



# the leader

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Amory Award Winners

McGillivray Pass Adventure!

# Let's Get Fit

by Andy McLaughlin

## Do you live according to Scouting's Mission?

At first you might answer, "Of course," but think again. Scouting's Mission includes providing opportunities for social, mental, spiritual, and PHYSICAL development. Do you eat right? Are you fit? Are you overweight? Do you smoke? Physical development is as important as our Mission's other elements, yet we often neglect it.

### Excellent Role Models

Many Scouters pride themselves on being role models. But what kind of role models do we represent when we smoke, drink alcohol and eat fatty junk foods in front of young members? Unfortunately, this is what many of us do.

Scouters are certainly not alone. The Canadian Fitness & Lifestyle Research Institute estimates that 60% of Canada's population do not eat properly, get enough exercise or maintain a healthy weight.

You can make improving your physical self an integral part of your personal and Scouting program. With some planning and dedication, it's easy to develop a more active lifestyle, a better diet and other healthy lifestyle changes. To help you get started down the road

to better nutrition, you'll find many palatable ideas for healthy living on pp.8-10 and in the Recipe cutout pages (pp.35-6).

Become more active by starting with the little things. Walk or cycle to the corner store instead of driving; climb the stairs at work instead of taking the elevator, or shovel the driveway instead of using the snowblower.

## The more pleasurable your physical activity, the easier it is to motivate yourself to do it on a regular basis

Looking for something a little more strenuous? Get involved in an enjoyable sport. The more pleasurable your physical activity, the easier it is to motivate yourself to do it on a regular basis.

Quitting smoking is an important step in attaining a healthier lifestyle. The dangerous, life-threatening effects of smoking are well documented. Studies now show that smoking can damage the health of others. So, if you can't quit for yourself, quit for your spouse, children and Scouts.

While improving your personal lifestyle, be sure to include fitness-building activities in your Scouting program.

Many Canadian youth do not get enough exercise. Include active games, nature walks, hikes, or bike rides in your programs.

Teach your Scouting youth the value of proper nutrition and regular exercise. Of course, they'll be more likely to listen if you're fit and healthy yourself. By improving some of your lifestyle habits, you'll look and feel better, improve your own chances of living a longer and healthier life, and set a terrific example for your Scouting youth.

### Better Programs

How can you provide an interesting and engaging program to final year Beavers when they've "done it all before?"

Newfoundland Beaver leader Leslie Forward provides some terrific "how to" ideas on capturing and maintaining the imagination of White Tail Beavers in this issue.

After carefully going through the entries from Venturer companies across Canada, the Amory Adventure Award selection committee has chosen the three 1995 winners. Share the adventures of the second place winners (see p.7), as they hike into the British Columbia wilderness.

### Congratulations!

The latest membership statistics include great news. Membership in all youth sections is up, with an overall youth increase of 3% over last year — our first such increase since 1981. Congratulations and thanks to all Scouters for making this increase happen. Let's keep it up! ^

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8th Burnaby Northview  
Venturers

# the leader

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The trail started easy enough...

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# Final Year Beavers

## *The Leaders' Challenge*

by Leslie Forward

**“W**hat can I do with my final year Beavers?!”

How many times have you heard a harried leader ask this question? Last month we explored ways to capture the imagination and attention of final year Cubs. Now let's look at White Tail Beavers. Those behaviour problems you're experiencing may just be caused by a Beaver who wants a more challenging program.

White Tails, generally, have been in Beavers for three years. They are no longer shy little Brown Tails, but bigger in mind and body. The challenge to leaders is to accommodate them, while recognizing the strengths and weaknesses of every child in the colony. Boredom is definitely your worst enemy.

The Beaver program has several methods for leaders to ease the challenge of White Tails, including:

- short- and long-term planning
- tail groups
- linkage program.

### **Planning (Short- and Long-Term)**

Beaver leaders organize their weekly meetings for the full year very well. Scouters recognize the need to plan each meeting so all fully understand their responsibilities. It also guarantees a full weekly program. Everyone acknowledges the need for tail meetings, swim-ups, investitures, outings and special nights in a yearly plan. But do we overlook the need for a three-year plan?

As most children stay in Beavers for three years, we leaders are challenged with the task of providing a varied, interesting and fun-packed program. Each week the five-to-seven-year-olds hope to do something new. They must not be allowed to develop the, "seen it, done it, got the T-shirt" attitude.



Photo: Mary Grant

One colony overcame this problem by drawing up a three-year chart to plan its meetings. Stars (placed beside the activity) indicated if the children enjoyed the event enough to schedule it again next year. This ensured that Beavers didn't repeat an activity every year unless it was extremely popular. It let leaders plan new experiences for Beavers to explore every week for three years. White Tails couldn't say, "Oh, not that again!". Their imaginations and interests were continually being captured and broadened.

Here's what the plan looked like:

A chart like this helps creative leaders quickly develop a list of new adventures for their colony of eager Beavers. In addition to regular program meetings, don't forget outings, unusual visitors, and special interest nights. These will capture young minds and bodies.

### **Ask and You Will Receive**

Your Beavers know what they like. Ask them for suggestions. They'll quickly give you a huge list for brainstorming. With two years of Beaving behind them, White Tails can provide terrific insight into program activities

Year 1	Year 2	Year 3
pool	visit seniors	aquarium
farm	fire station	nature walk
make snowmen	police	sleigh ride
library	pool	nursery
first aid	Olympic night	plant flowers
insect display	hike	wiener roast
berry picking	visit Legion	electrical safety
campfire	snow sculpture	zoo

and events. By allowing them to suggest meeting ideas, you're showing that you value their input as they grow more mature. It demonstrates respect and is tremendously satisfying to them. You'll find that this will keep them far more interested and happy. Not only will it help with discipline, but Beavers will be more inclined to return to see what next week might bring.

*The Beaver Leader's Handbook* (chapter 9) supplies more long range planning direction. It says we need to "provide programming that stimulates and challenges... as colonies have Beavers in more mature stages of development... which use special White Tail group activities."

### Tail Groups

The Beaver program is designed to make use of tail groups because it recognizes different levels of maturity in five, six and seven-year-olds. Plan some meetings by dividing the colony into tail groups, with each group participating in a different activity. This method permits White Tails to enjoy activities, crafts, games and stories that may be too difficult or mature for other colony members. Also, it lets them interact with their peers as they both develop.

One enterprising leader worked exclusively with White Tails for the last half of a Beaver year. She planned a craft or activity that would have been too challenging for Brown or Blue Tails. They read "chapter" books together,



Photo: Jim Coak

*Keo can help motivate and lead older Beavers.*

went on long hikes, planned activities to share with the rest of the colony and worked on intricate crafts. It proved a rewarding experience for all.

### Linkages

Another colony prepared a White Tail Challenge. The older Beavers worked each week at the meeting and at home to learn a little about their province, country and flag. Each child prepared a scrapbook of materials. Items for the project were found and prepared by both Beavers and leaders. There was no competition to see who finished first, but a sharing of resources

with the group working as a team. This activity continued for several weeks and helped prepare the White Tails for the Cub program.

The linkage program allows third year Beavers and a leader to explore the world of Wolf Cubs on several occasions during their final year and provides an outlet for their developing maturity.

### Using Lodges

Third year Beavers can become a Big Brother to Brown Tails. Let them experience your growing trust; ask them to help younger members hang up coats, tie shoes, complete crafts, and learn their Law, Promise and Motto. If you don't have a Keo, assign a White Tail to each lodge to fulfil the role. Within the lodge framework, a White Tail could be the one to whom a Brown Tail shares his fears. After all, Beavers relate much better to other children than to adults.

In the lodge, a White Tail could read a story or a chapter of *Friends of the Forest* to lodge members. White Tails don't need to hear *Friends of the Forest* three years in a row; in its new format the book is readable for many seven-year-olds. Let a child practise reading a chapter at home, then read to the lodge. This will make the Beaver feel important, while sparking anticipation for next year in Blue Tails.

One very large colony made its White Tails feel useful and important by assigning each lodge two or three White Tails. These third year Beavers wore a special woggle for the full meeting they were the lodge "helper." They knew their leader was depending on them to act responsibly; if they

*Give your  
Beavers  
a taste of  
the thrills  
awaiting  
them in  
Cubs.*



Photo: Scouts Canada

didn't, they might not enjoy this special privilege nor the wobble for some time. Once more it helped maintain discipline and gave the children a sense of self-worth.

### Honour and Challenges

White Tails can be "special helpers" who set up for meetings (e.g. arranging the flag, Beaver and log), pass out wood chips and assist with gathering activities. They can help prepare for games and crafts. On special occasions, like parades, give them the honour of carrying the flag.

Make tasks a little bit more challenging for White Tails. Let them serve drinks at Parents' Night, or help measure when preparing recipes and baking. When they get new tails they can cut out, sew and design a magical streak all by themselves, and even assist the younger Beavers. Let them create and present a play or drama, teach a new song or lead a new game. Give them a purpose and sense of accomplishment.

### Using the Outdoors

Scouting means youth enjoying the outdoors. Beavers are young Scouting members, so let them experience nature in many activities.

"But our climate isn't conducive to many outdoor events!" some might argue.

Why not? Children are the ones who enjoy rain, snow and sun. They can manage hikes, Beaverees, sleigh rides, nature walks, campfires, crafts, outings, gathering leaves, planting flowers and Scoutrees, and even ice fishing.

"Five-year-olds can't do this," others might argue. Well, seven-year-olds can.

*Experience  
as many  
ScOUTing  
activities  
outdoors.*



Photo: Jim Goat

Outdoor events might be for the full colony or just a special White Tail treat.

If discipline is a problem, get your ScOUTing Beavers outside. The outdoors not only provides new activities but allows children to release their boundless energy.

### The Swim-Up Ceremony

Finally, those eager Beavers you have nurtured for three years are ready to be touched by a magical light and to be transformed into Wolf Cubs. Their swim-up should be an emotional, moving, magical event that they will remember for years to come, and which will build anticipation in younger Beavers.

Make it dramatic by travelling across a pond in a canoe, by flashes of light outside, or by an outdoor campfire. Anything unusual and exciting will make it more successful. The possibilities are endless.

White Tails can challenge leaders, but through effective planning, tail groups, lodges and the outdoors, we can keep them interested and wanting more.

Are we up to the challenge? You'd better believe it! ^

— Leslie Forward is a very active Beaver leader, and National Program Committee member from Newfoundland.



*Appropriate challenges will stimulate interest and enthusiasm.*

Photo: Sarah Graham

# 1995 Amory Adventure Award

## Hiking the McGillivray Pass

from 8th Burnaby Northview Venturers

**A**dventure pangs bit all the Venturers at once. They could almost hear its soft, enticing voice: "Follow me into British Columbia's interior, through the McGillivray Pass and along the abandoned telegraph and gold rush trail."

It was too much for Cameron Dodd, John Drewoth, Darren Mulard, Graham Smith, Steve Swan, Chas Ward, Michael Wong and Jason Caley. With their advisor, Pat Connell, the 8th Burnaby Northview Company, B.C., started making preparations that would earn them second prize in the 1995 Amory Adventure Award.

Being experienced campers and hikers, we prepared for the five-day trip by planning a weekend hike through mountains near Vancouver. This hike helped us identify additional wilderness skills needing attention in the month leading up to the trip. A series of day-long hikes worked out any remaining 'bugs'. The work just fuelled our urge to set off.

### Hitting the Trail

With packs full and adrenaline racing, we climbed onto a train on June 24, for the five-hour trip into B.C.'s interior and our start point at McGillivray Station. The trail started easy enough, then disappeared. After some discussion and much conversation over maps and compasses, we decided to hike over a hill, and down the far side. During the next several hours we negotiated a small river blocking our path, and explored some abandoned gold mines.

Late in the afternoon we found the trail, but soon lost it, only to pick up traces of the telegraph line again later still. Covered with mud, stinging with deer fly and mosquito bites, we set up camp before the last rays of sun disappeared behind towering mountains.



*Winding over mountains, through rivers and mud meadows, the trail even flattened out in spots.*

Photo: 8th Burnaby Northview Venturers

Hot shrimp alfredo and spectacular scenery with many snow-capped peaks surrounding us helped lift our spirits.

### "Let's send a telegram!"

Next day dawned clear and beautiful. We reminded ourselves of our previous-day's accomplishments (walked 11 km, climbed 1,300 metres, launched our dream), and set off with a spring in our feet. Within two hours we found an abandoned telegraph shack with its roof collapsed and two walls caved-in. Glass insulators and telegraph wire littered the area. Eighty years ago this place must have hummed with gold rush activity.

Though it was late June, snow lay several centimetres thick on the ground. After a brief snowball fight and a delicious lunch, we headed off towards an alpine meadow in the distance. By the end of the day we were comfortably camped in a run-down cabin, having walked 9 km and climbed 600 metres. Though our turkey dinner was chunky, the potatoes pasty and the gravy gluey, we all felt terrific.

### Heading for Civilization

A large bowl of steaming oatmeal started our third hiking day well. Soon our feet were wet from wading through countless mountain streams and frigid mud obstacles. Patrick, our advisor, was going to meet us at a forest service road. The very thought of dry socks and real, palatable food drove us onward with amazing speed. Late in the afternoon, we saw the bunkhouse at Pioneer, an abandoned ghost town. We kept going until we met Pat parked in his truck. Within an hour we were settled into a comfortable cabin by a nearby lake, listening to the sizzle of steaks bound for our grumbling stomachs.

Over the next days the company hiked around various ghost towns, explored gold mining tunnels and dried out gear.

What did we learn? The experience tested our capabilities and cemented our friendships. Amid spectacular scenery, we laughed together (and complained), while honing our outdoor skills. With proper planning and experience, teenagers *can* organize an outstanding outdoor adventure! X

## AMORY AWARD WINNERS

Venturers from the 1st Thunder Bay Company, ON, won first prize in the 1995 Amory Adventure Award for their Wabikiwi Park canoe trip. The 8th Burnaby Northview Venturers won second place for their hiking trip into southern B.C., while a Cape Scott Trail hike won third place for the 83rd Calgary "C" Company.

Congratulations to all Venturers who entered. Detailed accounts of the first and third place winners will appear in future **Leader** issues.

Deadline for 1996 Amory Adventure Award entries: January 31, 1997.

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# Healthy Living and Ice Cream

## *Here's the Scoop!*

by Allen Macartney

**I**ce cream and hot dogs are bad snacks, while broccoli and carrots are good, right?

Not necessarily.

All these foods form part of Canada's Food Guide to Healthy Eating. We need milk products as much as we need vegetables, but maintaining a *healthy balance* and staying fit takes attention.

### Easy Gourmet Meals

Nutritious meals don't have to be dull and boring. "With a little thought, tasty, wholesome meals are easy to prepare," says Tim Leitch, a leader with the 19th Whitby Scouts, ON.

Rather than just sticking with the standard hot dogs and flavoured drink crystals (i.e. coloured sugar water) for an evening meal on the trail, he encourages youth to experiment with gourmet menus and ingredients. He keeps the cooking tools simple, too: a one-burner stove, a pot and pan, a cooking grill, charcoal and an open fire.

Before setting out on overnight hikes, the Scouts discuss menu requirements and healthy eating practices. Then they draw up a well-rounded diet geared to the energy needs of their bodies. Over the years they've tasted a number of very nutritious meals, including marinated pork chops with steamed veggies, and chocolate fondue dessert (dipped fruit chunks). Oranges, apples, cucumbers and frozen juices help quench thirst.

Why not try Tim's marinated pork chop recipe on your next trip?

Prepare the marinade by combining 125 mL of water, 60 mL of oil, a dash of seasoning, 2 garlic cloves (minced), 80 mL of soya sauce and 15 mL of lemon juice. Six pork chops (fat re-

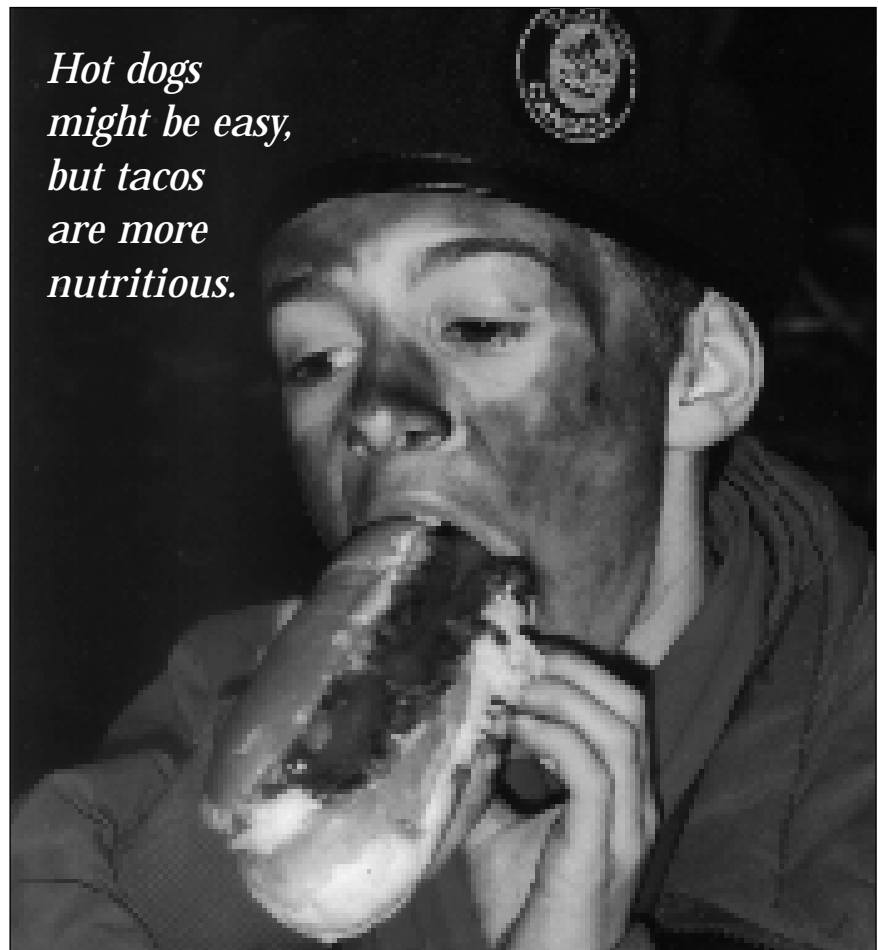


Photo: Marg Morris

*Hot dogs  
might be easy,  
but tacos  
are more  
nutritious.*

moved) should sit in the marinade for at least one hour (six is better), before grilling them over a fire. Slice carrots, potatoes and onions, then add a bit of marinade before wrapping in foil. When they're cooked, the meal is exquisite!

### Taste Detectives

Do you really taste your food?

This game will help make Beavers, Cubs and Scouts more aware of the taste, texture and smell of the food they eat. Cut up a large selection of fruit and vegetables and put them on plates. Set out several bowls of sauces including mustard, ketchup and relish, as well as white sugar, salt and brown sugar.

Now, start your discussion with these questions: Do different types of fruit have similar textures? Which ones? Does texture affect your percep-

tion of taste? Can you taste saltiness in any vegetable? What part of your mouth actually 'tastes' flavour.

After experimenting for several minutes, draw up a taste map of your tongue (see *Fun at the Pond*, April '96, p. 21).

During an evening snack, ask everyone to eat in slow motion for several minutes. Does this help them savour and enjoy the different flavours?

### Cook-off Competition

Each year Venturers from all over Newfoundland delight their taste buds with a highly competitive cook-off during a province-wide fall camp. The meal must be not only nutritious, but visually appealing as well.

Last year each cooking team received several arctic char, spices and vegetables. They had to build a whole-



some, delicious meal around these ingredients. "Since none of the youth knew what the main entree would be, the teens were prepared for almost anything," said one leader. "They didn't disappoint the judges."

Older Cubs and Scouts would enjoy a similar, though scaled-down, competition. Set the groundwork by reviewing Canada's Food Guide and the four food groups (grain products, veggies and fruit, milk products, meat and alternatives). Then let your group choose a well-balanced meal to feed their Scouting friends and judges.

### Good, Better, Best

It's not hard to make an "okay" meal into a "great" one. Just try jazzing it up! If Beavers and Cubs ask for ice cream, let them make banana splits with funny faces using fruit like kiwi, cucumbers and water melon.

If your Scouts and Venturers ask for corn chips, let them make a bed of nachos, covered with hot, low-cal cheese, ground beef and vegetables.

Plan a Mexican theme evening for camp; feast on wholesome tacos, refried beans and yogurt.

Cubs from the 36th Glebe St. James Pack in Ottawa, ON, combined a healthy eating theme with their Christmas food bank collection. After talking about nutrition and the four food groups, Akela challenged his young pack to think up a healthy meal to make using ingredients from each food group.

"Let's make pizzas!" one child called out. The Cubs split into teams (depending on their pizza preferences) then

drew up a list of ingredients they needed. Next week they created personal pizzas using pita bread (for the crust), tomato sauce, shredded cheese, sliced sausage, diced peppers, and pineapple. Before and after the meal, they played active games to limber up arms and legs. (Call your local Public Health Unit for more games and activities.)

### Smoke Free!

Healthy living involves more than just eating good food. We take care of our bodies by avoiding cigarettes and the poisonous gases they bring into our lungs.

Get your Cubs, Scouts and Venturers to make up a rap song about the benefits of not smoking. Here's an example:

*I'm strong, I'm fast  
I'm built to last.  
No second-hand smoke or  
cigarettes for me.*

Break your Cubs and Scouts into small theatre troupes. Give each one eight minutes to develop a skit about smoking, then present it to the whole group.

Here are some possible scenarios:

- (1) Show how advertisements try to get people to start smoking. Characters might include the ad, a cigarette, several youth.
- (2) Melaney passes some cigarettes out to friends at school. Characters: Melaney, Jeremy, Jeremy's lungs, Sam.
- (3) Two siblings talk about second-hand smoke at home with their parents (smokers).

## DID YOU KNOW...?

- Most Canadian teenagers *don't* smoke (70%). Non-smoking is the norm.
- More than 90% of Canadian smokers want to quit.
- Tobacco smoke not only gives you bad breath, but also contains 50 chemicals that cause cancer.
- Smoking reduces athletic performance.

\*\* From Break-Free All Stars Kit, Canadian Parks\Recreation Assoc.

### Calling all Olympic Athletes

Clean lungs, healthy eating and good exercise all help to increase your outdoor enjoyment. An active Olympic Games program will add considerably to your message. You might even get together with several Cub or Scout groups to organize a Saturday Olympic extravaganza. (See the May **Leader** for action-packed program ideas.) Include exercises, races, balancing activities, even a bike hike in your event.

Skipping requires coordination, endurance and concentration. Why not organize a skip-off competition? Boxers, marathon runners and athletes skip to improve their performance.

*Healthy  
snacks  
make  
afternoon  
hikes more  
fun.*



Photo: Paul Ritch

## Good Anytime

A healthy living message can fit into anyone's Scouting program. Before taking his Cubs on a weekend hike, Merrill Smith, of the 37th Ottawa Pack, asked his youth to design their own trail mix to suit personal tastes. Before starting they discussed energy needs, ingredients that provide quick energy, allergies and more.

"The mixes showed great creativity," said Scouter Smith. "They included chopped and dried apricots, dried papaya and many types of nuts." For the trail, he made a homemade granola crunch using sesame sticks, banana chips, blueberries, peanuts, walnuts, cashews and almonds.

With a little thought, it's easy to make healthy living both interesting and delicious.

Go ahead... eat ice cream occasionally, but dress it up with fresh fruit to look like Santa Claus.

### Resources

*Human Body: An Interactive Guide to your Body*, Stoddart. This outstanding program package (available through bookstores) includes a model skeleton, full-colour poster, activity cards, human body guidebook, and more.


## Healthy Snack Word Search

Can you discover the clues to healthy snacking? Look for: strawberry, water, egg-roll, milk, bagel, vegetables, fruit, apples, orange, bananas, yogurt, cheese, carrot, muffin, grapes, melons, pizza. They will appear either across or down the page.

S	T	R	A	W	B	E	R	R	Y	B
V	A	M	E	A	A	P	P	L	E	S
E	F	U	I	T	G	R	A	P	E	S
G	R	F	O	E	E	B	U	Y	G	A
E	U	F	U	R	L	A	E	I	G	O
T	I	I	O	R	A	N	G	E	R	X
A	T	N	Y	A	C	A	R	R	O	T
B	E	M	E	L	O	N	S	I	L	O
L	P	I	Z	Z	A	A	M	I	L	K
E	U	C	H	E	E	S	E	Y	A	E
S	Y	Y	O	G	U	R	T	I	O	U

**Great Country Hits!** Send for your free Great Country Hits activity books. They're full of games, puzzles and riddles that will help youth eat more healthy foods. Write to Canadian Produce Marketing Assoc., Suite 310-1101 Prince of Wales Dr., Ottawa, ON, K2C 3W7.

**Break-Free.** Canadian Parks and Recreation Association offers an excellent

teacher's activity kit for smoke-free living. For details: 1600 - 306 James Naismith Dr., Gloucester, Ontario, K1B 5N4. Phone: (613)748-5651; fax: 748-5854. 

### Program Links

Cubs: Red Star A-7 or Blue Star A-10, Camping Badge.  
Scouts: Cooking Badge, Campcraft Badge, Exploring Badge.

## WATER AND GOOD NUTRITION: A PERFECT MATCH

by Jeanne M. Lambert

### Picture it.

You're running a regional camp. Seventy-five kids are twanging archery bows, racing through an obstacle course, clambering over an 8 metre high tower. During a lull in activity, where do the kids dash off to?

For a drink of water! But what if there's no water fountain? What do you offer them? Juice? Cider? Canned drinks? Chocolate milk? Seventy-five kids have a powerful collective thirst.

Anyone who has ever opened a can of frozen juice concentrate knows that as soon as you get it made, children drink it "like water." They aren't really enjoying (or even tasting) it. They're using it to quench their thirst.

Is that surprising? Seventy-five percent of the human body is water! The brain is 85% water! Some doctors blame chronic dehydration for many adult illnesses.

Those fluids children usually consume (e.g. milk, pop and fruit-flavoured drinks), decrease their natural urge to drink water. Adult drinks, like coffee, tea and alcoholic beverages, have the same affect. Our kidneys filter these beverages to separate out the beneficial elements our bodies can use (if any). Many fluids offer little or no nutritional value, but if we encourage a greater consumption of water, our natural thirst for this vital element can be restored!

As Scout leaders, we can help improve the present and life-long health of young

people by offering them water during all events, as well as before and after meals. Save the hot chocolate for the campfire, and sugary drinks for only very rare occasions.

By drinking more water at events you'll not only save a lot of time, trouble and money, but also help establish a healthy habit.

Drink up! Water provides thirst quenching satisfaction with no side effects and no long-term health risks. You can't beat it!

— Jeanne Lambert is a Registered Nurse with a long and distinguished Scouting family history.

*"Aaahhhh! Cold refreshing water. There's nothing quite like it."*



Photo: Allen Macatney



# Don't Forget Remembrance Day



Each year Beavers, Cubs, Scouts and Venturers from the 1st Caroline Group, AB, do more than just attend local Remembrance Day ceremonies. They plan a special Remembrance Day sleepover.

Usually everyone attends. Beavers gather at 6:30 p.m. on November 10 at the meeting hall and spend the evening playing games, talking about peace and making crafts.

The main activity involves Beavers in each lodge making their own wreaths to lay at the ceremony the next day.

Other activities they've tried include:

- making and exchanging friendship sticks,
- playing games with a strong cooperative 'twist' to them,
- inviting a guest to speak about "turning the other cheek."

After breakfast and clean-up on the morning of November 11, they take their wreaths and attend the Remembrance Day ceremonies.

"This annual program has turned out to be a highlight for many Beavers," says Linda Benz, a leader with the 1st Caroline colony. It's also a great way to knit your colony together early in the year.

## "We Remember" Poppies

Last year Cubs from the 13th Sydney St. Joseph's Pack in Sydney, NS, invited several veterans to an early November meeting. The guests talked about war and peace, friendship and world brotherhood. After reading the famous poem, "In Flanders Field", and answering some questions, the Cubs each made a giant red poppy.

On November 11, the Cubs paraded with the veterans and other community groups, attended the memorial service and gave out poppies.

## Peace Day

Last year Loretta Oates helped organize a Peace Day celebration for 400 Scouting youth in the Trinity-Conception region of Newfoundland. Its theme: "Let there be peace on earth, and let it begin with me."

Why not organize your own Scouting Peace Day, either around November 11 or anytime during the year? Per-



Photo: Anne Mann

*"1,000 peace cranes! I can fold them in my sleep."*

haps a school band would like to provide music; local veterans could read the "Flanders Field" poem. Combine your evening or day events with games and activities that stress cooperation and teamwork.

Scouter Oates encouraged all young people to write their names on ribbons (2 cm x 30 cm). These were joined together in a long chain. One end linked up to a large, white picture of a dove.

Some groups made peace posters, including art work showing people helping each other all over the world. These were brought to the celebration.

Before the Peace Day, everyone practised singing "O Canada" and discussed the meaning of freedom and peace. How does it affect your life? Perhaps Cubs would like to think up a peace skit. Scouts could make up their own song, based on a peace theme.

Included in the Trinity-Conception Peace Day celebration was this reading:

"We believe in tomorrow; we believe that we have the power to make tomorrow different from today. We believe that poverty need not be permanent and that men and women need not learn war forever.

"We believe that there is a time for peace, a time for justice, a time for brotherhood, and a time for everyone to enjoy tranquillity on Earth.

"We believe that we can bring that day closer by the way we live all through the year. The world may smile at our dreams, but no matter; let us still dream and work for peace."

## Peace Crane Wreaths

Cubs from the 1st Lucknow Pack in Lucknow, ON, decided they wanted to attempt the near impossible last Remembrance Day. Theirs is just a small pack so when someone asked, "Why don't we fold 1,000 peace cranes?" several leaders started worrying.

After signing out an origami book from the library and reading aloud the Japanese peace crane story (see **Leader** magazine, Oct.'94, p.13), the Cubs started folding cranes.

"Their enthusiasm was incredible!" said Scouter Anne Mann. Later the youth wrote to Japanese Cubs and described their peace project.

Several months later, all 1,000 cranes were finished. The pack laced them together into wreaths with thread and sent them to the Hiroshima Atomic Bomb Memorial Site in Japan.

"This project gave us an opportunity to talk about peace and war from a child's perspective," said Scouter Mann. "It let our Cubs work toward their Tawny Star and World Cubbing Badge, while also making Japanese friends."

## Resources

Stoddart Publishers' *In Flanders Field* (by Linda Granfield) is excellent to read to Cubs, Scouts or Venturers. Not only is it beautifully illustrated, but the book includes the famous poem as well as extensive background information on the author, and life in the trenches. X



# QUICK CRAFTS FOR A BUSY DECEMBER



by Laureen Duquette

**A**nother glad but bustling December will soon be here again. For your Scouting group it probably means at least one evening of craft-making. We hope you will find the following ideas useful. They range in difficulty and use items that can be obtained at minimal cost.

## Egg Carton Bell

Each decoration requires two cardboard egg carton sections. Paint the inside of one section and the outside of the other with red tempera paint. When dry, paint the remaining inside and outside green. Decorate with gold, silver or coloured stars. Use gold or silver stars to represent the Star of Bethlehem.

Puncture the tops of both sections with the point of a pen or pencil. Bend a piece of green chenille (pipe cleaner) at the centre, insert one end into each of the sections and attach little bells. Bend the chenille tips to hold the bells in place. Twist a piece of red chenille around the green one, leaving a loop for hanging.

For a more serene effect, paint the bells blue and white (representing the night sky and snow, or spiritualism and purity). Jewish youth might want to paint the Star of David on their bells.

## EGG CARTON BELL



## Christmas Caterpillar

Youngsters will enjoy making this fellow. Using the same basic materials as the bell, cut egg cartons into halves lengthwise and distribute six section pieces to each child. Have the children paint sections in alternating colours:

red, green, red, green. When dry, decorate with stars or seasonal stickers.

Cut a piece of chenille in half. Knot or bend one end and, from the underside of the caterpillar, push the chenille through at the top of the head to form antennae. Bend the ends. Glue googly eyes to the sides of the caterpillar's face. Finally, use a marker to draw a big smile.

Variation: Instead of painting, children might like to cut pictures from last year's wrapping paper and glue this over the entire surface of the caterpillar. Give the wiggly crawler a shine by painting with a mixture of water and white glue, or a craft varnish such as Podge-It.

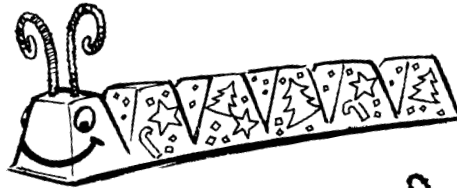
## Candy Cane Stickman

Make the body by bending a piece of red chenille in half. Feed the two ends through the hole of a pink wooden bead (available at craft stores in packages of four) with a face painted on it until they extend about 2 cm to 2.5 cm above the head. Lay the chenille ends flat on the bead for the time being, to hold the head in place.

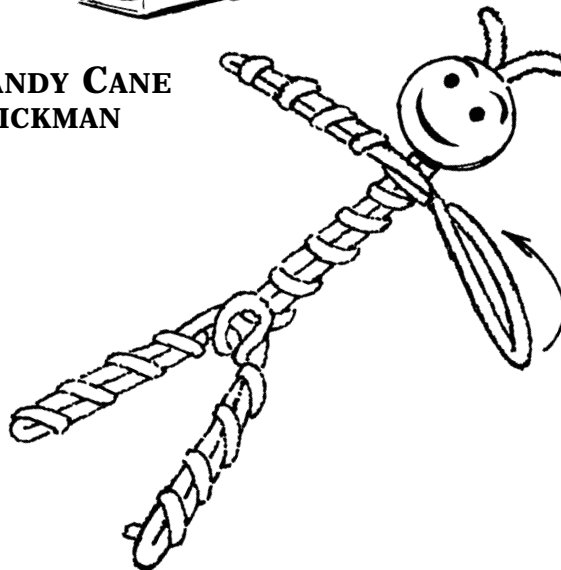
Prepare the arms in this way: bend a red or green chenille piece around the stickman's body just below the head. Wrap both ends over to the opposite side of the body. Double each arm up to the desired length and twist the two chenille pieces together firmly to form an arm.

For the legs, bend a piece of green chenille in half and place at the bottom of the body. Hold it in place by folding the bottom of the body over the bend in the legs. (See diagram) Fold each leg up to its desired length. To fatten your stickman up a little, twist another chenille into his legs, arms and body.

## CHRISTMAS CATERPILLAR



## CANDY CANE STICKMAN



Give him his candy cane stripes by winding white chenilles around his legs, arms and body.

Make your stickman an elf by taking the two ends of the chenilles that you bent over the head and turn them straight up again. Twist another short piece of chenille around them to form a toque. Finish by gluing a small dab of cotton batten to the toque's tip (a pom-pom) and another thin piece in a ring around the top of the head to make a fur trim.

Do you want a jester?

Simply bend the two chenille ends out to the side of the head and attach tiny bells.

### Christmas Tissue Paper Flowers

These flowers are adapted from Pamela Westland's book, *Celebrating Christmas*. Trace around the outside of a saucer and cut eight circles from two or three colours of tissue paper.

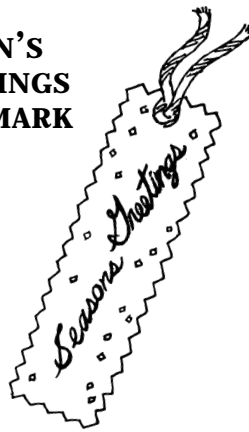
Make a petal by folding a double circle in half and in half again. Hold the shape by the point between the thumb and first finger of one hand and, with the other, twist the inside of the cone sharply. Make four petals. Stick three together by gluing the length of one petal to another. Glue the last petal to the first so it forms a circle.

Cut the point off the fourth petal, fit it over a green drinking straw and glue or tape it in place. Glue the group of three petals inside the outer petal. Wind green floral tape around the bottom of the flower and the top of the

stem to join them securely. If you were unable to get green straws, continue wrapping the floral tape down the length of the straw.

To make a leaf, fold one green tissue paper circle in half, then fold around the straw. Glue the two sides of the leaf together. Wrap the leaf halfway around the stem again and glue in place.

### SEASON'S GREETINGS BOOKMARK



For those who wish to make a more challenging flower, Pamela Westland's version takes twenty-eight circles, for a total of fourteen petals. Keep gluing petals one to another until you come full circle and glue the first petal to the last.

Push a straw into the centre of the flower. Spread glue around the lowest petal and wrap it around the straw. Decorate your hall for a Christmas party by stringing stemless flowers together to form a garland.

### Season's Greetings Bookmark

Beavers and Cubs will love this craft. Divide a sheet of heavyweight watercolour paper amongst your pack or colony — 140 lb paper is available in art supply stores. Provide water, a selection of watercolours in holiday hues of the group's choice, and sturdy brushes.

Dampen the paper with a brush or sponge, but do not use too much water or the paper will buckle. Introduce dabs of colour onto the damp paper. While the first colour is still wet or just beginning to dry, introduce some tiny jewels of colour into, and adjacent to, it to create a nonobjective design. One of the joys of working with watercolours is its unpredictability and the interesting intermingling of colours. Don't be afraid to experiment!

When your designs are dry, measure out a rectangle 5 cm x 16.5 cm for each bookmark. Children should be able to make enough bookmarks from their sheet to give to several friends or family members.

Cut out using pinking shears to give the bookmarks an interesting edge. In their best printing or handwriting, have the children put a seasonal greeting over top of the watercolour design (e.g. Merry Christmas, Happy Hanukkah). They can use marker pens or glitter. Alternatively your Cubs or Beavers might wish to cut a message from one of last year's cards brought from home. On the reverse side of the bookmark, ask the children to write a personal message to the recipient of their gift along with the year, so it can be treasured as a keepsake.

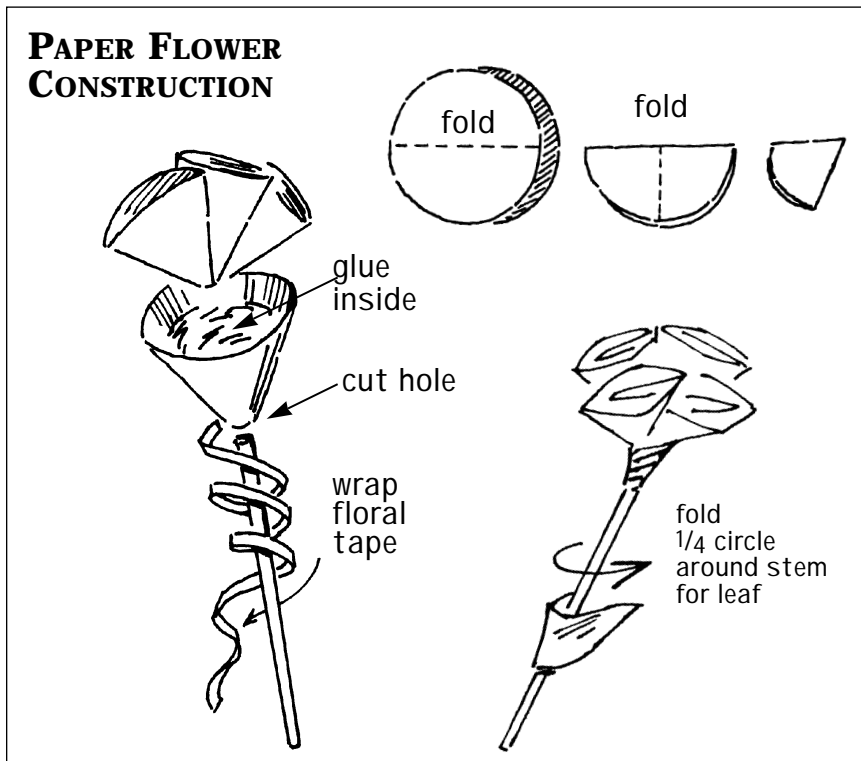
When the markers are completed, help the children protect their gifts by laminating them with mactac — available at office supply and photo shops.

Add a final touch to the bookmarks by using a paper punch to put a hole near the top. Double a piece of yarn (about 45 cm long) and slip the folded end through the hole. Pull it through until a loop is visible above the top of the bookmark; then take the two free ends, bring them up through the loop and pull.

If your Beavers and Cubs find watercolour painting interesting, think up other projects involving this medium. Let them decorate their meeting hall with winter and holiday scenes — an added touch for their Christmas party!

Have fun with these crafts and enjoy a great holiday season. X

— *Lauren Duquette handles advertising and circulation at the Leader.*





# Come Hear the Thunder at Thunder Dome

by Rob Petten

**H**ave we got great things in store for you! From the time you arrive on-site at CJ'97 you'll be part of an excitement that will not soon be forgotten. We know you're busy planning for your trip to Thunder Bay so we're working hard to make it the best Jamboree yet!

## The Jamboree Hub

Each day thousands of Scouts, Scouters and visitors will take part in the activities of Thunder Dome — the jamboree hub. Thunder Dome is located on the main road between the CJ'97 entrance and the subcamps where you'll call "home" for the week. It's also adjacent to Boulevard Lake where you'll cross over to your program activities.

Thunder Dome will have many different activities and displays to peak anyone's interest. You'll be able to get the latest information on upcoming Scouting programs and World Scouting news. We're planning to bring in various celebrities to entertain you. And you'll meet other Scouts and Venturers from around the world here.

Thunder Dome's stage will be active every day with all types of entertainment. The infamous "Jamboree Karaoke" will be back — bigger and better than ever before. Bring your singing voices.

The CJ'97 Trading Post is located in Thunder Dome; jamboree souvenirs and supplies will be available for purchase. Don't miss the chance to take home a gift for Mom or Dad.

We haven't forgotten a Scout's need for food between meals. Don't worry! Thunder Dome will have an amazing food court offering a wide range of goodies.

All great Jamborees have a camp-chief. Talk to him at his tent in Thunder Dome. He's looking forward to meeting you.



Photo: Wayne Barrett

*CJ'97: An uplifting experience for everyone.*

## Townsfolk

The Jamboree is like a small town of 15,000 people; just like most small towns we'll have our own bank and post office. The post office will offer special cancellations for the Jamboree.

What are cancellations?

Drop in and ask the post office people. They'd love to show you.

Don't forget to bring some Scouting badges to trade on "Barter Boulevard", located just beside Thunder Dome. Barter Boulevard will have tables and soft green grass so you can display your badges. What a great way to meet new friends and add to your badge collection! The largest collection of Scout badges in Canada will be displayed by the Badger's Club in a large semi-trailer. These Scouters come from all across Canada and have lots of interesting stories to tell about their Scouting badge collecting hobby. You can't miss it!

Thunder Dome will be a busy place, but there's lots of grass around where you can just sit down and relax. It's a great gathering place; if you want to meet up with another patrol from your home town, why not converge under the shade near the Thunder Dome Food Court?

How will you know what's going on in Thunder Dome?

Events will be advertised on Information Boards. (Find the nearest one to you as soon as you arrive.) The "Thunder Dome Team" will get the word out in real Scouting fashion each day because we want to see YOU at Thunder Dome.

## Thunder Hill

Right next door to Thunder Dome is a large grassy field. During the Jamboree it will become "Thunder Hill." Although some may suggest that this is no hill, we'll definitely produce some Thunder! Thunder Hill is the site of the opening and closing ceremonies — an adult way of saying we're going to have a party with 12,000 of our closest friends! We'll rock and tremble with the sound and lights of some of your favourite music artists. We've asked the "Sleeping Giant" to come, and we're inviting you to join us on Saturday night, July 12, for the start of a fabulous week. Six days later (on Friday night, July 18), we'll close it with all the enthusiasm that Scouts and Scouters can muster.

CJ'97 is less than a year away. Plan to attend the spectacular opening and closing events at Thunder Hill. See you there! \^/

— Rob Petten is a member of the CJ'97 Special Events Committee



# Ninety Years of Scouting!

## A PR Extravaganza

by John Rietveld

### Happy Birthday! Ninety years and counting!

Many interesting publicity "angles" will present themselves in 1997, including Scouting's 90th birthday. Try linking every major event during the coming year in some way to this celebration.

Planning your group's PR activities is not terribly difficult. It just takes a bit of time to document events and activities. Start by pulling out your Scouts Canada calendar — both 1996 and 1997 editions. They will give you some important Scouting events to focus on. Let's look at several.

#### CJ'97

When you're developing a strategy to publicize CJ97 at Thunder Bay (July 12-20), check with local troops and companies to see what fundraising they've planned. Offer to write up notices for your neighbourhood weekly paper and your local radio station. In most areas of the country, groups need to help raise \$1,000 per participant (or more). They'll welcome any publicity help you can offer.

But where's the 90th birthday link?

Try finding 90 sponsors for your jamboree troop. Ask individuals or businesses to donate \$90 each toward the unit's CJ97 fundraising efforts. Create a special "90th Birthday Thank You" certificate to recognize contributions.

#### Scout-Guide Week

Next on your calendar: Scout-Guide Week, February 16-23, 1997. Group activities range from parent banquets to awards nights, while district activities may include shopping mall displays and leader recognition ceremonies. Check

with section leaders or group chairs about special events they've planned, then help with the publicity.

Scout-Guide Week 1997 will take on special meaning as we celebrate the 90th Birthday of world-wide Scouting. While not as significant as the 75th or



100th Birthday, 90 years is a record worth highlighting throughout the coming year. Use this event to enhance regular Scout-Guide Week activities. Brainstorm with your group committee for interesting angles to increase media coverage.

#### We're Looking for YOU

Why not feature a search for the oldest living former Scout in your town? Announce it in a letter to the editor of your local newspaper. After locating the most senior Scout, involve the person in district festivities. The former Scout will probably be almost 90 years old himself. What a great angle for a radio phone-in show! Not only will the individual share fun Scouting stories, but also other memories of life in your town. Try enticing your oldest former Scout into telling some campfire yarns at your parent banquet.

#### The Oldest 90

You've heard of "the top 100"?

Well, look for "the top 90 oldest" former Scouts in your district, and hold a special reunion at a city park or a nearby camp. Ninety former Scouts (probably many war veterans, civic or business leaders, and some even still affiliated with Scouting) are sure to generate media interest. A 90th birthday

cake and tea party at your shopping mall with the oldest Scouts cutting the cake for the 90 youngest Beavers, holds great PR potential.

#### Scoutrees

With your PR plan ready for Scout-Guide Week, you'll soon need to think about Scoutrees for Canada. Most districts have a Scoutrees coordinator who will begin planning for the event about 60 days before the actual planting date. So, start strategizing in early March. Writing media advisories, coordinating a ceremonial tree planting to involve the mayor or local MP, and arranging for Dig Day photography all require pre-planning.

While Scoutrees for Canada has not been around for 90 years, tag on the 90th birthday theme to your local program. Here are some ideas:

- plant a special 90th birthday tree in a local park or conservation area,
- plant 90 special trees at your camp,
- plant 90 more trees than in 1996, or
- raise \$90 more than in 1996.

Be creative! The sky's the limit when trying to link the 90th birthday to Scoutrees.

#### Other Events

How can you publicize the 90th Anniversary during Remembrance Day services? During Kub Kar Rallies? When conducting pre-Christmas food bank collections? At winter and spring campouts? When enjoying 1997 summer camping trips? Brainstorm with other leaders. You'll find an exciting story slant. There's never a shortage of great events to publicize.

Scouting groups need local community support to help them continue to operate adventurous, outdoor youth programs. The role of the group and district publicity officer is to keep Scouting in the public's eye.

Ninety years is an admirable record worthy of special publicity. Look no further for your special PR angle! Put a 90th birthday spin on all your 1997 activities. X

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# ENVIRONMENTAL FUND AWARDS

## *Working for a Cleaner Canada*

by Allen Macartney

**R**ecycling projects, a pumpkin pickup, household hazardous waste management, building self-guided interpretive programs. This year Scouts Canada's Environmental Fund helped many projects take wing.

Grants ranged anywhere from \$2,500 (for a three-year camp revitalization and reforestation

venture) to \$100 (for a recycling activity). One of the most interesting projects involves seven Scouts who have spent almost 200 hours (so far) cleaning up an overgrown cemetery.

All of the projects approved for funding helped raise youth and public awareness of local environmental issues.

### **Proactive Environmental Patrol**

For the past eight years, Nova Scotia's 52nd Halifax Police Venturers/Rovers have conducted a five-month (May to September) weekend bicycle patrol of an 89 hectare park in their neighbourhood. Working in pairs and assisted by local police, the 18 Venturers and Rovers patrol roads and pathways of Point Pleasant Park. In 1996 the youth accepted additional responsibility for patrolling the newly-created, Dartmouth Multi-Use Trail.

The program's objectives include,

- preventing vandalism of natural areas (e.g. killing saplings and low bushes),
- preventing littering of parkland,
- helping reduce erosion within the parks by educating riders on the proper use of bike paths.

Monies awarded through the Environmental Fund will help pay for safety equipment, rain jackets and bike maintenance. The Halifax Regional Police Service provides bicycles for the patrol.

### **Cemetery Clean-up**

Scouts from the 15th Port Arthur Troop in Thunder Bay, ON, tackled an unusual project as they worked on their Troop Specialty Badge. For years a local cemetery had lain almost forgotten, with fallen trees, thick undergrowth and toppled tombstones scattered over a wide area. The youth decided to restore the cemetery back to a respectable appearance.

The project, which started in 1995, will continue into 1998. The task involves cleaning up deadfall, locating graves and erecting new wooden crosses, filling in grave depressions, cutting

grass, and building a new fence around the perimeter. Last year the Scouts planted 438 red pines.

"There are 55 graves on the site. Eventually we hope to mark each one properly," said Bob Taylor, an adult leader.

The project not only gives the youth a sense of accomplishment and community service, but a feeling of historical responsibility. It will also encourage a broader range of wildlife, including birds, to visit the area.

### **Nature Interpretive Program**

The Environmental Fund awarded \$1,200 to help create a self-guided, interpretive program at Mississauga Scout Camp in Ontario.

This program consists of setting up three specific self-guided interpretive trails, and will include producing hands-



*Bound for a huge compost heap, these pumpkins saved a lot of space at a landfill site.*



on educational material and activities related to forests, trails and ponds. The trails and activities will encourage youth to develop a more positive awareness of protecting the natural environment.

### Cleanups

Two groups received special funding for launching cleanup campaigns in their neighbourhoods.

The 1st Mananook Scouts from Grand Harbour, NB, spent three days scouring 10 km of beach and marsh trails on Grand Manan Island, looking for garbage. They picked up over 100 bags of garbage and 9 bags of returnable bottles.

Over 100 Beavers, Cubs, Scouts and Venturers from the 5th Cold Harbour Group, Dartmouth, NS, combed the pathways of their Forest Hills community searching for litter accumulated over the winter. Found in their 200 bags of garbage were candy wrappers, chip bags, pop bottles, and occasional sneakers.

"We treated the clean-up like a "gross" treasure hunt, regaling each other with stories of the weird and yucky things we found," said one leader.

### Hazardous Waste Collection

For three years, Scouts from the 35th Troop in Tecumseh, ON, have helped with a household hazardous waste project in their area. They begin by publicizing the event around their community, then, when vehicles arrive, the youth separate the various types of waste to guarantee proper disposal.

About 455 cars brought old paint, car batteries and car oil to their last collection. The Scouts also conduct a recycling survey each year to help municipal officials identify local waste management needs.

### "We Recycle!"

Youth from the Gaspereau & District Scout Troop, NS, raised the profile of recycling in their rural Annapolis Valley community by holding a one-day collection of glass and cans. They opened their drop-off depot on a Saturday morning; before lunchtime they had gathered *one ton* of recyclable material.

### Revitalization and Reforestation

Scouts who use Camp Polaris in Fort Saskatchewan, AB, decided to embark on a four-year reforestation and improvement program to up-grade the facilities. The Scouts hope to provide a greener, cleaner and healthier environment for all (including many non-Scouting groups) who enjoy the outdoors.



Photo: Paul Ritch

*Whether located in a cemetery or along a hiking path, trees make our natural environment more beautiful.*

Spreading the work over four summers, the youth will reseed large areas of the property, plant up to 100 lodgepole pine trees, conduct on-going clean-up, and seek ways to raise outdoor environmental conservation awareness among youth members.

### A New Wilderness Campsite

Sixteen British Columbian Scouts from the 34th South Fort George and 21st Blackburn Troops received funding for improving wilderness hiking facilities along a picturesque mountain lake. After discussing the idea with provincial forestry authorities, the Scouts decided that minimal development of the site would preserve its wilderness ambience, while also protecting the environment.

The plan involves:

- setting up two outhouses well away from the water,
- installing two fire pits to minimize the threat of forest fires,
- setting up two picnic tables,
- cleaning up trash over a wide area.

This project will provide more suitable facilities to the many hikers using the area, and maintain the pristine wilderness.

### Bird House Builders

During a spring camp, twenty Beavers from the 4th St. Albert Colony, AB, built bird houses. After the camp they brought them home and set them up around their neighbourhood. Now the

children are learning about local bird species and their environmental needs.

### Pumpkin Pickup

For several years, 200-400 Scouting youth from Sarnia, ON, have taken part in a highly successful pumpkin pickup. Radio ads and newspaper articles announce the program. The public must put unwanted pumpkins out on the doorstep and turn outside lights on two days after Halloween.

Helped by adult volunteers, Beavers, Cubs, Scouts and Venturers then collect the Jack 'o Lanterns and bring them to the city compost site. Not only do youth experience community service, but they learn about the need for composting.

### We've Got Money to Give!

Does your group have an interesting environmental idea to improve your neighbourhood?

If you need financial help for starting a project, apply to the Environmental Fund today. For an application form and more information, contact The Environmental Fund, c/o The Boy Scouts of Canada Trust, P.O. Box 5151, Stn LCD-Merivale, Ottawa, ON, K2C 3G7.

Environment Canada offers another source of financial assistance to those wanting to start a clean-up project. Their *Action 21* program provides fifty percent matching money for activities that enhance the national environment. Call 1-800-668-6767 to get an *Action 21* applicant's guide. ^



# Final Year Beaver Ideas



Two leaders sent us great ideas to prepare Beavers for moving on to Cubs. Try them out. You might find they re-ignite the interest in your older White Tails.

### That Marvellous Toy

Bob Cano, Akela with the 36th Glebe St. James Pack in Ottawa, ON, visits Beaver colonies early in the year and invites final year Beavers to come out to a special Cub meeting. During the visit, he hands out a special paper toy that requires some assembly. (See below) The toy makes it easy for Beavers to learn the Cub Law, Promise, Salute, Motto and Handshake.

This little toy gets Beavers really anticipating the fun awaiting them in Cubs. Here's how to make it.

1. Cut squares from paper (approximately 21.5 cm long).
2. Write these words on the paper *exactly* in the same position as shown.
3. On the side *without* writing, fold the four corners into the page's centre, as shown.
4. Turn the paper over and fold the four corners into the centre of the new square.
5. Fold down along the lines visible on the written side, then fold out to form an "egg carton."

### White Tail Workbook

Mitch St. Clair and Mayona Farrell of the 77th Seton Group, Great Toronto Region, have made a really creative workbook for their White Tails. It introduces them to the Cub Law, Promise, Motto, doing a good deal each day, respecting the old wolf, and much more.

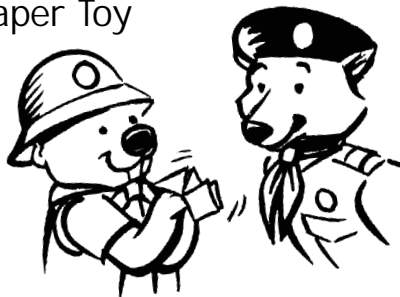
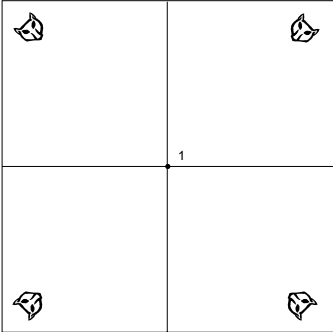
After testing the program for several years Mitch and Mayona have found it prepares older Beavers who might be getting bored with the Beaver program.

Each page of the workbook focuses on a single topic and either asks questions or challenges the Beaver to some action. A funny picture or clipart image on each page (which must be signed by an adult when completed) makes the task easier.

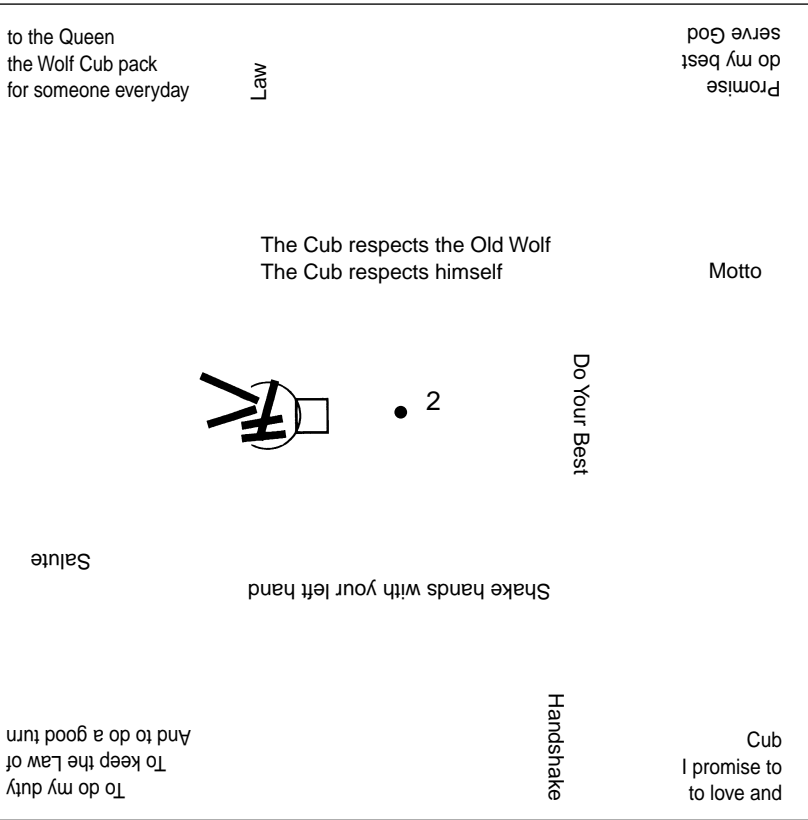
Here are examples found on some pages.

- **Home:** For one month make your bed, set the table, take out the garbage and keep your room tidy.
- **Home safety:** List five things that will improve safety in your home. Draw a picture of each, if you wish.
- **Scouting quiz:** Who was Lord Baden-Powell? Where was he born? What year did he start Scouts? Why did he start a youth movement? What section follows Beavers?
- **Family tree:** Draw a picture of your family tree. Interview your parents and grandparents to make it complete.
- **Fire escape:** Make up a fire escape route for your home. Discuss it with your parents and siblings.
- **Cubs:** Memorize the Cub Law, Promise and Motto. Learn how to do the Grand Howl. What did you feel the first time you did it? Attend 2-4 Cub meetings. Draw a picture of the meeting you enjoyed most.

### Marvellous Paper Toy

2



The Cub respects the Old Wolf  
The Cub respects himself

Motto

Shake hands with your left hand

Do Your Best

Salute

Handshake

To do my duty  
To keep the Law of  
And to do a good turn

Cub  
I promise to  
to love and

Law

Promise  
do my best  
serve God

to the Queen  
the Wolf Cub pack  
for someone everyday

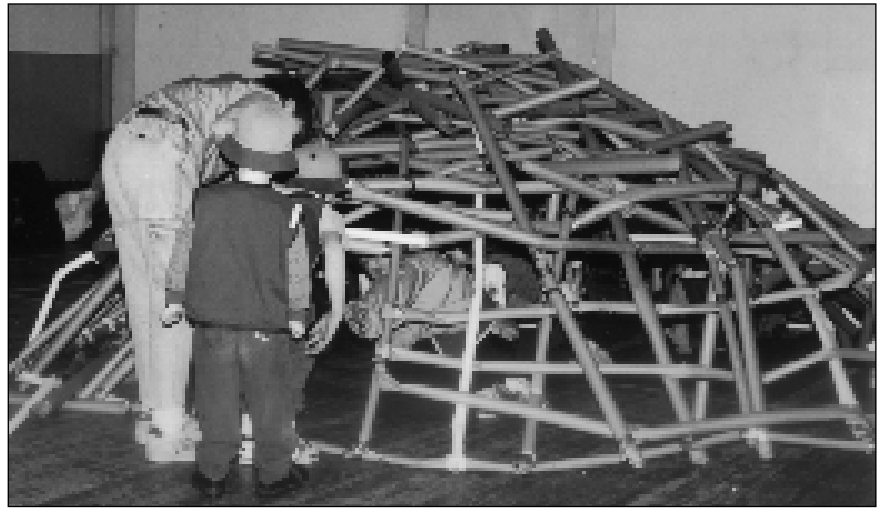
# BUILD A LIFE-SIZE BEAVER LODGE!

Beavers from the 1st Port Hammond colony in Maple Ridge, BC, decided they wanted to make a life-size Beaver lodge at one of their sleepovers. It proved an overwhelming success!

Here's how to make yours. Gather together as many cardboard wrapping paper rolls as possible from Christmas. You'll need at least 40. Bring 3-4 big rolls of masking tape.

## Instructions

1. Start by joining a number of tubes together, making really long ones about 4 metres in length. Do this by sliding one end into another; secure them in position with masking tape. Make 8-10.



*"I'm sleeping in here tonight."*

2. Make a single tube about 11 metres long. Bend this into a circle and lay it on the floor.  
3. Now start forming the lodge. Bend the 4 metre tubes slightly and, with masking tape on each end, attach them to the extra long tube lying on the ground.

4. When you've made the basic structure, tape on individual tubes.  
5. Involve your Beavers as much as possible.

— From Noni Corbin, Maple Ridge, British Columbia.



# MRS. JONES BAKES MUFFINS

Use this active story with your Beavers when running a healthy living or nutrition theme. Form two lines of players. The first Beavers in each line will play the part of either MRS. JONES or STRING BAG.

Identify other individual (or pairs of) Beavers as additional objects in the story, e.g. MUFFINS, EGGS, FLOUR, MILK, RECIPE, PURSE and MONEY. All Beavers should respond when they hear the word EVERYTHING.

Now read the story. Each time you read one of these names, the child representing the object must run up to the front, tag a leader then run back to her place in line.

After the story enjoy a healthy snack, and talk about the need for a good breakfast to start the day.

## The story

One day, MRS JONES decided to make some yummy blueberry MUFFINS. She needed EGGS, FLOUR and MILK.

She looked in her refrigerator for EGGS and MILK, but found she didn't

have any. She looked in the cupboard but couldn't find any FLOUR.

So MRS. JONES decided to go to the store. She put the RECIPE in her PURSE, picked up her STRING BAG and walked to the corner store.

"Good morning", MRS. JONES said to the grocer. "I want to bake some delicious blueberry MUFFINS." She took the RECIPE out of her PURSE. "I need one dozen EGGS, 2 kilograms of FLOUR and 2 litres of SUGAR."

The grocer helped her get these things for her MUFFINS. MRS. JONES took some MONEY out of her PURSE and paid for EVERYTHING. She picked up her STRING BAG, put in the EGGS, the FLOUR and the MILK, then went home.

When she got home MRS. JONES took the RECIPE out of her PURSE, took the EGGS, the FLOUR and MILK out of the STRING BAG and baked the biggest blueberry MUFFINS you ever saw. EVERYTHING turned out very well.

—From Hazel Hallgren, Red Deer, AB.

# NATIONAL POSTER COMPETITION!

The National Capital Commission is holding a poster competition for youth aged 7-12. Leaders should call 1-800-465-1867 to get entry forms and activity sheets. Children must return their pictures of a favourite winter activity by November 30, 1996. Winners will be chosen randomly from each province and territory. They will receive a pair of Lange skates and a Winterlude souvenir kit. Two grand prize winners will be flown to Ottawa for an all-expense paid trip to the biggest winter festival in North America. X

## Program Links

Cubs: Artist Badge, Winter Activity Artwork Badge, Canadian Heritage Badge, Aboriginal Awareness Badge, Tawny Star, World Cubbing Badge.

Scouts: Heritage Badge, Artist Badge.

Venturers: Social/Cultural Activity Award, Personal Interest Activity Award.

# Fun at the Pond

by Lena Wong



**N**ovember offers many excellent program opportunities and festivals. Some have an international flavour.

## DIVALI

This Hindu festival celebrates Lakshmi, the goddess of prosperity who is the wife of Vishnu, the god of joy. During the festival in India, people put small clay lamps along garden paths, fences and anywhere else that might assist the goddess in finding homes where she leaves gifts and candies. People also light dipa lamps and float them on water to carry a wish. You can use the dipa lamps in seasonal celebrations of your own faith. Plan on a couple of meetings to complete this craft.

Start with a ball of clay or play dough for each Beaver and a small, wide flattish candle. Shape the clay (play dough) into a little dish slightly wider than the candle. Allow to dry. Paint and decorate the bowls at the next meeting and place candles inside.



Ask your Beavers to form their dipa lamps in an extended line, making a path. Light all the candles. Elect a leader to walk along the path and place a small gift at each lamp. Finish the evening by talking about the safe use of candles.

## INUIT FESTIVALS

Canadian Inuit typically hold festivals celebrating autumn in November. These celebrations include storytelling, dancing and singing. Your local library will have many books describing life in the Arctic and relating Inuit legends. *The Young Children's Encyclopedia* by Britannica (Volume 5, p. 106) has quite a nice story you might read to your Beavers. String games are a traditional pastime for Inuit children. Look for Camilla Gryski's books on string games; the titles include: *Cat's Cradles*, *Owls' Eyes*, *Many Stars and More String Games*, and *Super String Games*. Enjoy getting your fingers tangled up!

## DECORATIONS AND GIFTS

Give your Beavers a head start on Christmas and Hanukkah with these terrific program ideas.



### *International Garland*

This is a great activity originating in Denmark. You need packages of small flags which can be purchased from paper goods stores. Cut off the little wooden picks attached to the flags before handing them out to the Beavers. Supply each Beaver with 12 flags, a thin string measuring 90 cm, and sticky tape. Have the children tape the flags onto the string at 5 cm intervals, leaving 5 cm clear at each end.

The garland can either be hung on a wall or in a window, or it can be tied onto a Christmas tree either top-to-bottom or wrapped across the tree. If possible, get packages of flags from around the world and use as many as you can on each garland. Canadian flags by themselves also make beautiful garlands.

Looking for a multicultural variation? Make small cutouts of stars, candles, dreidels, dipa lamps and a multitude of other cultural symbols to use in your garlands. Your Beavers will love these.

### *A Frame Mobile*

Before the meeting, precut a 25 x 20 cm frame for each Beaver from coloured bristol board. Give the children their frames and let them cut two or three shapes from the pieces you have cut out of the frames. The kids will need adult help to hang their decorations from the frame. Thread a needle and pull it through the top of each shape, and then through the upper beam of the frame. Tie a knot so the shape hangs free within. Now make a loop at the top for hanging the mobile. Use this idea for other holidays, too. You can make a great Hanukkah decoration by using shapes like dreidels, candles and stars.

### *Reflective Decorations*

These decorations will reflect the lights and other ornaments on a Christmas tree, making it sparkle a little brighter. Cut out a shape (tree, heart, circle, etc.) from dark coloured construction paper. Cut an identical

shape, but slightly smaller, from silver foil. Glue the foil shapes (taking care not to crease them) onto both sides of the construction paper shape. Add a loop of ribbon or thread at the top for hanging. They can also be hung in a window or behind a lamp to catch the light and form patterns from the movements around the room. This is another decoration which you can use for other holidays by incorporating appropriate shapes.



**Fingerprints**

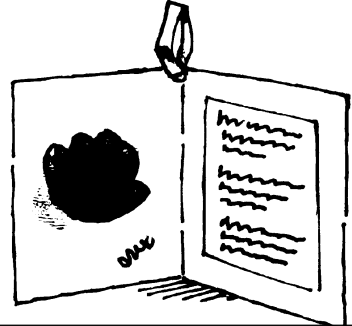
This next idea comes from the U.K.'s **Scouting** magazine. Each Beaver needs an 8½" x 11" piece of coloured construction paper, white or black finger paint, ribbon, tape, scissors, glue and a photocopy of the poem below.

Glue or tape on a ribbon for hanging. Brush finger paint on the left hands of your Beavers, then ask them to make a hand print on the left side of the paper. Glue a copy of the poem on the right side. (If a leader has a computer, print the poem in a script font and include a few suitable graphics if possible).

There used to be so many  
Of my finger prints to see,  
On furniture and walls  
From sticky, grubby me.

But if you stop and think a while,  
You'll see I'm growing fast.  
The small hand prints disappear,  
You can't bring back the past.

So here's a small reminder  
To keep, not wipe away,  
Of tiny hands and how they looked  
To make you smile some day.

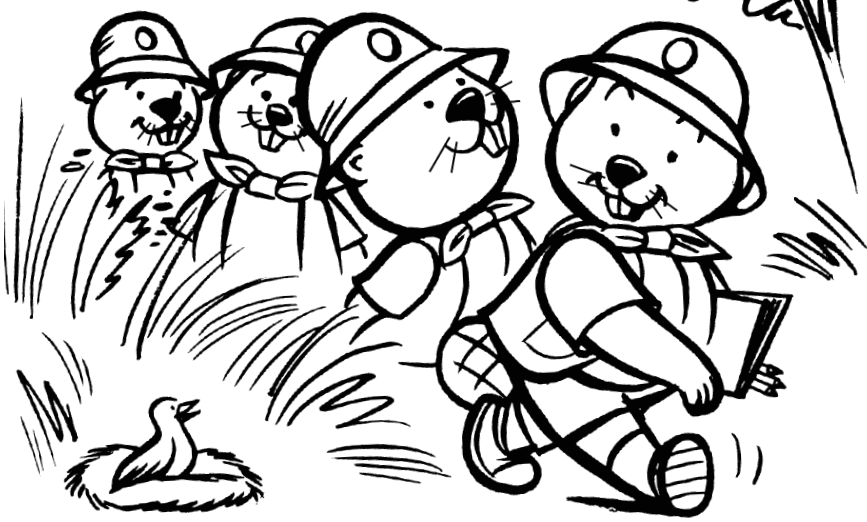



**OUTDOORS**

Make sure you and your Beavers get outside this month. In many parts of the country snow doesn't fall until December; this allows you to get out easily for a few more hikes in the bush, park or on the beach. Make your outings active so everyone stays warm, and pick up as many craft supplies as you can. Twigs, dried leaves and interesting bits of dried weeds are plentiful on the ground. Use these to make little winter bouquets or glue them onto pieces of coloured construction paper for interesting artwork.


Look closely at the bare trees to see if you can spot any bird nests. Discuss what they are made from, and their shapes. Talk about where the birds have gone and when they will come back. Expand your discussion to include some ideas about how birds that stay in winter survive the cold weather.

Enjoy November! Next month we'll concentrate on more holiday activities and crafts. X



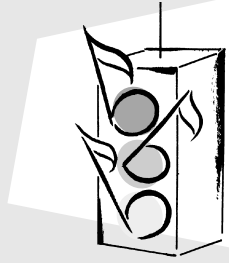


## ENERGY BURNERS



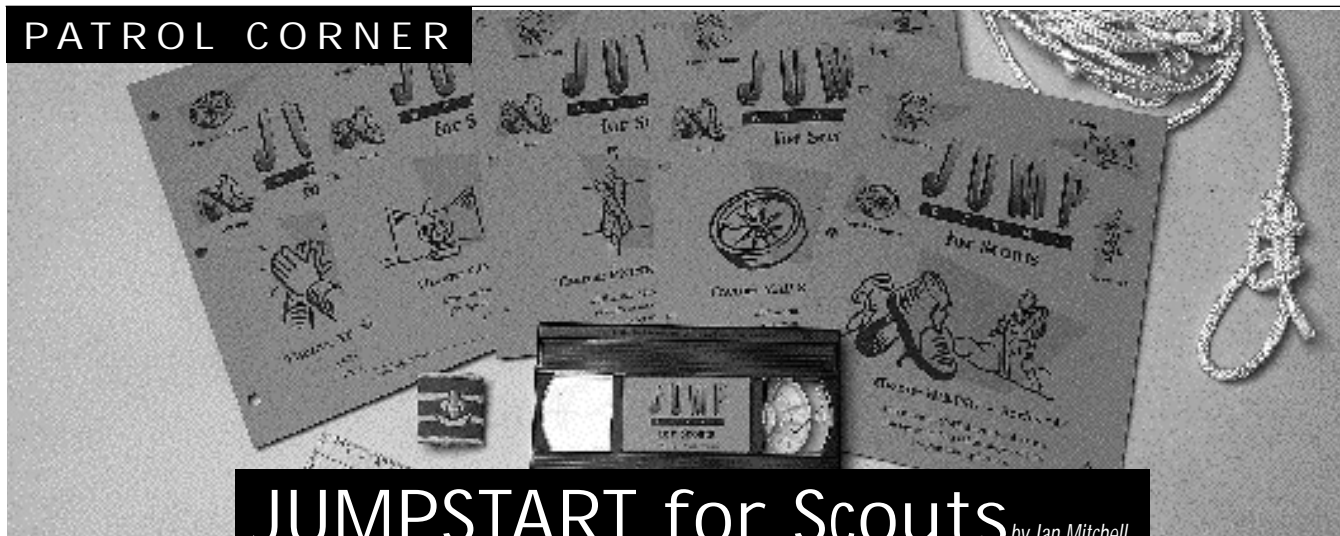
### BALL DANCE

You need music for this one; pick lively, fun tunes the Beavers know. Form teams of two Beavers each. Place a ball (about the size of a small soccer ball) at stomach level between the two team members. The object of the game is to keep dancing with the ball in place for as long as possible. Teams that drop their balls are split up and their members switched around. Keep dancing for as long as the Beavers enjoy the activity.



### STOP-GO

This is another music game. All Beavers start from the same position (perhaps standing on one leg with the opposite arm in the air). When the music starts the Beavers begin dancing freely. When the music stops they must freeze in position. Start the music again and continue the game for as long as it is fun.



## JUMPSTART for Scouts by Ian Mitchell

Amed: "You did what?"

Phyllis: "Well, I love the outdoors."

Amed: "You're kidding."

Phyllis: "But you said I was great with the kids coaching this summer!"

Amed: "Sounds great, but you don't know much about the outdoors."

Phyllis: "I have two weeks to prepare. It'll be great! Besides, there are plenty of resources, including something called JUMPSTART to help me."

### Looking for Help?

Building on the successes of the Beaver and Cub JUMPSTART resources, we have now just introduced JUMPSTART for Scouts. This exciting program delivery tool has the potential to *enhance* and *strengthen* Scout section programming coast-to-coast.

Designed to overcome a lack of structured program resources, JUMPSTART packages provide weekly and/or monthly programs that any leader can immediately pick up and use. Try JUMPSTART if shrinking personal time is starting to cut into your program planning. They are full of fun, theme-based activities which culminate in an event where the skills learned throughout the package are put into practice.

Five different theme packages are available through local Scout Shops. These include:

- hiking
- cooking

- pioneering
- team building
- map and compass.

New leaders particularly will find JUMPSTART a valuable resource. It will help them overcome program planning fears, and explain clearly what Scouts is all about. Experienced leaders will find JUMPSTART full of new and exciting ideas which they can use to reinforce skills learned through their own creative programs.

## JUMPSTART doesn't replace training. It just makes program planning much easier.

### Much More!

But JUMPSTART goes even further. The cover of the JUMPSTART material contains background information and basic planning guidelines for running a troop. Inside, the theme materials consist of standardized weekly meeting plans which are supported by complete how-to-do resource sheets. Also included is a complete plan for a suggested final activity/event.

JUMPSTART reduces the time leaders need for researching and translating ideas into meeting plans. It pro-

vides an excellent starting point for you to add your own creative ideas. When coupled with activities chosen by the youth, JUMPSTART resource packages provide youth-relevant, ready-to-deliver activities that save a lot of leader time and energy.

### Video Support

A JUMPSTART video supports the packages so leaders can make maximum use of the material right from the start.

Our video highlights the weekly meeting plan and uses the "hiking" theme to illustrate a weekly program in detail. Step-by-step it takes you through the gathering activity and opening ceremony, to games and challenges, and ends off with the closing ceremony and a brief leader's meeting. Youth involvement and the Court of Honour are but a few of the other topics the video touches on.

JUMPSTART does not replace training. Instead, it should help Scout leaders easily develop the skills necessary to raise their comfort level with the program so they will want to take further training.

JUMPSTART is primarily a tool to make your program better. Use it. In no time, you'll be creating your own exciting outdoor programs. By combining this new tool with other resources available to you (e.g. *Scout Leader's Handbook* and *Fieldbook for Canadian Scouting*) you'll soon have a solid foundation under you. Your program will be off and running smoothly.

### One Week Later...

Phyllis: "This looks easy. Everything is here. Games, some stuff to do... What a terrific idea! Everyone should try this!" ^

# “I’ve Got a Problem, Scouter. May We Talk?”

by Ian Mitchell

**W**ell, it finally happened.

When you were recruited as a new Venturer advisor, someone warned you the day might arrive. Now it has; a company member has come to you with a real-life problem.

Of course, at first you might want to send the young adult to his or her family to discuss it. What should you do? What should you say?

## The Facts

Venturers are experiencing a time of life when they must make many hard, lasting decisions. Family members, religious and youth leaders, and peer groups influence these decisions. As a Venturer advisor you may find yourself in the position of having to counsel a youth through a difficult time. If you prepare for this time before it occurs, you’ll be more helpful to those in need.

No one expects you to provide professional counselling advice or take the place of a parent. But, if a youth or adult member trusts you enough to share some personal concern, here are a few ideas to guide your thinking.

## Counselling Suggestions

1. Select a time to talk when you don’t have to worry about interruptions; but

don’t delay the conversation. Put aside less important tasks, immediately, if necessary. Show the troubled Venturer that you consider his concern important enough to change your schedule.

2. Listen to what the person is saying or asking. Attentive listening shows care and respect. This will encourage the youth and open the lines of communication further. Don’t be afraid to ask a few questions to clarify any thoughts you don’t understand.

3. Occasionally, ask how the youth feels about the experience or concern. This may help you understand and identify the values forming within the person.

4. Be alert to any problems which may (or may not) be conveyed. Often youth are unaware of potential trouble lying just under the surface.

5. Share something of yourself — some of your feelings relating to the situation. Ask the Venturer what he would do if he was in your place. Never laugh, no matter what the response. Laughter might convey a sense of ridicule, and could end the conversation. Instead, think about the reply for a minute and then express appreciation for it. This type of response sends a clear message of respect and shows you are ready to help.

## Positive Growth

Though family members are vital, a time comes in teenage years when other adults can make a positive contribution to the growth and development of a young person. In some cases, a Venturer advisor may assume a role as important as a parent’s when handling tricky life problems. Many parents will recognize and encourage this role.

Your community offers many youth-oriented counselling resources. If a Venturer doesn’t find family members helpful, others can ease the difficulty or offer advice. These include,

- religious leaders
- medical people
- social workers
- police.

## Final Thoughts

Take enough time before answering to allow your own decision-making process to sift all avenues. Ask yourself: Should I contact, or involve, parents? Do I seek professional help? Should I talk the youth through it myself?

Whatever the choice, always err on the side of safety. This might not win you any popularity medals, but in the end you’ll know you made the right decision. X

# CEREMONIES

## *Events to Remember*

by Leslie Forward

**T**hink back to your childhood. What do you remember most about school and youth groups?

It's *not* the regular days and meetings, right?

You probably thought about the special, extraordinary times. The Beaver program has special events built into it. These are our ceremonies — openings, closings, tail group celebrations, investitures, and swim-ups. Let's make these magical times in the life of our Beavers.

The *Beaver Leader's Handbook* describes basic ceremonies starting with the opening ceremony. Be sure your Beavers understand that they are bringing Big Brown Beaver up from the pond to share in their meeting. Put enthusiasm into it. Permit them to be loud and let off steam. Use Beaver names and lingo.

If you feed the Beaver at this time, get your Beavers to 'swim' (using the crawl, back-stroke or breast-stroke) across the pond to feed Big Brown Beaver. Wow! All of a sudden the ceremony will come alive. This may not seem important to leaders, but young adults have told me of the thrill they experienced in my colony as they

'swam' to Big Brown Beaver when they were children.

Don't just start on a high; end that way, too. The closing ceremony could begin loudly, but end quietly and reverently. Put the Beavers back to rest by leaving the pond silently. Some colonies sing Taps or the Beaver Vesper song. (There are several versions; see the

### **Put enthusiasm and spirit into your ceremonies!**

sidebar for one.) Other colonies dim the lights while Beavers and leaders leave the meeting together.

Some leaders are concerned about standing in the middle when they lead the opening and closing ceremonies because their backs are turned to some Beavers. Why not stand on the river banks or in the dam instead?

#### **Investiture**

Investiture is an important time in a Beaver's life. Let's go out of our way to make it extra special. Why not have a party?

Begin by inviting mom, dad and other family members. Plan games, stories, songs and activities, and involve everyone in them. You may wish to invite other members of the Scouting family like Cubs, Scouts, Scouters, committee members, commissioners or mascots.

Though the *Beaver Leader's Handbook* explains the investiture ceremony, use your imagination and add a personal splash of colour. Don't forget the left handshake. (I like to tell Beavers it's our secret handshake.) Give your children a vision for the worldwide Movement by telling them about Scouting youth like them who meet all over the world. Tell them about Baden-Powell. Beavers enjoy the story of B.-P. tracking his teachers and being able to draw with both hands.

Introduce each invested Beaver to the colony with left handshakes. Announce their names loudly and clearly so each child receives special recognition. Take lots of photographs.

Present small tokens of their Scouting involvement: a welcoming certificate, group/district/regional crests, campfire blanket crests or handmade gifts. Why not combine special effects in the investiture? Try campfires, candles, sparklers. Hold it outside in a park, beside a pond or stream, or even at a real beaver dam.



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Everyone loves a party — especially Beavers. End your investiture with cake or cupcakes. Ask a creative parent to prepare a cake decorated with a Beaver.

### **Celebrate Growth**

Every colony presents Beavers with tails to wear on their hats. Beavers understand that these tails show their age group; they also know that they get a new one each year. Do they realize the tails show that they're growing socially, physically, emotionally, intellectually and spiritually?

Leaders should celebrate growth! Draw your Beavers' attention to it. A tail celebration shouldn't be just another meeting. Express your excitement. This is another time for a party with cupcakes and a drink. Tint the icing with the tail colours. Plan a special tail celebration when White Tails get their tails too.

Let Beavers cut out the new tails and sew them on by themselves. (Don't pass out the tails for parents to sew on at home.) The finished product won't be perfect, but why does it have to be? Praise the Beaver's efforts and help only when needed.

Some colonies make a miniature, symbolic vest and attach the old tails. Then when the Beaver swims up to Cubs, the vest is presented as a going-away gift.

This brings us to the final (and for some) the most important Beaver ceremony — swim-up.

### **Swim-Up**

This joint ceremony must be planned with Cub pack leaders. It's too important an occasion to leave off the planning until you get to your meeting place. Organize a full one- to two-hour program with a gathering activity, openings, games, stories, activities, the swim-up and the closing. Remember: special meetings don't come together in a few minutes. They take time. Plan them in advance so members of the leadership team understand and fulfil their tasks and roles.

During the ceremony itself, make the White Tails feel important. Say each name loudly and clearly, and have the Beaver say good-bye to the others in the colony. Explain that they are going on to new adventures. Have Keeo introduce each Tenderpad to Akela and the other Cubs.

We can do many things to make the ceremony memorable. The Magical Light could be a strobe light, a flood lamp, a juggler with flaming batons, or a magically lit campfire.

Indoors, the Beavers might cross a blue paper/plastic pond or a wading pool. They might emerge from a lodge made from a small dome tent covered

with branches. Outside, Tenderpads could cross a pond in a canoe or wade a small stream. Finish with a campfire, barbecue or wiener roast.

### **I Remember!**

With just a little extra work, leaders can make meetings more special through creative ceremonies. Spend the time. Years from now a young adult, formerly of your colony, will express appreciation as she remembers the fun and relives the exciting memories. <sup>^</sup>

— *Leslie Forward is an active Beaver leader from Newfoundland, who serves on the National Program Committee (Beavers)*

## **A BEAVER VESPER SONG**

*(Tune: Oh Christmas Tree)*

Softly falls the light of day,  
As our campfire burns away,  
Has each eager Beaver here,  
Learned to work and  
learned to share?  
Helping friends and family dear,  
May we always learn to care.  
For each other and our world,  
Please guide us on,  
we ask Oh Lord.

# Cubs Want Outdoor Challenges!

by Ross Francis

Now that investitures are pretty much over and the feet of Tenderpads have toughened up, your Cubs will be looking for exciting challenges. Most of all, they'll want to be outside.

Make sure the Cubs are safely prepared for these outings by inviting parents to an evening meeting where you review fall and winter weather, and discuss how it affects outdoor programs.

Ask your Cubs to list different weather conditions they might experience at this time of year. Write these on a flip chart, leaving space beside each example. When finished, get the Cubs and their parents to develop a personal list of necessary items to bring on outings. Now compare the lists to the one found in *The Cub Book* pages 106-7. Did they leave anything out?

It's important that Cubs and parents understand that clothes only provide insulation, not warmth, to the wearer. Heat comes from our bodies; we must look after it wisely, eating the proper foods and staying physically fit.

Keeping our bodies in good condition makes it easier for the body to maintain a core temperature of 37°C. When the body is producing more than enough heat, blood vessels dilate and allow full blood flow to the extremities (i.e. your head, toes, fingers and face get warmed).

## Treat the Cause

If your torso area is cold, your body cuts back on blood flow to the extremities to maintain proper core temperatures. Your body is sending you a message if your toes and fingers get cold. Listen for its tingling whisper.

Instead of changing socks because your feet seem cold, add an extra layer to your upper body, allowing it to warm up and send more blood to your feet. By changing your socks, you may be only treating the symptom, not the cause.

Other factors might create problems, too. Are any layers wet or damp? This will steal body heat.

## Layers Work

Stress to your Cubs the importance of wearing layers of loose-fitting clothing. These trap dead air (insulation), which prevents body heat from escaping. The first layer should wick moisture away from the body, the second layer should provide insulation, and the third (outer) layer should be windproof and waterproof. Wearing a hat (preferably wool) that covers your forehead and ears will reduce the amount of heat lost through your head. A scarf and mitts will also help maintain your core temperature.

Are you starting to heat up? Simply remove your hat, gloves and/or scarf. This will allow heat to escape. If you're still too hot, loosen or remove a layer of clothing.

Footwear is also very important. Choosing boots that are waterproof, have removable felt liners and are large enough to wear two pairs of wool socks inside will help keep your feet warm and dry.

Only buy clothing and footwear that fit properly. Tight clothes will reduce blood circulation, and eventually cause you to become cold.

## Sit On It

To round off the evening show your Cubs and their parents how to make a "duff warmer" using airo-lite, ensolite or other suitable insulating pads. Use these to insulate your bottom from the cold during fall and winter outings.

You'll need: inexpensive airo-lite pads, sharp scissors, chalk line, grommets (if desired) and string. If you buy the larger airo-lite pad (63 cm x 175 cm) you'll be able to make four or eight duff warmers, depending how you cut the pad. Simply decide what size you want, measure it on the pad and use a chalk line to mark the duff warmers off. Then cut each pad out, put a grommet in two corners and attach strings through the grommets so you can tie it off when you roll the pad.

A parent-Cub evening such as this will accomplish many goals, including: inform parents and Cubs how to properly prepare for cold weather outings; give parents and Cubs an opportunity to create a useful craft together; and build a good Scouter-parent relationship.

Who knows? You might even recruit a few new adult leaders. X

— Ross Francis is the new Director of Program (Beavers and Cubs) at the National Office. He comes from New Brunswick.

# “Who’s Our Scribe Today?”

by Keith Barr

A picture may be worth a thousand words, but reading a log after a great event also ignites a flood of images and memories.

Do you encourage youth to keep a log, journal or diary of their Scouting activities? It’s a great way to record good experiences. Here are some tips to help a log add to your Scouting adventures.

Start by discussing the idea with your Scouts, then encourage everyone to contribute to the log. You might try letting certain Scouts describe specific activities (e.g. Sean recounts the troop’s morning adventures, while Erica describes the afternoon’s white-water spills). One excellent log I saw profiled several favourite activities by every patrol member.

Don’t be too concerned with proper spelling and grammar. Let ideas and feelings flow unfettered. Leaders who read the log after a trip might be surprised at what appealed to the Scouts. Use these insights to fine-tune your program.

Allow the youth to write every chance they get during an outing. Don’t wait until after the camp or hike; the spontaneity will be lost. Besides, it’s much harder to get youth to sit down to write after an outing.

## What to Write

Write down everything and anything. Don’t restrict it to merely a dry list

of activities. Record impressions and thoughts, both good and bad — even menu successes and failures.

Describe your canoe or hiking route and local interests you encountered. What was the weather like? Did you see any wildlife? Make a list of the plants you saw. If you start your log before setting off, what preparations did you make? Did you do any fundraising?

Train your Scouts how to use the original word processor: a pencil and paper. Bring along sheets of lined paper in a plastic folder (just in case it rains) and plenty of pencils. It’ll fit easily in a day- or backpack and can go anywhere.

Do you have any artists in your group? Let them contribute illustrative sketches. Don’t forget to take pictures during your trip; include some in the log.

Plan a competition among your sixes or your patrols. Who can dream up the most original camp log? How else can they record camp activities? Have you ever tried to keep a log on pieces of birch bark? Don’t take it from living trees, of course.

## Not the End

So you have a log; what are you going to do with it? You might use it to produce a monthly troop newsletter. When our troop prepares articles, we make sure each Scout receives credit for the input he or she contributes. The monthly newsletter is a great way to inform

parents about what their child is doing during at all the weekend camps and hikes. Our Scouts always look forward to receiving the newsletters and reading their articles.

Combine a collection of logs over the past year to make an interesting yearbook. Perhaps your local newspaper would like to see some of the logs to write a human interest story. Newspapers are always looking for good ideas. Brainstorm together, then suggest a good newspaper article to your editor.

If you have a Scouting column in your paper, the writer would probably welcome your logs. They might be brimming over with excellent ideas.

## “Log On”

Come on; log on. Introduce your Scouts to log writing. Not only will it sharpen their minds and increase their moment-by-moment awareness on outings, but they can relive the experiences frequently during the year. X

## Program Links

Scouts: Gold Campcraft  
Achievement Badge, Gold  
Exploring Achievement Badge,  
Adventuring Challenge Badge,  
Communicator Challenge Badge,  
Engineering Challenge Badge

— Keith Barr is a member of the National Program Committee (Outdoors).



## *Celebrating Canada*

*Six-year-old Conrad Nixon from Regina, Saskatchewan, offered a flag to several veterans last spring during Flag Day celebrations. The veterans are David Ryan (left) and Tom Thackeray (a Scouter with over 30 years service).*

*What special events do you have planned for this year's Flag Day celebrations (February 15)?*

*Thanks to Jean Thomas.*

*Photo: Courtesy of  
The Leader-Post.*



Woodstock International Camp "Is it possible?" That's the question some youth asked when told they had to boil an egg in a paper cup over a fire at the Woodstock International Camp, ON. Each year about 800 North American Scouts and Venturers meet here for a camp over the Mother's Day weekend. After a little trial (and some errors) almost everyone tasted success. Photo: John Eacott.



Giving Peace A Chance Deer Run 189th Monday night Cubs enjoyed a sleepover at Calgary's Museum of the Regiments. Here they learned about four of the city's regiments and climbed over many types of tanks. A highlight of the sleepover occurred when Cubs met a descendant of the inventor of the tank. Photo: Cecil Keeping.



## "Take a Big Bite. Delicious!"

Garrett Clark and Jeff Jones, members of the 21st Port Arthur Scouting Group, ON, offer a basket of mouth-watering apples to passers-by, not far from the future site of CJ'97. Few could ignore their warm smiles or appealing apples. Garrett's and Jeff's Apple Day activities helped support local Trout Lake Camp. Photo: Courtesy of Sandi Kerasowski at *The Chronicle-Journal*.



**Piled High** Late fall is a great time for a paper drive. Last year Beavers, Cubs and Scouts from 5th Erindale, ON, spent a Saturday morning combing their neighbourhood. They plan these paper drives twice a year — fall and spring. Not only does it provide a useful community service but it also helps advertise Scouting. Photo: Barb Musgrave.



**Apple Jack-in-the-Box** After selling apples all day for leadership training, Cub Tyler Callaghan decided he was ready for a bit of fun. He spent the next hour popping in and out of boxes while munching a delicious apple. Tyler comes from Sherwood, PEI. Photo: Betty Callaghan. \

# *From The Awards File*

*by Cheryl Dinelle*

**L**ast spring, ten-year-old Morgan Perry of Burnaby, BC, was hiking with his mother and some young friends. Suddenly, his mother fell and broke her ankle along a trail at the bottom of a steep escarpment.

Morgan promptly took charge. He used his knowledge of first aid skills to assess the injury, used his sweater to pack the injured foot, and made sure his mother was as comfortable as possible. Then he hiked up the challenging escarpment to look for help. The very steep escarpment — almost vertical in places — rose 90 m. Morgan found a house, called 911 and returned to the scene with an adult. After calmly reassuring his mother, he again climbed the escarpment and directed rescuers to the victim.

While the team worked, he kept the family dog out of the way. Morgan remained at the scene until his mother was safely evacuated by boat. Then he again climbed the escarpment and stayed at a nearby home until a family member came for him.

During this incident, Morgan showed a high degree of responsibility and put into practice the first aid skills he had learned at a recent pack meeting. For his quick-thinking and preparedness, Morgan received the Certificate of Meritorious Conduct.

## **Bar to the Silver Acorn**

Since receiving the Silver Acorn in 1981, Bob Matthews of Westmount, PQ, has continued to be a dedicated volunteer. During his 43 years of service, he has provided steadfast leadership to the Notre Dame de Grace District. Since 1962, Bob has inspired and challenged the youth and leaders of Trinity Memorial Scout Group. As a result of his positive leadership, many youth have gone on to leadership roles in provincially-operated camps.

Bob was an active Service Scouter at the 1981 World Jamboree, Canadian Jamboree (1983 and 1987) and many Quebec jamborees. He spent countless hours prior to the events helping prepare sites and equipment, and streamline procurement. Even today, if any district group has a weekend camp, Bob in his present role as ADC Venturers-Scouts visits the groups and offers support. For over 35 years, he has worked as a Camp Ranger at Tamaracouta Scout Reserve; his friendly, welcoming personality and well-used property maintenance skills make him an essential part of the camp.

Bob truly lives Scouting's principles. His hands-on leadership has helped keep Scouting in Quebec strong and healthy. For his continued especially distinguished service to Scouting, Bob Matthews was awarded the Bar to the Silver Acorn last February. ✕

# Adult Catholic Religion in Life Award

by Father Frank Brewer

**T**he Law and Promise sum up the spirituality and essence of Scouting. They express an attitude of “doing good, rather than being good”, as Baden-Powell put it — an attitude often referred to as practical Christianity.

Today, many leaders belong to Scouting because it lets them engage in an important part of the Christian mission: youth ministry. Whether leaders are part of a church-sponsored, single-faith group, an open church group or a community-sponsored group embracing a variety of religious traditions, their task of being models and mentors to youth based on their own efforts to live the Christian life is properly called youth ministry. It's a deliberate way of expressing their faith.

The very name, Religion in Life Award, stresses that Scouting encourages youth to experience their religion as *a part of their everyday life*, not as an occasional event. The Award acknowledges this intent. Recognizing that some leaders are motivated by their religious beliefs led churches to discuss the possibility of an adult level of the Religion in Life Award.

Since the United Church introduced an adult level, a steady stream of members have asked about the possibility of a Roman Catholic version. Father Thomas McEntee of the Archdiocese of Montreal, Deacon Robert Freill of the Diocese of Saint John, New Brunswick, and I discussed the matter at a Scouts Canada National Sponsors' Forum. Subsequently, Deacon Freill, with the approval of Bishop Troy, developed and tested a pilot program. A variation of this program was also tested in Calgary, Alberta. In April 1996, the Canadian Conference of Catholic Bishops approved the guidelines for the Catholic Adult Religion in Life Award.

## Living Your Faith

The guidelines, like the Award, concern living your faith. The goal is to provide adult Roman Catholic leaders in the Scouting Movement an opportunity to affirm their baptismal calling and to develop their faith awareness in ministering to youth. This conforms to the award's present guidelines for youth which say,

*“The purpose of this program is to provide Catholic Scouts (or Guides) with an opportunity to explore their faith to make it a basic part of their personal life and to share it with others.”*

The Award reminds many Catholic Scout leaders in Canada that the whole Church supports their Scouting commitment. Their efforts are acknowledged as a significant example of living the Gospel and contributing to the improvement of our world as followers of Jesus Christ. The love of God, shown in service to our neighbour, is a hallmark of our faith. Scout leaders continue to inspire our youth to take hold of this attitude and make it a living, practical, concrete reality in the world.

The guidelines for the adult level will be published in a separate pamphlet from the youth program requirements. The criteria are just guidelines, and should be implemented according to local needs as determined by the local pastor, Scout chaplain or diocese.

In the future we'll produce a resource kit for this Award program that will include practical materials to help leaders encourage spiritual development in youth members. Send us your comments and questions, c/o Volunteer Services at the National Office. ✕

— *Father Frank Brewer is Scouts Canada's national partner contact for the Roman Catholic Church. He's also a volunteer in the National Capital Region.*

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# For Service to Scouting

compiled by Cheryl Dinelle

In this issue we are pleased to announce the names of people in Scouting who have been recognized for gallantry and service between February 1, 1996 and August 16, 1996. We will announce awards made after August 16, 1996 in a spring issue of **the Leader**.

## AWARD FOR FORTITUDE

*(for perseverance despite physical or mental impediments)*

Aaron Amirault, Petawawa, ON  
Claire Fossen, Calgary, AB  
Timothy Gear, Dunville, NF  
Matt Houlden, Whitby, ON  
Geoffrey Illes, Powell River, BC  
James Langlois, Calgary, AB  
Therese Murray, Calgary, AB  
Dennis Serbanuk, Camrose, AB  
Lloyd Stone, Corner Brook, NF

## CERTIFICATE FOR GALLANTRY

*(for gallantry with slight risk and worthy of recorded commendation)*

Brenda Higgins, Powell River, BC  
Joseph Nassichuk, Powell River, BC  
Morgan Perry, Burnaby, BC  
Carl Trowsdale, Powell River, BC  
Chad Vigen, Beaverlodge, AB

## CERTIFICATE FOR MERITORIOUS CONDUCT

*(for meritorious conduct worthy of recorded commendation)*

Andrew Blaney, Scarborough, ON  
David Ell, Edmonton, AB  
Kathleen Ivall-Hill, Rockland, ON  
Rod Keetch, Kamloops, BC  
Vic Linka, Orangeville, ON  
Helen McCubbin, Foster, PQ  
Morgan Perry, Burnaby, BC  
Sean Wheatley, Scarborough, ON  
Nigel Williams, Scarborough, ON

## BAR TO SILVER ACORN

*(for further especially distinguished service to Scouting)*

Frances Dewar, O'Leary, PE  
Harry Hall, Sechelt, BC

## SILVER ACORN

*(for especially distinguished service to Scouting)*

Neil Ashwin, Scarborough, ON  
Luisa Ayllon, St. Laurent, PQ  
David Blair, Sechelt, BC  
Diane Boyd, Winnipeg, MB  
Sally Burrows, Cobble Hill, BC  
Dan Buss, Maple Ridge, BC  
Douglas Duffield, Langley, BC  
Betty Falardeau, North Vancouver, BC  
Rashid Fatehali, North Vancouver, BC  
Ronald Funnell, Vancouver, BC  
Michael Johnson, Scarborough, ON  
Russ Kelk, Grimsby, ON  
Robert King, Montreal West, PQ  
Elizabeth Leonard, Burnaby, BC  
Steve Locke, Sarnia, ON  
Ed O'Brien, Vancouver, BC  
Ronald Pinson, Guelph, ON  
Brenda Jo Robinson, Calgary, AB  
Nancy Schoenherr, Orleans, ON  
Verna Struke, Kitchener, ON  
Eileen Taylor, Hamilton, ON  
George Tilley, Scarborough, ON  
Gordon Towers, Edmonton, AB  
Robert Wiley, Woodstock, ON

## BAR TO MEDAL OF MERIT

*(for further especially good service to Scouting)*

Glenn Armstrong, Winnipeg, MB  
John Scott Beaton, Calgary, AB  
Al Engler, Kitchener, ON  
David Fairfield, Edmonton, AB  
Robert Farmer, Delta, BC  
Murray Fried, Kitchener, ON  
Harry Godau, Burlington, ON  
Lester Horton, New Minas, NS  
Vicki-Lynne Jost, Calgary, AB  
Ken Krebs, Winnipeg, MB  
Robert McKee, Edmonton, AB  
Brendan McLoughlin, Medicine Hat, AB  
Gordon Wall, Mascouche, PQ  
George Wood, Edmonton, AB

## MEDAL OF MERIT

*(for especially good service to Scouting)*

Gwyneth Agar, Thorsby, AB  
William Allan, Saint John, NB  
Carolyn Andrews, Tlell, BC  
Laughlin Arthur, Redvers, SK  
Michel Audy, Sherwood Park, AB  
Janet Bacon, Calgary, AB  
John Bacon, Calgary, AB  
George Beck, Dartmouth, NS  
Harold Bens, Edmonton, AB  
Rick Berry, Edmonton, Alberta  
Brian Bond, Surrey, BC  
Larry Bredesen, Winnipeg, MB  
Dermot Campbell, Beaconsfield, PQ  
Thomas Chalmers, Mitchell, ON  
Micheline Charest, Charlottetown, PE  
Roger Clark, Acton, ON  
Keith Cleaton, Trenton, ON  
James Colthart, Sharon, ON  
Ross Conrad, Stephenville, NF  
Roger Cowey, Bridgenorth, ON  
Erika Cowley, North York, ON  
Robert Craig, London, ON  
Jeff Crawford, North Vancouver, BC  
Pamela Cressman, Waterloo, ON  
Ann Crooks, Whitby, ON  
Les Currie, Halifax, NS  
June Dauphinee, Armdale, NS  
Dale Dijkstra, Lennoxville, PQ  
John Dijkstra, Lennoxville, PQ  
Douglas Dilks, Ste. Anne des Lac, PQ  
Brad Done, White Rock, BC  
Clifford Dosser, Nanticoke, ON  
Gerald Downe, Keswick, ON  
Barbara Dube, Westmount, PQ  
Bob Estrada, Montreal, PQ  
Lynda Freeman, Hamilton, ON  
Kay Frook, Lacombe, AB  
Scott Gardiner, Heidelberg, ON  
Timothy Gladish, Penticton, BC  
Bill Glover, Lethbridge, AB  
Len Godwin, Thunder Bay, ON  
George Gordon, Niagara Falls, ON  
Jack Grant, Calgary, Alberta  
Desmond Haigh, West Vancouver, BC  
Michael Hammond, Abbotsford, BC  
Jan Hanna, Penticton, BC  
Leonard Harrison, Halfmoon Bay, BC  
Randy Hayes, New Westminster, BC  
Mary Hazelwood, Edmonton, AB  
Pauline Helms, Halifax, NS  
Linda Henderson, Waterloo, ON  
Paul Henderson, Waterloo, ON  
John Hunt, Broadview, SK  
Douglas Jacula, Edmonton, AB



Stephen Jefferson, Halifax, NS  
 Robert Johnson, Powell River, BC  
 Michael Jolly, Amherst, NS  
 Mona Ann Kanne, New Waterford, NS  
 Bette Kinnaird, Hamilton, ON  
 Debra Konkel, Balgonie, SK  
 Linda Koudys, Grimsby, ON  
 Darryl Kuzik, Redwater, AB  
 Emy Lakatos, Summerland, BC  
 Mark Langlois, Calgary, AB  
 Tanya Lefler, Gilford, ON  
 Douglas Lucas, Delta, BC  
 Bill MacDougall, Medicine Hat, AB  
 Don MacKenzie, Vancouver, BC  
 John Mannix, Calgary, AB  
 Leslie Markham, Carstairs, AB  
 Todd Martin, Hamilton, ON  
 Sheila McCoy, Scarborough, ON  
 Wayne McCutcheon, St. Albert, AB  
 Marjory McDonald, Newmarket, ON  
 Joe McKenna, Vancouver, BC  
 Norman Mercer, Mount Pearl, NF  
 Ronald Milliken, Strathroy, ON  
 Patricia Morrison, Bedford, NS  
 James Murray, Holland Landing, ON  
 David Palmer, Aylmer, ON  
 Karen Palmer, Aylmer, ON  
 Robert Paton, Milverton, ON  
 Rosalie Pedersen, Calgary, AB  
 Steve Pentyliuk, Edmonton, AB  
 Neil Piller, Vancouver, BC  
 Allan Pitt, Maple Ridge, BC  
 David Pollock, Martensville, SK  
 Beryl Reid, Gander, NF  
 Justin Richards, Edmonton, AB  
 Alex Ritchie, Dartmouth, NS  
 Marjorie Sales, Quesnel, BC  
 Bernard Shuttleworth, Essex, ON  
 Stephen Sothy, Vancouver, BC  
 Phillip Stephan, Red Deer, AB  
 William Stimson, Burnaby, BC  
 Jim Sutton, Thunder Bay, ON  
 Richard Tallon, Penticton, BC  
 Robert Taylor, Edmonton, AB  
 Howard Teal, Keswick, ON  
 Daryl Thynne, Queensville, ON  
 William Tierney, Gibsons, BC  
 John Todhunter, Ajax, ON  
 Bill Towill, Thunder Bay, ON  
 Verena Trill, Burnaby, BC  
 Avriil Tune, Stoney Creek, ON  
 Olavs Volmers, St. George, ON  
 Anne Walroth, Crossfield, AB  
 Steven Ward, White Rock, BC  
 Jack Webb, Edmonton, AB  
 Gerald Weber, Calgary, AB  
 Edna Weddell, Perkinsfield, ON  
 Ken Wertz, Port Coquitlam, BC  
 Bob Wiebe, Fort Langley, BC  
 Ronald Wijngaarden, Essex, ON  
 Murray Wilson, Thunder Bay, ON  
 Owen Wright, Saskatoon, SK  
 Glenn Young, Orangeville, ON  
 Wilfred Young, Queens Co., NS  
 John Zimmerman, Hamilton, ON  
 Doug Zollinger, Red Deer, AB

## Elbow Grease + JUMPSTART = Success!

by Ben Kruser

Last year Scouts Canada experienced its first national youth membership increase since 1981.

The big question is why? Did the economy suddenly become rosier? Has Scouts Canada done anything different to build its membership? Or is it simply luck?

Scouting has worked hard in many areas, but two are particularly showing the fruit of our labour.

### Recruitment and Orientation

In past years many considered it enough to find a sponsor, twist arms of a few new leaders and register a group. After that, these poor souls were left on their own, often to crash and burn after a year of frustration and lack of support. Today, we're placing greater emphasis on finding the right person for the job, ensuring everyone understands the time and effort needed, and that a spirit of sharing exists so the work load is spread among the leadership team. Volunteers who know what to expect before getting into a leadership role (and where to call for help) will develop a higher quality program.

But even the best intentions fall short when the time comes to actually create an age-appropriate, creative youth program. The commonly-voiced question, "Now that I'm a leader, what do I do?" was frequently answered with, "Take training". Yet training courses were often too far away or scheduled when leaders were not available. These bottlenecks gave rise to JUMPSTART.

### JUMPSTART

What *is* it? JUMPSTART is an exclusive Scouts Canada resource providing information-rich, program planning packages. Each brims over with four weeks of preplanned programs for Beavers, Cubs and now Scouts. (See *Patrol Corner*, p.22 for more on the new Scout packages.) A self-training video gives you all the necessary background for running a meeting and using the program packages.

JUMPSTART's impact on improving retention and attracting new members with quality programs is proved by our increased membership. Leaders use JUMPSTART more than any other program resource for planning weekly programs. New groups now receive JUMPSTART as part of their start-up kit enabling them to quickly develop the necessary skills and confidence to create fun programs for their own section. JUMPSTART has now become the standard program planning tool on training courses.

Look through the Scouts Canada catalogue that your group gave you and each youth member at registration. Beaver and Cub leaders will find many interesting program packages. The new Scout JUMPSTART packages were not ready in time to include in the catalogue, but your local Scout Shop will have them waiting on the shelf for you. You might choose to buy individual JUMPSTART packages or a bundle containing several kits and a training video. The Scout Shop manager can give you more information on program resources for each theme.

JUMPSTART will save you time and headaches. It's a great value! ^

# JUMPSTART Success!



"Hey! We're chilling out in January."

Our Beavers (the 1st Lavington Colony) thoroughly enjoyed the JUMPSTART beach theme package, available at Scout Shops. We spread the excitement over five weeks. In addition to the activities and crafts suggested in JUMPSTART, we studied a different beach/ocean creature each week, made shell creatures, and even organized a beach party complete with sunhats, sunscreen, umbrellas, water toys and plenty of enthusiasm.

This theme works well during January or February, and gives an excellent opportunity to explain the need for sunhats and sunscreen. It could make an excellent introduction to basic first aid.

— *Pauline Hill and Theresa McClean, Lavington/Vernon, BC*

## Environmental 'Seed' Money

If your environmental project needs some financial support in addition to that offered by the Scouts Canada Trust, you could apply to the "Friends of the Environment Foundation" run by Canada Trust.

Our 86th St. Angela Beavers applied to Canada Trust for \$200 several years ago. They granted the money, which we used to make bird houses and feeders to attract birds into the neighbourhood. This past year our Beavers, Cubs and Scouts were awarded \$370 to repeat the project. We set these up near our summer camp. Throughout the year we use the bird houses and feeders to talk about our environmental roles and responsibilities. Not only is Canada Trust happy, but it improves our program.

— *Mark Brigham, Regina, SK.*

## Sweet Surrender

Once (last year) I was just a parent. In those days I just dropped off my son to Cubs and picked him up after the meeting. Dropping him off was easy; picking him up proved more challenging.

At 8:30 p.m. I'd warily make my way into the meeting hall sweating buckets, careful not to make eye contact with any leader. I knew that eye contact would mean disaster. Something awful would happen. Being lucky, I always escaped unnoticed.

Then, somehow, I found myself 'volunteered' to help out with the annual popcorn orders. It turned out quite pleasant.

Then came the bottle drives. I volunteered, planning to avoid eye contact for the bigger jobs. Again, it was fun.

But disaster struck! I found myself on the group committee surrounded by a swarm of dedicated Scouters. Help! Avoiding eye contact proved impossible. Night after night I listened as they

described camping adventures, hiking trips, sing-alongs, campfires, and interesting training weekends. Then they started discussing the need for new leaders to start a Scout troop.

Though I wanted to say "they" needed more volunteers and leaders, increasingly I found myself saying "we" needed more volunteers and dedicated leaders. I couldn't help it; in a weak moment I looked straight into the eyes of a leader and said, "If you're... ah, we're... going to start a co-ed troop, I wouldn't mind helping out now and then."

Those darned leaders didn't hear me say the all-important caveat, "now and then."

You know what happened? Now I'm a Scout leader, and I like it!

— *Athenia M. McIntosh, Port Moody, British Columbia.*

## Ask And You Might Receive

This year our Cub pack hosted a district Cuboree. We needed to buy 20 good orienteering compasses and 3 training videos for the event. We applied to the Alberta Sport Recreation Parks & Wildlife Foundation and they donated \$1,411! At the end of the Cuboree, each pack got to keep two compasses for future programs, while the training videos will be shared by all packs.

Other Alberta companies and wildlife groups provided our Cubs with whistles and outdoor equipment. If you need financial help, why not ask around your district? Perhaps there's a foundation or company waiting for a worthy project to support. ^

— *Linda Hengen, Sundre, AB.*

## Editor's Note

**The Leader** is always looking for Canada Day or Flag Day (February 15) program ideas. Please send yours to us right now.

## SCOUTER'S 5

### A Parable

○ There once was an oyster whose story I tell  
Who found that some sand had got under his shell.  
Just one little grain, but it gave him such pain!  
(For oysters have feelings even though they're  
so plain!)

○ Now did he berate the workings of fate  
Which had led him to such a deplorable state?  
Did he curse out the government, call for election,  
And cry that "the sea should have given  
protection?"

○ No! He said to himself, "Since I cannot remove it,  
The thing to do is I'll try to improve it!"  
The years rolled along, as years always do,  
And he came to his ultimate destiny — stew!

And the small grain of sand which had bothered  
him so,  
Was a beautiful pearl, all richly aglow.  
This tale has a moral, for isn't it grand  
What an oyster can do with a morsel of sand?

○ (Moral: When a Scout "gets under your skin,"  
make like that oyster.)  
— *Author Unknown*

### Quotable Quotes

○ "It takes a whole village to raise a child."  
— *African proverb.*

○ "The examples we set must be carefully consid-  
ered and they must be of the highest integrity.  
After all, they will affect someone else's future."  
— *Scouter Gary Lawton, 1st Beckwith Troop,  
Ottawa, ON.*

Scouter's 5 Minutes, p.769

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## RECIPES

○ Several years ago Venturers from the 17th Ottawa  
Venturer Company won first place in the Amory  
Adventure Awards for their arduous backpacking  
trek through Auyuittuq National Park, NWT.

○ Here are some of the recipes that kept their en-  
ergy levels (and spirits) high. As these recipes were  
designed for a long backpacking trip, you must pre-  
pare them before setting out on your winter week-  
end hike. They're all lightweight and nutritious.

### Basic Tomato Sauce

○ This recipe makes an excellent base for many  
wilderness dinners, including Erie Stew (below).

#### Ingredients

2 cans of tomato paste  
15 mL olive oil  
2 garlic cloves (minced)  
90 mL minced onion

#### Drying Instructions

○ Blend the ingredients in a bowl and spread  
the mixture over a greased cookie sheet about 6  
cm deep. Dry about 18 hours or until leathery.  
Roll in waxed paper after dried.

### Erie Stew

○ This tasty stew serves five people and weighs  
125 grams. Its shelf life is about two weeks.

#### Ingredients

○ 450 grams lean dehydrated hamburger  
250 mL dried vegetable flakes  
1 batch of basic tomato sauce (see above)  
250 mL tiny pasta shapes

Recipes, p.589

Nov. '96

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the **leader**

### *Cooking Instructions*

Start by putting the dehydrated hamburger meat in *cold* water; bring it to a boil in a large pot. Add the dried vegetable flakes, then the other ingredients in several minutes. Cover and simmer for 15 minutes.

### **Trail Cooking Tips**

Often what works well at home proves a disaster on the trail. These tips might help avert a cooking calamity.

- If your dehydrated meat proves unusually tough or dry, next time start it in cold, not hot, water. Then cook it until tender.
- If you use pre-packaged food, never cook noodles (or rice), dried meat and spices together at once, otherwise the noodles might burn. Begin with the meat and spices in cold water, then add the noodles *after* the mixture has boiled and the meat is tender.
- Small burners of backpacking stoves heat unevenly, so stir constantly. This saves fuel, speeds cooking and prevents scorched meals.

Recipes, p.590

### **Meeting Closings**

These closings were compiled by Scouter Guy Mandeville of Kingston, ON. Older groups may wish to use them as discussion points for a more thought-provoking Scout's Own.

#### *Worthwhile Campfires*

Around a campfire mankind took his first steps in community life. Democracy, religion, drama and art may all have their beginnings during the quiet time at the end of the day when people met around soothing, flickering campfires. Today, there is no finer way for young people to learn the essentials of life and social behaviour than by gathering around a fire and sharing their life experiences with friends.

#### *Learn to...*

Learn to laugh. Laughter is better than medicine. Learn to tell a story. A well-told story is like a dancing sunbeam bringing hope and interest. Learn to say kind words. They build others up. Learn to stop grumbling. If you can't see any good in the world, keep it to yourself. Above all, learn to smile. It encourages others and brightens your own path.

Scouter's 5 Minutes, p.770



# 1997 International Events

by Lena Wong

**I**nternational Scouting opportunities take place on all continents every year. Most are available to youth aged 11-20, and their leaders. For applications or information about international events, contact the International Relations and Special Events Service at National Office, Box 5151, Stn. LCD-Merivale, Ottawa, ON, K2C 3G7.

## **Interamerican Region**

### *Boy Scouts of America International Camp Staff Program*

Scouts Canada members aged 18-35 are eligible to apply for this program which will provide leadership experience. It offers an opportunity to work and live in Scout camps as counsellors. All applications must be approved by both provincial and national offices.

### *USA-Michigan International Camporee*

Patrols of Scouts (boys and girls) aged 13-17 years old will meet August

3-10 at Northwoods Scout Reservation, Michigan. This camporee offers a full program, including games and challenge activities. Fee: US\$200 including food. Home hospitality is available before the jamboree and one week sight-seeing tours can be arranged after.

### *1997 National Scout Jamboree*

Up to 34,000 Scouts (males only) aged 12-18 will gather from August 4-13 at Ft. A.P. Hill, Bowling Green, Virginia. Program activities include aquatics, scuba diving, conservation and pioneering. Home hospitality is available. Fee: US\$425 including food.

## **European Region**

### *Kandersteg International Scout Centre*

This facility offers opportunities for volunteer staff year-round based on personnel needs. Anyone interested in applying for a staff position must be at least 18 years old, a member of Scouts Canada and able to speak English.

### *Austria: Samson '97*

From August 3-14, in Tamsweg, Scouts and Guides (aged 10-14) will try their hand at spelunking and mountaineering. This splendid alpine setting will provide other programs, including hikes, sightseeing tours, arts, crafts, and more. Fee: ATS3,600.

### *United Kingdom: Amikaro '97*

"Travel in Time" is the theme of this camp at Newbold Comyn, Royal Leamington Spa, Warwickshire. The dates: August 5-14. The program includes a wide choice of outdoor activities, sight-seeing tours and off-site attractions. Fee: £60. Home hospitality offered.

### *Scotscamp '97*

Enjoy "A Scottish Experience" theme from August 2-10 at Fordell Firs, Fife, Scotland. Open to all 10-15 year olds, the program includes on-site adventure, crafts, electronics, radio fun, hills and mountains, and water activities. Fee £70.

X