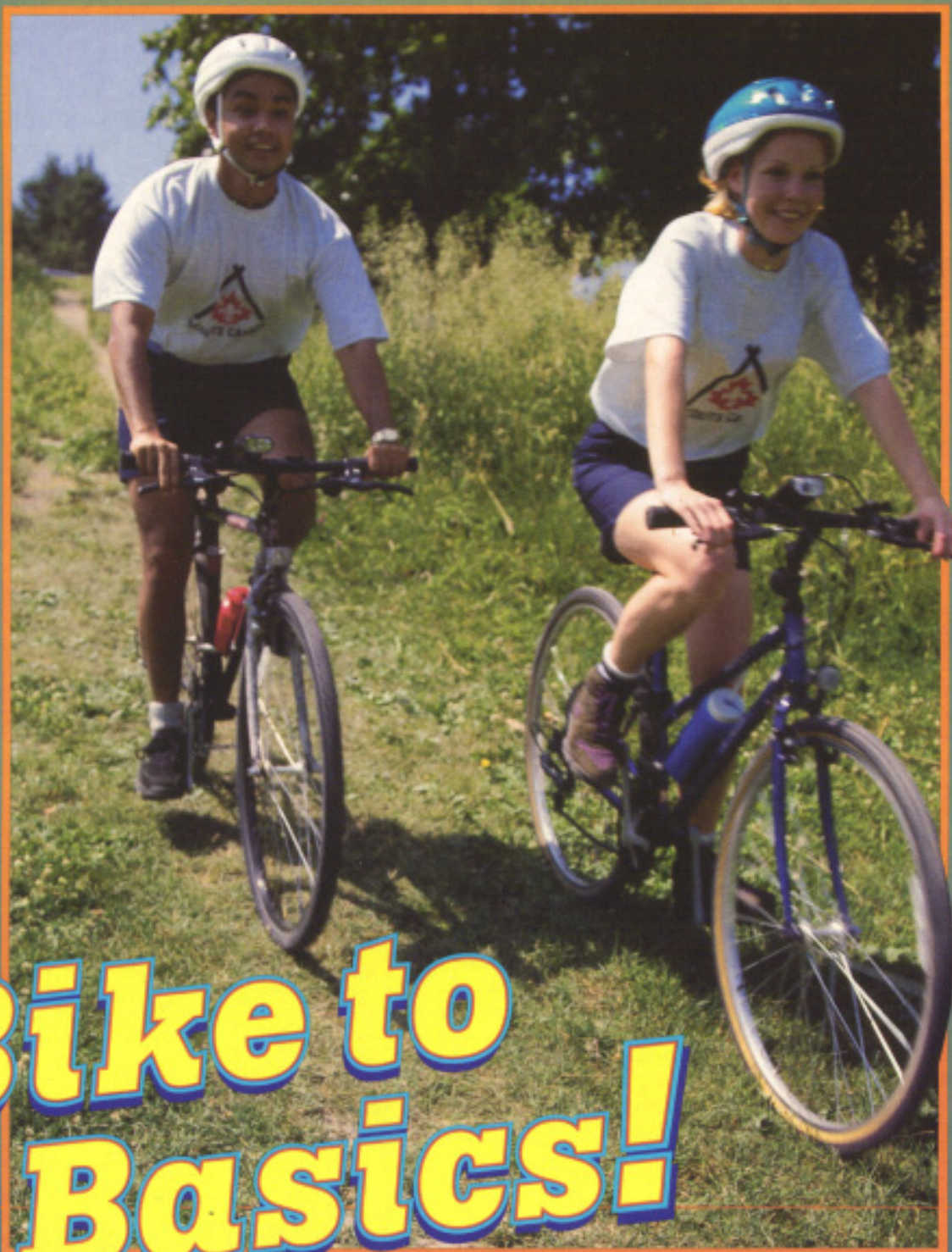


the leader

May 1997

VOLUME 27, NO. 9



Bike to Basics!

CANADA, ALL YEAR LONG • FIRST-TIME CAMPERS

Don't Flip Your Lid

by Andy McLaughlin

"It's uncomfortable."

"It's hot."

"It wrecks my hair."

"It looks ugly."

These are several favourite excuses for not wearing a bicycle helmet. Unfortunately, many come from the mouths' of adults — the very people who should be setting a safe example for youth.

Many adults rebel against the common sense notion of wearing a bicycle helmet. You'll see most children dutifully wearing their helmets (in many areas it's mandatory for those under 18). But some adults, who usually ride faster and in more difficult traffic situations than youth, will pedal helmetless.

Don't Become a Statistic

There are many convincing statistics relating to helmet use and bicycle (and in-line skating) fatalities. Last summer, a friend crashed his mountain bike and smashed his head on a rock while racing down a hill at 50 km/h. When he got up and examined his helmet, there was a big crack right down the middle. If he'd crashed without a helmet, that crack would



*A bike helmet.
Don't leave home without it.*

have been in his skull. The helmet probably saved him from becoming another statistic.

How can we expect youth to wear a helmet when we won't wear one, but instead spend time and energy fighting simple common sense? Governments themselves face controversy and complaints when they try to force

cyclists to wear helmets. When the Ontario government attempted to legislate helmet use for all cyclists back in 1994, the tremendous outcry from adult cyclists forced it to apply the law only to those under 18.

Does this sound a little hypocritical?

We must follow our own advice if we are to properly teach bicycle safety to our youth. Wear your helmet, whether you are mountain biking down a steep hill, commuting to work, or just going for a leisurely ride with your Scouts.

Reinforce the importance of bicycle safety with your Scouts. (See pages 4-6 and 22-24 for more on helmets and bicycle safety.) Set a good example by parking your excuses and strapping on your helmet.

Ready for Thunder Bay?

Groups going to CJ'97 (and other camps) will soon dig out their camp stoves and lanterns from basements and garages. But you need to do more than simply dust them off and fire them up. Check and maintain your stove and lanterns so they can continue to operate safely. See page 8 for helpful stove and lantern safety and maintenance tips.

At press time, there were 10,812 participants registered for the fun and adventure of CJ'97. Check out the October **Leader** for the full CJ story. \

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The Canadian Leader Magazine is produced 10 times a year by Canyouth Publications Ltd., an arms-length publishing company.
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Fax: (613) 224-5982.
E-mail: leader@scouts.ca
Web Site: HTTP://www.scouts.ca/leader.htm

Yearly subscription:
registered members of Scouts Canada \$8
non-members \$11
outside Canada \$18

The Leader assists Scouters and other adults who work with young people through the publication of timely articles on Scouting's programs, resources and objectives.

Canyouth Publications gratefully acknowledges the assistance of Scouts Canada in publishing **the Leader**.

Editorial contributions are made on a voluntary basis. Unsolicited submissions welcome.
Advertising Policy: Advertisement of a product or service does not indicate endorsement by publishers.

Publishers do not assume any responsibility by warranty or otherwise with respect to products advertised.

The Leader is printed on paper containing 50% recycled fibre.

Publications mail registration #2405.

ISSN 0711-5377

Cover photograph:
Acart Graphics Services Inc.

the leader

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Ready for camping adventure!

page 26

“Mount Up for a Safe Biking Summer!”

by Carol Andrews

A BUS HIT ME LAST YEAR WHILE I WAS RIDING MY BICYCLE. I barely survived. Momentarily, road glare made me invisible. When others picked me off the road, my helmet was split and my new bicycle all but destroyed.

Neighbourhood Bike Clinic

Many bikes involved in accidents have some mechanical defect, or were improperly equipped. Start your bike safety program with a Saturday morning clinic that checks over each bike for mechanical fitness. (See the *Paksak/Patrol Corner* column, p. 22, for complete checklists.) An afternoon bike rodeo could top off the day. Invite all youth in your neighbourhood to attend.

Perhaps a bike club or even your local police department would help organize events and give safety demonstrations. Police could show proper hand signals and speak about safe driving in traffic.

RULES FOR THE ROAD

- 1.** Always stop and check for traffic before riding out onto a street. (Failing to check causes many deaths each year.)
- 2.** When possible, avoid riding on busy streets and riding at night.
- 3.** Wear bright clothes and reflectors to increase your visibility.
- 4.** Be predictable in traffic. Use your signals: left arm straight out for a left turn; left arm bent upwards for a right turn; left arm bent downwards to slow or stop.
- 5.** When in doubt about safety, slow down.

One hundred Canadians die each year from bike injuries. Let's help youth avoid becoming a sad statistic. Your Scouting program might have already ended, but why not organize a special Saturday morning (or all-day) bike safety event for your neighbourhood? Who knows, it might save someone's life.

Ask a bike shop mechanic to help at your Saturday clinic. He can demonstrate how to conduct easy repairs. Only competent people with the right tools should repair or adjust spokes; it's very easy to throw a wheel out of "true," making it more dangerous.

No Mis-Fits Please

About one third of bicycle injuries are caused by children riding bikes too large for them. Youth are growing at a rapid pace. A bicycle that fit last year will not be adjusted properly for someone who has grown possibly 8 cm taller. Handlebars, pedals, seats: all these will need adjustment for a taller child. Perhaps the bike itself will no longer fit.

Get each child to bring his bicycle, and stand beside it. Leaders should

supervise and make minor adjustments to handlebars or seats with the proper tools. *Generally speaking* Beavers will need bikes with 20" wheels, Cubs with 24" wheels, and Scouts with 26" wheels.

Ask youth to straddle the top tube of their bikes. There should be 5-7 cm clearance between the crotch and top tube. Now adjust the seat so the riders' heels rest firmly on the pedals. Let Cubs and Scouts do this check themselves, watched by adults.

Your bike mechanic should help check and adjust brakes and gears for Beavers. After learning how to do it, Cubs and Scouts should adjust their own while supervised.

Give each Cub and Scout a spring check list of items to look for and, if needed, adjust. The list should include:



Photo: Wayne Barrett

Cross-country relay games teach teamwork.

- state of reflectors (clean and visible?)
- condition of brakes and brake pads
- condition of cables
- wheel wobble (no more than 1/16" wobble)
- state of wear and air pressure of tires
- spokes (any missing or loose?)
- condition of chain (rusty?).



Reflecting on Reflectors

It's no fun being an invisible man, woman or child on the road. It's too dangerous!

Ask your Beavers, Cubs and Scouts this question: What can you do to help drivers see you better? After they've provided some answers, break them up into teams and see which one can answer these true and false questions the quickest. Discuss the answers afterwards.

- T__ F__ Bike reflectors don't have to be cleaned of mud or grease. (F)
- T__ F__ It's okay for young riders to ride alone during the night or at dusk. (F)
- T__ F__ Never listen to a radio while driving. (T)
- T__ F__ Wear bright clothing (white, red, yellow, orange) while biking. (T)
- T__ F__ Always drive on the left side of the road when biking. (F)
- T__ F__ Night riders should have a highly-visible front and rear light. (T)
- T__ F__ It's safe to wear backpacks on a bike trek. No need to get special saddle packs. (F)
- T__ F__ Ride in single file with the traffic. (T)
- T__ F__ Keep your hands on the handlebars except when signalling. (T)

Kids love bright reflectors. Hand out reflective strips and get everyone to stick them to their bike and helmet. Ankle bands would make great prizes for the true/false quiz.

"Helmets Are Cool"!

Discuss why astronauts, Indy 500 drivers and professional bike riders always wear helmets. (They're pretty

"cool" role models.) If one of your parents is a doctor, ask her to come and speak briefly about bike head injuries — nothing too graphic!

Get a professional to size each child's helmet. It should

be snug and comfortable and not tip forward or backward.

A bicycle helmet should *never* expose the child's forehead — many accidents involve the front of a rider's head. This area *must* be properly protected!

A Helmet for Eggheads

Get your Cubs or Scouts to design a helmet that will protect an egg. (See *How Sports Work* from the Ontario Science Centre, Kids Can Press, p.57). This project will really encourage youth to think about protecting their vulnerable heads.

Organize a bike helmet poster design contest. Have several interesting prizes to generate enthusiasm throughout your colony, pack or troop.

DID YOU KNOW...?

- Bike helmets can reduce the rate of head injuries by up to 85%.
- Most bicycle related deaths are due to head injuries. Helmets can **and do** save hundreds of lives.
- Most children involved in bike accidents crash within six blocks of home.
- Wet pavement makes a road very slippery. Sometimes it can become almost as slippery as icy, especially if the water mixes with oil.
- A human skull can be shattered by an impact of 7-10 km/hr. Children's skulls are more vulnerable than those of adults.

Hobby Horse Bikes

Help your Beavers learn safe riding practices by letting them make cars from cardboard boxes or hobby horse bicycles from dowels or broom handles. Get them to decorate their car or bike with bright colours and ribbons; stress the need for visibility.



What two unsafe biking practices can you see in this picture?

*The forehead is too exposed.
The sash could slip.*

Photo: Denis Drever

Gather materials so Beavers may draw and colour traffic sign pictures for Stop, Yield, No Left Turns, Do Not Enter, and No U-turns allowed. As they work, discuss the meaning of each sign and how these signs keep roads safer. Talk about the "invisible" stop sign at the end of everyone's driveway.

Using chalk, mark off an intersection with stop signs, as well as a driveway that joins a busy street. (You might be able to do this in a safe parking lot.) After explaining traffic rules, get your Beavers to demonstrate how to obey stop and yield signs, riding on the right hand side of the road, riding in single file, and making hand signals before turning. Let the Beavers show you how to stop and look over their shoulder before making turns. Encourage them to critique the driving and biking habits of other riders in their group.

Riding Courses

Here are some examples of obstacle courses that will test and improve the road-handling capabilities of your youth.

Balance and Steering

Mark off a figure 8 course with one circle smaller than the other. Riders must make smooth, easy turns, keeping both hands on the handlebars. No one must touch the ground with feet. (See diagram)



Stop and walk your bike when your path is uncertain.

Single Obstacle Course

Set up eight cones or markers, each separated by 1.5 metres. From a moving start the child must weave in and out of the obstacles without touching his foot to the ground or brushing against an obstacle. (See diagram)

Double Obstacle ZigZag

Set up twenty cones or markers in a staggered pattern of ten stations.

(See diagram) Leave a 15 cm space between each pair of markers and a three metre lengthwise space between pairs. From a moving start, each child must drive the course at a steady, confident pace without knocking over markers.

Snail Pace Relay

One key to safe bicycling is balance. This event requires considerable skill and practice.

Mark off a straight track 50 metres long. Line the bikes up and time riders to see who takes the *longest* to reach the finish line. Deduct points if Cubs or Scouts touch feet to the ground. Now set out markers that riders must weave through at slow speed.

Road Safe

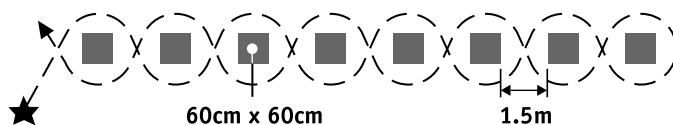
After your Cubs and Scouts have proven their bike handling skills on these obstacle courses, pick out a 20-block route through the neighbourhood. Leaders should position themselves along the route out of view of the riders. Riding alone, each youth should drive along this route, responding to road signs and traffic in appropriate ways. The watching adults will 'mark' them for safety, response to traffic conditions, and safety.

Helpful Scenarios

Not only do young people have to acquire basic riding skills, but they need to recognize the danger from

Riding Courses Illustrated

SINGLE OBSTACLE COURSE



DOUBLE OBSTACLE ZIGZAG COURSE

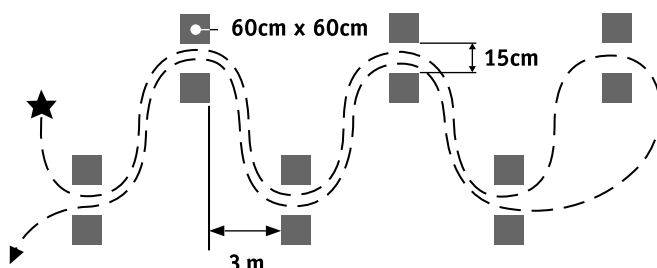
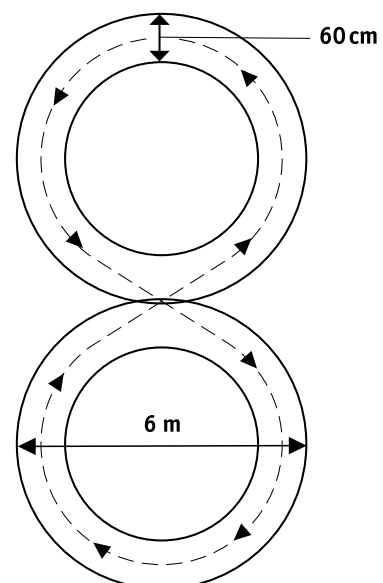


FIGURE 8
Balance and Steering



hazards like road glare, holes, diagonal cracks, gravel, glass and debris. If they can't avoid them, riders should approach small obstacles straight on, keeping their weight as far back as possible.

Most injuries result from falls, collisions and loss of control. Sometimes the accident occurs because of poor decisions. Let's help youth to start anticipating problems so they can avoid them.

Set up several hypothetical scenarios like this: You're riding down a street during the early evening approaching a parked car with a person sitting in it. The sun is low on the horizon *behind* you. The person in the car starts to move as if he might open the door. What should you do? (Slow down — stop if necessary — and pass the car staying a door's width away.) Does it make any difference that the sun is behind you? (Glare/visibility problem)

What other real-life scenarios can you think up to make this exercise more practical? Your scenarios should account for local conditions like no sidewalks, nearby railway crossing, and many intersections.



Photo: Allen Macartney

Are both these children wearing their helmets correctly? Which one is at risk?

Escape to Nature

Biking requires concentration, but it lets you spend time outdoors with nature. Listen for birds and running water; leave radios at home that might mask the sound of approaching cars. Smell the fresh air. Feel the cool breath

of wind against your cheeks. Let safe bike riding help you enjoy our wonderful outdoors. [^]

— Carol Andrews is a bike-wise Scouter from Tlell, British Columbia.

Organize a Cub-Scout Cycle Day

by Judy Harcus

FOR SEVERAL YEARS CUBS and Scouts in our small district have joined together for a relaxing spring cycle day around a local lake. Last year four packs and three troops took part in this linking adventure. The event is so popular that groups outside our district have asked to join our day-long trek.

Here's how we organized it. Several weeks before the trip, Val Almas (ADC Cubs) visited groups to talk about the expedition, bike safety and need for helmets. Several youth and adults objected to our helmet rule, but we stood firm: no helmet, no participation.

We chose an easy, but picturesque, 13-kilometre trail near town that circles a lake. The wide trail is well-maintained and has no steep grades — perfect for both Cubs and Scouts, regardless of experience. An adult leader led our bicyclists while another took up the rear. In between, other adults were interspersed in case of problems.

A number of picnic areas along the route gave us many places to stop, talk

and eat lunch beside the lake. The all-day event gives many opportunities for Cubs and Scouts to make friends and talk about their Scouting adventures. It's a terrific linking event. Try it!

— Judy Harcus is ADC Scouts in Powell River, British Columbia.

Program Links

Cubs: Cycling Badge, Red Star, Blue Star.
Scouts: Troop Specialty Badge, Safety Badge.

Resources

- *The Canadian Bike Helmet Coalition* has many fact sheets and pamphlets relating to bike safety. Their address: 885 Meadowlands Dr. East, Suite 512, Ottawa, ON, K2C 3N2. Tel: 613-224-4144; fax: 613-224-4145.
- Contact the *Canadian Cycling Association*. It has bike safety pamphlets and instructor manuals that will help you. Write to them at: 1600 James Naismith Dr., Suite 810, Ottawa, ON, K1B 5N4. Tel: 613-748-5629; fax: 613-748-5692.



6 WAYS TO GET YOUTH TO WEAR HELMETS

1. Start the helmet habit early.
2. Wear a helmet yourself.
3. Let youth pick out their own helmet.
4. Tell children *why* they should wear a helmet. (It reduces risk of head injury by 85%.)
5. Reward youth for wearing one.
6. Don't let children ride their bike without a helmet.

Camp Stoves and Lanterns

PROPER MAINTENANCE CAN PREVENT ACCIDENTS

by Dan Harmer

YOU'RE OUT CAMPING. You've just lit a match to the stove, but yellow flames suddenly billow high. What should you do? What's gone wrong?

Perhaps the answer involves maintenance.

May is a time when many groups dust off their equipment, including their camp stoves. If your Cubs, Scouts and Venturers don't go winter camping, your stoves have been packed away since last fall.

What kind of camp stove does your pack or troop own? Perhaps you have several different types: propane, naphtha (white gas), or kerosene.

The following tips are aimed primarily at those groups with naphtha stoves, because this fuel is used by most campers. But many ideas are equally applicable for other stove types.

Naphtha stoves have been around for many decades. Originally they had only metal parts, but more recently these stoves have included plastic parts. At the same time almost all stoves have become smaller. (Smaller and lighter stoves are easier to pack into the wilderness.) In some cases, smaller stoves require partial disassembly before transportation. These factors increase the risk of fire.

Two Important Seals

Gaskets and o-rings: these are the two fundamental components which keep your stove safe. They help prevent liquid fuel from escaping anywhere else than at the stove's burner assembly. Gaskets and o-rings appear in various locations.

- Gaskets are placed around controls and are usually pushed tightly in place to make a good seal.



Make sure your Cubs or Scouts know how to safely handle stoves before letting them use one.

Photo: Allen Macartney

- O-rings are rubber rings, circular both in shape and in cross-section. They fit into grooves, and when under pressure, make a tight seal.

What decreases the effectiveness of gaskets and o-rings? They start to fail when they become brittle, develop small cracks, and are physically damaged. (Age, usage, and exposure to high temperatures naturally take their toll.) When any of these conditions occur, fuel may start to leak at these locations.

Initially, the amount of fuel leaking will be so small that you won't detect it easily, though the fuel will still catch fire. The heat will rapidly deteriorate the seal even further, potentially escalating the fire into a very dangerous situation.

Before this occurs, you can take some simple precautions to significantly reduce this risk.

1. *At least once a year* check all gaskets and o-rings for any sign of damage. Replace damaged seals immediately. (Note: Small cracks may not be visible to the naked eye.) If you have any questions, ask your local Scout Shop manager.
2. O-rings, although providing excellent seals, may be even more critical than gaskets, particularly if they seal against fuel leaks in a plastic housing. The plastic itself may catch fire making the whole condition deteriorate much faster than if it had metal parts. Depending on how often you use the equipment, when plastic parts are involved you may have to replace all fuel lines and control valve gaskets once a year.
3. When inserting parts through o-ring seals, lubricate the part being pushed in with saliva to provide some lubrication as it passes through the seal. In cold weather, try using oil from your skin.

Fuel Tanks

Almost all fuel tanks, regardless of stove type, have a filler cap and a pressurizing pump — both with seals. Follow the guidelines given above for gaskets and o-ring seals. The pressurizing pump is the other part needing regular maintenance.

At least once a year, get your Scouts to take apart the pump to check the pump cup. Normally made of leather, this part will dry out over time if it isn't oiled. Soften the leather using your fingers, then apply either mineral-based oil or grease to the leather before reassembling the pump. If you are out in the field and have no suitable oil with you, saliva or oil from your skin will work well.

Check to make sure screw threads are undamaged when you're looking at your fuel tank. This is a "must" for safe operations.

Control Valves

All stoves have a valve which controls the flow of fuel. These have either a gasket or o-ring in their assembly. During your annual maintenance, check the gaskets and o-rings following the guidelines described above.

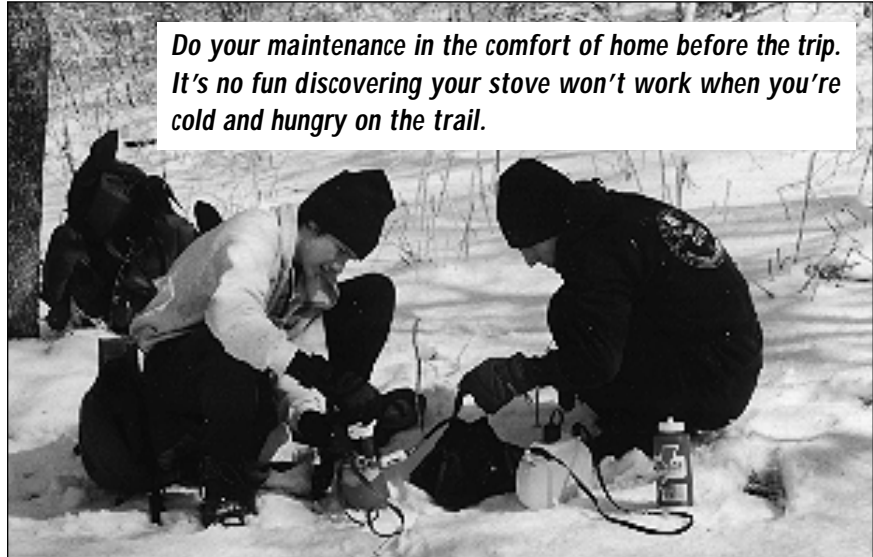
Another area for attention: ensure that valve screw threads are undamaged. You might have to replace a part if a screw thread is partially stripped. When in doubt, replace the part. The practice will be good for your Scouts, and will teach them an important safety message.

Other Maintenance Issues

White gas deteriorates with age. Don't keep a can of it much longer than one year. It may go cloudy or form a sticky deposit which slowly builds up on, and clogs, fuel lines. To minimize potential problems, empty stove tanks after each use. Always pour fuel through a filter when refuelling your stove. This will help reduce the amount of sticky residue and dirt getting into the stove.

Both the fuel line and the jet from which the fuel finally emerges at the stove's burner assembly may require cleaning from time to time. Some stoves have a self-cleaning capability for the jet. If your stove does not have this feature, your favourite camping store probably has a cleaner with a wire suitable for the purpose.

You may also have to flush the fuel line by passing fuel through it. If this doesn't work, try passing a thin wire with a cleaner through it.



Do your maintenance in the comfort of home before the trip. It's no fun discovering your stove won't work when you're cold and hungry on the trail.

Photo: 416th Ventures Company

Stove Precautions

1. If you haven't used your stove recently, re-read the instruction manual before setting off on a trip. At the same time, start your stove up and make sure it works.
2. Before refuelling any stove, turn off the fuel control valve.
3. Before starting to pressurize the stove after refuelling it, once again check that the fuel control valve is turned off.
4. Do not over-pressurize your stove. Pump it up just enough to prepare your food items.
5. Do not place over-sized pots on the stove. They might tip over and spew hot liquid over the stove and people standing nearby.
6. A stove windshield helps keep heat around your pots. A windshield will

reduce boiling times in windy or cold conditions by a significant time. It's also a great craft item to make. (Saving fuel is particularly important when hiking long distances.)

7. Never re-light, refuel or disassemble a stove when it is hot or warm. Let it cool completely before working on it.
8. If you disassemble any stove parts, make sure they are properly re-assembled before attempting to light the stove.

Lantern Safety

White gas lanterns are very popular with Scouting groups. Though florescent and kerosene lanterns are safer, they don't cast as much light. Here is some advice to follow when handling gas lanterns.



Photo: Sharon Fikket

Tie your stove maintenance and safety evening into first aid burn training. You'd be surprised how closely Scouts will listen when they think their fingers might get harmed.

1. Treat white gas lanterns with the same care as you would white gas stoves. Both require similar maintenance and operating precautions.
2. Most lantern flare-ups result from the fuel control valve being set to "on" when the lantern is first pressurized and lit. Lantern flare-ups occur most frequently when lanterns have been left on all night and have used up their fuel.
3. Replace the mantle if it has holes in it. Never attempt to light a lantern without a mantle.
4. Never take a lantern into your tent. Although modern tents are often called "flame-retardant," they aren't flame-proof.

"Let's Play 'What If?'"

Tie a "what if" session into your stove and lantern maintenance preparations. Get each patrol to think up several scenarios. Tie the activities into badge work if possible. Here are some ideas:

- What if the stove flared up when a pot of hot water was boiling? What would you do first? Move the pot? Turn off the fuel? Warn others?
- What if Katie burnt her fingers trying to move the stove before it had cooled down? What would you do? (There's first aid training potential here!)

STOVE WON'T WORK?



If your white gas stove won't work, it might just be a simple problem with the pump. If the pump slides in and out too easily, the leather seal has probably just dried out. You can fix this easily by putting a little bit of oil into the oil hole. This will cause the leather seal to swell. Presto! No more problem.



Before teaching young campers about stove maintenance, start with the basics — making a wood fire.

Photo: Paul Ritchie

- What if the fuel line sprung a serious leak while supper was cooking? What procedures should everyone consider to be prepared for this emergency?

Don't Cut Corners

It's easy to cut safety corners when out in our great Canadian wilderness. But why take the chance? With just a little attention, you can build these maintenance suggestions into an interesting program. Not only will it make

your Cubs, Scouts and Venturers safer campers, but their equipment will last much longer.

Now that's value-added! X

Program Links

Scouts: Safety Badge, Winter Camping Badge, Campcraft Badge.
Ventures: Exploration Activity Award.

— Dan Harmer was active as a Scout Counsellor with the Fourth Halifax Highland Scout Troop, Halifax, NS.

*Propane stoves
are good for
summer camping
but may be
difficult to light
in winter.*

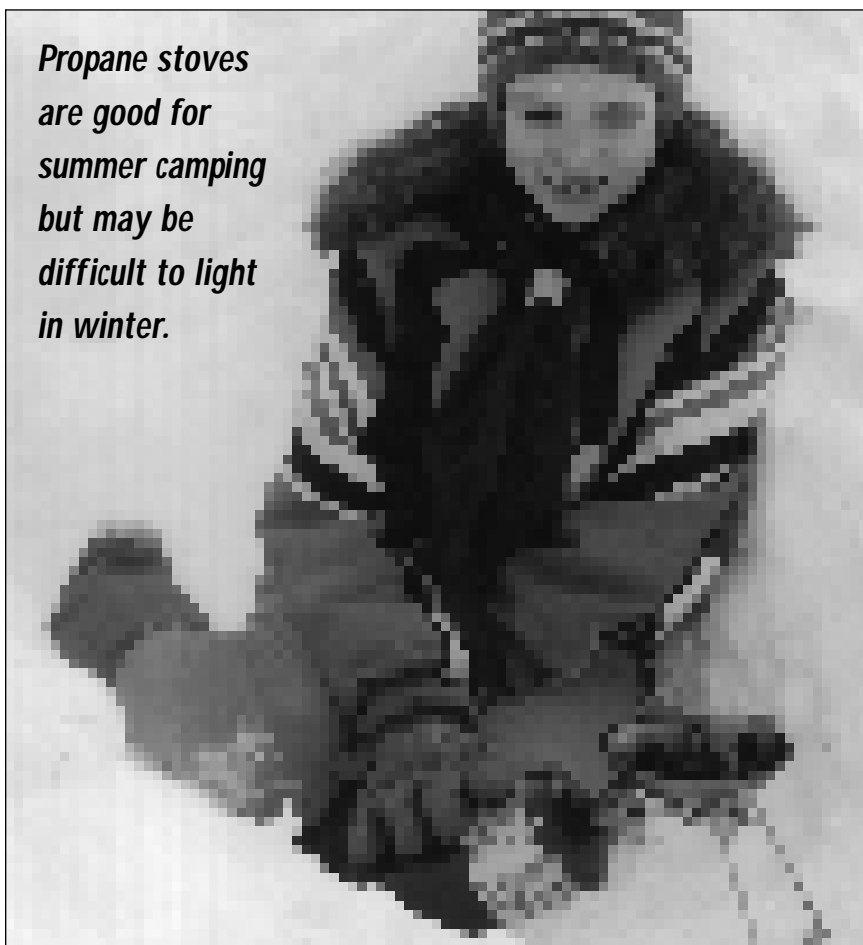


Photo: Allen Macartney

Make Your Team Creative

by Colin Wallace

IT'S EASY TO TELL EVERYONE in your leadership team to be creative but sometimes that's easier said than done. So, help your team members to develop their creativity by supporting and encouraging them.

How do you do that? Let's explore some ways.

Invite ideas

Help your team members to see that they should continually look for new ways of doing the same old things — even if the old things have been successful. Don't wait until it's broken before you try to fit it.

Expect Ideas

Expect — what the heck, *demand!* — at least one new creative idea from each team member every month. They'll do it IF you and others expect it from them. Of course, you'll have to set the example for your team to follow.

Gather Ideas

Teams often look inwards for solutions. So, invite member from other groups to visit and interact with your team. Invite experts, catalysts, devil's advocates, and even opponents. Get the idea? Anyone who'll spark some new ideas and shake your team out of its complacency.

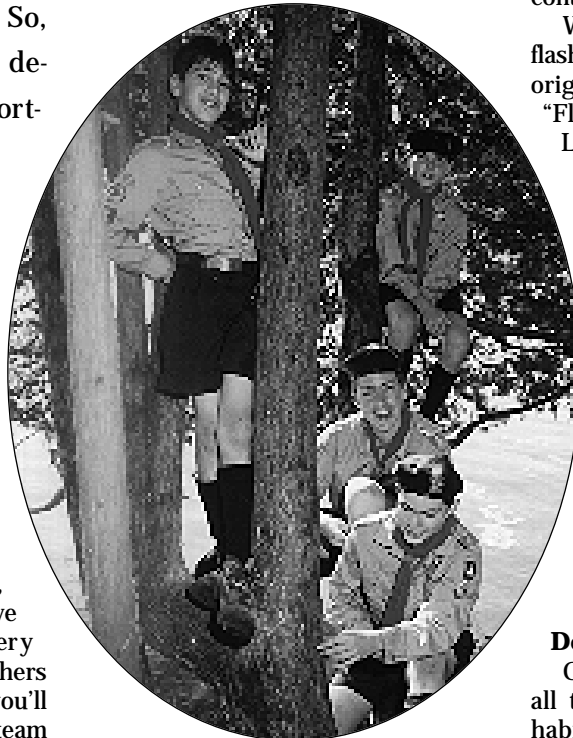
Schedule Ideas

Before your next planning session, tell your team what topics they'll cover in the meeting. Challenge your team to think about novel ways of tackling the topics: outlandish ways, crazy ways, wild ways, other ways. Anything that makes your team more creative is productive.

Levitate Ideas

Lighten up! Make jokes about a task — the wackier the better. It will set a happy tone that can often lead to bizarre (but imaginative) suggestions. From these comments made in jest

might come the germ of an idea or a unique way of looking at a situation. Now that's valuable.



*"We're not on a short hike!
We've just drifted ashore on
this deserted island."*

Photo: Paul Ritchi

Reward Ideas

If your team is like the team I'm in, then it doesn't have a budget that lets you award a cash bonus for a new idea. (But a new car would get the creative

juice flowing mighty quick!) But, a pat on the back or a warm word of praise doesn't cost anything and does make people feel good about their Scouting contributions.

Why not consider making up a flashy (but inexpensive) trophy for the originator of a bright idea. Call it the "Flash of Inspiration" or the "Golden Light Bulb" award, and present it with a suitable ceremony.

Promote Ideas

Hold your meetings in a bright cheery location. Try displaying some motivational slogans: *You can do it!* or *Be creative!* or *Think (yes, think)!* Have flip charts and pens available. Run brief brainstorming games at the beginning of your meeting to help your team relax and start enjoying themselves. Let them get comfortable with each other.

Document Ideas

Opportunities for creativity appear all the time. Develop the creativity habit. Write down ideas for further elaboration as soon as they occur. You might be able to modify a television show as a training aid; a sermon might give you insight how to make your Scout's Owns more fascinating; a newspaper article might give you an idea for creating a new outdoor activity.

Give that grey matter between your ears a real work-out. You might be surprised how many terrific ideas your team discovers. ^



With a little creative imagination, your raft-building project can launch a pirate theme.

Photo: Paul Ritchi

A CANADA THEME PROG

by Allen Macartney

“They loved the idea!” said Sharon Hunter and Debbie Seymour, leaders of the 4th Amherst Beaver Colony in Nova Scotia.

What did the Beavers love? An all-year Canada Day theme. (The program is easily adapted for Cubs.)

Each month for one meeting, the colony focused on two provinces or territories. Most of the information came from “student packages” from provincial tourism offices. During these evenings, all activities emphasized activities that related to the theme area.

Their program started when lodges were renamed “Canadian Flag,” “the Beaver” and “Schooner.” Then each child drew and coloured a Canadian flag out of construction paper.

Klondike Gold!

During Yukon night, the Beavers heard about the 1898 Klondike Gold Rush and actually had the chance to pan for gold (yellow-coloured pebbles) in large wash tubs. Make this more realistic by staging it outside near a river or pond.

Sharon and Debbie prepared by spray painting pebbles gold — two per child. If you don’t have gold pans you could hide the nuggets in tubs filled with gravel and get the Beavers to sift through it until they find their loot. After all children found their gold, they took it to the Assay Office where they could exchange it for Monopoly money. Now each child could go to the Trading Post and buy craft items to make a Klondike colouring book. The money also purchased hot chocolate, cookies and donuts.

Those wanting to make a “poke” (a money bag that miners used to hold gold) built them from coloured construction paper, staples and string. (See diagram) Cubs could sew theirs using cloth, a drawstring and thread.

At the end of the evening each child left with one of their gold nuggets.

Bluenose Night

Schooners were featured when it came to celebrating Nova Scotia and New Brunswick. The colony sang *Farewell to Nova Scotia* and other Maritime songs, played games with an Atlantic twist, then made simple schooner



“Is that leaf from a sugar maple or a red maple? Let’s find out!”

puzzles. Make yours by letting Beavers draw and colour a boat picture on construction paper. Then, making straight cuts with scissors, slice the schooners up into various sized pieces. Your Beavers will want to take several minutes to reassemble their puzzles.

Cubs or Scouts could whittle miniature Bluenose racing boats from balsa

wood. Leaders should supervise this activity closely!

Bridges, Natives and Dinosaurs

During Prince Edward Island night Beavers or Cubs could work together to make a giant bridge, like the one linking PEI and New Brunswick. Alberta is famous for its *Albertasaurus* dinosaur. What a terrific opportunity to launch a dinosaur theme night! Because Aborigines have made a significant contribution to Canada’s culture, invite a native elder to tell stories and lead your group in games.

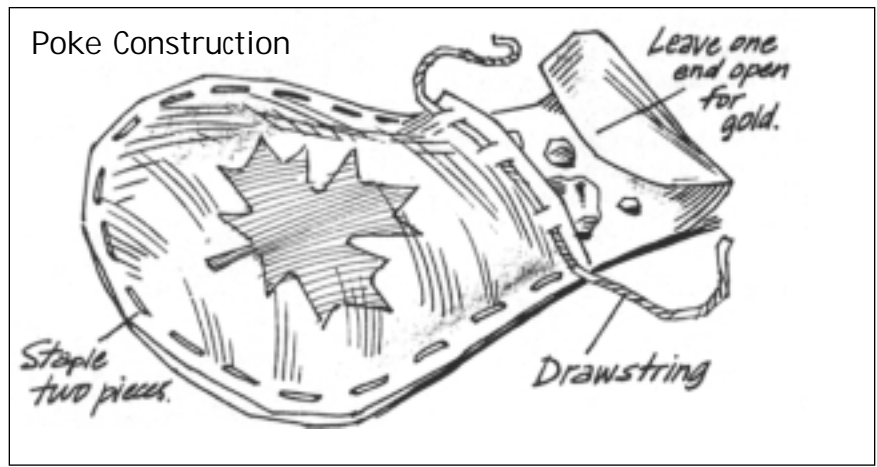
Amherst is the birthplace of *four* Fathers of Confederation. Of course the colony had to visit local historic sites commemorating their contribution. Were any Fathers born in your community? Find out.

At the end of the year, Amherst Beavers had a far greater understanding of Canada, had a real flag in their home, and had ‘tasted’ the cultures of Canadians across our land.

Wave the Flag!

Beavers from the 25th Assumption Colony in Saint John New Brunswick, decided to concentrate on a flag theme for an evening last year.

“Our colony had no flag,” said Beaver leader Catherine Walsh, “so we asked our Member of Parliament to send us one.” After it arrived, the Beavers discussed what the colours and patterns represent, then looked at the symbols on New Brunswick’s flag.



Inset photo: Allen Macartney

GRAM... ALL YEAR LONG

"Beavers appear on the Saint John city flag," said Scouter Walsh. "It filled our boys with an important feeling."

"Let's design our own family flags!" someone called out. Soon each child was working diligently, drawing important family activities and symbols on construction paper. Others chose to make family crests. After completing the project, leaders stapled straws on the side of the flags, and the Beavers trooped around their meeting room in a colourful parade filled with pageantry.

Before leaving, a Scout arrived to demonstrate proper flag etiquette (e.g. you never let a flag touch the ground). He also showed how to fold a flag.



Photo: Paul Ritchi

Enjoy a waterfight from a canoe. What could be more Canadian than that!

MORE CANADIANA IDEAS

THESE ACTIVITIES WILL fit into any program with ease. Keep them for times when you need a quick filler or to launch an entire month-long theme program.

Good Citizen Award

What does it mean to be a "good citizen"? Do some of our Scouting principles and our Mission tie into this? Discuss how. Let your Cubs and Scouts design a good citizen certificate, and present it to people who make a positive contribution to your community.

Sing O Canada

Learn to sing our national anthem in both official languages. See which lodge, six or patrol can be the first to memorize all the words.

Now learn other traditional Canadian songs. Some might even be those sung by the voyageurs as they plunged their paddles into pristine northern waters racing to Thunder Bay.

Voyageur Campfire

Scouting means campfires, singing, the outdoors and good times. Treat your local community to a public campfire with a voyageur theme. Invite everyone to it.

Prepare by dressing up in voyageur costumes, setting out canoes around the campfire, and planning a program that includes voyageur stories, songs, skits and more. Don't forget to have a table with Scouting information on it. This campfire could be a great recruiting tool.

Citizenship Reaffirmation Ceremony

All over our country Canadians are taking part in citizenship reaffirmation ceremonies. Why not plan one for your group? It's an excellent time to raise the flag, and reflect upon our rights and many privileges.



Photo: Paul Ritchi

Sail away on an adventure of discovery. Our country offers beautiful hiking trails, bike paths, and mountain vistas.

A ceremony can be as formal as you like. It might include your town mayor, local dignitaries and judges, or it could be less stately.

Hold the event outside where possible. Set up as many Canadian flags as possible, and open the event with a greeting from your master of ceremonies — a senior Scouting leader. After everyone sings “O Canada” in both official languages, ask several youth to speak briefly about the honour of being a Canadian. The central focus of the ceremony should be on the actual oath-taking itself. (See the January **Leader Swap Shop** column, p. 16 for more ideas.)

“Canadiana Artwork”

Ask young members to produce a piece of art that best represents their understanding of Canada. Beavers might choose to make a collage of pictures from all over the country. Cubs and Scouts might decide to write a song, story or poem, paint a picture, or make a wood-carving. Ambitious Venturers might even build a canoe or kayak! Put your artwork on display at local malls and schools.

Canadiana Quiz

Canadians are keen volunteers. How many hours of service do Canadians donate to voluntary groups each year?

- (a) one hundred thousand (b) one million (c) **one billion**

Seventy-five years ago Canadian scientists discovered insulin, a life-saving therapy for diabetes. Who were the scientists?

- (a) Wilder Penfield and Wilfred Bigelow (b) Norman Bethune and Gerhard Herzberg (c) **Frederick Banting, Charles Best, James Collip and John Macleod**



This summer rediscover the path followed by voyageurs and other early adventurers.

What city is the internationally-known singer, Roch Voisine, from?

- (a) **Saint-Basile, New Brunswick** (b) Winnipeg, Manitoba (c) Montreal, Quebec

In 1906, Tom Longboat, an Onondaga from the Six Nations Reserve and a world champion distance runner, won a 20-kilometre race against what animal?

- (a) a dog (b) a caribou (c) **a horse**

What four provinces joined together in 1867 to form Canada?

- (a) **Ontario, Quebec, New Brunswick, Nova Scotia** (b) Ontario, Quebec, Manitoba, Prince Edward Island (c) Ontario, Quebec, Newfoundland, Nova Scotia

Canada’s tallest mountain is called...

- (a) **Mount Logan** (b) Mount Robson (c) Mont Tremblanc

Canada’s longest river is the...

- (a) St. Lawrence (b) **Mackenzie** (c) Yukon

The special-effects software used for the motion picture Jurassic Park was created by a company in...

- (a) Toronto (b) Vancouver (c) **Montreal**

Jacques Cartier first gave Canada its name in 1535. What does the Huron-Iroquois word “Canada” mean?

- (a) snow-covered ground (b) vast land (c) **village or settlement.** X

Program Links

Cubs: Entertainer Badge, Blue Star, Artist Badge.

Scouts: Citizenship Badge, Entertainer Badge, Handicraft Badge, Modeller Badge.

HOW DO YOU CELEBRATE CANADA?

The **Leader Magazine** is looking for program ideas how your group celebrates our country.

Tell us what Canadiana games, crafts and activities your members love best. Do they have a special game that they’ve made up on their own? Have your Scouts re-invented an old game that was popular with pioneers? Tell us your success stories.

TRUE & FALSE QUESTIONS

- T__ F__ By area, Canada is the largest country in the world. (F. Russia is the largest. Canada comes second.)
- T__ F__ Canadian Joe Shuster invented the comic book character Superman. (T)
- T__ F__ Manitoba is the best place in the world to watch the Northern Lights. (T)
- T__ F__ John Cabot, the 15th century explorer, wasn’t really an Englishman. His real name was Giovanni Caboto. He lived in Italy. (T)

DID YOU KNOW...?

- The Portuguese have had a great influence on Canada placenames. The name “Labrador” comes from a Portuguese word, *lavrador*, meaning “worker” or “farmer.” Other ‘Canadian’ names from the Portuguese include Conception Bay and the Bay of Fundy.
- Three people created our national anthem: Calixa Lavallée wrote the melody, Sir Adolphe-Basile Routhier wrote the French lyrics, and the Honourable Robert Stanley Weir wrote the English lyrics.
- First Nations people have lived in Canada for over 35,000 years.

Produce Your Own NEWSLETTER

by John Rietveld

So, you've agreed to produce a section, group or district newsletter. Terrific!

Why did you say "yes" when asked to take on this task? Is it because you thought it might be easier than handling fundraising, or because you've always wanted to see your name in print?

Whatever the reason, the role of newsletter editor (which likely requires you to also take on the role of writer, editor, designer and postage stamp licker) is an important assignment.

Before you sit behind the keyboard and get to work, you should resolve some issues either in your own mind or in discussion with fellow leaders.

Frequency

How often will you publish your newsletter? Do you have enough good information for a weekly, monthly or quarterly edition? The frequency may be determined by your time availability, the amount of news to report, or the historical frequency if you have inherited a newsletter already in circulation. Sections sometimes issue weekly newsletters, while groups or districts might prefer monthly, bi-monthly or quarterly editions.

Style

What style do you plan to use? Will your newsletter be produced on standard 8½ x 11" paper, an oversized 8½ x 14" sheet, or on 11 x 17" paper folded in half? (Your distribution method might also determine style.) You might decide to publish your newsletter as both hard copy and electronically, making it available via e-mail to members and parents with the technology.

An Ottawa Beaver colony publishes a weekly newsletter which they distribute by e-mail a day before the weekly meeting; others pick up a hard copy at the meeting. An electronic style may restrict your design — not all recipients will be able to download graphics or photographs.

Distribution

How will readers get your newsletter? Mailing might be expensive when you add the cost of stamps and envelopes, and the bother of maintaining a good address database. Many sec-



Your newsletter must be interesting, timely and informative!

tions and groups distribute newsletters at the end of section meetings. While this is inexpensive, many newsletters won't make it home or may end up in next week's laundry if stashed in the pocket of a Beaver's vest. Whatever method of distribution you select, don't expect 100% of your audience will get a copy each time — just do your best.

Content

The content of your newsletter is the most important consideration. If members don't think your information is valuable, few will read it or contribute articles. Your information must be interesting, timely and informative; if it isn't, expect leaders to start depending on memos, letters or phone calls to remind each other of upcoming events. Make your newsletter "newsy." Then people will look to it for information regularly.

Sections and groups will want to use a newsletter to announce coming events, report on past activities, and to instill a feeling of "family" among members. Districts might want to announce training, to report on important decisions, or to survey members about future events. Though your newsletter might include all kinds of information, avoid repeating material readily found elsewhere.

Copyright Laws

If you're short of material and the publication deadline looms, don't borrow material from other publications without permission or giving credit. Copyright laws protect the original material of other authors and publications. It's better to delay publication, or use more illustrations, than risk breaking the law. If you need clip art or illustrations, download some great items from the official Scouts Canada web site at www.scouts.ca.

Enjoy editing your newsletter and remember to include the National Communications Service on your distribution list. We're always willing to provide feedback to interested editors. X

Plan an Evening Paddling Summer Camp

by Al Hoard

For thirty years Scout-aged youth from the Peterborough District of Ontario have enjoyed a summer filled with canoeing, kayaking and sailing. The focus of our evening camp emphasizes safety, developing competence and overnight camping skills.

For only \$35, youth in our area can sign up for eight weeks (mid-June to mid-August) of summer watercraft training. All adults are volunteers.

We divide the program into several segments:

- First year participants take a basic canoeing course.
- Second year participants may enrol in either a two-year advanced canoeing/kayak, or sailing course.
- At the end of their third year participants may decide to take the two year course in the other discipline, i.e. if they took the canoeing/kayaking course, they may take the sailing course.
- Those staying for a sixth year focus on advanced out-tripping in canoes or kayaks.

To keep classes relatively small (last year we had 73 youth), we divide the groups into Monday-Wednesday and Tuesday-Thursday classes. Those in advanced classes also take part in two weekend water camps.

Before Signing Up

We don't let just anyone sign up for this camp. Safety is paramount with both adults and young people. All instructors must hold a Standard First Aid certificate; they must all pass a strict course on canoeing that includes paddling strokes and canoe rescues.

Scout-aged youth must pass a rigorous swimming test — no exceptions! Each child must have an approved personal floatation device with an attached whistle, and must wear head and footwear.

Canoe Camping Weekend

Part of the first year canoe course includes outstanding, learn-by-doing, "hands on" canoe instruction during a weekend camp.

What do we cover?

1. What to take, how to pack, what to buy and how to prepare it on both a camp stove and over an open fire.
2. The why's and how's of choosing a campsite. How to erect your tent, take care of it while it's up, and how to take it down and pack it away.

3. Camp hygiene — both personal and group.

The camp might not turn first-time canoe campers into voyageurs, but it does give them all the basics. It also builds up their confidence level.

Our camp succeeds at its goal through great instructors (both in Scouting and outside) and enthusiastic direction. The camp produces competent canoeists and sailors who are not daunted by normal watercraft problems. After thirty years of experience, we've trained literally thousands of people in safe water practice. Now that's something worth celebrating!

Your district can organize a similar camp. Just find a waterfront area or beach in an urban setting to make travel easy. Start small. Train your instructors. Find out how many youth are interested, and start training.

It could make a great recruiting tool.

Program Links

Cubs: Watercraft Badge, Camping Badge, Green Star, Red Star.
Scouts: Explorer Badge, Paddling Badge.

— Al Hoard is DC of Peterborough District, ON.

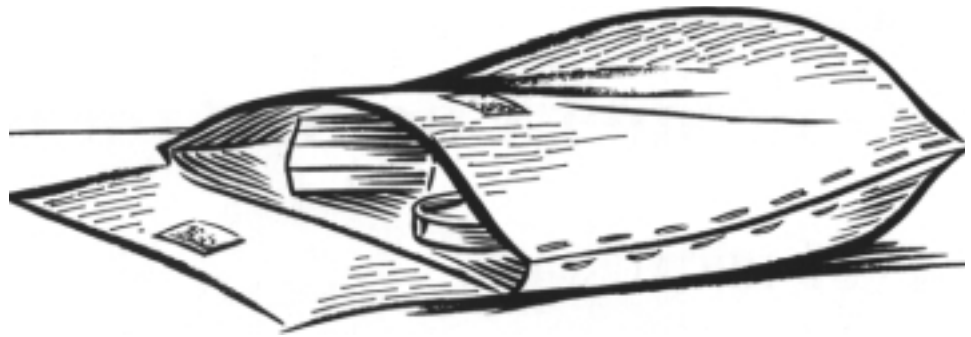
An evening canoe camp based on safe water practices can save lives.



Photo: Paul Ritich

Make This Multi-Use Leather Pouch

by Gerald Lapointe



During my Woodbadge 2 course, we learned how to make leather pouches. Several weeks later after getting a supply of leather, I told our Scouts about the idea and showed them the finished product.

"Would you guys be interested in making these?" I asked. Their enthusiastic response came as no surprise. The excitement grew after they added up all the uses for the pouches: an excellent holder for survival kits, compasses, first aid kits, pocket knives, and more.

We soon set to work by cutting the leather pieces into rectangles, 10 cm wide by 30 cm. Eight cm from the bottom the piece is folded up. The extra several centimetres left over forms the flap.

Now punch holes through the leather along the outside, spacing each hole about 1 centimetre apart. Do not punch any holes in the flap! (See diagram)

Cut narrow strips (about 3 mm x 30 cm) from another piece of leather. Weave this strip in and out of the punched holes on one side of the pouch. Once you've completed the weaving on one side, tie it in place with a reef knot. Follow this same procedure on the other side using another piece of leather similarly cut out.

You can keep the pouch flap closed by two different methods. The first involves either gluing or sewing velcro strips to the pouch and inside flap. The second method involves cutting a long

thin strip of leather and attaching it to the back (or side) of the pouch, perhaps by weaving it through a punched hole. Bring both ends of the thin leather strip around to the front of the pouch and tie it using a bow or reef knot.

Though you can buy new leather, look around your home for old pieces that you no longer need. This makes a good way to recycle an old leather coat you don't need.

Program Links

Cubs: Handicraft Badge.
Scouts: Handicraft Badge.

— Gerald Lapointe works with the 1st Ile Perrot Scouts, QC.

Busy Leaders... Remember

from Jim Wolfe

I attended a training session not long ago that focused on several important leadership highlights. Here's a brief description of them:

- Quit while the kids are having fun. Don't wait until they've lost interest.

We want them to experience and remember the great times, not the birth pangs of boredom.

- Over-plan your meeting. If some activity fails to interest your Beavers, Cubs or Scouts, it's no problem if you have several other games or crafts just waiting to take centre stage.
- Ask parents for their help. Find out what skills each parent has, and try to use them. This can be very affirming and flattering if done correctly. It might even make a good recruiting method.

Busy leaders need to concentrate on important issues: building young people.

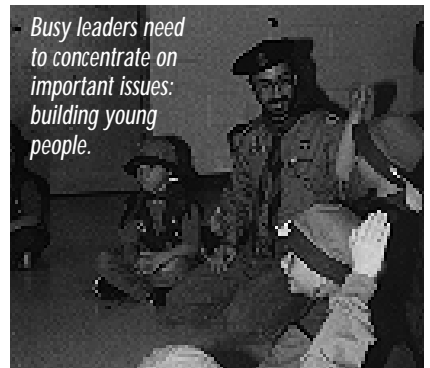


Photo: Allen Macartney

— Jim Wolfe is a Regional Network Scouter in Thunder Bay, ON.

National Canoe Route Clean-Up Campaign!

Starting in May, thousands of canoeists and kayakers across Canada will begin cleaning up their favourite inland waterways.

Your group can participate too! The Canadian Recreational Canoeing Association (CRCA) suggests two simple steps:

- Pick one specific river or lake in your area to clean up, or
- During weekend canoe trips, each group of two canoes should bring

one trash bag to fill with garbage found along the route.

At the end of your trip, contact the CRCA and tell them what river, lake, pond or marsh your group cleaned up. CRCA will send you a free participation decal.

For more information contact the CRCA at (613) 269-2910; fax (613) 269-2908; e-mail: staff@orca.ca; web site: <http://www.orca.ca>.



Gourmet Cooking on the Trail

by Ross Francis

JUST BECAUSE you're going backpacking doesn't mean you have to eat terrible, tasteless food. Spend time at home experimenting with different recipes and learn how to adapt them for easy preparation along the trail.

Packpackers are able to carry 25-33% of their body weight. Although the camping gear each hiker requires is practically identical (pack, sleeping bag, personal items, etc.), the physical size and strength of Scouts is not. Naturally, this will affect how much food they will be able to carry. Remember to distribute the weight and load among your members according to ability. Working in groups of three



After a long day on the trail, a filling hot meal hits the spot!

10th Garry Oak Ventures

or four, let your hikers decide how to share the load. This will develop a team spirit.

When planning the menu with your youth, don't forget about weight and space requirements. With careful planning you can reduce weight easily. Don't sacrifice the amount of food per person or the nutritional value it provides. After a long day on the trail most hikers prefer a filling hot meal that is quick and simple to prepare. It should also be easy to clean up. Here are some field-tested dishes to consider.

Breakfast

Instant porridge sticks to your ribs better than almost any other morning meal. A hot bowl can lift spirits if an early morning rain accompanies your breakfast. Bring along some brown sugar, raisins, dehydrated fruit and cinnamon to 'spice up' your meal.

Granola type cereals are also excellent "starters" in the morning. Mix them with powdered milk or eat them dry. Breakfast bars — relatively new on the market — are also becoming a big hit.

English muffins or bagels with cheese, ham slices, back bacon, and possibly even an egg are perfect if you're looking for something more substantial. Try making an omelette with dehydrated eggs and your favourite fixings. Add pizazz with your own light-

weight ingredients. Some hikers may wish to go all-out and prepare pancakes using powdered mixes, powdered eggs and powdered milk, with dehydrated fruit, chocolate chips or berries. Yum!

Juice crystals, tea, hot chocolate and coffee are other drinks many adults prefer for breakfast, though they have little or no nutritional value. Try warmed apple juice instead. Add a few spices or make your own hot chocolate by combining powdered milk, cocoa and sugar. Then, just add hot water.

Lunch

Many backpackers don't stop to prepare a lunch, but instead snack throughout the day on dehydrated fruit, granola bars, breakfast bars, GORP (good old raisins and peanuts), or other nutritious food. Pita bread or bagels with peanut butter or cheese ("Squeeze-a-Snack") are also good. Beef jerky, pepperoni or other meat sticks will help boost your energy levels when it starts flagging.

If you decide to stop and prepare a cooked lunch, consider instant soups, noodles and quick sandwiches. A short stop provides a nice break, and lets you pause and enjoy your surroundings — perhaps with your feet up. Aaahhh!

Supper

By late afternoon, most hikers are ready for a good hot meal. Pasta, rice,

DBC AD,
PICK-UP
PG.24, APR'97

and dehydrated potato mixes are big hits and quite filling. Instant macaroni and cheese dinner with a small tin of tuna or ham makes an easy meal; you may wish to add some dehydrated veggies to make it more interesting and nourishing. Instant scalloped potatoes with a small tin of ham flakes, a few squirts of your cheese squeeze and some dehydrated veggies is also great.

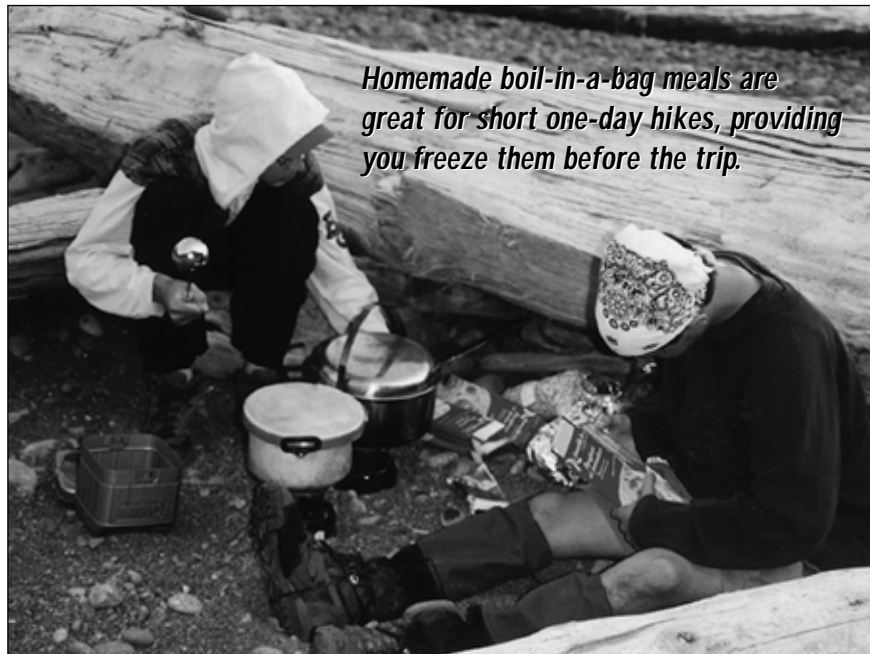
Try making pita bread pizza shells with instant tomato sauce, cheese, dehydrated vegetables and some slices of your meat sticks heated in a frying pan or wrapped in foil. Now cook this over a fire. Delicious! Here's another recipe worth tasting. You'll need pita pockets, a small tin of ham or tuna and some cheese squeeze. Wrap the sandwich in foil and heat it over your fire. Delightful!

Homemade and Portable

Many stores now carry single portion, frozen, boil-in-a-bag meals that are quite tasty. These are safe only for short one-day hikes and *only* if they remain frozen or very cold.

Why not make your own boil-in-a-bag meal by taking leftovers from favourite home-cooked meals and placing them in zip-loc bags. Freezing the pouches allows you to carry them frozen for a day. Remember to squeeze out all the air and double bag your pouch before freezing. Another tip: boil the water first and insert your pouch to simmer until reheated. Don't let the pouch touch the pot's bottom; the heat might melt the thin plastic film. Open the pouch and blow in just enough air to cause the package to float.

A number of vacuum sealer machines are available (for about \$30) to



Homemade boil-in-a-bag meals are great for short one-day hikes, providing you freeze them before the trip.

8th Northview Venturer Company '8

make these meals at home. Double seal all bags.

What are the benefits of boil-in-a-bag meals?

They're many! You can take favourite home-cooked meals on the trail requiring very little wilderness preparation or clean-up — especially nice when winter camping. Once you've boiled your meal, simply eat right from the bag, and you even have hot water waiting for a drink.

Drawbacks? The most important drawback is the possibility for food poisoning if you use the package after it has thawed. Only use them if the food is still frozen or still *very* cold.

These pouches are also heavier than dehydrated products. It's decision time for your Scouts. Ask your hikers if the convenience and taste is worth the ex-

tra weight. There is an alternative: take the next step and buy, or make, your own dehydrator. This way you can still bring your favourite meals from home.

Deserts

Hikers love desert, of course. Let them choose from cookies, instant puddings, jello, bannock with jam, and even dehydrated ice cream. ^

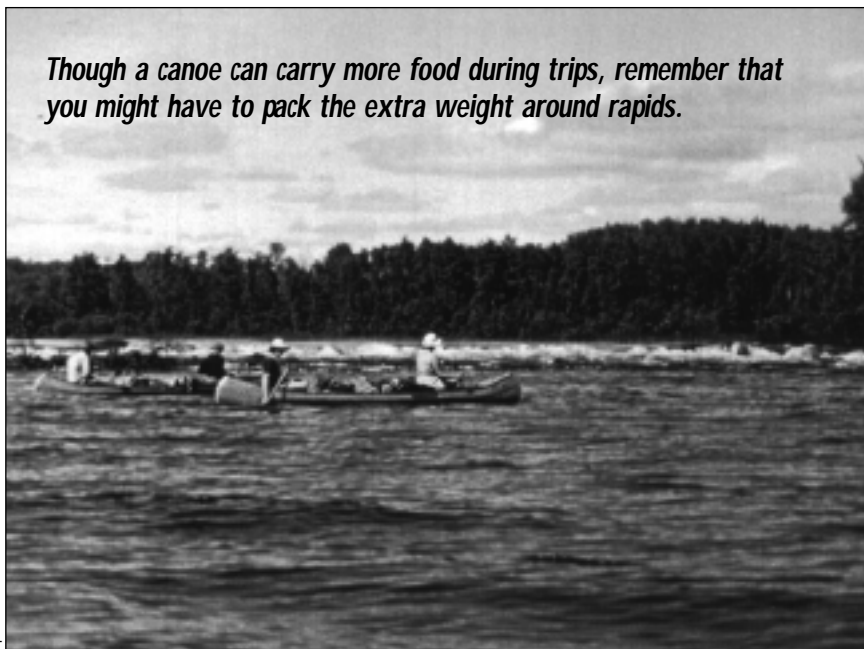
Program Links

Cubs: Cooking Badge, Camping Badge, Green Star.

Scouts: Exploring Badge, Campcraft Badge.

Venturers: Exploration and Personal Interest Activity Areas, Outdoorsman Award.

Though a canoe can carry more food during trips, remember that you might have to pack the extra weight around rapids.



Spruce Home 1st Venturers

MEALS AND REFLECTOR OVENS

Tell me about your "tried and proven" trail meals. I'll share them with other **Leader** readers, giving you the credit.

Do you have plans for dehydrators or reflector ovens that others might like to build? Send your plans to me at Box 5151, Stn. LCD-Merivale, Ottawa, ON, K2C 3G7. Fax: (613) 224-5982.

Fun at the Pond

by Lena Wong

May is a good month to do lots of outdoor activities and to prepare Beavers for a safe and happy summer.

It's also a great month to explain how your Beavers can help look after the environment. In March we looked at guidelines to follow when exploring outdoors. Now let's conduct several experiments that emphasize the importance of water in nature.

Our Precious Earth

Soil erosion is a serious problem facing the world. People contribute to soil erosion by clearing land and cutting down forests. This exposes the soil to the effects of wind and sun; it disturbs the natural balance of the rain cycle. Here is an experiment that demonstrates the affects of erosion. You might want to carry it out over two or three weeks to complete the demonstration.

You'll need a hair dryer for this experiment. Fill a fairly large baking sheet with moist soil to a depth of 2.5 cm. Plug in your hair dryer and set at a low setting to create "wind." Stand about 1 metre away and direct the blowing air to the pan so it blows over the soil. What happens? (Ask your

Beavers.) The soil should start to dry out and perhaps move.

Move the "wind" closer and increase the speed. What do your Beavers see? When the soil is dry, use a small watering can to sprinkle water on it. What happens? How does the appearance of the soil change? Spread some grass seeds on the soil and cover them with a fine additional layer of soil. Water it well. Over the next week or two water the pan regularly until a good crop of grass has grown. (Keep the pan outdoors in a garden or on a balcony.) Bring the pan back to a Beaver meeting and repeat the experiment to demonstrate how the grass roots bind the soil and keep it in place. Discuss how grass, trees and other growth do the same thing on a much larger scale.

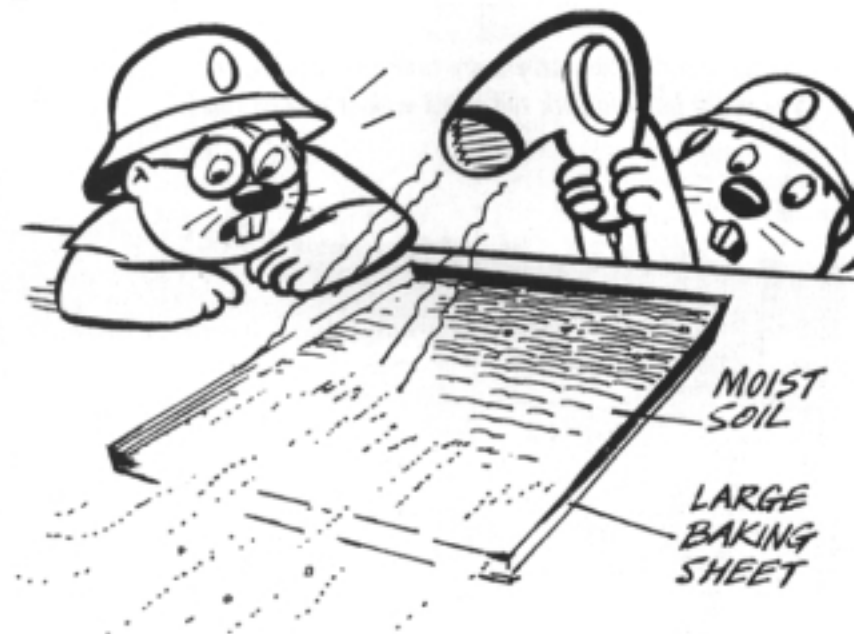
A Glass of the Best

Water covers almost three quarter of the earth's surface: 97% is salt water, 2% is fresh frozen water (e.g. glaciers, sea ice), and only 1% is liquid fresh water. All living creatures and plants are composed of water and solid matter. Water is by far the largest single component of any living thing.

All living beings depend on water and rain. Your Beavers will enjoy making these rain gauges — both a rough and a fine gauge model. Your Beavers can keep them at home in a garden, on a balcony or an outside window sill.

Each child will need a wide-mouthed clear plastic jar (peanut butter jars are good), a black permanent marker, a

SOIL EROSION EXPERIMENT



small, tall jar (olive or maraschino cherry jar), and a 30.5 cm ruler.

Place the wide-mouthed jar outdoors where only rain water will enter it. Put it on a stand (an upside down flowerpot will work very well). Use this gauge to measure heavy rainfalls — it's good as a rough measure. Use the ruler to measure and indicate inches or centimetres on the wide-mouthed jar.

To produce a finer measuring device, fill the gauge with 2.5 cm of water and pour it into the small, tall jar. Draw a line at the top of the water level and label it "2.5 cm." Divide the space below and above into half centimetre measurements. Now your Beaver weather-watchers will be able to discern finer differences in rain fall.

As you build your gauges, expand your discussions about water to include its importance to plants and animals. Speculate on how people in other countries, where fresh water is not as plentiful as in Canada, cope with smaller supplies of water. What can we do to prevent water waste?

Wildlife Watch

Organize an outdoor walk to study plants and animals up close. Bring along some guidebooks to help identify birds, animals and plants. Point out different kinds of trees, bushes, flowers and grasses, or better still, ask the Beavers to point them out to you. Look for lichens on stones, trees and other surfaces. These plants are produced from an algae and fungus living together in a mutually-dependant relationship. Lichens are very sensitive to pollution. The type of lichens you find may also tell you something about pollution levels. Scrubby lichens mean the air is clean; grey leafy lichens, yellow-orange leafy lichens and grey-green crusty lichens are signs of increasing pollution. If you find signs of pollution, try to identify where it might be coming from. How can your colony help decrease it?

Find a stream or small pond. Look for frogs, turtles, insects and other life forms in the water. Study the plants growing in and near the water. Bring some good magnifying glasses to help everyone get a better look at the many tiny creatures and plants found in the water. The best way to do this is to scoop a quantity of water up in a large glass jar (as close to the bottom as you can get). Let the jar sit for a while until the mud and silt has fallen to the bottom. Let your Beavers study what they see in the water for as long as possible.



When you're finished, put the water back in the pond or stream before you leave to make sure the little creatures and plants are not hurt.

Find an old, fallen log or rock and move it to see the many creatures living underneath. Use the magnifying glasses to get really good looks. Make sure you return the log or rock to its original location before leaving.

While you're outdoors, make sure you have some fun with games and songs. Here's a little poem you can teach your Beavers. It requires lots of arm room.

The great big world we live in
(Make circle by extending arms)
 Has people everywhere
(Throw arms out to both sides)
 Some big, and some little
(Hold right palm downward towards floor and raise left hand upward)
 Colours dark and fair
(Place hands over cheeks, then extend them outward)
 Some live very close to me
(Wrap your arms around yourself)
 Some live far away
(Point outward with both arms)
 But all of us are neighbours
(Join hand in front of your body)
 Wherever we may stay
(Intertwine fingers of both hands for a hand clasp)

(Source: *The Earth Science Book*)

"Look and See!"

While the group is playing a game or learning the poem, a couple of leaders should slip away and mark three or four trails. Use bits of wool or ribbon hung on branches, or make chalk crosses on tree branches and rocks. Make sure they are low enough for the Beavers to see. Each leader should take a

small group of children along a trail to see what they can discover at the end. Talk about what you see on the trail, and look for craft treasures to bring home. Make sure all the trails end at the same open area where you have a picnic waiting for everyone.

If you and your Beavers still have energy, play some ball games to work off steam. Set up a target for the children to throw the ball through. (The easiest way to do this is to suspend a hula hoop from a tree branch.) Draw a line on the ground a few metres from the target and let the Beavers practise their throwing skills.

Mark out an area for a quick soccer or baseball game — always a popular activity.

Next month we'll discuss some outdoor party ideas. ✕

GREAT RESOURCES

Several ideas from this "Fun at the Pond" column come from the following outstanding books. Look for these resources when planning your ecology program.

- *The Earth Science Book*, by Dinah Zike (John Wiley & Sons Inc.),
- Usborne Science and Experiments Books "*Ecology*" and "*Planet Earth*" (Usborne Publishing Ltd.),
- *Let's Try to Understand*, by Lynn Sim published by CIDA for the Canadian Hunger Foundation.

Ready for a Safe Mountain Biking Adventure?

by Ross Francis

Many Scouting youth are involved in one of the fastest growing forms of recreation today: mountain biking.

“So what? How does that affect Scouting?”

If youth in your group have access to mountain bikes, why not plan a few day trips or even an overnight adventure? Tie it into program badges where possible.

Perhaps you can arrange a Cub weekend campout close enough to home that the youth can bicycle to and from camp. Arrange for a support team to escort the cyclists along the route and to transport equipment required for the weekend. Scouts may be looking for a bigger challenge. Perhaps they could cycle to a distant location and transport their own gear.

Before you set out on any cycling activity, make sure your group is ready



for it. Take time to check each bicycle for safety, review basic road rules, and make sure riders can handle their bikes in a competent manner.

An excellent resource for groups planning cycling activities is “Tread Lightly’s” *Guide to Responsible Mountain Biking*. “Tread Lightly” is an educational program dedicated to helping people understand how to minimize their impact on public and private lands that they use for recreation. The program stresses responsible use of off-highway vehicles, other forms of backcountry travel, and low impact principles relating to outdoor recreation activities.



Ride single file with good spacing. Also pay attention!

A Gift for the Future

Becoming more environmentally responsible isn’t difficult. Simply use common sense and follow these basic principles. They’re for both the seasoned rider and novice.

- Tread only where permitted
- Respect the rights of others
- Educate yourself
- Avoid streams, meadows and wildlife areas
- Drive responsibly.

Scouts Canada has always encouraged youth to minimize their impact by practising “leave no trace” principles. We’ve done this so those who follow will be able to enjoy the same outdoor experiences. Some extra “leave no trace” guidelines that lead to responsible environmental stewardship, include:

- Plan ahead and prepare
- Camp and travel on durable surfaces
- Pack it in/pack it out
- Properly dispose of what you can’t pack out
- Leave what you find
- Minimize use and impact of fires.

Safety on the Trail

Safety on the biking trail is critical. Knowing your limitations and using common sense will ensure your well-being and protect the environment.

1. Be sure everyone has a map of the area and the trails you will be following. Leave a copy on the dash of your vehicle or at home. If a major problem arises, searchers will be able to quickly pinpoint areas to look. Choose “rest” or “gathering” sites where everyone will meet.

Photo: Wayne Barrett

2. Don't over-extend daylight hours. Plan your trail riding schedule around being back at your campsite at a predetermined time an hour before dark.
3. Wear a helmet, eye protection and other safety gear.
4. Wear appropriate clothing. It should offer light-weight protection, breathe, dry quickly, and keep you warm.
5. Pace yourself. Mountain biking is physically demanding. If you're riding at higher altitudes, remember that the air is thinner; you'll tire more quickly. Make realistic goals and stop frequently — at least until you have adapted to your environment.
6. Use common sense and know your limitations. If you have doubts about your ability to ride a section of trail, consult your map and find a less challenging route.
7. Maintain a reasonable distance between you and fellow riders. If the lead rider takes a tumble, "tailgating" can lead to disastrous results.

Common Courtesy on the Trail

A mountain bike's speed, silence, and manoeuvrability can pose problems on trails shared with hikers and horse riders. Mountain bike enthusiasts must be careful to present a courteous and positive image when sharing the trail with others.

1. Ride only where permitted. Don't leave the trail or road.
2. Be cheerful and pleasant with others you meet. A friendly "Hi!" goes a long way to building goodwill.
3. When encountering others on the trail, yield to the passing group or those travelling uphill. Dismount and stand to the side, if the trail is narrow. When passing others, politely announce your presence and proceed with caution.
4. Respect private land. Many land-owners will allow you to cross their land, but only if you ask permission.

Negotiating Terrain

Mountain biking is a wonderful way to see the outdoors and, if done properly, an environmentally sound way to experience the backcountry. Here are a few tips to help everyone win at this great sport.

1. When climbing, shift to a gear that provides comfortable forward momentum and maintains traction.
2. When descending, apply enough brake to maintain control; avoid locking your wheels.



Photo: Allen Macarthey

Are these kids ready for a safe biking adventure?

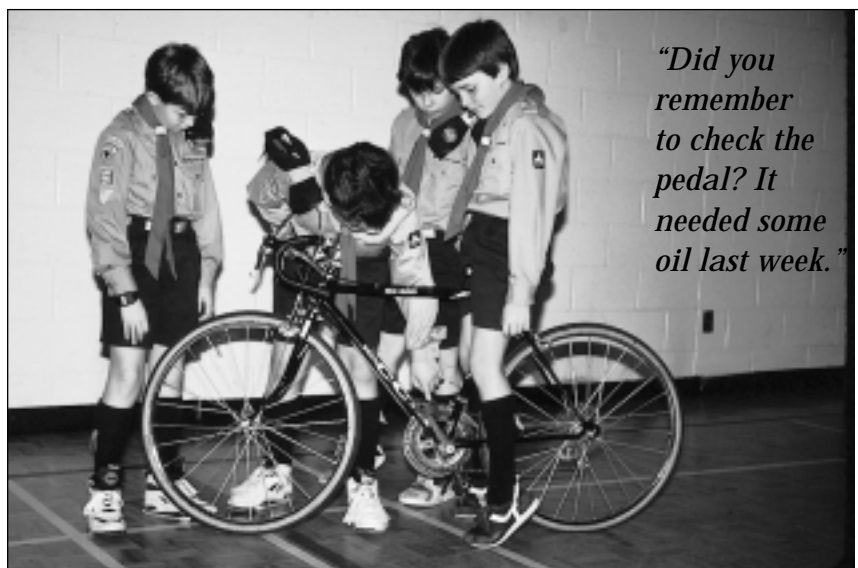
3. Develop your bike-handling skills. Keep control at all times. Don't be "Sid the Skid." It can be dangerous to you and the environment.
4. Dismount and walk if you are uncomfortable with the terrain or grade.
5. Avoid wet or muddy trails; bikes using wet trails can rip up the environment and needlessly widen trails. It can also lead to erosion.
6. Cross streams at a 90° angle and only at fording points. Stream bottoms are often slippery. Walking across moving water reduces the risk of falling. Riding up and down a stream bed disturbs fish and other aquatic habitats. It can also damage chains and gears on your bike.

Mountain Bikes and the Environment

Misuse of trails can quickly cause environmental damage that lasts for

years. A few precautions will guarantee clear, safe trails and years of satisfying use.

1. Avoid sensitive wildlife habitat like wetlands, streams, meadows and fields. Crashing through undergrowth or across meadows can destroy nesting sites. Always stay on designated roads and trails.
2. Do more than just "pack it in and pack it out." If you encounter litter, or repairable damage on the trail, don't pass it by. Stop! Pick up the litter or repair damage the best way you can.
3. "Wilderness areas" are managed to maintain their primitive character and to provide opportunities for solitude. These areas are solely for non-mechanized travel — by foot and horseback — not bikes.



"Did you remember to check the pedal? It needed some oil last week."

Photo: Paul Ritich

Mountain Bike Checklist

Your mountain bike should be kept in prime operating condition. The price you pay for neglecting your bike could result in anything from blistered feet (from walking all the way back to your base), to serious injuries (from a brake failure while riding down a steep hill).

When preparing for a backcountry trip, get a bicycle repairman to show those in your group how to keep their bikes in top condition.

Expect accidents if you push your riders too hard. Remember, your trip is for fun!

Steering/Seat

- Is the seat properly aligned?
- Is the handlebar straight and adjusted to the proper height? Does it provide proper and comfortable leverage and control, whether standing on the pedals or while seated?
- Do the fork blades look straight? A slightly bent fork will hamper steering and promote excessive tire wear over time.

Tires and Wheels

- Are tires in good condition with plenty of tread?
- Are they adequately inflated? Inflate to the proper pressure several days before you leave. Check them every day on the trail.
- Are the wheels 'true'? Turn the bike upside down and spin the wheels. If one wobbles from side to side, the wheel either has a bent rim, or it has one or more loose spokes. Check the spokes for proper tension, and tighten if necessary.
- Check the condition of wheel bearings. Replace worn bearings, clean bearings and repack them with waterproof grease.

Brakes, Controller Levers, Cables

- Check the condition and alignment of brake pads.
- Check condition of brake clamping mechanisms. Replace bent units. Adjust so equal clamping force is applied to each side of the wheel.
- Check brake cable condition and adjustments. Replace cables that are rusted, frayed or do not operate smoothly when the brake is applied.

Apply a high-grade, waterproof spray lubricant.

- Adjust brake levers for ease of reach, and lubricate pivot points with waterproof lubricant.

Drive Chain/Derailleurs/Shifters/Cables

- A clean and lubricated chain aids smooth gear shifting. Replace chain rings or rear cogs that are excessively worn, as well as a stretched chain.

- Examine derailleurs for wear alignment and proper operation. Clean off dirt and grease and apply waterproof lubricant.
- Check cables for wear, fraying, corrosion and ease of operation. Lubricate with waterproof lubricant, replace cables that bind or are frayed.
- Check shifter levers for ease of access and proper tension.
- Check drive train for proper tension.
- Check condition of pedals.

Ready for Emergencies

Before setting off on your mountain biking experience, make sure everyone has practised first aid treatment (especially for cuts and scrapes). Riders should also know how much water to drink, and how to recognize and treat heat stroke.

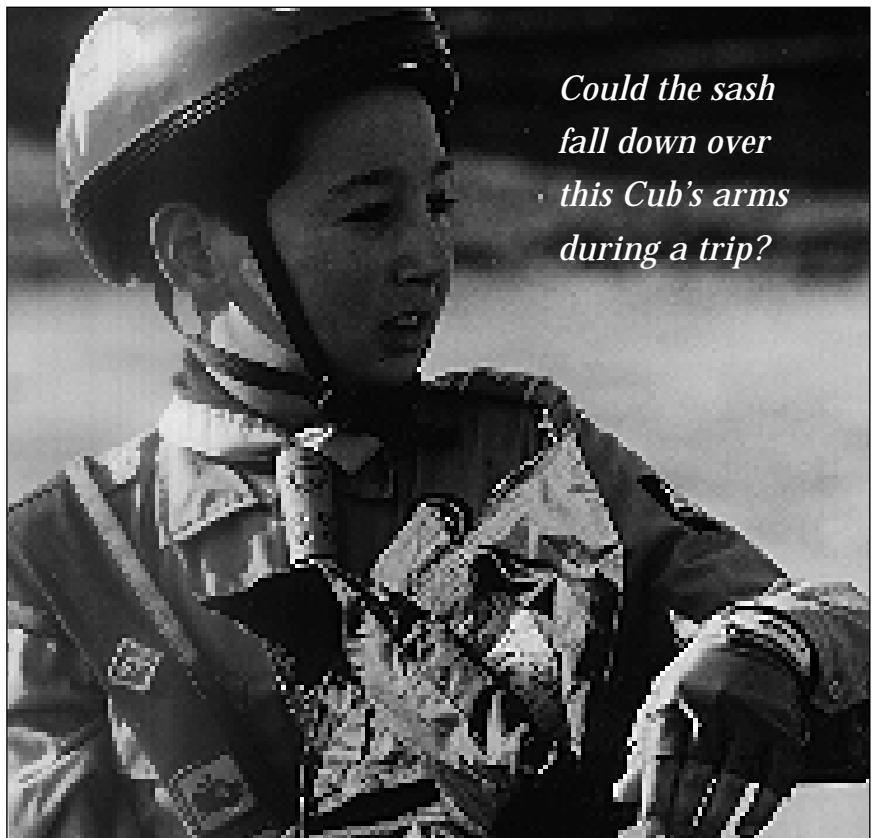
Make a trail emergency kit. Include as many items as possible, such as an adjustable wrench, pliers with side cutters, a spoke wrench, a spare inner tube, an inner tube repair kit (patch kit), an air pump and a small screwdriver.

Mountain biking is incredibly popular with Canadian youth. Let's show them how Scouting can give them a better, safer wilderness experience. ^

Program Links

Cubs: Cycling Badge, Green Star.
Scouts: Exploring Badge, Troop Specialty Badge, Adventuring Badge, Campcraft Badge.
Venturers: Exploration Activity Award, Outdoorsman Award.

Much of the information for this article was taken from "Tread Lightly's" Guide to Responsible Mountain Biking. For further information contact, Tread Lightly Canada, P.O. Box 22049, Westmount Stn., Waterloo, Ontario, Canada, N2L 6J7.



Could the sash fall down over this Cub's arms during a trip?

Photo: Denis Drever

Your Interview Time: Friday at 3 p.m.

by Ian Mitchell

It's Friday afternoon. A Venturer sits in a cramped office at the back of a building: heart pounding like a drum at a rock concert, resumé clinched in his sweaty palms. A busy looking person enters the room frazzled from another recent interview. Is your Venturer ready for what comes next?

With all of the statistics we hear about these days, a summer job sounds like only a dream to school-aged youth. They have no skills or experience in any field of employment.

Or do they? How can we, through the Venturer program, help them find a job?

Employability Skills

The Conference Board of Canada developed a profile of critical skills which the Canadian workforce requires. These are divided into three sections:

- Academic skills
- Personal management skills
- Teamwork skills

How does this relate to Venturing? Does our program prepare youth for entering the workforce?

Yes it does! The Venturer program includes building skills which are directly related to at least two of the above-mentioned sections. Let's take a look.

Personal Management Skills

The Conference Board defines these skills as (a) positive attitude and behaviour, (b) responsibility, and (c) adaptability.

The Board describes "positive attitude" as self esteem, initiative, and persistence to get the job done. Sound familiar? What about the ability to set goals, plan and manage time and money, as well as be accountable for actions taken? That's how you describe "responsibility." Again, that has a familiar ring.

What about "adaptability"? You can describe it as a positive attitude towards change, respect for peoples' diversity and, creativity (or new ways) of reaching goals.

Teamwork Skills

Teamwork amounts to (a) planning and making decisions, (b) exercising "give and take", (c) seeking a team approach and, (d) leading when appropriate.

We develop all of these skills through the Venturer program.

So how do we get Venturers to realize that the skills they're learning throughout the program will actually help them with their future plans?

"The Inside Scoop: Matching your Skills to Employers Needs"

The latest *Canadian Venturer Handbook* (1996) has this "Inside Scoop" resource. It's there so each Venturer will have the opportunity to work through it. The workbook, complete with examples and explanations, takes all parts of our programming and lets Venturers discover which employability skills they are learning and refining. It demonstrates how they can relate Venturer activities to questions they may encounter during a job interview. It speaks briefly about resumé's and about interview "do's and don'ts."

After working through the booklet, your Venturers will realize that they *do* have some of the skills employers want. Just by participating in the program Venturers are developing useful skills whether applying for a job at McDonalds or a position as a Camp Councillor. And to think, all this while having FUN too!

A Hint

It's more important for youth to think through how their activities relate to the bigger picture than the process of filling out the workbook pages. Be sure you don't make the activity like a school assignment; youth have enough of this. Consider unique ways to get the message across during your meeting. Perhaps the workbook could get done later, on an individual basis.

The exercise will fit nicely into the Vocational Activity Area. After exploring what skills are necessary for a particular occupation, discuss which skills they are using while planning and implementing their latest Venturer activity. What about getting the Venturer who is going through the workbook to experience a mock interview for a job? It could cover questions and skills that employers might look for.

Venturing offers youth much more than we might think. Let's be proud of the skills we build — including employability skills — and help others recognize it too. ^

That Unforgettable First Camping Experience

by Ross Francis

“I’ll never forget my first camping trip. It was great!”

Many Beavers will remember their very first camping trip as a highlight of their youth. It should take place in the form of family camping. Here’s the challenge: in many cases this trip will be the parents’ first camping experience too. It’s essential that you devote enough time to ensure that everyone — Beavers and parents — want more.

Where do you start?

Plan a meeting with parents prior to the trip. Explain all details of the outing, and give parents a complete checklist of required clothes and equipment. Explain that a small fee will cover meals as well as the program. All the parents and Beavers have to do is show up and have a terrific time. Give parents a map of the campground, indicating the location of the washrooms, as well as the eating and program areas. Review the camp rules and out-of-bounds areas.

Ease Into It

Read over the camp equipment list aloud for everyone; it could be very intimidating for some parents who might think, “This is going to cost me big bucks!” Reassure them that it doesn’t have to cost much at all. For example,



Photo: Mary MacLaurin

A campfire is always a great place to build memories.

many camping stores rent equipment which is great for new campers trying to decide (a) if they like camping, or (b) what type of equipment they should choose. You may be able to borrow equipment from friends or a local Scout troop. Find out before someone asks the question.

First Time Camper’s List

Each family needs to have the following equipment.

Tent/Groundsheet

If most families have these, you’re off to a great start. Have they waterproofed their tent seams recently? (Refer them to the April 1997 *Outdoor* column, if necessary.)

Sleeping Bags

A good sleeping bag is critical to ensure an excellent camping trip. May and June can still be pretty cool through the night. Make sure each camper has either a three-season sleeping bag, or a good quality summer bag with extra blankets pinned inside. Two summer sleeping bags — one inside the other — will also work well. Suggest to the parents that sleeping bags should be carried in a waterproof stuff sack or a clear plastic bag.

Children and adults can be pretty cranky in the morning if they don’t get a warm, comfortable sleep. Do your best to guarantee one.

Sleeping Pads

If campers are sleeping on the ground they should have some form of mattress for both comfort and insulation. Blue ensolite pads are fairly inexpensive and comfortable. Foam pads are probably acceptable for a one-night camp, but they are not very good for longer campouts. They absorb moisture and can become damp or wet.

Camping Lists

Your personal camping list for each member should include the following items. Remember to wear light coloured clothing. Mosquitoes are attracted to dark colours more than to light ones.

- 1 extra pair long pants
- 1 pair shorts
- 1 extra T-shirt
- 1 heavy sweater
- 1 pair underwear
- 2 pairs of socks
- 1 warm jacket
- 1 raincoat or poncho
(even better with rain pants)
- 1 pair waterproof boots

- 1 pair sneakers
- 1 wide-brimmed hat
- 1 pair pyjamas.

Other items:

- toothbrush/toothpaste
- face cloth, soap and towel
- comb
- flashlight
- bug net or repellent
- camera
- kleenex
- sunscreen
- sunglasses
- small day pack
- eating utensils
- plate, bowl and mug
- large bag to carry all of the above.

Important Details

Some youth and parents may not be interested in camping out overnight for various reasons. Respect their wishes. Encourage them to come out to visit the camp for the day to see and participate in all the fun.

Set the stage for your camp with a fun, enthusiastic attitude. Your spark will rub off on everyone. It's bound to make the event even more successful.

Ready, Set, Hold It!

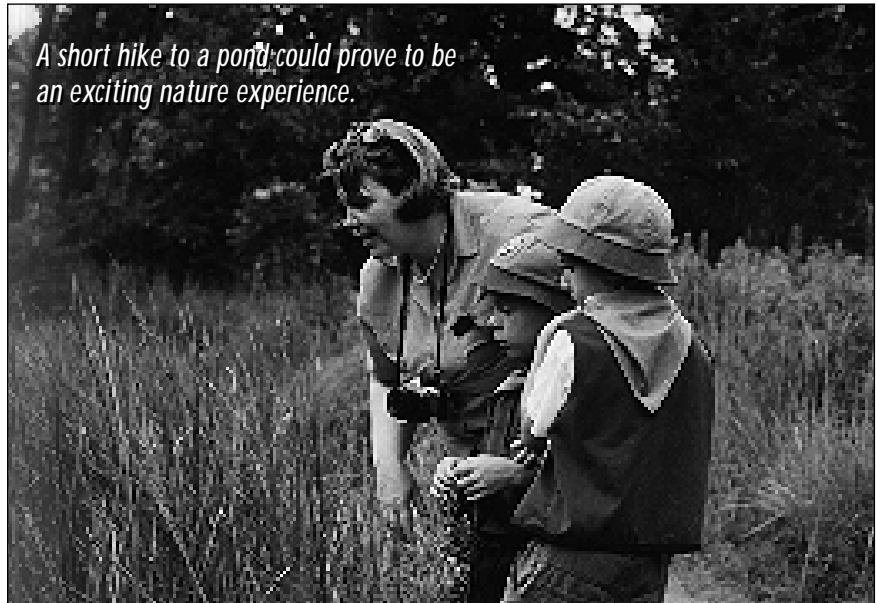
Select a site close to home; one that offers weather-resistant shelters for cooking, eating, crafts and shelter. After all, poor weather might prevail. If possible, have washrooms complete with electricity and showers. This will help make your first time campers' experience more comfortable — especially parents.

Before heading out, Beaver leaders should have their program well planned and prepared. Why not involve members of your group committee or your local Scout troop as cooks and program helpers? They might really enjoy participating. Besides, extra help means parents and leaders will have more time with the Beavers.

If parents have other children who aren't involved in the Beaver program, invite them along as well. They can participate in the program and make it a real family weekend.

Program Ideas

What program will you run? You might wish to set a theme for the weekend and focus your activities around it. Include high energy games, obstacle courses and treasure hunts. Use your imagination. Keep enthusiasm levels soaring. When you sense that it's starting to slip, move on to the next fun, challenging event.



A short hike to a pond could prove to be an exciting nature experience.

Photo: Mark Womack

Get each Beaver and his family to mark off with rope a one metre square area. In ten minutes they must try to identify as many different plants and animals as possible, looking under rocks and digging just below the surface of the soil with fingers. Include a naturalist as part of your camp staff to answer any tough questions. Add to your adventure by having magnifying glasses, bug suckers and even inexpensive box cameras.

Spend some quiet time with everyone's eyes closed. The object is to listen to and smell nature. Can your Beavers identify the sound and smells of any nearby plants, birds or animals?

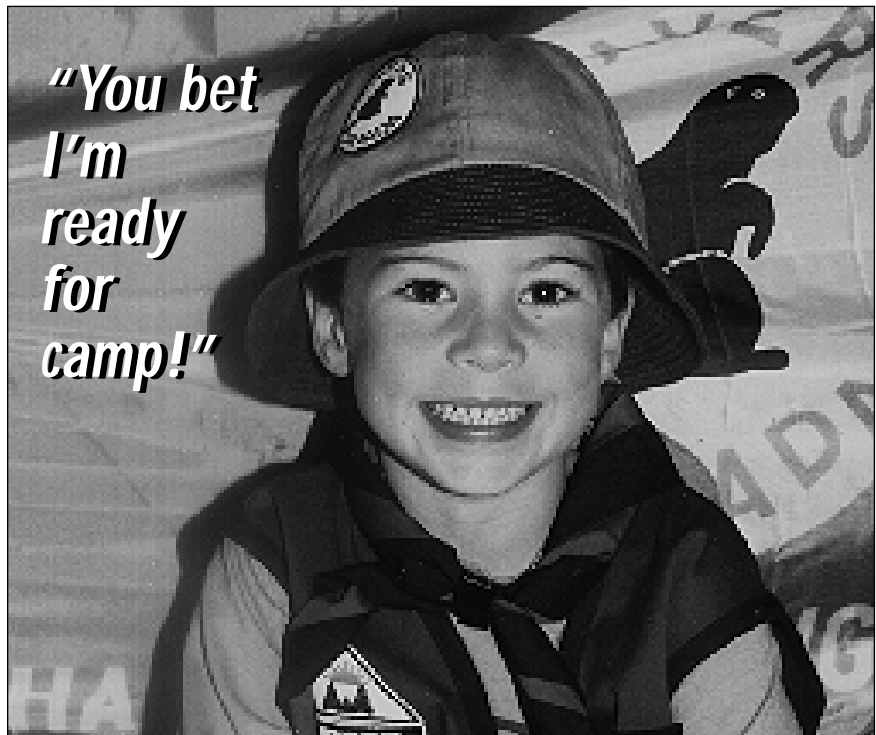
Include a short hike to a pond — perhaps even a beaver pond — or

stream. The Beavers may want to take sandwiches, cookies, granola bars and juice to eat as they experience nature.

Kite making and flying is always popular. Why not make a craft that everyone could use during outdoor adventures. The weekend might also be a great time to run the "Lost in the Woods" program and video.

An evening campfire is always a hit. Try cooking "Pilsbury bread sticks." Wrap the dough around a stick, cook until brown over the fire and serve with peanut butter and jam.

Remember your main goal: provide such an invigoratingly positive introduction to outdoor camping that they will yearn for more. ^



"You bet I'm ready for camp!"

Photo: Murry Cameron

CROSS-COUNTRY PHOTOS

Prime Minister Congratulates Cross-Canada Campers

Scouts Simon Goulet and Pascal Dupont, from the Kannata Lasalle Group, QC, travelled 25,000 km and camped in every Canadian province over a period of three years. The effort helped earn them their Chief Scout Award. Later in a private ceremony, Prime Minister

Jean Chrétien, Paul Martin (Minister of Finance), Serge Tétreault (their Scouter), Richard Tracy (Quebec Provincial Executive Director), and Bruno J. Mital (Provincial Field Executive) congratulated both youth for their perseverance and determination.



The Future Grows Here

With a smile, a shovel and an "I-can-do-any-thing" look, Beaver Christopher Ercolino sets out to plant his own tree in Milne Park. Christopher Scouts with the 2nd Milliken Mills Group, ON. Photo: Tina Ercolino





Mother of All Forts When seven Scouts from O'Leary, PEI, decided to make a tree fort fashioned after the WJ'95 tower, they went all out! Using the skills they learned in Scouting, the youth built a huge fort that included a 20-metre free standing tower, several wooden draw bridges, 2 Tarzan swings and a 35-metre trolley. Daniel Hodgins, Dillon Hodgins, Adam Hodgins, Kramer Adams, Martin Lynch, Matthew Somers and Jonathan Locke used only already-dead trees to build their dream fort.

Thanks for Some Great Years!



Thank you. My name is Roald Harvey of Etobicoke, ON. I had three great years in Beavers and three in Cubs. Here are some of the badges and trophies I earned. I missed out on finishing my last two Cub badges only because time ran out. What about the future? It's on to Scouts, of course! I wouldn't miss the camping and outdoor action. X

Service Scouters: They've Got the Right Spirit!

by Rob Stewart

If you look up the word “service” in my dictionary you’ll find 30 different descriptions. The first one defines Scouting’s intent of the term “service”: 1. “an act of assistance; help; aid.”

That seems straightforward — easy to understand, easy to interpret. Why then do we need to continually discuss the Service Scouter role? Why are Service Scouters some of the unsung heroes of our Movement?

The Spirit of Service. The first time I heard this term was during a planning conference in the BC/Yukon Council. What everyone attending clearly understood by “spirit of service” was their need to provide training, coaching, moral and financial support to section leaders so they could deliver the best possible program to youth.

Experienced and Ready

Service Scouters tend to be the more experienced and highly trained members of the Movement. Service Teams recruit them because they have the attitude, skills, and knowledge necessary to provide support to other Scouters. However, often leaders complain that they never see a Service Scouter, or, they don’t know his or her name.

Why is this?

Is it because no one is filling the role, or because the Service Scouter is busy doing so many *other* things in the

district, area, or region unrelated to the Service Scouter direct support role?

What is our Spirit of Service? Who is a Service Scouter? Have we clearly defined what we want them to do? Why do we have Training Teams and Service Teams? Why don’t we have just one team?

These are some of the questions the National Volunteer Services Committee is asking as we try to improve the delivery of Scouting’s programs.

Currently there are a number of servicing models and formats used across the country; most (by definition) are intended to support our programs. But do they provide direct service support? We hear many stories about Service Teams which spend too much time planning special events and little time actually visiting sections and groups to provide training, ideas, and information to the Scouters delivering our programs.

Tell Us Now!

What does your Service Team focus on? What types of items are on your meeting agendas? Do you hold a planning meeting to set your direction for the year and an evaluation meeting to measure your impact at year-end? Do you spend too much time “fixing the dam” or “putting out fires” than actually doing what you were recruited for? In fact, when you were recruited to the Service Team, what were you told about the job?

Please tell us the answers to these questions. We need to hear from you as we review our current Scouts Canada service model.

Tell us about your successes and failures. Share with us the most difficult problem you faced this year. How did you solve it? One example is the story about the Service Scouter who visited a colony which was going to close because the leaders were having great trouble planning programs. She spent an evening reviewing the program planning model and left them some Beaver JUMPSTART packages. The colony is now thriving. All it took was *one visit* from the Service Scouter.

Another example is the story of a Service Scouter with a troop having only one leader. The Scouter was brand new and had not yet been able to attend a training course. The Service Scouter visited the troop each week for five weeks. On the first night he ran the program while the new Scouter watched. Gradually the novice Scouter assumed a more active role delivering the program. As the weeks passed, his Service Scouter phoned him to make sure he was comfortable in the role.

It’s encouraging to hear stories from Service Scouters who know they had a positive impact on a group or section. Service Scouters work hard, but the results are sometimes difficult to measure.

B.-P. referred to the term “service” in his writings. He directed his “spirit of service” at youth members who provided service to the community. But the definition fits well into what our unsung heroes are doing to enhance program delivery. Service Scouters are worth celebrating.

Don’t forget... I want to hear your stories **write now!** λ



39th Jamboree on the Air: *Another Great Success!* by Lena Wong

South Africa, Ireland and England.

These are just some of the countries Canadian participants reached last year during the Jamboree on the Air (JOTA). At least twenty-eight Canadian groups with 954 youth and leaders took part. Scouting members showed a definite interest in participating on the Internet this year. Probably many more groups than reported used "the net."

As usual, Canadian groups enjoyed JOTA and expressed sincere appreciation for the hard work put into this event by many radio amateurs and volunteers who assisted them.

Interesting Sites

Scouts from British Columbia's 11th Richmond-Bogside Troop tuned into JOTA from a municipal mobile communications van parked next to their Scout-Guide campsite. They had a second station operating from the historic fishing village of Steveston at the site of an old fish cannery. The 26th Ottawa Sea Scouts and 1st Blackburn Hamlet Troop in Ontario set up a camp on an island in the historic Ottawa River. Unfortunately, rough weather conditions did not permit use of an outdoor station so Morse transmissions were made using a computer for transmitting and a radio operator for reception.

The Elgin County Railway Museum in Ontario hosted the St. Thomas Scouts. A Caboose was rolled out on the tracks to house equipment and participants. First Collins Bay Sea Venturers operated two radio stations for the entire weekend at the St. Lawrence Region's Conservation Camp at the Upper Canada Migratory Bird Sanctuary near Morrisburg Ontario.

Tuning in the World

Scouts from BC's 1st Powell River Troop used the computer lab at the Malaspina University College (Powell River Campus) for their JOTA experience, while the 6th Garry Oaks Troop had a fabulous two hour Jamboree on the Air aboard the "Algonquin" — a Canadian 136-metre guided missile destroyer visiting Victoria, BC. The ship's radio operators hosted the troop. Unfortunately the Scouts didn't make many contacts because the operators forgot that the ship uses a voice-to-data conversion system which automatically changes all transmissions to digital form. Once this device was turned off the equipment worked beautifully and the troop made contacts with a number of American stations.

The 84th Regina Troop tuned in the world using the Regina Amateur Radio Association's station, located at the Saskatchewan Science Centre. This group made contacts in the USA, but

found the airwaves extremely crowded.

Newfoundland's First Eastport Scouts contacted youth in Ireland and Portugal. They also managed to chat to the special events station in Mafeking, South Africa.

In Pictou District, NS, 170 youth and leaders had "lots of fun" during JOTA. They also participated in the district's Octoberee.

In Alberta, the 1st Fort Saskatchewan Scouts, the 1st Fort Saskatchewan Venturers, and the 1st Bon Accord Scouts set up a field station at Camp Polaris, 34 km northeast of Edmonton. Helped by the Fort Saskatchewan Amateur Radio Club, they made many contacts across North America.

Moncton District Scouts in New Brunswick organized an outdoor event at the highest point in their city. Their comments included: "I never knew Scouts could have so much fun in such a short time," and "What a rush!"

First Cowansville Scouts of Quebec hosted groups from Waterloo and Granby; together they had a successful JOTA.

In Winnipeg, the 25th Whyte Ridge Scout Troop hit the airwaves via radio and the Internet. They reached people on every continent except Africa. This troop is thinking seriously of basing a Troop Specialty Badge on JOTA.

In O'Leary P.E.I., Venturers had the opportunity to do some rappelling during the JOTA weekend; everyone thoroughly enjoyed both activities. ^

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 August 17, 1996 and February 16, 1997. We will announce awards made after February 16, 1997 in a fall issue of the **Leader**.

AWARD FOR FORTITUDE

(for perseverance despite physical or mental impediments)

Randy Bartlett, Kitchener, ON
Bryan Burgess, Calgary, AB
Bruce Findlay, Brampton, ON
Keith Fletcher, Ladysmith, BC
Kristopher Kuysten, North York, ON
Jack MacNeill, Kitchener, ON
Lionel Seib, North Bay, ON
(Posthumous)
Anthony Sheppard, Scarborough, ON
Scott Weselak, Calgary, AB
John Woodcock, Medley, AB

CERTIFICATE FOR GALLANTRY

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

Michael Busuttill, Windsor, ON
Jerry Girard, Windsor, ON

CERTIFICATE FOR MERITORIOUS CONDUCT

(for meritorious conduct worthy of recorded commendation)

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Drew Burns, London, ON
David Craik, Greenwood, NS
Jeffrey Duffy, London, ON
Matthew Everingham, Oakville, ON
Terry Graves, Beaverbank, NS
Walter Mazur, London, ON
Andrew Mullenix, London, ON
Heather Pratt, Scarborough, ON
William Sharp, London, ON
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Gail Williston, Ralston, AB
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West New Hamburg, ON
Allan Kerfoot, North Vancouver, BC
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David Nosella, Burnaby, BC
Lori Lynn Palfy, Fort St. John, BC
Lynn Reader, Coquitlam, BC
Reiko Takeyasu, Lethbridge, AB
John Woodcock, Medley, AB

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(for especially good service to Scouting)

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George Armstrong, Bobcaygen, ON
Cecilia Aucoin, Wabush, NF
Brenda Belfry, Bradford, ON
Earle Belfry, Bradford, ON
Bruce Black, Regina, SK
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Glenn Chantler, Bradford, ON
Robert Chipman, Dartmouth, NS
David Coutts, Nobleton, ON
Penny Crawford, Surrey, BC
Linda Croke, St. John's, NF
James Cronin, Kelowna, BC

Terry Davenport, Thornhill, ON
Dave Douglas, Salmon Arm, BC
Richard Dychuk, Kitchener, ON
Wayne Eva, Newmarket, ON
James Ferguson, Renfrew, ON
Joan Fuller, Newmarket, ON
Bruce Grant, St. John's, NF
Lloyd Greenwood, Newmarket, ON
Michael Guest, London, ON
Campbell Gunn, Truro, NS
Harvey Haun, Kitchener, ON
Richard Holtzhauer, London, ON
George Isaak, Sardis, BC
Roger Jaeger, Medicine Hat, AB
Bruce Kenn, Scarborough, ON
(Posthumous)
Evelyn Kerr, Newmarket, ON
Wallace Kerr, Newmarket, ON
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Thomas Wilson, London, ON
Robin Woolmer, Gibsons, BC
Ronald Zsombor, Prince George, BC X

A New Approach to Scouting Products

Part I: Toothpaste, Razor Blades and Beaver Tails

by Ben Kruser

Long ago, toothpaste companies defined themselves as just “sellers of toothpaste.” Now let’s face it, toothpaste is not exactly a high growth industry. But some companies had a bigger vision. They presented themselves as not just in the toothpaste business, but rather in the oral hygiene business. Colgate, for instance, now sells a whole line of products, from tooth brushes to mouth washes. Gillette is another company with a complete line of shaving supplies and products to support its razor blades.

Supply Services’ challenge is this: How do we breathe life into a 90-year-old company with very regulated core products and corporate culture? We’ve chosen to broaden our Scouting product line to give members better choices and to generate excitement.

Over the past year, we’ve collected new product ideas and samples from Scouting members, trade shows, outdoor retailers, craft dealers and dealer reps. Our Product Development Working Group then examined the quality, price, product guarantees and Scouting connection before it chose our merchandise line. Here is a “first look” at some new fall stock.

Beavers and Cubs

Members will find greatly expanded product lines for Beavers. Leaders used to complain that the felt tails Beavers wore quickly deteriorated with wear, and didn’t last as keepsakes on campfire blankets. This fall we’ll be introducing crest-quality Beaver tails (brown, blue, white and white with a silver streak). These will provide a sturdy substitute to felt, and will become a treasured memento when a child changes tails and swims up to Cubs.

Beaver pencils and toques will arrive just in time for the fall school season. The pencils have the Beaver motto on them. The cosy warm polar fleece toque replaces the dated pompom style, and will have an embroidered beaver on the front. Also look for super-looking sweat pants that say “Beavers” on one leg.

Cubs will have their own back-to-school pencil with the Cub motto written on it, as well as a pencil sporting paw prints. Older youth members can look forward to a new line of model crafts and nature exploration products. Watch for three new wildlife crests depicting a tiger, a shark and a cobra — perfect for patrol crests.

To help parents select the right equipment for first-time campers, we’re continuing to improve our product line. Local shops are providing the finest quality equipment at terrific prices. Our new, simplified line of backpacks and day packs are some of the “best buys” possible.

Many Scout Shops carry their own lines of camping equipment to meet local needs. Check it out! X

State Secrets

Several months ago you asked all readers to “state their secrets” so others could benefit. Here are some of our Scouting secrets.

We have so many youth wanting to join our colonies, packs and troops each year that we have to point them toward other groups.

- **A high leader-to-youth ratio.** This means less work for the adults, and more time to spend individually with the kids. As well, if you have nine committed leaders in each section, you have nine or more loyal youth attendees. If each of them asks a friend, you’ll have 18 enthusiastic Beavers or Cubs. It won’t be hard to recruit more young people to your group.
- **Up-beat leadership.** We’ve intentionally targeted those parents who are enthusiastic and fun. Both parents and children enjoy coming to the meetings because it proves to be a good time for us all. (When you gather nine fun-loving adults together, the program is bound to be more exciting!)
- **Take advantage of your leaders’ experience.** Our current leaders include a carpenter, an engineer, a computer whiz, a lawyer, a stay-at-home mom, an accountant, a telephone installer, and more. They dream up some pretty interesting ideas.
- **A strong, enthusiastic group committee** that is committed to a quality program makes a big difference.
- **“Textbook” perfect campfires.** We start with a clear program to avoid the awkward, “Okay kids. What do you want to sing now?” Next we have a song leader who has a strong voice to lead the singing. He also plays a loud guitar that everyone can hear. Leaders constantly vary the songs, mixing the familiar with the unfamiliar. We’ll also do unexpected, fun routines, like a rock and roll sing-along.
- **Four camps a year.** These include traditional camps (staying in cabins or tents) and other camps where we sleep over at museums and school gyms. Variety! That’s the key word young people love.
- **We aren’t skimpy with badges.** If Cubs or Scouts work hard for merit badges, we gladly and immediately give them out. *Fun, learning and building self-esteem: that’s the intent behind badges.*
- **Don’t get too involved in local Scouting training.** It takes too much time and offers little.
- **Fun for the sake of fun.** We find as many ways as possible for youth to HAVE FUN. Sometimes we hold unstructured games nights. They are very popular. Our camps too are heavily weighted towards fun, not badge earning.
- **Parents get many notices.** Our group sends home an incredible volume of notices to parents to keep them completely informed. Parents really appreciate this. It helps them feel part of the action. Cubs must bring a three-ring binder to every meeting to hold the notices; then parents know exactly where to look if they’re wondering about an upcoming activity.

Read everything you can about Scouting, especially read B.-P.’s *Scouting for Boys*. Let youth enjoy themselves. If this means tossing their silly and impractical berets, and rolling up their uniform sleeves, so much the better.

— Andrew Robertson, Calgary, AB.

Give Us More!

The articles, “I Have A Dream: A Letter to B.-P.” (Michael Lee Zwiers) and “That Magical Scouting Spirit” (Colin Wallace) in the February issue, were outstanding.

We haven’t read anything for a long time which moved us so much as these articles. Michael’s piece sees Scouting as B.-P. meant it to be: able to change with society and yet kept simple.

We also strongly agree with Michael’s views on our handbooks, programs, badges, training and membership. Scouting must keep them as simple and practical as possible, otherwise we will ignore B.-P.’s cautions and end up “just an organization.”

Colin’s article about Scouting spirit was equally crucial.

Michael and Colin, we salute you! Your thoughts put Scouting back into the correct perspective. All Scouters should read and reread your articles frequently to recharge their Scouting spirits. ^

— Evelyn Hunt and Jim Tyre, Victoria, BC.

SCOUTER'S 5

The Call of the Drum

- The council drum was calling,
With a soft and rhythmic beat,
Come gather at the campfire,
For an evening retreat.
We'll spend some time together,
In fellowship and song,
Recall this day's adventure,
And right some fancied wrong.
- A light, white mist crept over the vale,
Of the winding River Nith,
Joining the smoke from the hardwood fire
In a hazy labyrinth.
When out of the dusk of the summer night,
From tented forest glade,
Floated the shapes of youthful folk,
In single file arrayed.
- The river murmured softly,
Upon its rocky bed,
Reflecting the light of the dancing flames,
As the maple logs glowed red.
- The ghostly band had gathered,
Beneath the towering pines,
For pompous speech, for clowning skits,
For solos and for rhymes.
- The day had fled in a flurry,
In nature's woodland scene,
Of the skill of crafts and animal tracks,
And where the fish had been.
Of running games and tumbling acts,
And many a football scrum,
- Now came the time to heed the call,
Of the haunting council drum.

Scouter's 5 Minutes, p.781

May '97

HINTS

When Lightning Strikes

- Here are ten rules for lightning safety that your
HCubs, Scouts and Venturers should review
before going out in the spring or summer. Discuss
them in depth and try to figure out why these
rules apply. They may surprise you.
- What other lightning safety ideas can you tie
into this lesson?
1. Stay indoors if at all possible.
 2. Stay clear of open doors and windows, fire-places, radiators, stoves, metal pipes, sinks and plug-in appliances.
 3. Don't use electrical appliances at all during a bad storm.
 4. Don't use your telephone. Lightning can travel along telephone lines for great distances.
 5. Don't stop to take laundry off a clothesline; the line can act like a giant lightning rod.
 6. It's not safe to swim in a lake or river during a lightning storm. Get out of the water quickly. Also get out of small boats and canoes.
 7. If you're driving, stay in your car. It provides safe lightning protection.
 8. Look for shelter in a building. If there are no buildings nearby, find a ditch, cave, or other low-lying protected area.
 9. If you're hiking or camping and there are no possibilities for any shelter, stay clear of high objects. You're better off crouching in the open, at least twice as far as the tallest tree is high.
 10. If your hair seems to be standing on end, or your skin starts to tingle, lightning may be about to strike nearby. Drop *immediately* to the ground!

— From Scouter Guy Mandeville, Kingston, ON.

Hints, p.667

May '97

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Packing Tips

Frozen packages of large sausages that have been factory packed and sealed (such as Oktoberfest or Bavarian sausages) make great freezer packs when placed around your perishables. Your homemade freezer pack will keep other food at cool temperatures.

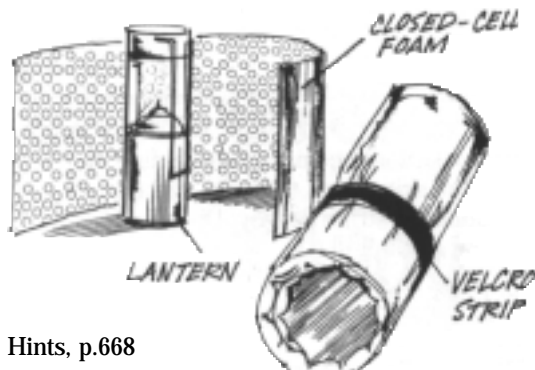
Package as many things as possible in zip-lock bags or old plastic margarine containers. After you use their contents, you can fill or stack the containers in your pack. This reduces your garbage greatly so the bulk is less for carrying out of the woods. Zip-lock bags can be reused at least 2-3 times.

If we plan a barbecue on a canoe trip, we purchase charcoal that has been pre-treated by the manufacturer with starter fuel. This makes the charcoal ignite quickly. When transporting the charcoal bag, make sure you put it in a sealed plastic bag.

— *From Scouter Tim Leitch, Whithy, ON.*

Candle Lantern Holder

Make an effective packing case for your fragile candle lantern by cutting a 12.5 cm piece of closed-cell foam (recycle an old sleeping pad). Now, wrap the foam around the lantern and secure it with a velcro strip.



Hints, p.668

The drum continued calling,
And spread its message wide,
For those who met that witching night,
Had joined the human tide.
They spread from that microcosm,
In the rolling countryside,
And shared their lives in worldly time,
As they lived and laughed and cried.

The drum rang out staccato beat,
And the years went marching by,
Changing the style of the human scene,
And urging them to try.
To live each one in harmony,
Throughout this earthly life,
Heralding peace to all mankind,
An end to war and strife.

The beat still throbs appealingly,
To those who want to hear,
The ghostly forest scene is gone,
Along with guilt and fear,
The universe frees the spirit,
As countless numbers come,
Responding to the echoing beat,
Of a timeless cosmic drum.
— *Scouter Les Fisher of Cambridge Ontario wrote this poem.*

For The Journeyer

“Those who believe they believe in God, but without passion in the heart, without anguish of mind, without doubt, and even at times without despair, believe only in the *idea* of God, and not in God himself.”

— *Unamuno (quoted in Madeleine L'Engle's book called "Walking on Water".)*

Scouter's 5 Minutes, p.782



Things sure have changed...

Now that Scouting's best kept secret is out, why not visit one of our 55 locally run Scout Stores across Canada and meet our friendly and knowledgeable staff.

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How to Get the Right People

Screening Interviews: Part 'A'

by Bryon Milliere

Nervous about interviewing volunteers?

Relax! Everyone is. It's natural.

Try breaking the ice by saying what you feel, says Paddy Bowen of Volunteer Canada. Let them know you're new at this too.

Finding excellent role models for our young members has always been important to Scouts Canada. Our Volunteer Recruitment and Development strategy emphasizes "getting the right person for the job."



Photo: Allen Macartney

Use the interview to help volunteers understand our Mission. It'll make them better leaders.

the **leader**
BACK ISSUES

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"But let's get real!" you say? "We're desperate to find potential leaders and you want us to be selective?"

Yes! Our children are worth the effort, even if it means a delay.

"Nobody has the *right* to be entrusted with children. (Adults) must be prepared to show they are trustworthy with children," says Chuck Lawrence, Deputy Provincial Commissioner, Ontario Council.

Volunteers for leadership roles must be committed to Scouting's Mission and Principles. Our program develops these principles in our young members. That's why a screening interview plays a vital role in helping you select volunteers.

Pause!

Take a moment to consider your own commitment to Scouting's Mission. How do you help to fulfil it through your involvement as a volunteer? What do these founding principles mean in your life?

Effective teams, whether in the NHL or a Beaver colony, work at their peak when they share a united mission based on common values and princi-

ples. Scouting values are expressed in our Promises and Laws:

- A Beaver *loves God* and *helps* take care of the world.
- A Cub *respects*.
- Scouts are *kind* and *cheerful*, *considerate* and *clean*, *wise* in the use of their resources.

Simply being a parent or a willing volunteer doesn't qualify anyone to teach these principles; nor does it guarantee an ability to work effectively with children.

The Interview

How should you conduct the interview?

Start with this thought: An interview should *not* become an inquisition. Expect success! Most people have a great deal to offer youth. A screening interview provides an opportunity to both *sell* the Mission and to verify a candidate's suitability.

Break the ice before you begin formal questions. Help to put everyone at ease by finding things you have in common. Do this by exchanging gen-

eral comments about family, friends, work, vacations or the neighbourhood. This builds rapport.

State your purpose. The vast majority of volunteers who make it to the interview will be acceptable. This is your opportunity to provide a positive introduction to Scouting. Show commitment to the care of young members and be proud of our Mission. Be enthusiastic about the program's value. Don't apologize for caring about children in the group. Most candidates will understand your concern to find suitable adult volunteers for work with children. (This will be particularly true if they have children involved themselves.)

Building the Profile

Ask a few questions to establish details such as length of time in the community, interests, relationships with adults and children, neighbourhood involvement, and employment history. Build on what you already know about the individual. Remember: you're interviewing for a volunteer, leadership role, not a high security position in the RCMP. Take a sincere interest in who they are just as you would if they became your neighbour. Ask questions like these:

- Have you been in Surrey (or Winnipeg or Summerside) long?
- What was it like living on the prairies?
- Did you get involved in the community while you were there?
- What did you like most about coaching Little League?
- What didn't you like?
- Were parents very supportive?

Be prepared with a set of questions that will help establish suitability, but be flexible enough to follow a logical, naturally flowing discussion. Keep in mind that you're trying to build a profile of the volunteer's behaviour. This



It takes time to find those really excellent leaders.

Photo: Allen Macartney

will indicate how well he or she will perform as a youth leader. People do change, but usually very slowly or as a result of significant life events. Marriage and children can have a dramatic maturing impact on some, and do little for others.

What If?

Use open-ended questions. Those requiring more than a "yes" or a "no" draw out opinions, attitudes and reactions to typical situations. Explore areas such as the candidate's attitudes towards children, discipline strategies, reasons for volunteering, and expectations from Scouting. A person's motivations for giving up several hours each week can tell much about personal intentions. Here are some examples of questions you could ask:

- What experience do you have working with children?
- What did you do when kids acted up at church camp?
- How would you describe children aged eight to ten?
- What did you enjoy about the day outings with the Beavers?

- What are you looking forward to about being a Cub leader?
- Do you have any concerns?

Balance your questions with feedback. Take opportunities to clarify misunderstandings about the nature of the role. Reinforce valid expectations and positive answers with encouraging statements like these:

- "You sure seem to understand this age group."
- "I like your enthusiasm."
- "Your experience would be a real help in this area."

Sound complicated? Not at all.

This column will feature more advice on Selective Recruitment. As well, Scouting is developing comprehensive resources to help with selective recruitment, including a video and guide on how to conduct interviews and reference checks. Call your Scout Shop to reserve a copy now so you can recruit leaders before the fall rush.

Enjoy the interview. It'll provide a great opportunity to get acquainted with your new volunteer. ^



SCOUTING'S MISSION STATEMENT



To contribute to the development of young people in achieving their full physical, intellectual, social and spiritual potential as individuals, as responsible citizens and as members of their local, national and international communities through the application of our Principles and Practices.