

the leader

JANUARY 1999

VOLUME 29 NO. 5


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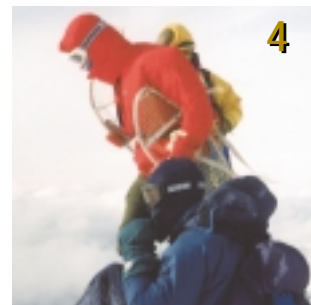
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D

anger, daring enterprise and hazardous activity.

That's how the *Oxford Dictionary* describes "adventure." We wanted a daring, winter hiking and camping adventure that would test our skills *safely*. Our Venturers experienced an exciting challenge by climbing Mount Marcy (1,629 m) and Mount Colden (1,530 m) in New York State's Adirondack Mountains.

Advisor Ken Coull accompanied Venturers Gavin Schwier, James Prince, Bryan Gale, Bill Prince and Dawson Bridger on the hike. Because Jeff Coull and Antony Zeegers (both former company members) had winter camped and hiked in these mountains for many years, they came along as guides.



AMORY ADVENTURE AWARD

Climbing the Coull

"Let's head out for Mount Marcy"

We couldn't postpone getting up any longer. At 8 a.m. each hiker climbed out of his warm sleeping bag, slipped into hiking clothes, made a hot breakfast and readied equipment. We had decided to tackle Mount Marcy first because a snowstorm was coming our way. The trek to Marcy would be easier before the extra snow arrived.

Leaving camp at 9:30, we headed down the trail. Indian Falls lay many kilometres ahead and 1,000 metres above us through thick forest and deep snow. Marcy's summit soared even higher above us.

Breaking trail on snowshoes proved a tiresome task, but switching leaders regularly made the job easier. At first the trail rose gradually, and followed several ridge lines. Then it steepened. The higher we climbed the steeper the grade tilted.

Within several hours we could see the peak. Our determined group

the location of each overnight lean-to (a log cabin open to the elements on one side), we chose our alpine route to Mount Marcy.

The trailhead, a lodge operated by the Adirondack Mountain Club, provided a good spot to park our vehicles. On December 28 we unpacked our cars, loaded gear in packs, strapped on snowshoes and started up the mountain to our base camp — a lean-to near Marcy Dam. The 5.5 km hike took three hours. We pitched our tents near the lean-to, cooked supper and turned in at 9 p.m. (We used this base camp lean-to for cooking and eating only. Our tents were easier to heat for sleeping.)

Snow All Over!

Mounts Marcy and Colden stand near the town of Lake Placid, chosen for two Winter Olympics because of its cold temperatures and plentiful supply of snow. Throughout our four-day trip temperatures swung between -3°C and -22°C. During this time it snowed an amazing 60 cm!

After getting a large scale map of the area showing all of the trails and

Photos: 10th Kingston Venturer Company

Cloud Splitter

by 10th Kingston Venturers

achieved the last 200 metres to the summit mostly on hands and knees, scrambling up the steep grade against fierce winds. It felt as if we would get blown right off the mountainside. The wind pelted our faces with ice and snow; it felt like razors against our cold skin.

On Top of the World

At 1:16 we reached the summit. The view was spectacular. Perched above the fleeting clouds, we felt as if we could reach upwards and literally touch the sky. Incredible! No wonder native people call Marcy "Tahawus", meaning cloud-splitter. The clouds below us split aside as if the mountain were sailing through a sea of white vapour.

For several minutes we cheered, clapped each others' backs, and admired the fabulous view. To the east lay the Green Mountains; southwest lay the source of the Hudson River. But this was no day for tourism. A dangerous snowstorm was blowing in fast; time to head back to base camp. Before leaving, we fortified our strength by cooking a hot lunch in a sheltered area just below the summit.

Going down proved easier than our ascent, but Jeff broke a snowshoe strap. Fortunately, we had spent many hours brainstorming every conceivable emergency and problem. He had a spare strap in his pack.

Arriving back at camp four hours later, we prepared a hot supper and climbed into our sleeping bags elated.

The arduous 23.8 km trip had taken us eight hours — a ten-hour trip in summer said the guidebook. Few people climb Mount Marcy in winter, and even fewer go above the tree line.

Mount Colden Climb

The expected snowstorm hit during the night. A thick blanket of snow greeted us as we opened sleepy eyes next morning.

"Should we hike to Colden while this storm is still raging?" someone asked.

Getting lost or wet in this environment might prove fatal. After a short discussion, we decided to go. The trail would be visible even in heavy snowfall and all of us wore excellent cold-weather clothing. Our planning had been so extensive that we had practised many emergency procedures and knew that this test was well within our limits.

While the climb was not as long or as high as the one leading to Mount Marcy, it actually turned out more difficult. The grades proved steeper, and the snow fell in ever-deeper piles.

Our route to Colden took us along Avalanche Lake which provided an awe-

inspiring view. Two huge peaks with sheer vertical rock faces on each side of the water dwarfed the lake.

After crossing Avalanche Lake, the trail snaked ever-upward. Finally, having topped a high ridge, we peered through the trees and saw our route climbing at a 70-degree incline. Plodding forward with many rest breaks, we reached the top by mid-afternoon. Descending proved almost as difficult as the ascent. Early in the evening we stumbled into camp and quickly devoured a huge helping of spaghetti.

Nature Has the Last Word

On New Year's Eve we slept in until 8:30 a.m., then hustled out of our sleeping bags, made breakfast (porridge, hot chocolate and hot orange juice), and packed up. Some of our members still yearned for more climbing so they scaled the steep roof of our snow-covered lean-to. Within an hour we headed back to our cars and civilization.

During the trip we had climbed and hiked 51 km through an incredibly demanding winter wonderland. All of us returned with an intense feeling of achievement and comradeship. We had survived some of the cruelest weather nature could fling at us. We felt great! Real conquerors.

Several days later the Ice Storm of the Century hit Eastern Ontario. Kingston (our home) lay directly in its path. Nature had the last word! X



On top of Mount Marcy watching the clouds below.

TEDDY BEAR

by Hazel Hallgren

JANUARY, FEBRUARY AND March are great months for sleepovers. Many colonies hold theirs at museums (e.g. dinosaur or aircraft), community centres or Scout camps. Here are some field-tested ideas that are bound to add excitement to any mid-winter sleepover.

Ask a Cub pack to join your colony; use it as a linking event. With slight adaptations, many of these activities are excellent for Cub-aged youth.

Start your sleepover by gathering everyone's teddy bear into one central location. Call this area "the zoo." Ask each child to tell the bear's name, where they got the animal, and what makes the teddy special.

Wood Chip Name Tags

This is an excellent gathering activity for any sleepover because it directs Beaver energy away from thinking about how homesick they might become during the weekend. Some Beavers might even want to make extra name tags to give as gifts to friends.

Our wooden chips came complete with a pin, hot-glued onto the back; a leader had cut each name tag into the shape of Canada. Beavers glued their names onto the chips with alpha-geetti letters to personalize them. Then they added glitter and colourful red and white paint (the colours in our flag).

Be My Buddy

Homesickness can sometimes dampen the enthusiasm of Beavers and Cubs. Friendship sticks may help cement old friendships and kindle new ones. Group members may want to make several to give to friends. Make yours early in the weekend. The materials needed include popsicle sticks,



googly eyes, string and coloured markers.

Make your friendship sticks with two side-by-side eyes (one brown and one blue, representing different races in the world) at the top of the wooden

popsicle sticks. Our Beavers coloured each stick yellow, black, brown, red and white. Glue cotton or strands of string to the top of the stick (representing hair). Next Beavers wrote their name on the stick, tied a string to it, and gave the stick to a child they didn't know very well. (See diagram) They wore the friendship sticks around their necks for the rest of the sleepover.

Cosmopolitan Travellers

Invite some Cubs to your Beaver sleepover and get them to make and organize balloon games. Ask them to share their favourites. Do they know any balloon games from different parts of the world?

Lawn bowling is very popular in Australia. Cub helpers might set out a bowling field and blow up balloons for their Beaver friends to roll.

With help, your Cubs could cut openings in boxes for the Beavers to toss bean bags through. Let them paint colourful pictures on the boxes. One box could have an Amazon "feed the crocodiles" theme with many open mouths (cut holes) for the bean bags. Another might have a large hole with a cloth tongue hanging out — an African hippo. Yet another might have a kangaroo with a single small pouch.



Photo: Blair Rice Inset Photo: Eric Hakonen

SLEEPOVER *Ideas*

Make a Stuffed Teddy

A child can never have enough stuffed teddies. Ask everyone to bring a big, old sock to the sleepover to make a stuffed animal. (Leaders should bring several extra socks in case some Beavers forget theirs.)

For each stuffed animal you'll need a pair of large googly eyes, stuffing material (e.g. remnant cloth, cotton), sewing needles, white glue, string, pieces of coloured felt, ribbons and markers.

Stuff the sock until it's bulging. Sew it shut at the top. (Perhaps Cubs could help younger Beavers.) Tie a piece of string around the sock tightly with string at the neck. Beavers might want to tie a second string around the waist of the teddy.

Cut out ears, a round nose, a smiling mouth, arms and legs. Sew or glue these on in the appropriate places. (See diagram) Let the glue dry before playing with the teddy.

Goldilocks Drama

Ask Beavers who are interested to organize a Goldilocks play. Be sure to have some makeup and play clothes for them to dress up in. You might want to even make a cardboard set.

Three Beavers can play the three bears, while one can play Goldilocks. Ask your Beavers if they'd like to put a bizarre, unusual twist on the story to catch people by surprise at the end. Give them time to practise, then perform before the entire assembly. Perhaps Keo would like to be the narrator.

The Bear and the Honey Pot

This quiet game is excellent when you want to prepare your group for bedtime. It requires absolute silence.

You'll need a blindfold, and a "honey pot." Any small can will do for the honey pot. Cover it with yellow or gold paper (representing honey) and write the word "honey" on it.

Sit your Beavers in a fairly large (spaced out) circle. Blindfold a Beaver who sits in centre — the Bear. This

Bear guards the "honey pot" which stays in front of him on the floor.

To start, a leader points to one Beaver who gets up and creeps to the honey pot *very quietly*. If the Beaver (Bear) in the centre hears approaching sounds, he "growls" and points in the

eight or ten small patterns for various types of teddy bears (average size about 12 cm high). Some should be standing teddies, while others are sitting and jumping. One or two teddy patterns could be eating from a honey pail or walking with a backpack.

If a sneaking Beaver reaches the honey pot without being heard, the child becomes the new Bear.

direction where the sound originated. If correct, the Bear stays guarding the honey pot. If the Bear is mistaken, he rejoins the circle with the other children. If a sneaking Beaver reaches the honey pot without being heard, the child becomes the new Bear. Continue until all children have had a chance to guard the honey pot.

Teddy Bear Bowling

Using thin cardboard, make up

Choosing from several patterns, Beavers trace their favourite bears onto construction paper and cut them out. Get your Beavers to colour their teddy, then glue a small base to each. (See diagram)

When each child has five or six, arrange the teddies in a bowling pin formation and let the children roll marbles toward their targets.

Older children might want to make a cardboard bowling alley from a large

Good exercise, exciting games and inspiring crafts all lead to a restful sleep.



Photo: Paul Ritchie

box. (Here's a perfect activity where Keeo or other Cubs could help.) Get several Beavers to work on the project. They could turn the box over and cut out one side so it forms a room-like structure. With markers, construction paper and imagination they can transform the box into a bowling alley with several lanes, an audience viewing stand and more. (See diagram)

Tune Up Your Vocal Cords

Songs are excellent for settling children before bed, while others are good for working off energy. Adapt the

words to make your own wacky rendition of a song. For instance, "There Ain't No Flies on Us" is easily changed to "There Ain't No Bears on Us." Another possibility is "The Ants (Bears) Go Marching."

"The Bear Went Over the Mountain" or "Teddy Bear's Picnic" are two guaranteed favourites.

Closing Prayer

This prayer would fit into a teddy bear sleepover program in several places: during closing ceremonies or as a goodnight/lights out prayer.

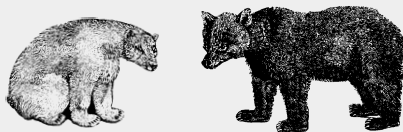
Dear Lord,
Thank you for the beasts so tall,
Thank you for the creatures small.
Thank you for all things that live,
Thank you God for all You give. λ

Program Links

Cubs: Handicraft Badge,
Entertainer Badge

— Hazel Hallgren is a cuddly Beaver leader from Red Deer, AB.

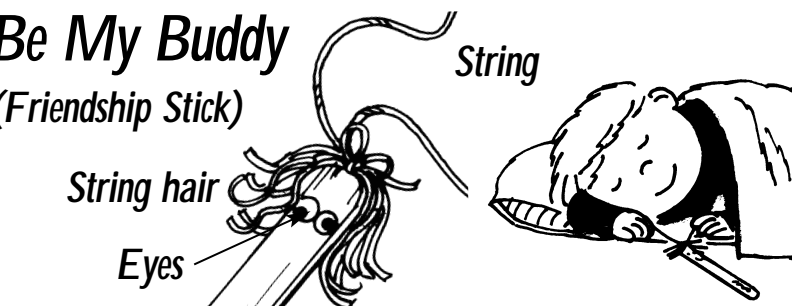
DID YOU KNOW...?



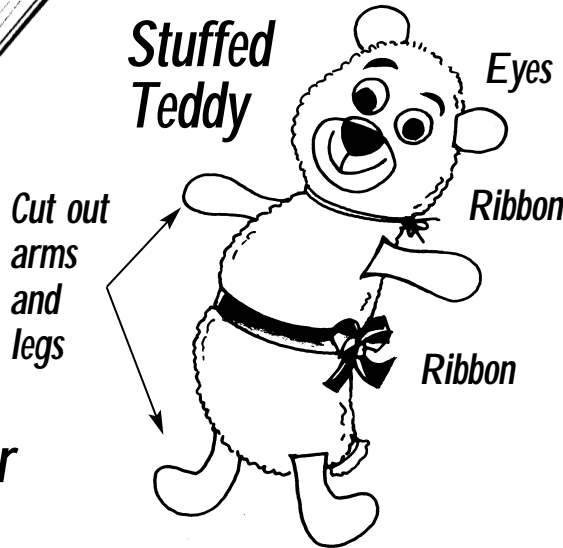
Want the bear facts? After sharing these thoughts, give out a wildlife series badge to each child — perfect for putting on a campfire blanket.

- Grizzly and black bears are omnivores. That means they eat flesh or vegetable matter — whatever will provide a nutritious meal. Ants and insects even provide an important food source for bears.
- Polar bears are great swimmers. They eat mostly seals that they find along coastal areas of northern Canada. Sometimes they swim far out onto ice floes to hunt.
- Black bears (the most common and widespread bear in Canada), may also be brown or cinnamon coloured. These bears live in coniferous and deciduous forests, as well as in swampy habitats. They even live in mountains.
- Churchill, Manitoba is the polar bear watching capital of the world. It is right on Hudson's Bay. Each year large groups of polar bears gather here to forage for food.
- After 200-225 days gestation, usually two cubs are born to a female bear in January or February. Cubs leave their mother after about one year. During winter, bears sleep in dens; they don't truly hibernate.

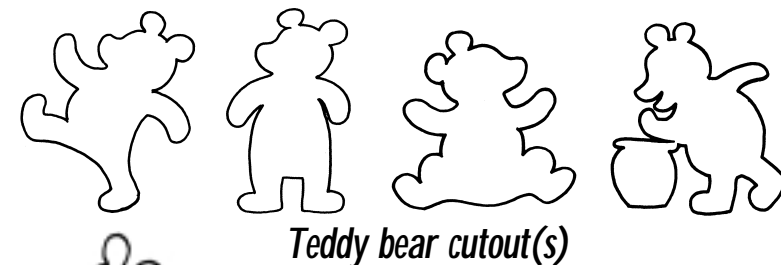
Be My Buddy (Friendship Stick)



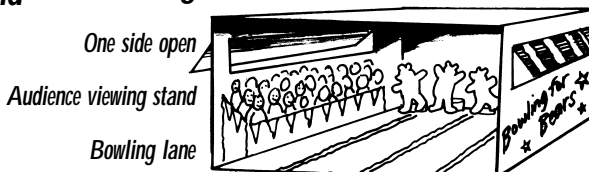
Stuffed Teddy



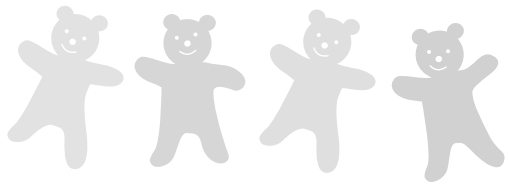
Teddy Bear Bowling



Bowling Box



Invite Gummy Bears to Your Sleepover



by Lauri Cunningham

Beavers love eating gummy bears. Here's how to combine this tasty treat into an entire evening program or sleepover.

Gummy Bear Challenge Game

You'll need gummy bears, toothpicks (one for each Beaver and some extras), and dice for each lodge.

One Beaver starts off with a toothpick and a large selection of gummy bears spread out over a table. A leader or another Beaver rolls the dice. The first Beaver is allowed to pick up as many gummy bears as he can (and eat them) with the toothpick until another Beaver or leader rolls a 5 or a 3. (Beavers may pick gummy bears up only one at a time.) Continue until all Beavers have had a turn to roll the dice and eat gummy bears.

Gummy Bear Relay

Line your Beavers up behind one another in two lines facing each other. Give each child a popsicle stick or tongue depressor. With a gummy bear placed on their popsicle stick, the first Beaver must walk or run to the person in the opposite line and transfer the gummy bear from their stick to the next and so on until everyone is finished and sitting down. When finished, reward your Beavers for their effort with their choice of gummy bear colour.

"Which Way Is North?"

This lodge activity introduces Beavers to magnetic directions.

In big, block letters, write the four compass directions (north, south, east and west) on large pieces of cardboard. Put these on the four walls of your meeting room. Explain the directions to your Beavers.

Hide piles of gummy bears (one gummy bear for each child in your lodge) around the room. Your Beavers must find them by following your directions. Here's an example: "The gummy bears are against the west wall." When the children have run to the west wall, say: "Turn south and walk three paces and search there."

When the Beavers understand north, south, east and west, introduce four more compass points: northeast, northwest, southwest and southeast. Now play the game again using these directions.

Gummy Bear Lodge Craft

White icing, chocolate icing, pretzels (small size), cookies (round oatmeal or arrowroot type), and gummy bears are what you'll need for this craft.

Spread some white icing on a cookie. Use the pretzels to make a beaver dam. The chocolate icing represents the mud that holds the logs (pretzels) together. Decorate with gummy bears.

Gummy Bear Fridge Magnets

You'll need white glue, gummy bears, and round magnets (available at craft stores).

Glue several gummy bears to each magnet. Don't put too much glue on the magnet. Cover your table with newspapers before starting.

A story or song would come in handy about now. How about the Gummy Bear Boogie Song?

The Gummy Bear Boogie Song

After making crafts and hearing a story, an action song will shake out any excess energy that might have been building up in your colony. Try this one.

You put your right paw out
(*thrust hand out*)
You put your right paw in
(*pull hand close to body*)
You put your right paw out
(*thrust hand out*)

And you jiggle it all about
(*twist and turn hand wildly*)
You do the Gummy Bear Boogie (2X)
That's what it's all about!

Your left paw....
Your squiggly ear...
Your jelly belly.
Your gummy tail...
Your whole self....

Herman the Worm Action Story

Tell this story after talking about how we take care of the world. Get all the Beavers to do the actions with you.

Sittin' on a fence post (*Move around as if you're sitting on a fence trying to get comfortable.*)

Munching my gummy bear (*Slowly and deliciously eat a gummy bear.*)

Playin' with my yo-yo (*Do the motions.*)

I was yawning and looking for something to do. (*Yawn and look around.*)

Along came Herman the Worm. (*Look down at Herman below you.*)

Herman was this big! (*Everyone in the colony mimics the storyteller by reaching up as high as possible into the sky.*)

And he was this round (*Show how round with your arms.*)

He was enormous! I said, "Herman what happened?" (*Mouth the words.*)

He said, "I ate a Beaver." (*Lick your fingers all over, slowly and deliciously.*)

....A Cub (*Lick your fingers all over, slowly and deliciously.*)

....A Scout (*Lick your fingers all over, slowly and deliciously.*)

....A leader (*Lick your fingers all over, slowly and deliciously.*)

Then I barfed!

A successful sleepover program can come from almost any idea. Adapt games, change words to songs, think up a different angle for a craft and you've got a great program! Most of all... make it fun for both kids and adults. ^

—Lauri Cunningham is a Beaver leader who loves eating gummy bears.

A TRAINING SCHOOL.

IF LAST MONTH'S detective theme piqued your interest, this installment will provide even more clues how to run an exciting detective program.

Begin your evening by asking each six to think up some comical crime involving a villain called "Slimy Fingers Clem."



"IT'S ANOTHER NOTE FROM SLIMY FINGERS CLEM."

HE'S THE GUY WE TRIED TO LOCK UP FOR PUTTING AWAY DIRTY DISHES."

DETECTIVE IDENTIFICATION

All undercover police investigators carry identification. It's easy to create your own badges or identity cards. Just make cardboard cutouts of various types of police badges, then cover them with aluminum foil. (See diagram)

For identity cards, use stiff recipe cards, and cut to the size you want. Write high-sounding words on the card like, "The holder of this card is an undercover official tasked with a most secret assignment." Paste on a small school photo in one corner and laminate the card. Clear plastic bank book hold-

ers will make any identification card feel more authoritative. (See diagram)

WANTED POSTERS

Make up some wanted posters. You might decide to stick to the "olde west" style of poster with the word "Wanted!" at the top, the person's picture in the middle, and the amount of reward at the bottom, or, Cubs might have their own ideas.

Provide lots of construction paper and markers to make the job easier. Cubs may want to cut out pictures from

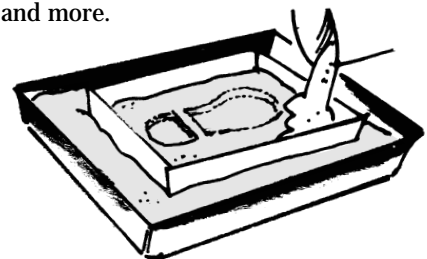
catalogues to paste onto the poster. Display all the posters when done.

DETECTIVE HEADQUARTERS

Cubs from the 2nd Sechelt Pack, BC, built several detective headquarters with large cardboard refrigerator boxes. "Allow half an hour for the Cubs to transform their boxes into detective offices," says Scouter Bruce Morris. Give them watercolour paint, markers, masking tape and string. A leader can help them cut out windows and a door.

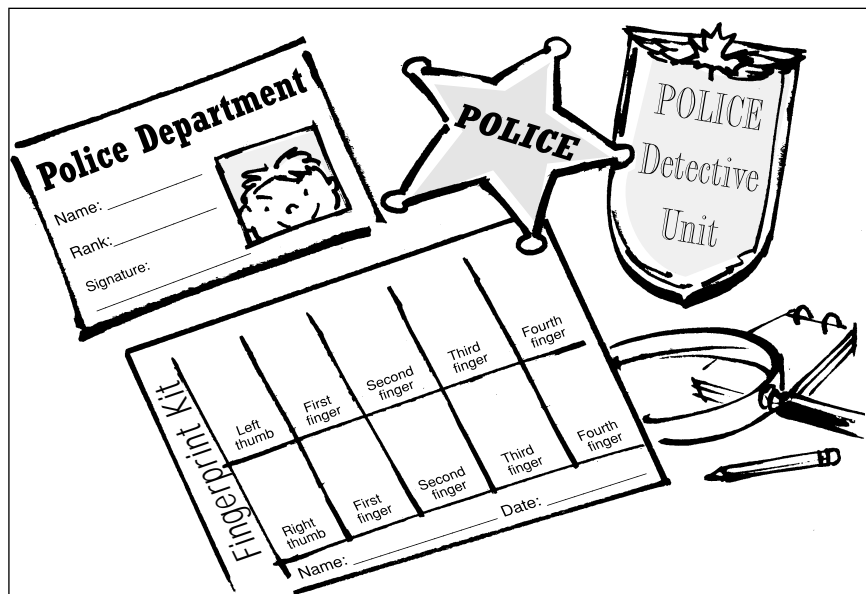
CLAY FOOTPRINT MOLDS

Sometimes when detectives reach the scene of a crime they find suspicious footprints. They must make a clay mold of the prints to find out more about the criminals who made them. A good detective can identify the type of boot, age of person (a sneaker implies a younger suspect), body weight, and more.



Make your own footprint molds by getting a tray of sand and stepping into

Photo: Allen Macartney



FOR DETECTIVES

Part 2

it while wearing your favourite shoes or sneakers. With stiff paper or thin cardboard, form a small enclosure around the print by pushing the stiff paper into the sand near the print. (See diagram) Pour plaster of paris into the depression left by your foot. Wait until it dries before taking it out.

FINGERPRINTING MAGIC

About one hundred years ago scientists realized that everyone has different patterns on their fingerprints. Some people have swirling patterns, others have circles, or hills and valleys. Many people have a combination of these. Today, police are often able to identify criminals when they leave their fingerprints at a crime scene.

With washable ink and several stamp pads, show Cubs how to roll each individual finger on the ink pad, then roll it (just once!) on a piece of paper. A police officer might be willing to demonstrate this skill. Try not to smudge the ink.

Before your sixes fingerprint each other, make up some fingerprint pages. (See diagram) Each Cub should get three or four.

After all Cubs have been fingerprinted, get them to compare the markings on their fingers. Is there a dominant type in each six (i.e. most people have swirls)?

MAKE FINGERPRINT KITS

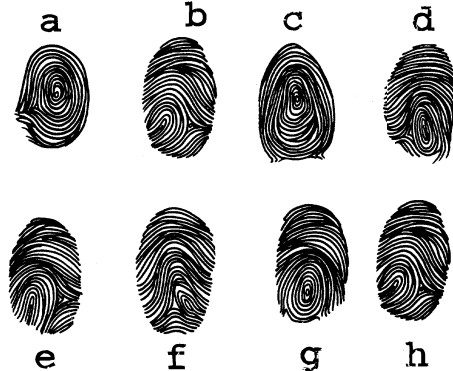
Ask each youth to bring a mascara brush from home, a roll of clear tape, and a small, empty box for their kit.

When Cubs arrive, have several bowls of white flour and brown cinnamon waiting for them on a table. Place several clean glasses beside these. Put a thumb print on a glass. Dip a mascara brush into the flour (or cinnamon) and *very gently* brush it over the print. Be careful! Too much pressure will destroy the fingerprint.

Detectives can "lift" the fingerprint off the glass by putting clear tape over it, then pulling the tape off. Now they can examine it under a microscope at their leisure.

Which Fingerprints Match?

Can your investigative Cubs discern the subtle differences in the following thumb prints? Make a photocopy of these prints and give one to each member of your pack to scrutinize.



MASTER OF DISGUISES

Sometimes detectives must use disguises to find out secret information. Here are some items you could ask Cubs to make or bring with them. A paper bag would serve as a suitable holder.

- Dark sunglasses. Big ones or those with mirror finishes are best.
- Costume jewellery: rings, bracelets, earrings.
- Soft wax for making scars. Redden the wax with marking pens.
- Baby powder. Pour some into a sock and use this like a giant powder puff over your face, hair and eyebrows.
- Wide brimmed hats or ski masks.
- Eyeglasses. Use the frame of broken sunglasses as regular glasses.
- Simple costume makeup will help change your appearance and age.
- Long overcoats.
- Canes, umbrellas, triangular bandages. Practise hobbling stooped over with the cane or umbrella.

WHAT'S THE PASSWORD?

Passwords are very important for undercover detectives. Here's a fun game with a secret password.

Blindfold all players. They walk around your meeting room *very slowly*. When they gently bump into someone else they must whisper, "Sorry," then continue their aimless journey.

One wanderer is the secret password carrier. When this person bumps into someone else she says the secret word: "Sausages." The player who collides with her may then take off his blindfold and silently walk to the police station (along the side).

Leaders who are not supervising the police station, should watch out for straying wanderers and ensure the game continues calmly. The game continues until all players have discovered the password.

TRY OTHER IDEAS

This theme gives Cubs a chance to experiment with tape recorders, instamatic cameras, video machines (security cameras), codes, microscopes and secret writing. You might even let them practise interviewing suspects. It could build up their public speaking skills. ^

Program Links

Cubs: Artist Badge, Photography Badge, Handicraft Badge, Tawny Star.

Welcome to Our New Column!

by Bryon Milliere

Welcome to our new column, *Bridge the Gap*.

What will this column feature? Expect to see plenty of ideas — sometimes a real mishmash — about how to work effectively with children and youth. We'll share everything from leadership tips to insights into how the younger generation thinks.

Do you have ideas that you'd like us to consider? We invite your input on the content of this new, dynamic column. Gather ideas from youth members in your section. What are they talking about? What are their current interests and concerns? Send your comments to Bryon Milliere c/o **the Leader Magazine**. Help others bridge the generation gap.

Book Review

How To Talk So Kids Can Learn

If you're trying to help young members learn skills, read *How To Talk So Kids Can Learn*, by Adele Faber and Elaine Mazlish (Fireside Publishers, New York, 1995). I highly recommend this book.

Building on their previous down-to-earth best-seller (*How To Talk So Kids Will Listen And How To Listen So Kids Will Talk*) the writers continue their "respect kids" theme.

Adele and Elaine offer adults alternative methods to help youth become self-directed and self-disciplined. Their latest book is based on the idea that parents and teachers need to know the difference between words that demoralize and words that give courage; between words that trigger confrontation and words that keep children from thinking or concentrating. They claim that some words inspire a natural desire to learn.

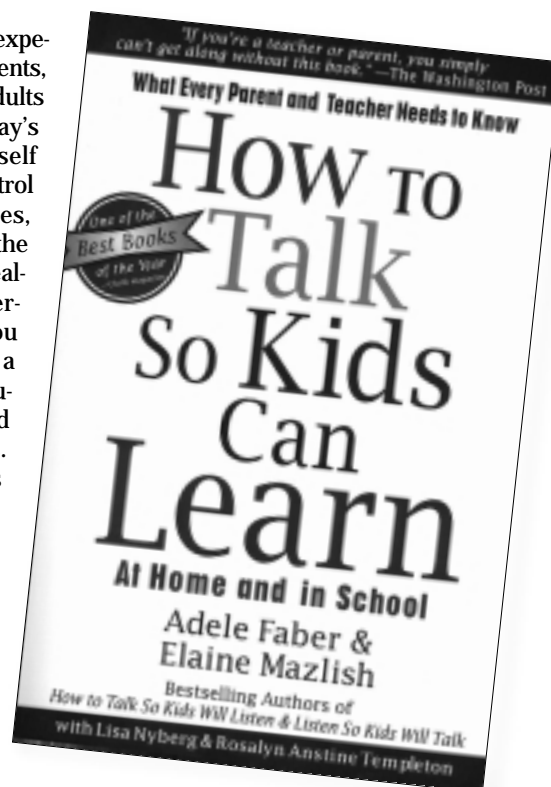
Based on their real life experience as educators and parents, the authors give hope to adults who are losing faith in today's youth. Do you find yourself thinking kids are out of control and rude to adults? If yes, you're sure to benefit from the authors' suggestions on dealing with feelings that interfere with learning. If you seek first to understand a child's feelings about a situation, you build respect and open the door to progress. Acknowledging a child's feelings builds self-esteem and self-confidence. The authors explain the connection between a child's behaviour and feelings.

Simple illustrations of typical scenarios bring their message to life. Readers quickly see the dynamics of different ap-

proaches. Quick summaries, questions and stories from parents and teachers, and role plays reinforce the messages. Topics of particular interest to leaders include:

- Praise and criticism
- How to deal with feelings that interfere with learning
- Encouraging cooperation
- Alternatives to punishment that lead to self-discipline
- Solving problems together through creativity and commitment
- Freeing children from playing roles
- Parent-teacher partnership
- The value of investing in children

This excellent book provides easily applicable and straightforward tips on how to help children learn. Apply their tips and you're sure to relax and have more fun.



Survey Says...

The average child spends 24 hours per week watching television. That's what Dr. Milton Chen says in his book *The Smart Parent's Guide to Kids' TV*.

Do the math and you'll find that 24 hours a week adds up to 18,000 hours by the time that child graduates from high school! What are your children watching? Your child will likely see 100,000 acts of violence, including 8,000 murders, on television by the 6th grade! Children's (and their parents') purchasing preferences are shaped by 20,000 commercials per year.

This powerful medium is shaping the values and beliefs of your child. Take an active interest now! Children don't watch television *passively* as many adults do; they get "wired" or "glued" to the set. Watch some of their favourite programs with them, then encourage them to talk about what they see. Remember, seek first to understand before trying to be understood.

Find more on the Net, at: www.talkingwithkids.org/television2.html.

Quiz Time! What Makes a Great Leader or Teacher?

Ask your youth members for an answer to this question. Find creative ways of checking the perspective of young members on their ideas of leadership, both in the section and in general. Younger members may see program leaders more as teachers than

and followers in the games? Can they think of other times when they are leaders and followers?

From your Beavers' point of view, what makes a good teacher? Without naming individuals, what do the Beavers like and dislike about teachers and other child-care providers they have had? Highlight qualities taught in the program, such as sharing (knowledge,

Seek first to understand before trying to be understood.

leaders. This opens up an interesting discussion about how everyone can be a leader and a teacher at different times. Seek to understand the young perspectives.

Beavers

Play a couple of cooperative and leader/follower games such as "Follow the Leader" and "Simon Says." After the games, ask your Beavers what they think a leader is. Who were the leaders

(skills, time), respect (listening, using people's names, playing or leading fairly, giving a second chance to do things) and cooperation (helping Beavers learn, encouraging, telling them when they do a good job). Try drawing pictures showing Beavers as teachers, leaders or followers. End with an action song.

Wolf Cubs

Cubs are old enough to brainstorm (in sixes) the qualities of a good section

*If a child lives
with encouragement,
he learns
confidence.*



Photo: Paul Ritchie

leader, community leader and teacher. A poster depicting words such as fair, mean, greedy, considerate, respectful, honest, patient, etc. will get them thinking. Help them with words they don't understand. Circle or check the positive qualities, and put a line through the negative qualities. Now what are the qualities of a good sixer or second? Then try the "list" approach to describe a good follower.

desirable qualities (e.g. Did the leader listen to the Cubs? Did the Cubs pay attention to the leader?). Play a cooperative game such as line tag where tagged Cubs join hands after being tagged. Stop the game and provide some tips on working together by using better communication and setting goals. Focus on individual members when you offer the tips, then restart the game.

and encouraged the learners). Ask Cubs to think about one situation where they can be teachers and one where they can be leaders (at home, school, Cubs, sports or just with friends).

Scouts

In a large group, ask Scouts to offer names of great leaders in history or in the news. Who are their most respected teachers? Enlist the help of patrol leaders to lead discussions, perhaps in a competition between patrols. Gather the patrol leaders and give them questions to ask patrols mixed by age. For example, list five qualities of a great teacher. Each patrol leader runs to his group, makes the list and runs back. Once all patrol leaders have returned, ask them to report to the large group. List the qualities that the large group accepts as good (e.g. leaders should be patient and encouraging).

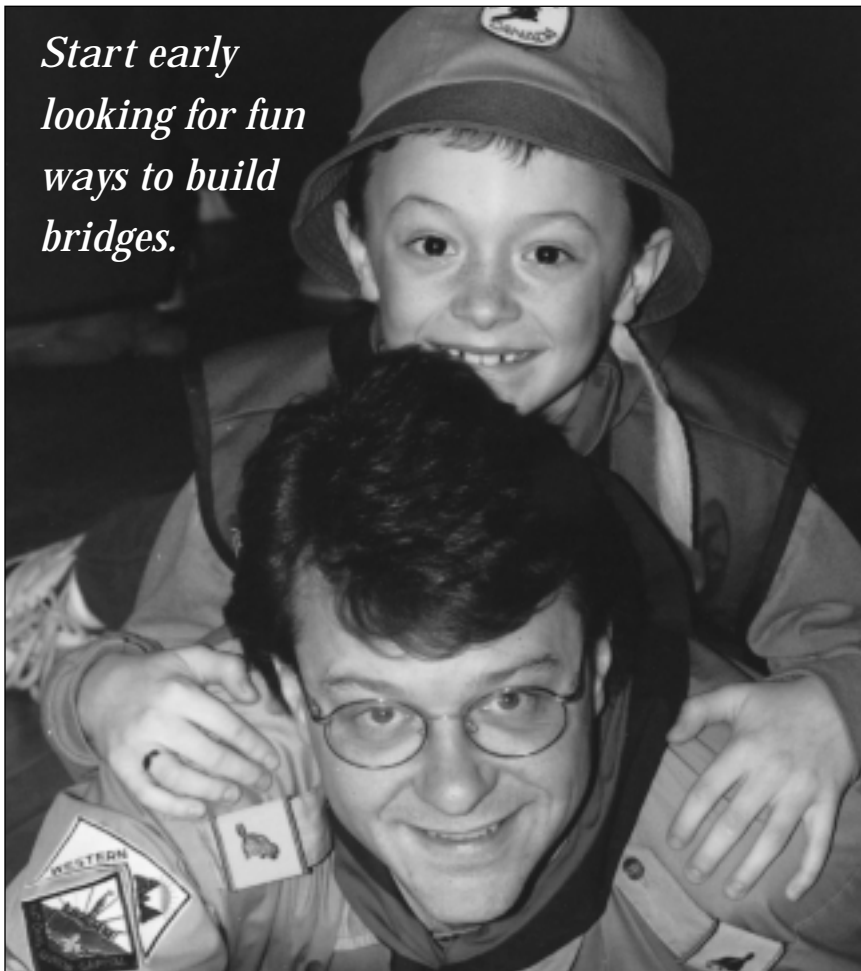
Run the sequence again identifying the qualities of a great teacher. Organize a cooperative challenge such as trying to get the entire patrol on a newspaper-sized piece of plastic. Fold the plastic sheet in half and try again. Keep folding the sheet until a patrol wins. In patrols, Scout counsellors can

The best leaders avoid judgemental comments. Accept the youth for who they are. Look for the good in their ideas and thoughts.

Devise simple role plays with situations a sixer may face (e.g. a sixer is showing leadership by leading a discussion about what badge requirements the six wants to do, while other members of the six take part in the discussion). Ask those observing the action whether the role players showed

Back in sixes, review how the Cubs acted before and after the explanation. Who showed leadership among the Cubs? What did he or she do? What did the section leader do to be a good teacher (e.g. stopped the activity, got everyone's attention, gave praise for progress, gave tips for improvement,

*Start early
looking for fun
ways to build
bridges.*



FROM BEAVERS TO THE BOARDROOM SCOUTING INVOLVEMENT CAN IMPROVE HIREABILITY

According to research by the Conference Board of Canada, employers seek a balance between academic, personal management skills, and teamwork skills. The high tech sector ranked interpersonal skills and the ability to influence *above* technical knowledge in a survey by industry conducted by Watson Wyatt Worldwide. Flexibility and the ability to lead and manage were the next most critical competencies.

From Beavers to Rovers, as well as through leadership roles, Scouting provides opportunities for individuals to develop these valued qualities.

ask, "What did we notice about the patrol that won? How did they demonstrate leadership within the group? Was anyone a teacher in the process?"

Ask them to think about a situation where they are leaders and teachers in Scouting, at home, at school or other places. What did they learn that they can apply to such situations? After you've given time for Scouts to reflect, encourage a few to share their thoughts.

Venturers/Rovers

Recruit one or more youth to run an evening's program relating to the differences between a leader and a teacher. Include some real life examples. Start with a challenging activity requiring cooperation and communication to provide a common, relevant experience. (Why not use the plastic sheet folding activity found in the Scouts section?)

What are the qualities of effective leaders and followers? How is a leader's success determined by the abilities of the followers and vice versa? What is the difference between a leader and a teacher? Review opportunities to develop leadership skills and qualities through Scouting. Ask them to think about times when they are leaders, teachers and followers, and encourage members to set goals on developing at least one quality for each over the next month. X



Photo: Ramco Poirier

CHILDREN LEARN WHAT THEY LIVE

by Dorothy Law Nolte

If you're tasked with organizing some activity during a Scouter's Club meeting, spend five minutes talking in small groups about each thought below. Think up examples to illustrate each point.

1. If a child lives with criticism, he learns to condemn.
2. If a child lives with hostility, he learns to fight.
3. If a child lives with ridicule, he learns to be shy.
4. If a child lives with shame, he learns to feel guilty.
5. If a child lives with tolerance, he learns to be patient.
6. If a child lives with encouragement, he learns confidence.
7. If a child lives with praise, he learns to appreciate.
8. If a child lives with fairness, he learns justice.
9. If a child lives with security, he learns to have faith.
10. If a child lives with approval, he learns to like himself.
11. If a child lives with acceptance and friendship, he learns to find love in the world.

Use this list during personal reflection. Ask yourself what impact adults have on children through their daily interactions and example. Think of specific encounters you've had with children in the last week. Replay the less positive exchanges in your mind too, or share them with a friend, so you can improve your service to youth.



Co-ed Scouting Motion



National Council approved the following motion at its November 21, 1998 meeting:

1. In accordance with its Principles and Mission, Scouts Canada and its members reaffirm that it is a co-ed organization and that it shall not discriminate on the basis of gender.
2. That the National Management Board be tasked to review the policies, procedures and programs of Scouts Canada, including its relationships with national sponsors, to ensure appropriate assistance to its members to implement the motion with a report to be prepared for presentation to the next meeting of National Council.
3. For greater certainty, the authority provided to local groups as contained in the motion of National Council of November 21, 1992, to decide whether that group should remain male only is superseded by this motion.

Photo Contest Show

Have you sent the **Leader** your best photographs for our *Scouting Is...* photo contest? Deadline for submissions is January 31, 1999, so get shooting!

We're offering 45 prizes, including a tent, a backpack, a two-burner Coleman stove, Scout knives, bush hats and winter tuques. See the October **Leader** for details.

Shoot 'em Up!

Use the following photography program ideas while youth members are shooting for the contest. (Yes, the contest is open to *all* members regardless of age!) Perhaps your Cubs or Scouts can prepare something special for Scout-Guide Week festivities.

Professional Photographer

Ask a professional photographer to visit your group and show some slides — not all of them should be well-composed, outstanding examples. Specifically, ask him to explain colour, focus, depth of field, how to compose a good picture, and how to use a flash.

Ask your guest to describe how lines can lead a viewer's eye into a picture and out. Make sure he explains that light areas draw the viewer's eye to them, while dark areas seem to disappear into the background.

Find out how to give a picture a three dimensional "feel" to it. Do this by putting objects in the foreground, or by framing the picture with trees so viewers have to "look through" to see other objects.

After the photographer has shown his slides, ask young members to critique them one by one. Ask: How could this picture be improved? What works? What doesn't work? Is it over-exposed (too bright)? Is the camera angle right? Could you improve the shot by shifting left or right?

'In Your Face' Shooting

Most snapshots of people are taken too far away from the subjects.

With a camera brought from home, get each child to compose a group shot of friends so the Cubs or Scouts fill the entire picture. Leave no space around the edges where trees or ground appear. *Note:* Find out if your camera has a minimum focus distance of one or two metres. If it does, practise getting as close as possible to the smiling faces before shooting pictures.

Organize a competition to see who can take the closest group shot. (Of course everyone must be in focus.)

Distorted Image Shooting

Wide-angle lenses (24 mm, 28 mm or 35 mm) can distort facial expressions or features if you get too close to a person. A nose can appear half the size of a face if shot at a particular angle. Just for fun, experiment with cameras to see which six or patrol can make the funniest picture just by using the distortion caused by the wide-angle lens.

Try close-up shots of mouths, noses, eyes, cheeks. Change lenses (if possible) and re-shoot the shot to see how different wide-angle lenses affect the picture.

Get various types of textured glass from a glass store and try shooting portraits or scenes through the glass. You might even try positioning yourself

around a rain puddle so you can shoot a picture of an interesting reflection.

Slide Show

Working in sixes or patrols, let your Cubs and Scouts assemble all the slides your group has shot of activities over the past year. Tell them to put them together in themes of five or six pictures with a "bridge" picture that leads on to another subject theme. For example, if a five- to six-shot segment of the slide show describes a bird-watching hike, show a handful of people shots from the hike (not too many or you might bore your audience), then lead into your next segment of shots dealing directly with birds by using a "bridging" picture — a shot showing hikers filling a bird feeder or hikers setting up feeders. Follow this with close-ups of birds you saw.

Your next segment might deal with interesting rocks or plants you saw, or you might lead into a favourite camp. Keep using "bridge" shots to help your audience make the transition to another subject easier.

Official Set Maker

If you want to stage some of your photos, decide if you need a set maker to build props, etc. This is a fun project for someone who likes carpentry. You might need birdhouses or other props.

See how the line of snowshoes draws your eyes into the photograph toward the quinzhee? Don't hesitate to experiment with your shots. Use props if they help



Photo: Allen Macarthey

ting Tips and Ideas

Make-Up Artist

A make-up artist could accentuate expressions so they become more vivid and interesting.

Script Writer

Your slide show might need a script writer. Either give this task to one Cub or a group of them. Make sure your script writer knows exactly what pictures you have. Gather together for a team meeting so everyone knows your slide show's overall theme or focus.

Sketch Your Picture Before Shooting

Many young photographers get so excited about shooting pictures that they pay little or no attention to what they are shooting. One way to counteract this tendency is by getting them to draw the image they want to photograph. Make sure they include all the details: wrinkles on the leaf, bird in a tree, background clutter that should not be in the picture, dew on grass. Help them to really see and plan the picture. This will increase their awareness and photographic sensitivity.

It's a Frame-Up!

"This picture doesn't really show the beauty of the sunset!"

Have you heard these disappointed words before? What happened? Usually, the photographer didn't isolate the one part of the picture that really appealed to her. At the time she thought the entire scene was striking, while in reality her brain was just focusing on the beauty of one corner of the sunset.

Help Cubs and Scouts isolate different parts of scenes before them by making small cardboard frames. (See diagram) Artists use this technique all the time. Make the frames various sizes. Then ask your members to hold the frames up in front of them and isolate three nice "pictures" in the scene before them. They'll soon find that instead of just one big picture, they'll suddenly see many smaller lovely pictures.

Fun, But Also Creative

Taking pictures isn't just fun, it's

highly creative. Find ways for those in your group to express themselves on film, then use their photography artwork during Scout-Guide Week activities and banquets.

And don't forget our *Scouting Is...* photo contest! \

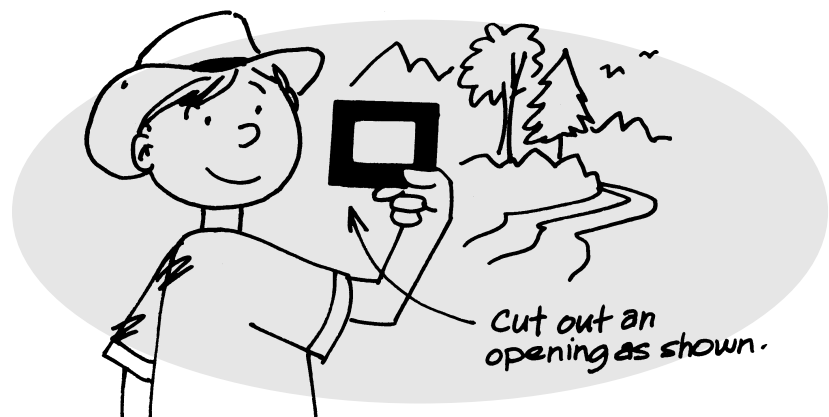
Program Links

Cubs: Photography Badge, Artist Badge, Carpenter Badge, Canadian Arts Award, Tawny Star, Collector Badge

Scouts: Photography Badge, Builder Badge, Collector Badge, Individual Specialty Badge

PICTURE TAKING TIPS

- 1 Avoid stiff, posed pictures. Get your subjects doing something fun or relating to each other.
- 2 Get as close to your subjects as possible. Fill the frame with faces, but avoid distortion unless that's part of the story you want to convey.
- 3 Keep the background uncluttered.



Hold cardboard up to help isolate the various parts of a scene.



See your October '98 Leader magazine for prize details.



Building Membership Momentum and Great PR

by John Rietveld

Spanning eight days in February, Scout-Guide Week provides a wealth of opportunities for your group. Together with other Scout and Guide sections, you might use these days to:

- ☞ Celebrate Scouting and Guiding achievements around the world.
- ☞ Help members understand Scouting's Principles.
- ☞ Remember Lord and Lady Baden-Powell.
- ☞ Raise Scouting's public profile.

February 21 to 28

Scout-Guide celebrations are always held during the week of February 22.

Why this week? Lord and Lady Baden-Powell were both born on February 22. Their work establishing Scouts and Guides has affected the lives of millions of people around the world. On their shared birthday, we honour the first Chief Scout and Chief Guide of the World. Today, internationally, Scouting and Guiding Movements boast 25 million active members! Across Canada, this week in February allows us to generate excitement among members and a strong understanding of our principles.

These eight days also offer excellent occasions to raise our public image. During the winter, early darkness and indoor meetings reduce people's awareness of Scouting. By snagging good public relations during Scout-Guide Week, you'll show your community that the Movement is alive and flourishing. You may also increase your group's membership, improve your funding base and generate enthusiasm among your youth.

How Can You Highlight Your Group During Scout-Guide Week?

Plan special activities, then find creative ways to "toot your group's horn." You'll find a number of ideas below; your kids and leaders may offer others.

Weekly newspapers can provide super publicity. Our clipping files contain front page photographs, special sections and stories of local reunions, all from weekly papers. Talk soon to your local editor (who may once have been a Scout or Guide). If you give them enough planning time, editors are often happy to support local Scouting groups.

Strut your Scouting stuff this February!

Many *business publications* will openly support Scouting during Scout-Guide Week. They appreciate stories about their employees who volunteer as leaders with either organization. Find out the publication schedule, and provide information in plenty of time for their deadlines.

Television reaches many more people than do other media. A popular method of gaining publicity during Scout-Guide Week is to invest a local news anchor or weather reporter in Scouting. Do this by "woggling" them — presenting them with a group necker and woggle, then putting it on the celebrity.

Keep those Ideas Popping

Radio can give Scouting a great boost, too. If your council has participated in Trail's End popcorn sales, drop by a local radio station during Scout-Guide Week do deliver Trail's End chocolate caramel crunch. You'll have your disk jockey smacking his lips while he talks about Scouting! (Well, perhaps he'll simply munch during the commercial breaks.)

Ecumenical services, participation in your local *congregation's* or *sponsor's events* and photos or articles on *church bulletin covers* all add moments for members to share their excitement about Scouting.

Mall displays, *store windows* and *movie theatre lobbies* all make ideal locations for an effective Scouting message. Your council office can provide banners sporting the Scout-Guide Week logo. Don't forget to add your phone number so potential new members can contact you.

Another often-forgotten method of publicity, especially during Scout-Guide Week, is to offer speakers to *local service clubs*. You might provide a youth speaker, a recent jamboree participant, a member of the service club who is also a leader, or perhaps your local commissioner. It's one great way for Scouting's message to reach key leaders in your community.

Tradition at its Best

The practice of holding Scout-Guide Week in Canada isn't new. During the 1940s it was called "Boy Scout and Girl Guide Weeks." By 1949 so many special weeks crowded the calendar that it was dropped. Girl Guides observed "Thinking Day" on February 22. Various Scouting groups and districts continued to recognize the week on their own, and within a few years it became a national event again. Scout-Guide Week continued in many communities. In 1970, after talks between the two movements, it was re-introduced as a national celebration.

What's the main ingredient in a successful Scout-Guide Week? Cooperation: willingness on the part of Scouting people from various groups and Guide units to work together for the benefit of both organizations. Mix in generous quantities of fun and public relations. Warm everyone until toasty — then watch those February blues melt away.

Plan your Scout-Guide Week activity now. And don't forget to send us your clippings later! Happy Birthday Scouts Canada! ^



Jamboree on the Trail '98

Get prepared for this years hike

by Judy Harcus

THE 1ST ANNUAL Jamboree on the Trail 1998 (JOTT '98) was a fantastic success! Ontario Scouter Dave Wiebe originally suggested the idea of a "hiking day" to a Scouting e-mail list. After some discussion, a national (and international) Scouting event was born. The 2nd Annual JOTT is scheduled for May 15, 1999. Check future issues of **the Leader** for details.

Last April, 19,000 Scouts Canada members hit the trails for JOTT '98; an additional 6,000 Scouting members participated in the United States, the United Kingdom, Switzerland, New Zealand and Papua New Guinea.

JOTT provided program activities and ideas galore!

Some JOTT '98 hikers learned about the worldwide fellowship of Scouting. Bob Cano, a 36th Ottawa Cub leader, said: "I wanted to give our youth an idea that their Cub pack is not an isolated entity, but part of a larger movement."

Many groups used JOTT as an opportunity to get together with other Scouting members; some made it a family outing. The 1st New Maryland Beaver "A" Colony, NB, invited a Beaver colony from St. Andrews, NB, (150 km away) for a fun day which included hiking on the Trans-Canada Trail near Fredericton. They also made woggles, played games, told stories, and shared snacks and lunch. The 33rd St. Catharines, ON, troop travelled to Mayville, New York, for an international hike

with Boy Scouts of America Troop 54 from Buffalo.

Other Scouting groups just wanted to get outside. "Our pack members yearned to increase our exposure to nature as well as experience true Scouting," said Tim Haggith, a leader with the 1st Glencoe (ON) Cubs. Many Beaver colonies hiked to beaver ponds where they learned more about beavers, dams and lodges. Manitoba's 1st Teulon Cubs braved the Narcisse Snake Pits. Here they saw three different snake dens during their 2 km hike; everyone got a chance to handle snakes and learn how they live.

Enviro-Hike

Many JOTT participants collected garbage along the trails and in their communities. Cubs from the 1st Aylmer (QC) Pack cleaned up garbage and downed branches (left from Ice Storm '98) along hiking trails around the Otter Lake Scout Camp. 1st United Church Cubs from King's Point, NF, biked to the community outdoor skating rink and cleaned up broken glass, plastic, bottle caps, and other debris.

JOTT provided many opportunities to practise Scouting skills. Scouts from the 1st Dickson Troop, AB, spent 2½ hours on an 8 km hike through bush and swamp using topographical maps and compasses. The 25th Assumption Beaver Colony (Saint John, NB) participated in an orienteering challenge at Rockwood Park. They hiked over trails following hilly paths and flat roads. "This event covered all sections — Beavers, Cubs, Scouts, Venturers, Rovers — even Brownies and Guides. We ran into them all," said leader Catherine Walsh.

Some participants practised survival and safety skills. Beavers from the

1st Shelbourne (Ontario) Colony enjoyed a "Hug-a-Tree-and-Survive" program that was built into their hike. After learning what to do when lost in the woods, the children broke up into groups and followed instructions to find Keeo (a simulated lost victim). Their search and rescue activity taught them many exciting lessons. "What an excellent simulation!" said leader Barb Rohlmann.

Several groups studied local history during their JOTT hikes. Youth from the 1st Robson Group, BC, biked along the old Columbia & Western rail bed from Rossland to Warfield. During the trip they saw some historic points and learned the importance of the railway to their local area. Beavers from 2nd Waverley "A" Colony, NS, learned about the gold mining history of their community as they hiked the Dam Road from Rocky Lake Road to Lakeview.

Experience It!

JOTT '98 was a fun experience for all, but JOTT '99 promises even greater excitement!

Mark May 15, 1999 in your calendars now.

Register your group's hike by contacting: Dale Kelly, 389 Poplar Drive, Dartmouth, NS, B2W 4K8, 902-434-3960, ddkelly@sprint.ca; or Dave Wiebe, 6105 McLeod Road, Apartment 303, Niagara Falls, ON, L2G 3E7, 905-353-0800, sctrdave@niagara.com. Surf to <http://www.scoutscan.net/jott> for more info.

You can also order JOTT '99 crests for \$1.50 each. Be sure to register your hike and order your crests by March 5, 1999.

See you on the trail! \

— Judy Harcus is a hike-happy Venturer advisor from Powell River, BC.

Fun at the Pond

by Leslie Forward

Prince of Peace

God

Allah

Everlasting Father

El Shaddai
(El-shad-eye)

Jehovah

MANITOU

“I promise to love God and help take care of the world.”

— *Beaver Promise*

Who is God? What is God?

These are very difficult questions and ones that young children frequently ask. I'm not sure if anyone has all the answers, but take time in January to think about these questions and the idea of honouring our Beaver Promise. While you do, play this game.

The Name of God Game

Many different religions and cultures believe in a supreme being. Of course, they use different names for this being. Make a list of as many different names for God that you can. Yours might include:

- God
- Allah
- El Shaddai (El-shad-eye)
- Jehovah
- Everlasting Father
- Manitou
- Wonderful Counsellor
- Prince of Peace
- Holy Spirit

Write each name on a separate card. Find as many names as possible. Divide the colony into lodges. Beavers must run (one at a time) to a spot, retrieve

one of the cards, run back to the lodge, and say the name before the next Beaver may repeat the action.

After the game discuss various names for God and why we should respect other people's religious views. Explain to group members that we don't judge someone because they have different hair colouring than we do, or their parents drive a different style of car. So why would anyone look down on someone else because they worship a different God?

Visit Worship Places

Have you ever wondered what goes on behind the scenes at a church or other place of worship? With a member of the clergy, visit several places of worship that are not where most colony members attend. Avoid public worship days. Do your opening and closing exercises at the place of worship, asking the clergy to join in.

During Scout-Guide Week, get your Beavers involved in a Beaver's Own. Make sure your little ones take part in the formal service.

Love God

The Bible says we should love God with all of our heart and soul and mind and strength.

But how do we learn to love God?

Ask your Beavers for ideas. One way they could start is by noticing the good things around us. Thank God for these one by one.

Next, Beavers could take care of God's world and the things in it. Make a list of all the things your Beavers can do, starting in your neighbourhood. Think up one project they could tackle in the next several weeks.



“This is sure to teach us about cooperation.”

Photo: Sharon McDonald

Recycling Ideas

Part of looking after God's world and loving Him involves becoming better caretakers of what we have. Find a pair of old, worn out jeans you have lying around the house. They might not be fit to wear, but you can still make something from them.

Money Pouch or Soap Carrier

Cut out the old pockets, leaving the back part of the denim material attached. Cut out an extra piece of denim for the top. (See diagram) Help Beavers sew on a snap fastener, then attach a string to the pouch. There! Your Beavers now have a money bag that's perfect for holding weekly dues or allowance.

You can readily adapt this design to make a Beaver soap carrier for camping or sleepovers. Simply cut out the jeans pocket (as above) and stick in a bar of soap.

A Blue Jeans Grocery Bag

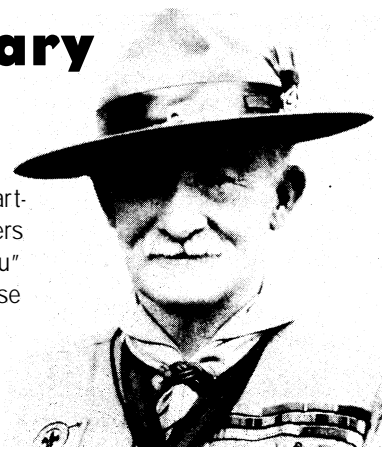
Your Beavers can recycle old jeans and make a stylish grocery bag at the same time. Cut the legs off near the crotch. (See diagram) Sew the legs together.

Using thick wool, show your Beavers how to braid handles for their grocery bags. Attach the handles to the belt carriers. Presto! Now Beavers can help with the groceries, too. It also makes a fashionable book or craft supplies carrier.

25th Anniversary Monthly Idea

During Scout-Guide Week tell your Beavers all about Lord Baden-Powell and how he started the Scouting Movement. Help the Beavers to draw, colour and decorate "Thank You" cards with B.P.'s picture on them. Display these cards in your meeting place.

You may prefer to make a colony "Thank You Banner," with each Beaver contributing artwork and colourful hand prints.



Reuse 'Garbage' Around the Home

Ask your Beavers to bring craft materials or a lunch to the meeting in a container designed for another use. They might bring crayons in a margarine tub, in an old shoe box, or even an old sock!

Get them to bring other 'junk' that might prove useful. An old water bottle might turn into a juice container for snacks; soup cans could become mugs (be sure to file sharp edges); aluminum pie plates can become serving dishes. Beavers hate to throw anything out. Put this recycling strength to good use.

Bedroom Door Stop

Let's make a door stop. For each one you'll need a four litre plastic bottle, one sheet of newspaper, fabric, yarn scraps, and "new" kitty litter or sand.

Partially fill the bottle with kitty litter or sand. Fasten the bottle top. Form the newspaper into a ball and place it in the centre of a scrap of fabric. Place this on top of the bottle and tie in place with yarn. Cover the bottle with an interesting patchwork design of fabric. Glue in place. (See diagram) Create a face using bottle caps. Add yarn hair.

Sharing Our Wealth

During Scout-Guide Week, think of others who are less fortunate. Beavers are very compassionate and are always ready to lend a hand. With their help, collect food for a local food bank; arrange an outing so your Beavers can deliver these items to the bank.

Other organizations help overseas relief efforts, too. Which ones operate in your community (e.g. Lions Club

Diagrams

Bedroom Door Stop

4 litre plastic bottle

Patchwork design of fabric

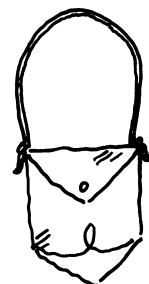
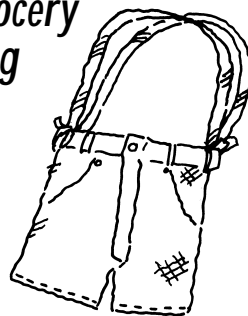


Blue Jeans Money Pouch or Soap Carrier



Cut out an extra piece of denim for the top.

Blue Jeans Grocery Bag



eyeglass collection program)? A representative from a group might be happy to visit, bring a globe, and show where your gifts can be used best.

Wherever we live, Canadians are fortunate citizens.

A Shovelling Party

1999 is the International Year of the Senior Citizen. As a colony, love God and take care of His world by helping a senior living nearby.

February is usually a snowy month when many seniors need help to remove snow from walks and driveways. Arrange for your Beavers to clear snow from a willing senior's driveway, then return to your meeting place for hot chocolate. Don't be shy! Open and close your meeting under the heavenly light of God's stars and moon.

Make A Promise Tree

With markers, construction paper and crayons, each Beaver should draw a tree with several branches. (See diagram) On each branch Beavers write down various "do-able" ideas for taking care of God's world.

At each meeting, your Beavers must choose one thing to do during the week from the list written on their tree branches. If a Beaver manages to com-



plete the task during the week (e.g. recycle papers, pick up litter on way to school, plant a tree), the child gets leaves for the branch. When all trees are covered in leaves, plan a Beaver Promise party complete with treats.

Let's Sing a Caring Song

It's time to tune up the vocal cords by singing a song called, "Taking Care of God's World." (Tune: *Here We Go 'Round the Mulberry Tree*)

This is the way we plant the trees, plant the trees, plant the trees,

This is the way we plant the trees, in God's big beautiful world.

This is the way we help each other (3X)

This is the way we help each other, in God's big beautiful world.

This is how we reduce the junk (3X)

This is how we reduce the junk, in God's big beautiful world.

This is how we recycle things (3X)

This is how we recycle things, in God's big beautiful world.

This is how we reuse things (3X)

This is how we reuse things, in God's big beautiful world.

We all promise to love our God (3X)

We all promise to love God, and help take care of His world.

Thank You Message to God

While we're helping to take care of the Lord God's world, why not thank Him for the universe and our planet. Try this method...

Hey God!

Did you really make all those stars and great big moon that looks so fat?

And did you really make planets like Mars and Saturn and Venus?

Hey God!

Did you really make fluffy, wobbly-legged puppies and kittens and ducks and jumpy frogs?

And did you really make goldfish and guppies and creepy crawly things beneath old logs?

Hey God!

Did you really make mud so it would squish, and rainbows to chase that can't be caught?

And did you really make clams and starfish?

You did?!

Well, thanks Lord God! Thanks a lot! I'd like to learn to love you more. Please show me.

January is Wonderful!

Who says January is a dull, cold lifeless month? Let your creativity loose! Make January the best month of the year with these program ideas. \

— Leslie Forward comes from Carbon-ear, Newfoundland.

Photo: Allen Macartney

the **leader**

BACK ISSUES

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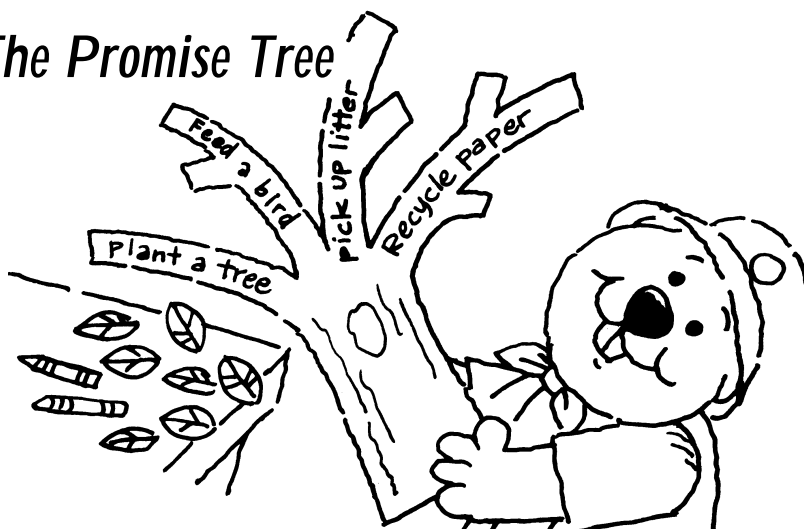
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- 1993 April; Aug/Sept
- 1994 May; Aug/Sept

The Promise Tree











Celebrate 25 Years of Beavering!

by Ross Francis

Happy Birthday, Beavers! Over 58,000 Beavers are ready for a year-long party in celebration of Beaver's 25th Anniversary.

Twenty-five years. It's incredible! Since its official Canadian beginning in 1974, Beavers has touched the lives of over 1,675,000 children! Today's Beaver program is as dynamic as it was in its infancy. A 1998 Angus Reid Survey commissioned by Scouts Canada tells us that:


-  94% of Beavers are satisfied with their involvement in the Beaver program.
-  98% of Beaver parents would encourage other parents to involve their children in Scouting.
-  95% of Beaver parents believe that Scouting provides good value for the money.
-  95% of Beaver parents believe that their child is learning valuable life skills.
-  The average Beaver is seven years old.
-  93% of Beaver membership is male.

Be proud, Beaver leaders; these are terrific figures! Most businesses would kill for ratings this high.

What Are Your Party Plans?

Beaver colonies (along with district, regional, and provincial councils) from coast to coast are planning dynamic celebrations to mark the anniversary. Beavers will enjoy birthday parties,

Beaverfees, sleepovers and other special events. (See our feature piece on sleepovers, starting on page 4.)



25th ANNIVERSARY CREST

National Retail Services has produced a 25th Anniversary Crest and ornament to help with the celebration. Check your Scouts Canada catalogue, or the November *Leader* inside front cover for more information.

Beavers only may wear the crest on the back of their vest from January, 1999 to June, 2000. After June, put it on a campfire blanket.

To help groups celebrate the anniversary, we're preparing a Beaver Birthday JUMPSTART package. Many colonies have sent us some great program ideas that we'll include in *the Leader* throughout the year. If you have any celebratory program ideas, send them in and we'll share them

It's Twins!

Looking for other Beaver colonies to share in your birthday celebrations?

Our "twinning" program will help share wonderful Beaver ideas and programs across the country. A colony from a prairie town could use the twinning program to learn more about life in a coastal fishing village. Colonies will be able to exchange videos, pictures, web site addresses and postcards.

How will this work?

Simply fill in the twinning registration form below. Indicate where you are from and the area of Canada you would like to twin with (e.g. East: Newfoundland, Prince Edward Island, Nova Scotia, New Brunswick; Central: Quebec, Ontario; or West: Manitoba, Saskatchewan, Alberta, British Columbia, and the three territories.) We'll match you with a colony from that area.

Twinning Form

Yes, I want to twin with another colony in Canada _____

Beaver colony's name: _____

Contact person's name: _____

Address: _____

E-mail: _____

Phone: _____

Fax: _____

Location you wish to twin with: 1st choice East West Central

Our staff will process twinning requests from January 1999 to June 1999 on a first-come-first-served basis. We'll also keep a twinning map in the Museum of Canadian Scouting at the National Office showing all colonies in Canada participating in the twinning program.

Sharing Great Ideas:

The Beaver Bag

Two Beaver leaders, Grace Vieira and Donna Smith (Bubbles and Sunshine) from the 1st Newcastle (ON)

Colony, came up with this excellent idea: "The Beaver Bag." Their colony uses the bag to help teach parents about the Beaver program. It's a hand-made book bag with carrying handles, and includes a stuffed Beaver (from their local Scout Shop), a *Friends of the Forest* book, a note to parents explaining the Bag and its contents, and a nutritious treat for the Beaver.

The colony has three bags. Every week, three names are drawn at random, and these lucky Beavers get to

take home a Beaver Bag for a week. They bring the Beaver Bag, stuffed Beaver and book back to the following meeting (along with a new treat) for the next lucky Beaver. Three new names are picked every week until all Beavers have taken the Bag home.

Thanks to Jack Lauzon (Tic Tac with the 1st Newcastle Group, ON) for sending us this idea. What would your colony include in its Beaver Bag? \



THE BEGINNING OF BEAVERING



Beavers began as an experimental program at St. Cuthbert's Anglican Church in Winnipeg in the fall of 1971.

It was the brainchild of two dedicated Scouters: Jim Gillis (President of the Winnipeg Region), and Harry McCartney (Executive Director, Manitoba Provincial Council). They saw a need for a program for pre-Cub aged youth after witnessing several children being turned away from Cubs because they were too young.

Harry enlisted one of his Field Executives, Alan Jones, to help design a

program. After many brainstorming sessions, a casual chat at a coffee break created the Beaver concept, with children meeting in "lodges" and "colonies." From these basic ideas, Harry and Alan developed the Promise, Objectives and other program elements. Harry began to write *Friends of the Forest*, and the first colony opened.

Other groups quickly followed. Harry continued to write *Friends of the Forest*, uniforms were designed and by December 1971 they had reached 500 members!

In May 1972, National Council approved Beavers as a three-year experimental program.

After two years of wildly successful colonies, National Council unanimously approved Beavers as an official program section of Scouts Canada in November 1974.

Since its beginnings, the Beaver program has been fine-tuned to remain current with Scouting's Mission and Principles, and to continue to meet the needs and interests of Canadian youth.

French Cub Handbook: *The Promise, Law and Grand Howl Translated*

by Ross Francis

CUBS WORKING ON the Canadian Heritage Badge frequently want to know the words for their Promise, Law and Grand Howl in French. But there's a problem. Only three practical ways exist for them to get this information. Either:

- Scouts Canada sends them a letter with the information written out, or
- Someone translates the material for them, or
- Cubs purchase French handbooks from the local Scout Shop.

Let's make the process easier. Below you'll find all the necessary information from the French *Cub Handbook* — the Promise, Law and Grand Howl. Now earning the Cana-

dian Heritage Badge won't be such an onerous task.

Please photocopy these pages and put them in your *Cub Leader's Handbook*; then you'll "be prepared" for the next time a Cub asks for this information.

Following is the French version of pages 24 to 30 of the *Cub Handbook* (English publication). They are taken directly from the French *Cub Handbook*.

Promesse

Voici la Promesse des louveteaux :

1. Je promets de faire de mon mieux,
2. pour aimer et servir Dieu,
3. accomplir mon devoir envers la Reine,
4. observer la loi de la meute des louveteaux,
5. et de faire une bonne action pour quelqu'un chaque jour.

1. Je promets de faire de mon mieux

Lorsque tu promets de faire quelque chose, cela veut dire que tu vas faire tout ce qu'il y a en ton pouvoir pour tenir ta parole. Faire de son mieux veut aussi dire que lorsque tu fais quelque chose d'important, comme aider quelqu'un à accomplir une tâche, tenir une promesse ou jouer un jeu, tu ne dois pas laisser tomber, même si cela devient difficile. Tu fais de ton mieux, mais parfois tu fais des erreurs. Cela veut dire qu'il faut faire plus d'efforts la fois suivante et toujours continuer à faire de ton mieux chaque jour.

2. Pour aimer et servir Dieu

Même s'il y a différentes croyances et façons d'adorer Dieu, toutes les croyances enseignent l'importance d'aimer, de prendre soin et de le respecter de son prochain. Quand tu acceptes les principes de ta foi et les mets en pratique dans la vie quotidienne, tu montres comment aimer et servir Dieu.

3. Accomplir mon devoir envers la Reine

Lorsque tu fais partie d'un groupe comme une famille, une meute ou un pays, tu dois suivre certaines règles pour aider les gens à vivre ensemble et en harmonie.

La Reine Elizabeth est notre Reine et les lois du Canada sont faites en son nom. La Reine représente notre pays et

tous ses habitants; la couronne qu'elle porte est un symbole d'autorité. Nous sommes fidèles à la Reine et à notre pays lorsque nous observons les lois.

Lorsque nous observons les lois de la sécurité routière et respectons la propriété d'autrui, nous sommes fidèles à la Reine et à tous les Canadiens. Chaque fois que nous travaillons à faire du Canada un pays meilleur, en protégeant notre environnement ou en aidant notre prochain, nous sommes fidèles à la Reine.

4. Observer la loi de la meute des louveteaux

La Loi de la meute des louveteaux dit :

**Un louveteau respecte le Vieux Loup;
Un louveteau se respecte.**

Quand Mowgli vivait avec les loups dans la jungle, il a appris que les loups devaient chasser ensemble et obéir aux directives d'Akela, le Vieux Loup, pour assurer leur survie. Tout comme la Reine représente le Canada et son peuple, le Vieux Loup représente les louveteaux et la meute. Le respect des lois assure l'unité de la meute et leur permet de s'amuser.

Imagine ce qui se produirait dans ta meute si tous les louveteaux faisaient ce qui leur passe par la tête. Cela ferait beaucoup de bruit et de va-et-vient, mais n'accomplirait rien. Tu ne pourrais pas faire des choses amusantes, comme partir en randonnée, aller camper, travailler à gagner des étoiles, faire des travaux d'artisanat et connaître la satisfaction de travailler en équipe.

Voilà pourquoi, dans ta meute de louveteaux comme dans une vraie meute de loups, tous les louveteaux et les jeunes loups doivent faire leur part pour suivre le Vieux Loup et lui obéir. L'union fait la force de la meute et ses membres

s'amuse ainsi beaucoup à faire différentes choses. Si tu accomplis ta part du travail, tu respectes Akéla, le Vieux Loup, et tu aides la meute à demeurer ensemble et tu as du plaisir en le faisant.

Les lois ou les règlements existent pour le bien de la meute. Quelquefois, tu peux croire qu'une loi de la meute n'est pas juste ou qu'il existe une meilleure manière de faire quelque chose. Puisque tes idées sont importantes, essaie de suggérer une façon d'améliorer une loi ou un règlement, en discutant de ta suggestion avec Akéla ou avec les autres louveteaux de ta sizaine. Lorsque la meute aura considérée ta suggestion, efforce-toi de respecter sa décision, même si aucun changement n'a été apporté. Le respect est très important lorsque tu fais partie d'un groupe comme une meute de louveteaux.

Si tu désires en savoir plus sur les lois, lis le chapitre 5 qui explique comment obtenir ton badge de la connaissance de la loi.

5. Et de faire une bonne action pour quelqu'un chaque jours

Faire une bonne action veut dire aider quelqu'un juste pour lui faire plaisir sans attendre une récompense en retour. Une bonne action peut être aussi extraordinaire que sauver la vie de quelqu'un, ou aussi simple que sourire à quelqu'un ou faire la vaisselle sans que personne ne te le demande. Habituellement, tu auras seulement l'occasion de faire de simples bonnes actions; par contre ce genre d'occasion se présentera souvent, car il y a tellement de bonnes actions à faire.

Lorsque tu fais une bonne action, même des plus simples, tu es fidèle à Dieu et à la Reine, parce que tu contribues à faire du Canada un pays meilleur, et le monde un meilleur endroit où vivre.

Fais le Grand hurlement avec les autres louveteaux.

Tout comme Mowgli et les loups se rassemblaient autour du rocher du conseil pour saluer en hurlant Akéla, le Vieux Loup, les louveteaux dans ta meute forment un cercle et crient le Grand hurlement pour accueillir ton Akéla. Voici ce qu'ils hurlent :



« A-h-h K-é-é L-a-a
Nous ferons de notre mieux !
F-A-T-M-I, F-A-T-M-I, F-A-T-M-I, F-A-T-M-I
(sur le ton d'un hurlement)
Nous frons mieux, mieux, mieux ! »
(petits aboiements secs)

FATMI veut dire, « Fais de ton mieux ». « Nous frons mieux, mieux, mieux », c'est l'abréviation de « Nous ferons de notre mieux ».

Akéla, un autre chef ou ton sizenier te montrera comment t'accroupir pour faire le Grand hurlement, quand sauter et comment placer tes mains.

Tant que tu es une « patte-tendre », tu participeras au Grand hurlement; tu auras cependant besoin d'une occasion de le pratiquer avec les autres pattes-tendres. Après avoir été investi et être devenu louveteau, on fera le Grand hurlement en ton honneur. X

Reminder: Please refer to pages 24 to 30 of the *Cub Handbook* (English version).



Let's Get Active. Here's How!



by Ross Francis

PHYSICAL ACTIVITY IMPROVES HEALTH. Every little bit counts, but more is even better; everyone can take part.

The following article contains excerpts from *Canada's Physical Activity Guide to Healthy Active Living*, produced by Health Canada and the Canadian Society for Exercise Physiology.

What is *Canada's Physical Activity Guide to Healthy Active Living*?

It's a guide to help you make wise choices about physical activity: choices that will improve your health, help prevent disease, and allow you to get the most out of life.

Why Physical Activity Is Important





People need to be active to be healthy. Our modern lifestyle and all the conveniences we've become used to have made us inactive, and that's dangerous for our health. Sitting around in front of the television or the computer, riding in the car for even a short trip to the store, and using elevators instead of stairs or ramps all contribute to our inactivity.

Did you know that physical inactivity is as dangerous to your health as smoking!

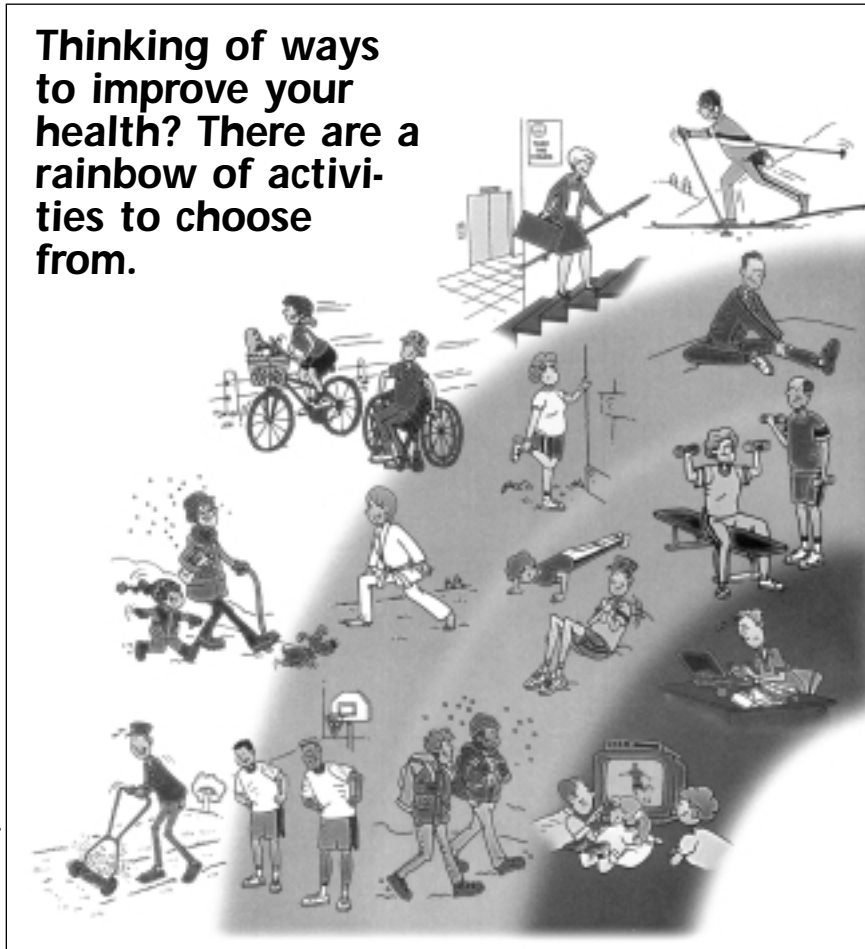
Add up your physical activities during the day in periods of at least 10 minutes each. If you're already doing some light activities, move to more moderate ones. Start slowly... and build up. A little is good, but more is better if you want to achieve real health benefits.

What Are the Benefits of Regular Activity?






When you are regularly active you can expect:

-  Better health
-  Improved fitness
-  Better posture and balance
-  Better self-esteem

Thinking of ways to improve your health? There are a rainbow of activities to choose from.



Illustrations courtesy of: Health Canada

-  Weight control
-  Stronger muscles and bones
-  More energetic feelings
-  Relaxation and reduced stress
-  Continued independent living in later life



What's the Goal?

Scientists say you need 60 minutes of physical activity every day to stay healthy or to improve your health. The time needed depends on effort — as you progress to moderate activities, you can cut down to 30 minutes, four days a week.

Physical activity doesn't have to be very hard to improve your health. You can reach this goal by building physical activities into your daily routine. Just add it up in periods of at least 10 minutes each throughout the day. After three months of regular physical activity, you will notice a difference. (People often say getting started is the hardest part.)

What Do the Experts Say You Have to Do?

Three types of activities keep your body healthy: endurance activities, flexibility activities, and strength activities. Do a variety from each group to reap the most health benefits. The *Guide* offers you a rainbow of activities to choose from; we've reproduced it in this article. Look at it as you read further.

What activities from the rainbow appeal to you most? Choosing things you like to do is one of the best ways to build regular physical activity into your life.

THE THREE ACTIVITY GROUPS

1. Endurance Activities

(4-7 days a week)

Endurance activities help your heart, lungs and circulatory system stay healthy, and give you more energy. They range from walking and household chores, to organized exercise programs and recreational sports.

Here are some examples to get you thinking about how to increase your endurance activities:

- Walking
- Golfing (without a ride-on cart)
- Yard and garden work
- Propelling a wheelchair ("wheeling")
- Cycling
- Skating
- Continuous swimming
- Tennis
- Dancing



Playing It Safe

When trying to build up endurance, begin with light activities and progress to moderate and vigorous activities later, if you like. This will prevent or minimize any muscle soreness you might experience when starting out.

- Use comfortable footwear that provides good cushioning and support.
- Wear comfortable clothing that suits your activity, and the weather.
- Wear safety gear approved by the Canadian Standards Association (CSA) whenever appropriate (e.g. a helmet for cycling and in-line skating, along with knee, elbow and wrist protectors; protective eye goggles for squash).

2. Flexibility Activities:

(4-7 days a week)

Flexibility activities help you to move easily, keeping your muscles relaxed and your joints mobile. Regular flexibility activities can help you live better and longer so your quality of life and independence are maintained as you get older. Flexibility activities include gentle reaching, bending, and stretching of all your muscle groups.

Here are some ways you can increase flexibility activities:

-  Gardening
-  Mopping the floor
-  Yard work
-  Vacuuming
-  Stretching exercises
-  Tai Chi
-  Golf
-  Bowling
-  Yoga
-  Curling
- Dance



Safe Stretching

Start with five minutes of light activity (e.g. easy walking, etc.) beforehand, or do your stretching after your endurance or strength activity.

- Stretch slowly and smoothly without bouncing or jerking. Use gentle, continuous movement or stretch-and-hold (for 10-30 seconds) whichever is right for the exercise.
- Aim for a stretched, relaxed feeling. Avoid pain, don't hold your breath, and breathe in a natural rhythm.
- Seek help from a fitness professional or get a good book on stretching if you're not sure what to do.

3. Strength Activities:

(2-4 days a week)

Strength activities help your muscles and bones stay strong, improve your posture and help prevent diseases like osteoporosis. Strength activities are those that make you work your muscles against some kind of resistance (e.g. when you push or pull hard to open a heavy door).

To ensure good overall strength, try doing a combination of activities that exercise the muscles in your arms, mid-section, and legs. Strive for a good balance: upper body and lower body, right and left sides, and opposing muscle groups (e.g. both the front and back of the upper arm).

Here are some ways you can increase your strength:

- Heavy yard work (such as cutting and piling wood)
- Raking and carrying leaves
- Lifting and carrying groceries (not to mention infants and toddlers!)
- Climbing stairs
- Exercises like abdominal curls and push-ups
- Wearing a backpack carrying school books
- Weight/strength-training routines



Safe Strength Training

Start with five minutes of light endurance activity and stretching at the beginning of each session.

- Learn proper techniques to protect your back and joints from undue stress.
- Use light weights and high repetitions (2-4 sets of 10-15 repetitions of each exercise).
- Breathe regularly when doing an exercise. Don't hold your breath!
- Rest for at least one day between strength-training sessions.
- Get help from an experienced leader or consult a reputable book for more information.

How Do I Know if I'm Doing Enough Physical Activity to Stay Healthy?

If you're not sure, you're probably doing activities in the light to moderate range (see accompanying chart above).

As a goal, work toward 60 minutes of activity a day; do this in increments of 10 minutes. It's really pretty easy. Remember, every little bit counts!

Want to Learn More?

For more information, contact Health Canada at: toll-free 1-888-3349769. Web site: www.paguide.com or write to: Publications, Health Canada, Ottawa, Ontario, K1A 0K9.



Time Needed Depends on Effort

Very Light Effort	Light Effort	Moderate Effort	Vigorous Effort	Maximum Effort
<input type="checkbox"/> Strolling	60 Minutes	30-60 Minutes	20-30 Minutes	<input type="checkbox"/> Sprinting
<input type="checkbox"/> Dusting	<input type="checkbox"/> Light walking	<input type="checkbox"/> Brisk walking	<input type="checkbox"/> Aerobics	<input type="checkbox"/> Racing
	<input type="checkbox"/> Volleyball	<input type="checkbox"/> Biking	<input type="checkbox"/> Jogging	
	<input type="checkbox"/> Easy gardening	<input type="checkbox"/> Raking leaves	<input type="checkbox"/> Hockey	
	<input type="checkbox"/> Stretching	<input type="checkbox"/> Swimming	<input type="checkbox"/> Basketball	
		<input type="checkbox"/> Dancing	<input type="checkbox"/> Fast swimming	
		<input type="checkbox"/> Water aerobics	<input type="checkbox"/> Fast dancing	

Range needed to stay healthy

How Does it Feel?

How warm am I? What is my breathing like?

- No change from rest state
- Normal breathing
- Starting to feel warm
- Slight increase in breathing rate
- Warmer
- Greater increase in breathing rate
- Quite warm
- More out of breath
- Very hot/perspiring heavily
- Completely out of breath

19-5-3-18-5-20 3-15-4-5

by Ian Mitchell

Remember those spy movies where the secret agent receives a message from his boss, reads it, and then destroys it so the bad guys can't read it? This is usually done, of course, by eating the piece of paper. Well, I've never had much of an appetite for paper — nor liver if we

are talking frankly — so when I came across a book on secret codes I found it intriguing.

Imagine a Scout meeting based on secret codes! These ideas will get you started. Try them with patrols; they're sure to provide a very interesting troop meeting.

14-21-13-2-5-19 3-15-4-5 14-21-13-2-5-19 15-14-5

Begin your meeting with a very simple code; it'll spark interest in your Scouts. This first code (used in the title above) simply assigns a number to each letter of the alphabet (i.e. A=1, B=2, C=3, etc).

As a gathering activity, circulate copies of a note that explains the theme of the meeting, written in code of course, for your Scouts to try deciphering. They'll find it easier to work on graph paper, so have lots on hand. Provide sharp pencils, good erasers and a pencil sharpener.

After your Scouts get used to the code they may want to assign different numbers or alphabet letters to each letter, just to make the code less predictable.



Message Relay Game

For this game you'll need one message per patrol (cut into pieces), one box per patrol, and paper and pencil for each patrol.

Begin by forming patrols into relay teams at one end of a field. At the other end place boxes containing messages which you've cut into separate words and jumbled. At a signal, one player from each team runs up, picks a word out of his box, and returns it to the patrol leader. Then the next player runs to get another word, and so on.

The team tries to sort the words into a message. Each message should require a specific action such as: "When you have deciphered this message, put the paper with the message on it, pencil and words into your box and deliver them to your Scout counsellor."

The first team to obtain all the words, decipher their message and complete the action wins.

Skills Session

Set up a number of stations where Scouts can explore many different types of codes and ciphers.

Station #1: Number Codes

We've used one number code already. Here's another example. (See grid) To use this grid, read the row number first, then the column (A=11, H=23, etc). Here's a hidden message for Scouts to practise on. It's in the form of a grocery list.

	1	2	3	4	5
1	A	B	C	D	E
2	F	G	H	I	J
3	K	L	M	N	O
4	P	Q	R	S	T
5	U	V	W	X	Y

Joseph Bulochi & Sons, Grocers, 48 Liberty Street

Please accept my order for the following and deliver at once:

- 44 cans best sardines @15¢
- 34 boxes soap flakes @14¢
- 23 large boxes napkins @15¢
- 32 large cans peaches @41¢

Yours truly, Sam

Station #2: Position Codes

In these codes it's the position of a line or dot that counts. Try figuring out this one. Here are two hidden messages for your Scouts:

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

□□□□□□ □□□□□□ □□□□□□ □□□□□□

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□□□□□□ □□□□□□ □□□□□□

Station #3: Agents at Work

Allow time for each patrol to devise its own secret code. They should also pen a hidden message at this time, for another patrol to decipher later.

Corner Dodge Ball Game

Scouts will probably need a rousing, active, steam-off game at this point. Corner Dodge Ball will provide a change from your troop favourites.

Start the game with players arranged in four groups, each standing in a different corner. One to three players stand in the centre armed with soft (e.g. Nerf) balls. You might also try rolled-up(clean), socks instead. On a signal, players must move to a new corner without being hit; only allow hits below the knees. Players may not return to the corner from which they have just come.

Once hit, players must switch places with those in the middle, or keep score (how many times have they been hit). Alternatively, you may ask them to leave to answer a skill question, after which they may return. *Do not* have Scouts sit out.

Patrol/Troop Time

Get patrols to exchange their coded message (made up earlier) with another patrol. Allow a few minutes for your Scouts to solve the code before having the patrol who constructed it reveal the code and message. Make sure each code gets "cracked." Share the many codes with the entire troop. λ

IN THE MARKET

What's Hot in Family Camping?

by Ben Kruser

Scouting is the training ground for family campers. Many kids experience their first camp-outs with us, and later become adults who take their own children on outdoor adventures. Scouting is well-positioned to build on the growing interest in family camping. Here are some tips on super equipment to help you tap into this interest.

Call Your Stomach Willing

While wilderness provides the calling, your stomach provides the will. Cooking tasty, nutritious meals is not only a necessity, but a delight for car campers and hikers alike. Many people use propane because it's easy and gives high output. Most Scout Shops carry Coleman two-burner propane camp stoves. With the right attachment, you can even hook up your propane lantern.

If you organize large-group camping, you might need a high BTU stove, such as those produced by Camp Chef. These excellent ranges can cook enough chicken fajitas in about 20 minutes to feed 30 people. You'll only have to clean the griddle when you've finished eating. Ask at your Scout Shop for information.

To find outdoor clothing twenty years ago, you would have shopped either at a rustic, outdoor specialty store or the Army surplus dealer. Now, outdoor clothing enjoys mainstream popularity because of its rugged look, and its durability. Many Scouting groups provide families with a chart showing what uniform parts to buy. In the same vein, try sending home a chart showing how children should dress in layers for outdoor activities. You'll educate youth as well as their parents. You may even prevent kids from wearing sneakers to your next winter camp-out!

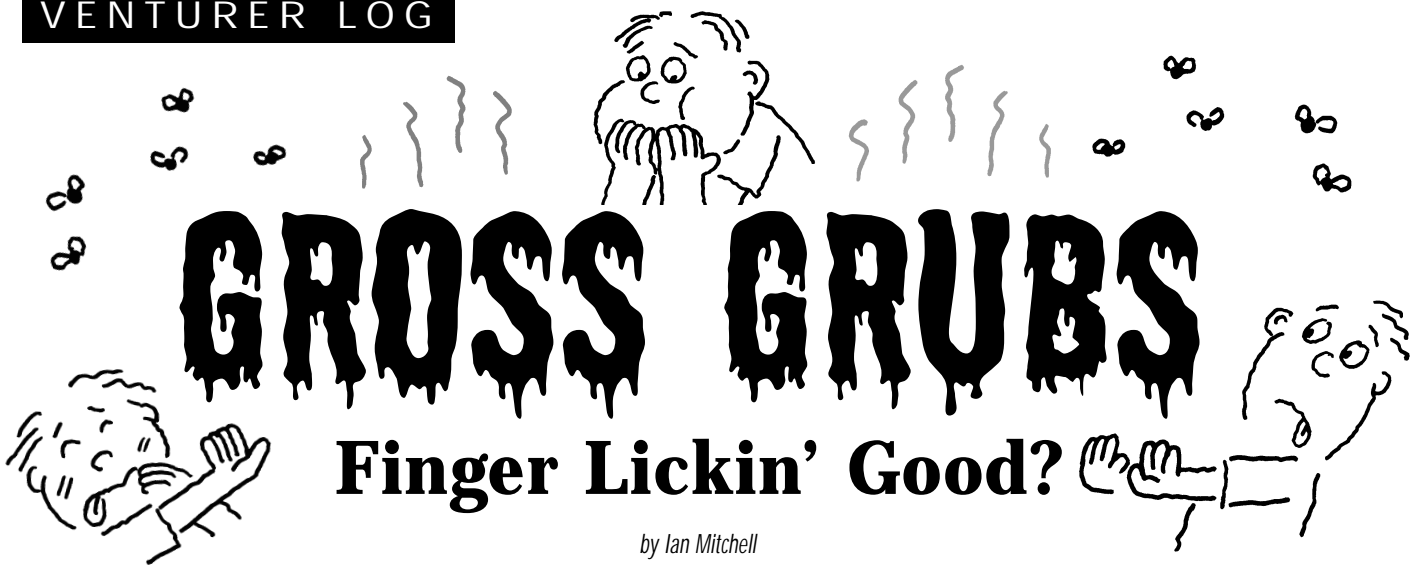
Use the Right System

Many Scout Shops now carry "system" clothing. This means clothes that adapt for different seasons or uses. You'll find jackets, for example, with removable fleece liners. These are more cost effective than one-piece jackets, and more versatile for outdoor activities. Scout Shops also carry our great line of fleece vests suitable for home or office wear. Don't forget to ask your Scout Shop manager about waterproofing products as well.

Finally, child-sized packs prove essential for children to enjoy hiking. Often, parents think they can get by with a cheap pack, forgetting that their kids will have to carry it. The best way to turn kids and adults off outdoor activities is by giving them unsuitable equipment. Scouts Canada's two lines of backpacks are designed with children in mind, and will provide years of comfortable use.

Call the Professionals

For sound advice on all outdoor essentials, contact your local Scout Shop. Our expert staff understand what Scouting members need, and how to help families enjoy the outdoors. λ



Finger Lickin' Good?

by Ian Mitchell

Venturers have a very sick sense of humour. That's no secret.

So let's 'feed' their bent humour with these recipes from a book called *Gross Grub*, by Cheryl Porter. Give your Venturers a copy of this book before their next camp. If these tasty morsels of road kill don't make their stomachs churn, nothing will!

DIAPER DUMP PORRIDGE



You'll need one can (10 oz) beef broth, one tube refrigerated biscuits, and one can (10 oz) chicken broth. Gather together two small saucepans, a knife, a slotted spoon, a soup ladle and four soup bowls.

Pour the beef broth into a saucepan. Set aside and *don't* add any water.

Remove the biscuits from the tube, separate them and carefully cut each one in half. Then, using clean hands, sculpt the pieces into "dump" shapes.

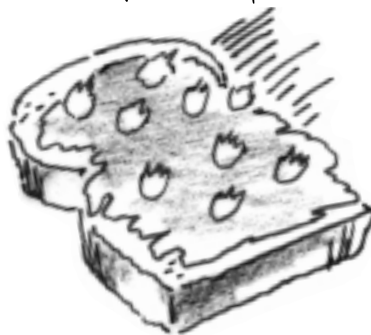
Add the dumps to the beef broth. Place the dumps and broth over medium heat, and cook until the mixture comes to a boil. Turn the heat to low, cover the pan with a lid, and simmer for 15-20 minutes. Check the broth level often; don't let it boil dry. The dumps should be cooked, but not falling apart.

Pour the chicken broth (diaper fluid) and one can of water into the second saucepan. With a slotted spoon, carefully transfer the cooked dumps from the beef broth and place in the chicken broth pan. Heat the chicken broth according to the directions on the can. Serves four.

Sick-o Serving Suggestion

When you've finished eating, place a container of baby wipes on the table for Venturers to clean up with!

SPIT WAD SANDWICHES



Besides a butter knife and plate, each sandwich requires two slices of bread, creamy peanut butter, and two large marshmallows.

Spread each slice of bread with peanut butter. Using clean fingers (optional), pull marshmallows apart so they form many, tiny spit wad-sized pieces. Press the marshmallow wads onto the peanut butter. Put together (wad sides facing each other), and enjoy. Serves one spit wad loving teenager.

Sick-o Serving Suggestion

With a pencil, write each Venturer's name on torn pieces of notebook paper. Place a small amount of vegetable oil in a bowl; dip the paper into it until the paper is completely covered. Crumple papers into balls and place one spit ball on each plate. Venturers must open the spit wads (using clean fingers) to find out where they are sitting. If they don't open their name, they crumple the paper back together and go on to the next plate.

NOSE BLOW BURRITOS



These tasty burritos are a guaranteed hit. They require two medium tomatoes, 1 lb ground beef, one package burrito or taco seasoning mix, one can refried beans, eight to ten burrito-size soft flour tortillas, 8 oz guacamole, and 16 oz sour cream.

You'll need a knife, a cutting board, three bowls, frying pan, five spoons, a spatula and a small saucepan.

Dice the two tomatoes into small pieces and place in a bowl. Put the ground beef into a frying pan, sprinkle with the burrito seasoning and sauté over medium heat until it's well browned. Drain grease, cover and set aside.

Cook the refried beans in a saucepan over low heat, stirring occasionally. When the beans are hot, gently combine them with the ground beef in a clean bowl.

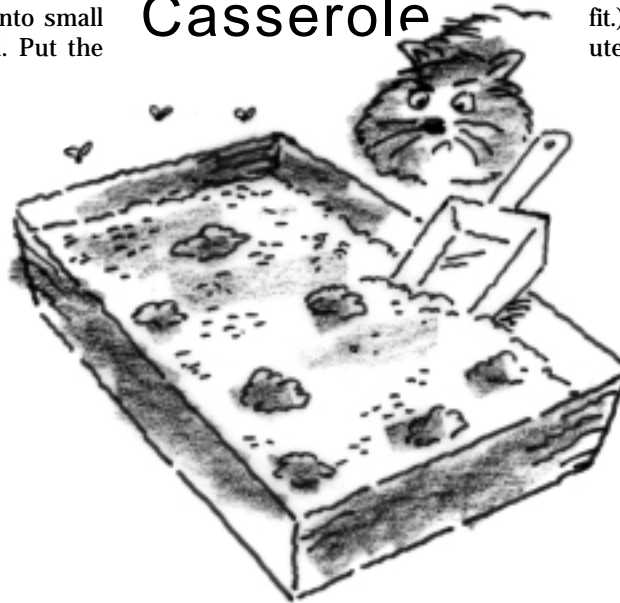
To build the burrito beaks, set one tortilla on a dinner plate. Spoon approximately one and one half inch wide strips of guacamole dip (rancid mucus) down the centre of each tortilla. On top of that, spoon a strip of sour cream (fresh mucus). Add layers of ground beef, refried beans, and the chopped tomatoes (pieces and chunks).

Tightly fold the left and right sides of the tortilla over your ingredients, then tuck the lower third of the whole burrito under itself, making a nose shape. Use a knife to cut out two large holes for nostrils. Gently squeeze the burrito so the ingredients start to ooze out the "nose."

Sick-o Serving Suggestion

Instead of napkins, set each Venturer's place setting with an individual packet of facial tissues.

Cat Litter Casserole



For this casserole you'll need some dumplings. To make them, gather one cup Bisquick mix, one cup shredded cheddar cheese, and 1 lb ground beef, turkey, pork or sausage.

The litter ingredients are two cups long grain rice, three and three quarters cups of water, two teaspoons salt, two tablespoons butter or margarine.

For kitchen tools, gather one large mixing bowl, a rectangular baking pan, a deep saucepan with lid, a fork, paper towels, large spoons and a stainless steel pooper scooper.

Preheat the oven to 350° F. Using clean hands, mix together the dump ingredients in a large bowl. Mold pieces of this mixture into various dumpling sizes and shapes.

Place the dumps in an ungreased baking pan so they don't touch each other. (Use two pans if they don't all fit.) Bake the dumps for about 20 minutes or until they are all brown and slightly crusty.

While the meat cooks, put all four litter ingredients into a large saucepan. Heat the water on "high" until it comes to a boil. Stir, turn the heat to low and cover the pan. Simmer for 14 minutes without lifting the cover.

Remove the saucepan from the stove and carefully (to avoid having your face melted away by the steam), lift off the cover. Break apart (or "fluff") the rice, and set the pan aside.

When the dumps are cooked, carefully transfer them onto paper towels to drain.

Spoon the rice and dumps into the now-empty baking pan, leaving some dumps partially uncovered—the way Kitty does when she's in a hurry. Use your pooper scooper to serve. This recipe feeds eight to ten litter box lovers. \

FINGER LICKIN' GOOD RECIPES



If you liked these recipes, get the book *Gross Grub*, by Cheryl Porter. It will really spice up your outdoor cooking.

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Understanding Our Principles and Mission: *Part 1*

from Rob Stewart

Often, people ask us to define Scouting's Principles and Mission.

Have you ever been inclined to simply recite the Principles as, "duty to self," "duty to others," and "duty to God"? Perhaps you've described our Mission simply as, "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."

Great! That's done! Next question. Ahh... I beg your pardon? You ask, "What does that mean?" Ahh... well, isn't it self-explanatory?

Sometimes it isn't. Given a bit of time to think, we could all provide some form of answer or opinion to someone asking the question, however, staff at the World Bureau have come to our rescue. They've written a magnificent document entitled, "Scouting: An Educational System." Over the next months I hope to share some with you. Let's start right now with our Principles. These form the very foundation of the Scouting Movement.

Fundamental Beliefs

Every movement has a number of fundamental beliefs which:

- ☞ Underline the purpose of its existence.
- ☞ Orient what it seeks to achieve.
- ☞ Describe how it goes about achieving its goal.

However, a movement must offer clear guidelines which help "orient the development" of the young person towards these goals. Scouting's Principles provide these guidelines. They form the basis of the value system which governs the Movement as a whole.

Duty to Self

Each person has a duty to develop his or her autonomy and assume responsibility for individual actions. In Scouting, this includes:

- ☞ Taking responsibility for your own development (physical, intellectual, emotional, social and spiritual).
- ☞ Striving to live life in a way which respects yourself as a person (e.g. taking care of your health, standing up for your rights as a human being, making decisions that you feel are right for you as a person, etc.).

Duty to Others

In broad terms, this involves your responsibility towards everything material that is not yourself. It means:

- ☞ Recognizing and taking into account the way you live your life. Recognizing that you aren't the only important person on Earth, and that each person has rights, feelings, hopes, needs, etc.
- ☞ Recognizing that people are interdependent. Everyone needs relationships to fulfil themselves as persons, and everyone can benefit from the contribution that each person makes to the world.

Each person has a responsibility towards others. This involves:

- ☞ Respecting each person's dignity.
- ☞ Playing an active and constructive role in society, and making a personal contribution to it.
- ☞ Helping in times of need, and defending the defenceless, whether they are your next door neighbour or whether they live on the other side of the world.
- ☞ Recognizing, and taking into account the way you live your life, and the integrity of the natural world.

Duty to God

Each person has a responsibility to search beyond the material world for a force higher than ours. This involves seeking:

- ☞ A spiritual reality that gives meaning and direction to your life.
- ☞ To discover meaning in spiritual values, and to live your life following these values.

When Scouting members make these three simple principles truly part of their life and adhere to them closely, it will preclude any form of fanaticism.

What's Coming Next Month?

Is this helpful?

Next month, we'll explore details and background relating to our Mission. Please use the information in this article in training sessions, as well as discussions with other Scouters and youth. λ

From the Awards File

by Rob Stewart

Matthew Lambert's dad lay trapped and severely injured under part of his car, on December 2, 1997. He had been working on an old automobile outside his home, and was unable to communicate verbally with his son because his head was pinned under the vehicle. Matthew remained calm. Interpreting his dad's hand signals, he pulled a heavy, 60 kg jack into place to lift the car off his father's body.

The accident took place just as the family was preparing for dinner, so after helping his father to the house, Matthew finished cooking dinner and served it to his younger brothers and sister. (His mother drove the father to a hospital.)

"If quick and appropriate action had not been taken at the time of the accident," said the attending doctor, "this man's life could have been lost, or permanent brain damage could have occurred."

For his quick actions during this crisis situation, Matthew was awarded the Medal for Meritorious Conduct. The Governor General of Canada presented his award in November 1998.

SCOUTER'S 5

Your State of Mind

- Here's an optimistic, "think positive" poem that will encourage Cubs and Scouts. Ask them to read it over several times. (Perhaps some may want to mime it.)
How do they "feel" when they act confident? Do they feel as confident when they act uncertain? Are there any statements in the poem that are misleading or untrue? (Hint: Do we all have the same opportunities to succeed? Is luck ever a factor in success?) What's the basic truth this poem offers for everyone, regardless of where they live, their education, or family background?

If you think you'll lose, you've lost.
For out in the world you'll find,
Success begins with a person's will.
It's all in the state of your mind.

Think big and your deeds will grow.
Think small and you fall behind.

- Think that you can and
you probably will.
It's all in the state of mind.
- Life's battle doesn't always go,
To the stronger or faster man.
But sooner or later,
the person who wins,
- Is the one who thinks he can.
— Thanks to Linda Kish, Lethbridge, AB.

Scouter's 5 Minutes

Jan. '99

RECIPES

- Sometimes all it takes to breathe more life into camp menus is a new cooking technique or tip. Guy Mandeville (ADC Training for Trenton District/White Pines Region) shares some of his culinary words of wisdom.

Fish Tales

- If you're looking for an interesting new coating when frying fish, try this tasty idea.
Mix one cup of corn flour, 5 mL salt, 5 mL paprika and a generous shake of garlic powder. Roll fish fillets in the mixture, then pop them in the frying pan.
Fillets or whole fish keep several days longer if dipped in vinegar and drained before storing in an ice chest.

Add Zest to Your Meals

- Put peeled sections of one garlic bulb in a small bottle and fill with salad oil. Cap the bottle and keep it cool. A few drops of this magic mixture adds excitement to any dish, sauce or dressing.
Give gravy a special flavour and colour. Add 250 mL of leftover coffee as part of the liquid. Never waste anything when camping, especially coffee!

A Pinch of Salt

- Sour fruits and berries taste sweeter if you stir a pinch of salt into the fruit along with the sugar. A little salt is always better than too much.
When cooking, be stingy with the salt. Have a salt shaker on the table so people can decide on their own how much salt goes into their food.
Avoid lumpy gravy by stirring a pinch of salt into the flour *before* adding water. It works almost every time.

Recipes

Jan. '99

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Thank You Lena Wong

I was very disappointed to read that Lena Wong's last "Fun at the Pond" column was published in the October '98 issue. For the past years I have gained immensely from her ideas. In recognition of her contribution, I've penned a short poem to Lena.

I have never met you, but I know you.
 I have never seen your face
 But I know your smile, for I have seen it
 on a hundred Beaver faces.
 I have never heard your voice
 But I have heard your laughter in
 a hundred Beaver voices.
 I have never watched you draw
 But I have seen a hundred of your unique Beaver crafts.
 I have never watched you play
 But I have heard the excited screams
 of a hundred Beavers being chased.
 I have been greatly enriched by your
 contributions to the Leader Magazine.
 I have never met you
 But I am a much better leader
 for knowing you.

I'm starting my fourth year as a Beaver leader and have constantly relied on Lena's ideas for weekly meetings. Her craft ideas are creative, stimulating and economical. Her many games are challenging and great energy burners.

All the best in the future, Lena. You have greatly enriched the lives of a lot of Beavers all around the world.

— Gerry Ryan, Ottawa, ON.

It's a Great Scouting Family

Last spring, as dry conditions ignited forest and prairie fires across Canada, flames threatened to destroy my home and farm. Though I thought my family would have to deal with the crisis alone, I soon found out that Scouting is more than just a weekly youth activity.

As soon as I received word that a forest fire was threatening my farm, I raced home. When I pulled into my yard ready to sprint into the barn to rescue my horses, I noticed 12 Scouting friends had already taken them from the structure. They had also loaded my most precious possessions on trucks in preparation to escape the approaching conflagration.

Together we worked feverishly as flames roared skyward nearby. The forest fire never did reach my home, though it advanced frighteningly close. It left behind burnt grasslands, charred trees and a smoky haze. The fire left a more lasting legacy: the realization that Scouting is full of people who really care; people who are committed to others.

I'm truly impressed by this brotherhood of Scouting, and I am honoured to be a Scouter.

— Nancy Hodgson, Bruderheim, AB.

What's a Sugar Hangover?

In the October '98 *Leader* you wrote: "Children who eat too much sugar at Halloween may suffer from sugar hangovers. The symptoms include headaches, listlessness and aches."

As a general practitioner, I have never heard of a "sugar hangover" before. Certainly sugar causes serious problems for sufferers of diabetes. Sugar also causes tooth decay if people don't brush their teeth.

A recent article in the *New England Journal of Medicine* disproved the commonly heard belief that too much refined sugar makes children "hyper." People hold the Scouting Movement in high regard; they may not question statements that appear in **the Leader Magazine** — statements that are not scientifically grounded.

Unless you can find a description of a "sugar hangover" in a textbook dealing with internal medicine or endocrinology, or in a medical journal, please retract your warning about sugar hangovers. X

— Robert Shepherd, MD, CM (Venturer Advisor, Gloucester, ON)

Editor's Note

Thank you for pointing out this discrepancy. At **the Leader Magazine** we strive for accuracy. We also want to protect children from unhealthy eating practices and lifestyles.

We obtained this information from a pharmacist who noted that eating excessive amounts of sugar can cause these symptoms.

Homenetmen and Scouting Keep Armenian Culture Alive

by Bryon Milliere

Imagine a large neighbouring country invading and taking over your small home country. Everyone flees around the world to any country that will take them. All that you have left from your homeland is memories and faith. How will your children know their heritage, their cultural roots and their religion now that they are far removed from the "old country"?

This is the story of the Armenians. Uprooted from Armenia during the expansion of the Soviet Union, Armenians scattered around the globe and founded new communities far from home. In 1918, displaced Armenians formed Homenetmen, the Armenian General Athletic Union and Scouts. Its mission: "To prepare physically strong, intelligent and morally high-valued Armenians and model citizens by teaching them to be robust, brave, patriotic, punctual and disciplined; by developing their conscience of obligation, their feelings of duty and honour, their spirit of harmony and mutual assistance; and by endowing their mind and their heart with the noblest sportsmanship spirit."

Homenetmen In Canada

In Canada, Homenetmen first sponsored a Scouting group in 1958. Large groups operate in Montreal and Toronto. Members come from across the community to participate in weekly meetings, camps, cultural and faith activities. Armenians are Christians of the Eastern Orthodox denomination.

When you see a Homenetmen Scouting group, you'll notice the youthfulness of their leadership team. All leaders are under 25 years of age! Activities and training events focus on developing young members into leaders. Becoming a leader is a natural conclusion of participating.

Many activities take place with the Guiding sections, including an annual nine-day summer camp. Members enjoy camping, canoeing and building large pioneering projects. Homenetmen Scouting groups have taken part in five international jamborees since 1958. The groups camp in winter by section; youth spend most of their time outdoors except for eating and sleeping.

Community service includes:

- Helping at church functions by serving dinner.
- Helping with dignitaries.
- Assisting with the Telephone of Stars (similar to the Make A Wish Foundation).

Scouting Builds for the Future

Many members have gone on to positions of leadership and responsibility in government, education, business and professional roles. At a celebration on Parliament Hill commemorating the 80th Anniversary of Homenetmen, several ministers who were former members came out to offer their congratulations to a cultural organization making a difference with youth.

Homenetmen and Scouting really is keeping Armenian culture alive! X

Yes We're Changing... *For the Better!*

by David Huestis

Change.

The very word suggests difficult, challenging and even somewhat frightening times. Scouts Canada is facing change at all levels, and it is my privilege as President to help lead the Movement as we enter a new era. Our challenge is to change, not challenge the change.

Scouting must change now, not simply for the sake of change, but to transform the organization into a much more efficient, cost-effective operation.

We must re-focus our efforts from that of administrative support to program delivery.

To achieve our Mission and expand our membership base, we must concentrate our limited human and financial resources on improving our programs, program delivery, and providing the appropriate and necessary resources to support programs and our leaders.

Expanding our membership is the critical issue facing Scouts Canada today. The changes that Scouting is undergoing (and will continue to undergo) are designed to deal with this vital issue and make the Movement more attractive and relevant for today's youth.

The Business of Scouting

We must improve the way we do the "business of Scouting." With very few exceptions, the way Scouting has been managed and delivered has not changed in the 20 years I've been involved as an adult. We've often debated and discussed change, but ultimately dismissed it. We've been afraid to do things differently; that has cost us. Our membership continues to erode, meaning we fulfill our important Mission with fewer and fewer young people each year.

I know the importance of supporting local groups; I've been a volunteer at all levels of Scouts Canada. In fact, I continue my local involvement as group

committee chair at Lancaster Baptist Church (NB). The success of our Movement takes place at the group level — trained, well-supported and caring leaders providing programs for young people. Our values-driven programs help youth to become responsible citizens in our wonderful country.

Expanding Scouting's membership is our critical goal.



Several other issues go hand in hand with membership and leader support. Over the next two years I will focus on them. They include: finance, internal communications, public awareness, structure, and the Management Board.

Finance

We need a financially vibrant Movement. We need enough funds coming in so we can provide the necessary support to our members without worrying where the next dollar will come from. We should also be in a financial position to respond to exciting new initiatives.

Internal Communications

Our communications up and down the line must be more effective and efficient. A national database, or access to all members, will allow us to keep in regular contact with current and former members. It will also help further ongoing research with our members.

Public Awareness

We need to do a better job of spreading the good news of Scouting to the public. Scouts Canada must become

more visible to our communities, leaders, MPs and senators, provincial and municipal officials, corporate Canada and our sponsors. We have a wonderful story to share. Let's get out there and tell it!

Structure

We must communicate the proposed structure changes to our members (see the December **Leader** for details), and obtain their support and "buy-in." We all need to put aside our "turfs," and move forward to a more efficient, faster-responding structure. A new structure will eliminate duplication, and put emphasis on helping leaders and groups provide innovative and exciting programs.

Management Board

Scout Canada's national board must be centred on our youth members and the dedicated leaders that provide programs. All of our decisions and discussions must focus on how we can better support our members.

Look Forward to the Future!

We Canadians are a very blessed nation. I hope I can share some of my time, talents and resources to help Scouts Canada face the challenging times ahead. In spite of the difficult decisions we face, I intend to enjoy my new role. I've always appreciated sharing my Scouting involvement with other dedicated leaders and volunteers. Scouting is a wonderful experience for youth and adults.

You are part of a very special group of people. Together, we can turn membership around and make sure all leaders are better supported. We can make Scouting a part of more young people's lives and better serve our Mission and Canadian society. I look forward to the future.

Good Scouting!

David Huestis
National President