of us, such common pioneer artifacts are difficult to relate to or use in our lives today. However, there is one very popular pioneer indispensable which thousands of Utah families still use in their everyday activities. It not only looks the same but is still made basically the same way--the tried and true Dutch oven.

Explorers like Jim Bridger and Peter Skene Ogden used the kettle versions on the trail but appreciated the standard three-legged, flat top with a rim version together with its "lite" breads, tasty fruit cobbler and delicious stews when they wintered in. Mountain men used them and Osborne Russell in his "Journal of a Trapper" writes about how much they appreciated having some greasy, grizzly bear meat to cook because the cast-iron pots needed re-seasoning after boiling roots for meals the previous eleven days.

Pioneer trains gearing up near Independence, Missouri were given a list of essentials with the Dutch oven at the top of the list. The people-powered handcart companies chose to include the heavy pots for their long pull to Utah and miners counted the black pots almost as essential as their picks.

It's been asked why Dutch ovens are used more by Utah families than in other states. Perhaps it's because in Utah, families have a special significance, particularly their pioneer forbearers. It's a unique and generational bonding experience for families to gather around a campfire after a meal from the same kind of Dutch ovens, telling stories about the history of their pioneer ancestors, . In 1997, the Utah State Legislature approved H.B. 203, designating the Dutch Oven as the State Cooking Pot.

To this day the name "Dutch Oven" is applied to various cast pots or kettles. The most common application of the name is to a cast iron pot or kettle with a flat bottom having three legs to hold the oven above the coals, flat sides and a flat, flanged lid for holding coals. These ovens have a steel bail handle attached to "ears" on each side of the oven near the top for carrying. Other ovens may also be called a "Dutch Oven" such as cast aluminum Dutch ovens and cast iron pots or kettles with rounded lids, flat bottoms and no legs.

In today's usage, some of the manufacturers refer to the utensils used in the home as Dutch ovens and the ones used outdoors over either wood coals or charcoal briquettes as "Camp Ovens".



from the cooking files of Stan Kowalski Jr.

BANANA NUT BREAD

- 5 Tbs. butter
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup firmly packed light brown sugar
- 1 large egg
- 2 egg whites
- 1 tsp. vanilla extract
- $1\frac{1}{2}$ cups mashed very ripe bananas*
- $1\frac{3}{4}$ cups all-purpose flour
- 1 tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. baking soda
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{3}$ cup chopped walnuts



Note: about 2 bananas make 1 cup

Pre-heat 8" Dutch oven** to 350°F. (** If you're doing this in your oven at home, you can use a 9 x 5 x 3-inch loaf pan.)

Note: You could also use the loaf pan in a 12" DO, sitting on a trivet of some sort.) Give your DO a light coat of oil (If you're using the loaf pan, spray JUST THE BOTTOM of the pan with a non-stick cooking spray.)

Note 2: If you double the recipe, it will fit nicely in a 10" DO.

Mash the bananas and set aside. In a large bowl, cream the butter with the sugar and brown sugar until light and fluffy. Add the egg, egg whites and vanilla. beating until well blended. Add the bananas and beat until well blended.

Combine the flour, baking soda, salt and baking powder in a medium bowl. Add the flour mixture to the butter mixture alternately with the cream, ending with the flour mixture. Add the walnuts to the batter, mixing well.

Pour batter evenly into your prepared DO (or pan). Bake until browned and a toothpick inserted near the center comes out clean—about 75 minutes.

Cool the bread *in the DO or pan* on a wire rack for 10 minutes. Remove the bread from the pan and completely cool on the wire rack. Slice and serve as is, or with butter and jam.

Rover Questing

By Kat Nielsen, R.S.

Rovering is the carrying out of Scouting into every part of a person's life. It aims at creating nobler citizenship by introducing the Scout Promise and Spirit into the everyday life of Rover Scouts. In the words of our founder: "During the time that a boy is a Scout he, like an Esquire in the days of Chivalry, is preparing himself for rendering service to other people. At seventeen or eighteen he crosses the threshold from boyhood to manhood; from being a Boy Scout he grows up to be a Rover Squire and then a Rover Scout, just as in old days the Esquire was promoted to be a Knight. As a Rover Scout he no longer limits himself to preparing and training for service, but devotes himself to practising service in some form or other; just as the Knights of the Round Table went off on their different quests of duty. The difficulty for the average Rover Scout has been to find for himself a definite Quest to follow; and it is equally difficult for me to lay down any definite forms of service such as would be applicable to every Rover Scout under the sun." It is hoped that you will find this series of articles useful in finding and undertaking your own Personal, Crew, and Round Table Quests.

The Scout Law, viewed by a Rover, expands into Quests of Scouting. When looking at these Quests, it soon becomes obvious that such Questing carries the Spirit and Practice of Scouting into everyday life. Rover Questing and Rovering are not spare time activities, but ways of looking at life as adventures in service to God and the Community.

Over the next year, this column will expand each of the Scout Laws, as interpreted for Rovers, and suggest ideas of how Rovers can undertake Quests to better prepare themselves for service, and render service at the same time. Much of these

articles will be updated and adapted from Dr. Griffin's work "Rover Quests in Practice" and if you have any questions or feedback please send it in to the Editor of Rovering.com.

Each article will begin with an interpretation of the Scout Law for Rovers and then expand on this and explore the importance of that Law in our lives. Preparatory work will then be explored, enabling each Rover to interpret for themselves the importance of this Quest and then design for themselves a challenge. Quests must, therefore, be a clearly understood course of action which is to be followed, including having ways to deal with difficulties, as and when they arise. The Rover should announce that they are leaving on a Quest and report regularly their progress. Upon completion of the Quest, the Rover should provide a log of their activities, their service rendered, and new skills, attitudes, and knowledge gained on the Quest to the Crew. Rovers can use the Goal Setting scheme described in the last issue of Rovering.com, or some other goal setting method, to begin and evaluate this process.

It should be noted that Questing is not a vague ethical ideal. Rather, it is a game of exploring with a purpose which develops into a clear and practical program. Rover Quests should be more than isolated acts of Scout Errantry. Questing helps Rovers to place their feet on the first rungs of the Ladder of Scout Service, and to taste its first joys. Quests then help and encourage the Rover to climb higher, look wider, and serve better. Quests enable us all to do Good Turns to members of the Scout Brotherhood as well as to the wider world.

Completed Quests can be indicated on the uniform by one diamond knot tied in a leather Progress Thong worn around the left shoulder.

NEXT ISSUE: The Quest of Truth

Rover Discussion Forums on the Web

With Round Tables on the decrease, it is getting harder to keep in touch with other Rovers. Thanks to technology, it is now possible to keep in touch without actually gathering around a round table.

Various websites have been created to keep Rovers informed. This is your chance to check out some of the websites from across Canada. Let us know if you are aware of other websites out there.

So check out these sites and start meeting Rovers From across Canada.

Moot Moot Message Forum

<http://mootmoot1.netfirms.com/phpbb/nfphpbb/>

Camp Skeeter Forum <http://www.skeeter.ca/forum/>

Central Canada Rover Round Table Forum

<http://www.rovering.org/en/index.html>

Ontario Rovers Yahoo Group

<http://ca.groups.yahoo.com/group/ontariorovers/>

Sydenham Area Rover Forum

<http://groups.yahoo.com/group/venturersrovers/>

Scouts New Brunswick Forum

<http://groups.yahoo.com/group/ScoutsNB/>

BC Rover Forum

<http://www.roversbc.com/forum/index.php>



Wombat Wanderings

Looking beyond the usual.

By: Jordan Stanley

Day 6 – Oatmeal, again.

After hiking for six days, the sun was amazingly bright in the sky, the sea was softly lapping on the soft sand, and the warmth of the soft breeze was keeping the bugs at bay, and everyone was grumpy. It was not the wonderful weather that was making everyone cross, nor was it anyone in particular that had made everyone mad, it was the fact that this was day six of oatmeal for breakfast.

Weather, hiking partners, and weight aside, nothing can ruin a great hiking trip like the monotonous breakfast of only oatmeal. When backpacking, or camping many people seem to be a bit wary of being adventurous with their meals. A few moments of planning prior to leaving can change a trip.

Hiking trips that remain vivid in my mind are not just memorable due to the non-stop rain, or the great company, but also because the food was amazing. A few moments in the kitchen to prepare can make your meals at camp wonderful.

Here are a few ideas for you to keep your camping partners happy and your stomach too.

Couscous. At home before you leave, take your couscous and add brown sugar and cinnamon along with some dried fruit. This is a great change up from the usual oatmeal on a hiking trip, and weighs a similar amount per person.

Dessert. Who doesn't like a good dessert, and when do you usually get one on a hiking trip? A simple and quick dessert is grasshopper pie. Take pistachio pudding mix; add in crushed

chocolate cookies, and dried milk powder. In camp just add cold water into the Ziploc baggie, and mix. It's tasty, green and chocolate, and who can say no to chocolate when hiking?

Leave the bread? I have been hiking with many people who are adamant that bread should be left at home, mostly due to the crushing that tends to happen inside a backpack. A bread product is a great companion on a hiking trip, the carbohydrates are essential with all the physical activity. Instead of trying to not crush the white (or whole wheat) bread, pack pitas, tortillas or bagels on your trip. Tortillas and the pita's are flat so they are easy to slip down the side of your backpack or even just to toss them on top of your pack. Best of all, they are tasty and good for you.

Fresh fruit and vegetables. Healthy and will last the length of most hiking trips, fresh fruit and vegetables add a luxury to any meal. Green and red peppers will last, are hearty and add a flavor to many meals. Carrots will last almost forever and should be a staple on every backpacking trip (I personally don't like them, but take them with me on every trip.) Carrots are a great snack on a rest break, and a great add-in with any stew or soup. Garlic should be a required food item for any hiking trip- it can be added to almost any dish and naturally keeps the bugs from biting...it may also reduce the kissing but if everyone has bad breath no one should notice! Also, it doesn't go bad!

Ginger. A great root which also does not go bad, and it very versatile. You can chop it up and add it to many dishes, as well as making it in to tea to settle an upset stomach.

One aspect that many backpackers tend to focus on is weight. After many guided trips I will honesty say that as important as weight is, satisfaction tends to be more important. I am not saying pack in the Lazy-boy or frivolous items, but sacrificing a pound or two in food weight results in better food and happier hiking partners.

UPCOMING EVENTS

NATION WIDE

Canadian Jamboree: 2007

National has announced that the next Canadian Jamboree will be in Quebec in 2007.

The Jamboree Program

The week,s program will boast many of our past jamborees, most popular activities. It will revolve around basic Scout skills, building on and exploring many of the programs that B.-P. himself ran. Water

activities, team activities, and of course "just for fun" stuff will all be offered to challenge participants at CJ,2007.

World Scout Jamboree and World Centenary Activities: 2007

The World Scout Jamboree is a gathering of Scouts from around the world, for 10 days of adventurous activities, memorable events, and international friendship in a campsite big enough to accommodate tens of thousands of young people.

The theme of the 21st World Scout

Jamboree in 2007 is ""One World, One Promise"" ^^ which captures the aspirations and hopes of young people for the future. The web site for more information is

www.scouting2007.org



WESTERN CANADA

Camp Skeeter
May 20th - 23rd
www.skeeter.ca

We need your event listings.
Please send event info to
kdunn@softhome.net

CENTRAL CANADA

Looney Tunes Moot

April 22-24th
Blue Springs Scout Reserve
Acton Ontario
<http://www.geocities.com/looneymoot/>

RSVP Camp

May 6th-8th
Camp Opemikon, Perth, ON
<http://www.vrrt.org/RSVP%202005%20Flyer.pdf>

Mystery Moot

Hebor Downs Conservation Area
May 6th - 8th - Mystery Moot 2005.
www.mysterymoot.com

The Mootrix

May 20th-23rd
Camp Jackson Dodds
Rawdon Quebec
<http://moot.spiralex.net/>

Central Canada Rover Round Table

Will be held at the Mootrix
May 20th-23rd
Rawdon Quebec

<http://moot.spiralex.net/>

Camp Discovery 2005

August 13-21, 2005
Mountsberg Conservation Area in
Flamborough, ON. Its a World
Conservation Camp for 3rd year Cubs,
Scouts, Venturers, and Rovers!

Ancient Moot

July 29th - August 1st
Camp Impeesa
Ayr, Ontario
<http://ca.geocities.com/ancientmoot@rovers.com/>

EASTERN CANADA

Operation MOOSE: May 23, 2005

Come join other Venturer Companies around the province to the biggest wide game to go on in years! Operation Moose contains several fun activities and an extreme wide game that has several challenges for the participants. This is a three-day adventurous experience for all!

This year's theme for Operation MOOSE is "Back to Basics." We will be camping at Camp Nedooae. Activities that are planned are our traditional all night wide game, B.P. Woodsman Challenge, Billy Can Boil, Canoe Relay, Venturer Challenge Game, and a Venturer Cook off and lots more!

Groups are to come self contained for the weekend. The cost is \$20 per person. Please note that Sunday Supper will be potluck night for the whole camp and Sunday breakfast will be supplied.

Registration will begin March 1st. This event is open to all Scouting youth aged 14-17. This is an excellent opportunity to have Venturer Companies do some linking with their Scout Troop and for Venturers to meet with Rovers.

All Venturer Advisors, Rovers, Rover

Advisors, and Leaders are welcome to attend. We are looking for people to help out with some of these challenges.

For more info contact Kevin Croft 450-0192 / 476-3847 kevin.croft@ns.sympatico.ca

ScotiaJamb 2005 - Cape Breton Adventure: July 9-15, 2005

ScotiaJamb is now full. We are now accepting people on the waiting list. If your group is registered to go and require changes to your registration, please inform Jamboree Admin ASAP. All information for contact is on the ScotiaJamb website. <http://ns.scouts.ca/ScotiaJamb05/>

Rover And Venturer Event 2005 (AKA: RAVE 2005): October 14-16, 2005

Mark it off on your planning calendar, RAVE is back again and with some brand new sessions!

This year we are planning to offer:

SIT Training Course
WB I Company
Ceremonies/ Traditions
Communication
Dutch Oven Cooking
Duct Tape

Fire Building Skills

Knife Care
Geocaching
Goal Setting
Group Dynamics
Event Planning
Knots
Situational Leadership
Stave Making
Time Management

The RAVE planning committee is looking for Venturers, Rovers and Advisors to lead sessions and to help out as staff. If you are interested please contact Kevin Croft 450-0192 / 476-3847 kevin.croft@ns.sympatico.ca

More Information will be out in the Spring!

Expression of Interest For A Rover Reunion Gathering

Any Nova Scotia Rovers or Rover Crews that are interested in planning and coordinating an event like this please contact Kevin Croft (kevin.croft@ns.sympatico.ca) for further details.

God Stuff

By Rev. Michael Diegel

For those of you who remember Rovering Magazine I wrote the God Stuff column for a number of years. At that time I was a member of 9th Kitchener Crew, then 20th Brantford Crew. I have since moved to Saskatchewan and now Manitoba and am still active in Scouting. I am a Beaver, Venturer leader and am the Lutheran partner representative for Scouting and Guiding in addition to serving the Russell/Inglis Lutheran Parish. (near Assesippi Ski Hill)

Each of us upon making our promise has made the promise to do our duty to God, but just what is that. To do one's duty to God is to do more than lip service. From my standpoint, as a pastor, going to church is definitely part of it, although some would disagree. Duty to God is loving others as our self. It is sharing of the gifts that God has given us without thinking of the reward.

Too often we look at things and ask what is in it for us. What we need to look it is how we can be of service to others. Perhaps that is why when I was a squire I had to do what invested Rovers told me to do, but they also had to be willing to do it.

This year 1st Russell will be having its first squire ever. We will talk about duty to God, service and what it means to live out that promise. In a year, or so, we will conduct the investiture and make the promise with the understanding that Rovering is a way of life, because service to others is a way of life.

All of us need to think of what duty to God means to each of us. What it means to me is not the same as for someone else. Once we know what it means it is up to each of us to live that duty in a life of service to God and to each other.

Here endeth the sermon, but as always, I'm looking for ideas.

Rev. Michael Diegel