

the leader

April 1997

VOLUME 27, NO. 8

*Camp
Wait for
Summer!*

YOUTH SCHOLARSHIP
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ANNOUNCEMENT

ROCKHOUNDS • 1812 ADVENTURE CAMP • KNOT-TYING EXPERTS

From the Commissioner's Tent

by Herb Pitts

April is full of its usual activities: Scoutrees preparations, ceremonies to conclude the Scouting year, evaluation of programs and activities, and more. We have much to celebrate.

CJ'97, for example, is just around the corner. Registration looks terrific and so does the site and the program. Membership growth is another positive area. Many indicators suggest that we'll see yet another increase in most (if not all) sections. This is great news!

Neither CJ nor membership growth just 'happen' on their own. Volunteer leaders and very dedicated professional staff must take credit for the successes we've enjoyed and the challenges we've overcome. I cannot express in a few words the debt we owe to the Scouts Canada executives working at all levels. They help us, the volunteers, reach our goals.

National Volunteer Week

April 13-19 is National Volunteer Week. Volunteers make a tremendous contribution to this country. Perhaps it is no more evident than in Scouting. We enjoy the support of about 40,000 leaders and 20,000 other adults. That works out to nearly one adult to four youth — this at a time when volunteer time is at a premium! Much has been said about the "dangers" associated with volunteering today, and we all have our own personal moments of doubt whether our contribution is productive and appreciated. But volunteering to help young Canadians is worth it.

I wish I could personally say "thanks and well done" to each of our volunteers.

Why?

Because you *do* make a difference to our world and to our country by giving your energy and talents. You do

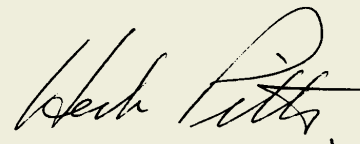
with them as much as you could. You do take the duty of caring seriously, and provide safe and challenging programs that develop our young members. You do deserve our recognition and appreciation. **Thank you!**

As we head into summer and look forward to another Scouting year, take comfort in your successes, anticipate more challenges, maintain the momentum and *know* your efforts are not taken for granted. If I don't see you at the Jamboree, then I'll see you on the trail.


In the meantime, thanks and good Scouting!

*Well done!
Well done!
Well done!
Well done!*

sacrifice your time to take part in Scouting. Your life partners and families also accept that, because of your dedication to Scouting, you'll not be



Herb Pitts, National Commissioner



You'll Be Hearing from Us

The Leader is conducting a telephone readership survey. A random sampling of readers will be called over the next month to get their thoughts and opinions of the magazine.

If you receive a call, please take the several minutes required to answer some questions. Your cooperation will ensure the magazine continues to meet your needs!

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the leader

The Canadian Leader Magazine

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Let your fingers do the knotting!

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“To the Barricades!”

ADVENTURE CAMPS FOR PIONEERS

by John Taylor

THE YEAR IS 1812. You're fourteen years old, clutching a musket and scared. In the distance you hear gunfire from an advancing enemy infantry column. Booming cannons thunder and belch forth smoke and flame. A cold tingle creeps down your back. But wait... it's only the Norfolk Militia reenacting the War of 1812. *Whew. Saved!*

Last year over 100 Scouts, Venturers, Rovers and leaders from Ontario's Haldimand District took part in an incredible 1812 adventure camp. Set in the Backus Conservation Area that includes a 19th century frontier village, the camp thoroughly immersed our youth in the romantic activities of this historical period. The realism ignited their imaginations.

Before arriving at camp all participants had to research the War of 1812 and find out about the era's customs and lifestyles. Some youth even made and wore typical costumes from the period.

After setting up our tents in the troop bivouac area, the camp began with a flag-raising ceremony. Dressed in a British officer's Red Coat uniform, the camp chief charted out the weekend, addressing the Scouts as if they were new recruits. Suddenly drums rolled and the high-pitched notes of a fife floated across the field as the

Norfolk Militia — a local group of 1812 enthusiasts — marched onto the field in full dress uniform. All right!

Rounders

“Rounders” was a popular game with both early pioneers and British soldiers garrisoned in Upper and Lower Canada. The game resembles baseball. Use a regular bat and softball.

When the batter hits the ball, it's a race between her and those in the outfield. Both the batter and the ball must follow the same route: 1st, 2nd, 3rd and home base. If the ball reaches home plate first (after having circled the bases) the runner is out. Fly balls count the same as any other ball; they *don't* make the batter automatically out.

Orienteering Trivia Race

Before arriving, leaders made up a list of 20 historical questions that the

“Better load 'er up lads — just in case the enemy arrives.”



Photo: J. Hunt

Scouts could only answer by exploring the pioneer village using map and compass, and deciphering an answer. Interperse your questions with pioneer-related topics dealing with first aid, survival, shelter-building and drying food. Pioneers were expert at these skills.

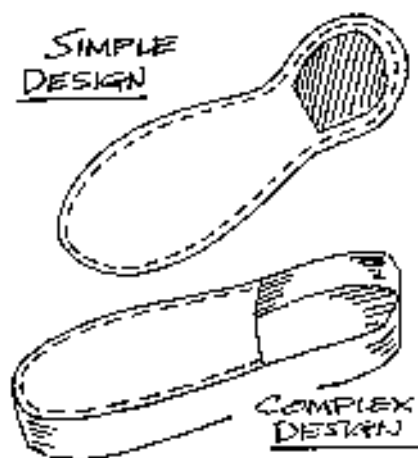
Moccasin Making

Soldiers in 1812 usually wore hard-soled shoes with square toes and buckles. These weren't practical in North America's harsh climate. Native Indian moccasins were the chosen footwear among many settlers.

Let youth design and make their own moccasins using robust vinyl, strong cord, an awl, scissors, needles and a pen. Several layouts are possible. The simplest involves tracing each foot on the vinyl (making a top and bottom for each foot), then cutting out a pattern that is about 2 cm larger on all sides. Now, simply stitch two identical patterns together leaving room to cut out an opening for the foot. (See diagram)

A more complex design involves tracing out patterns as described above, but cutting it *only slightly larger* than the foot dimensions. For the mid-section of each moccasin that joins the sole to the top, cut a vinyl strip about 2.5 cm wide. (See diagram) Now sew this narrow vinyl strip to the moccasin's sole and to the top covering. You might need some elastic to keep the moccasins on active feet.

Moccasin Designs



Keep Your Tinder Dry

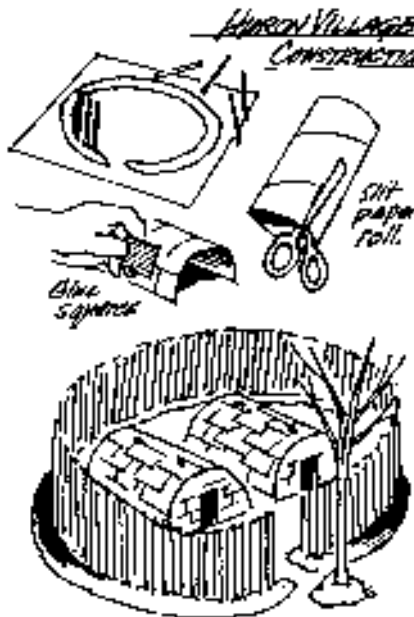
Fire-making takes on a whole new meaning when you're just using flint and steel.

Norfolk Militia members demonstrated the skill to our Scouts, then let

everyone take a turn. The exercise underlined the necessity of keeping your tinder dry. In 1812, if you couldn't start a fire, often you didn't eat.

Make a Huron Village

Aboriginal groups, especially the Huron and Iroquois, too relied on forts to protect themselves. Here's how to make one.



For each Huron village you'll need a package of brown plasticine, stiff cardboard 50 cm x 50 cm (the base), 75 twigs (about 15 cm long), a twig about 25 cm long, two toilet paper rolls, a sheet of 23 cm x 30 cm brown construction paper torn into 2.5 cm squares.

Roll most of the plasticine into a snake 1 metre long and 2 cm thick. Form it into a circle on the cardboard, leaving a 10 cm opening. Glue it in place. (See diagram) Stick the small twigs upright in the clay leaving very small openings between each twig.

Make the longhouse by slitting a toilet paper roll lengthwise and opening it into a "U". Poke smoke holes in the roof (as shown), and glue the brown squares all over to form shingles. Avoid the smoke holes. Repeat this for the second longhouse. Cover the fronts with shingles, too.

Use a bit of clay to anchor the longer twig — a lookout tree — in front of the fortified village. Now place the longhouses inside the palisade and add whatever other details you wish.

Tasty Snacks and Home Remedies

Settlers couldn't go down to the corner store to buy candies and sweets.

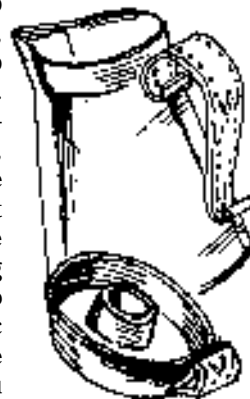
They had no money and there was no corner! Instead they made this delicious treat.

Mix 250 mL of honey with 50 mL of butter. During mug-up, spread it on toast, a cracker or biscuit.

Honey had many medical uses. It was mixed with 125 mL of hot water and swallowed to sooth a sore throat, and it was rubbed on scratches as a medicinal salve. Only much later did doctors find out that honey contains antibiotic-like ingredients that slow down the growth of germs.

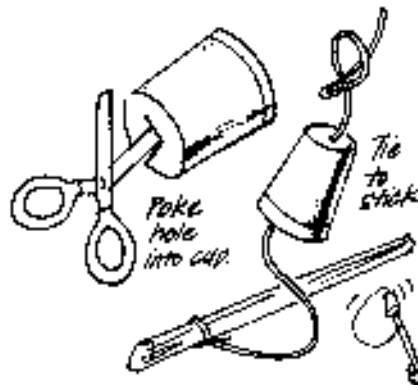
Tinkering Around

A tinker was a person who made objects (like jugs, cups, candleholders and dippers) from tin. Let your Scouts cut the top out of soup cans with a can opener, making sure all sharp lips have been smoothed. With tin snips, cut a handle from another can, bending over each edge (see diagram); bend it into a curved handle shape. With a soldering iron, attach the handle to the cup. Use this basic method to make a candle holder and water jug. You might even want to use simple rivets. What patrol can design a candle lantern which has large holes punched in it with a nail?



Cup-on-a-Stick Toy

Children in the 18th century sometimes made this toy after carving a cup from wood or bark. Make yours with a paper cup, string (35 cm long) and a stick.



Poke a small hole in the bottom of the cup, then thread the string through the hole. Knot the string in place so it won't slip out. Tie the other end to the stick. (See diagram) Cubs and Scouts must try to catch the cup on the stick.

1812 Supper Competition

On Saturday night all patrols took part in a cook-off using only food popular with early pioneers. This included dried and fresh fruit, vegetables, meats and grains. Typical dishes from that time included soups and chowders, stews (a mainstay), flapjacks, corn meal mush and puddings.

If a patrol hoped to win first or second prize, it knew it would have to stick close to 1812 standards. Winning meals also were judged according to nutritional value, presentation and imagination.

Woodcutting and Pioneering Projects

Militia soldiers and pioneers spent much of their time cutting logs for fuel and fortifications. We organized a timed, two-man log sawing competition so Scouts could 'taste' the hard work and feel the sweat.

"Lunch time!"

Through the centuries these words have never lost their appeal.



Photo: J. Hunt

Many thin poles were also available because each patrol had to construct two pioneering projects. These could be a gate entrance, wash stand, table. The Scouts had to demonstrate a variety of knots, both advanced and basic. Tie this activity into an "off the ground" game where each patrol has half an hour to build a structure strong enough to support all its members above the ground.

By the end of our camp 66 Scouts had earned a Troop Specialty Badge. It was a raging success. Plan your own 1812 or pioneer adventure for a weekend camp. Not only will it connect your Cubs and Scouts to their heritage but it will also build anticipation for your fall program.

— John Taylor is an adventure-loving Scouter who lives in Jarvis, ON.

PIONEER GAMES AT FORT KENTE

by Marion Andrews

Last spring Cubs and Scouts from the 19th Belleville Group, ON, camped out at Fort Kente for a weekend of pioneering adventures. Two hundred years ago the British built this fort on the shores of Lake Ontario to guard the soft underbelly of Upper Canada from a invasion. It became a rendez-vous point for trappers, traders, voyageurs and missionaries.

Our group decided to re-enact life from the early 19th century by cooking meals over open fires, playing old games and learning about our heritage.

Long ago children of settlers had to make their own games using common objects found around the log cabin. A pig's bladder made a good ball for kicking around a field or tossing in the air. Stones, straw and sticks

also made excellent game accessories to those with active imaginations. Here are some traditional activities.

Deer Skin Toss

Pioneers didn't waste anything. They ate deer meat and made the hide into pants, gloves and shirts. During barn raisings, the adults would get a

Whenever bread was in the oven, a group of Scouts was never far away.



Photo: J. Hunt

large deer skin and toss children up and down in it. Bring a heavy, tan-coloured tarpaulin to your camp and use it to toss your Cubs and Scouts in the air. Get everyone involved holding the sides; make sure at least four adults hold the sides.

Duck on a Rock

Organize two teams. Choose a large, flat place to be the "bowling alley." Place a small rock on top of a larger rock at one end of the bowling alley. Stand 4 metres away and imagine the top rock is a duck. Each team member may take a turn throwing a stone at the top rock — either by rolling it along the ground or tossing it through the air. If you knock the duck off its perch, you score a point.

Tag Variations

Tag was a favourite with pioneer children. They played poison tag, shadow tag, chain tag and horseback tag. Here are the rules.

Poison Tag: When IT tags someone, that other person becomes IT and runs after others holding onto the place she was tagged.

Shadow Tag: Play this during a sunny day when dark shadows are possible. The object is to step on someone else's shadow to "freeze" them in place. No contact is allowed.

Chain Tag: When IT tags a player, the person must join hands and race after others. Eventually a long chain forms.

Horseback Tag: Choose the largest Cubs and Scouts as the horses, and the smallest ones as the riders. Put a dangling piece of masking tape on the back pocket of each rider. At a signal, a rider must mount his horse and try to get the masking tape from others. Horses are not allowed to use their hands.

Red Coat Tag

"Red Coat" refers to the uniforms British soldiers wore. Originally it meant running the gauntlet. The object of this game is to tag other players and make them soldiers.

One person acts as the Recruiting Officer, while a second is the Sergeant at Arms. The Recruiting Officer chooses a spot for his "den" and the Sergeant stands nearby. The free players come as close to the den as they dare and say: "Red Coat, Red Coat come out of your den. Whoever you catch will be one of your men."

When others don't expect it, the Recruiting Officer bursts out of the den suddenly and tries to get someone. If he can hold him long enough to say "Red Coat" three times, the tagged player becomes a soldier and enters the den. The last two players become Sergeant and Recruiting Officer in the next game. X

— *Marion Andrews is a history buff and Scouter with the 19th Belleville Pack.*

Baggy pants and floppy hats. Every fashion-conscious Scouter had to look the part.

Program Links

Cubs: Canadian Heritage Badge, Aboriginal Awareness Badge, Handicraft Badge.

Scouts: Cooking Badge, Troop Specialty Badge, Scoutcraft Badge, Gold Stage Citizen Badge, Campcraft Badge.

Venturers: Outdoorsman Award, Social and Cultural Activity Award, Exploration Activity Award.

Resources

Two outstanding resources for a pioneer theme program are *Forts of Canada*, by A. Owens and J. Yealland (Kids Can Press), and *A Pioneer Story*, by B. Greenwood (Kids Can Press). Both books are well illustrated and provide a rich assortment of craft ideas, games and theme projects. A *must* for your library.



Photo: J. Hunt



Photo: Brad Beal

Pioneers didn't live a life of idle leisure. A sawing competition gave everyone a taste of hard work. What craft project could you make with the wooden disks?

ROCKHOUNDS

CHIPS OFF THE OLD BLOCK

by Rod Klassen

“Do we eat rocks?”

“Of course not!” you might say.

“But we eat salt, and that’s a mineral. Rocks are made up of various mixtures of minerals.”

There isn’t a child in Canada who hasn’t picked up a rock and wondered at its colour, shape or feel. Maybe a brief sparkle made his heart skip a beat as he whispered, “Gold!”

Who wouldn’t want to find a fossil. Yet they’re all around us imbedded in rocks, if we would only look.

Canada is mantled almost everywhere by remnant deposits from the last ice age. During your next weekend hike, get down on your knees and take a bugs-eye-view of the earth. You’ll see many colours of rocks and sand-sized mineral crystals that have been “bulldozed” together by glaciers. If you’re standing on a huge rock platform, look for long scratches going in the same direction. These might have been caused by a glacier passing over it many thousands of years ago.

Starters

Ask a geologist to lead your group on a Saturday hike to explore local outcroppings. Collect the most interesting rocks you can find and organize them by colour. Look at them under a magnifying glass. Can you see the ‘grain’ in some? Is there a coloured pattern? Do any rocks break or crumble easily? Wear safety glasses to protect eyes when picking away at them. Sedimentary rocks are formed of gravel, clay, mud and rock fragments deposited by water and compressed for millions of years. They often look like concrete; some have shells from ancient oceans formed even before the dinosaurs.

Bring your rocks back to your meeting place and put them on a regional map in the place you found them. Do certain areas have similar rocks?

Build a Display Case

Cubs, Scouts and Venturers will enjoy making this wooden display case with individual pockets for each rock specimen. Each case requires

1 piece of pine for the outside frame (150 cm x 4 cm x 19 mm), 3 mm plywood, finishing nails, sandpaper, a square, saw, carpenter’s glue, varathane. You will also need pieces of pine 1 cm thick and 4 cm wide to form the individual pockets (approximately 275 cm long).

Cut the outside pine frame into four pieces

(2 x 45 cm and 2 x 30 cm). Glue and nail these into a rectangle, 4 cm deep to hold the rocks. Cut the plywood to fit the frame, and glue and nail in place. (See diagram opposite page)

Now cut and glue in place the 1 cm x 4 cm pine pieces to form individual pockets. Cut six vertical pine pieces about 28 cm long, and put into position keeping them in place with glue. Cut smaller pieces to complete each individual rock holding pocket. (See diagram) Sand and varathane your display cases when finished.

If Beavers and young Cubs want to make a simple display case, a painted egg carton works well. It even has a closing top.

Rock ‘n Roll

This experiment demonstrates erosion and how rocks break down into pebbles and eventually sand.

Put 50 mL of water in a can. Drop in several small, sharp-edged brick pieces. Secure the lid, then let five or ten people shake it vigorously 100



“That’s not gold. It’s granite!”



Photo: Paul Ritchie

“This rock looks like a dinosaur’s tooth!”

Inset photo: Allen Macartney

times each. Open the can, and look at the fragments and water. Scrape your fingernail along the inside of the can and look at the grainy bits. It takes thousands of years for wind, water and ice to grind rock fragments into small pieces.

Home-Brewed Soil

Soil is a mixture of rock particles and organic material like decaying leaves, wood, fungi and moulds. These blend together to form different types of soil. Dig up samples from a variety of areas and compare the appearance. Look at it with a magnifying glass.

Make your own soil by collecting leaves, water, sand, lichens, seeds, rotting wood and dead plant particles. Mix the ingredients together in a clear plastic bag for 3-5 minutes squashing and crushing it thoroughly. Now look at your soil. What is its texture? Does it have a specific smell?

Sandwich Geology

When out on a hike, look for a gully or area where a stream has cut through the ground exposing different layers of soil. Take a close look at these layers. The top layer supports grass and plant life. Beneath the organic cap are many types of rocks and debris that can tell a fascinating geologic story. The next layers might be grey (clay), sandy, gravelly or even solid rock.

Over the years these layers are put down by forest debris (leaves, twigs, lichens), and flood water or glacier ice carrying clay, silt, sand, and rock fragments. Lava or volcanic ash might occur in these layers — particularly in western Canada.



"I've got shiny rocks, smooth rocks, round rocks.... oops... that's a marble."

Photo: Allen Macarney

Demonstrate rock layering by making a sandwich. Next to a plate (representing hard bedrock) put down a slice of white bread (sandstone), then peanut butter and raisins (a stone conglomerate), next might come brown bread (shale), jam (limestone), followed lastly by dark rye bread (representing brown sandstone).

Stone Age Bowling

Push a heavy stick into the soil so it stands about 30 cm above the ground. Balance a large stone on top of it.

Now give everyone three small pebbles. In teams they must try to hit the balancing rock while standing 2 metres from the rock. A hit scores one point.

The Acid Test

Some rocks help neutralize acid rain. Let's try to identify them. **Wear goggles for this experiment.**

Drop a small rock in a measuring cup of vinegar, or scratch a rock with a nail and put a drop of vinegar on the powder. Does the rock (or rock powder) start fizzing? If it doesn't, scratch it and try again.

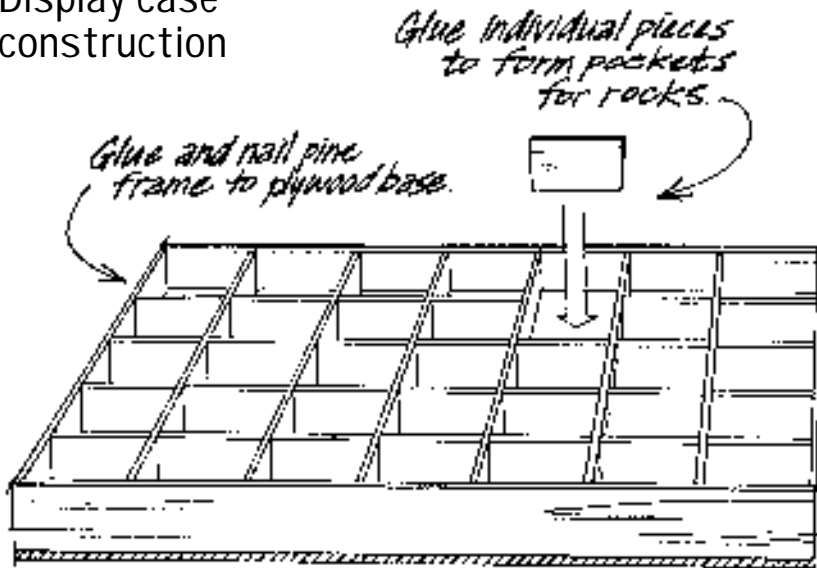
The fizz you see from some rocks is carbon dioxide being made. Carbonate rocks that underlay a lake will help buffer the affects of acid rain.

Geological Landforms

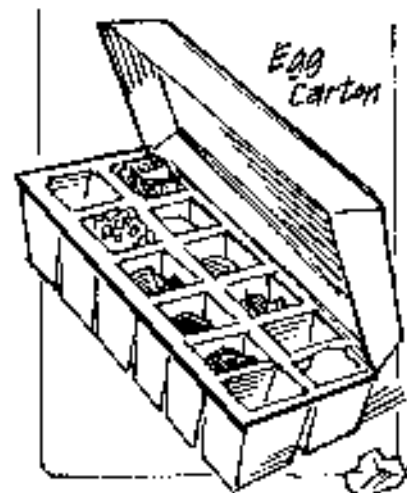
The Grand Canyon was created by the Colorado River carving a path through the rock and sand. Let's duplicate this action.

Use sand, water and a large pan to see what rivers do when they erode and move soil. Pile *dry* sand up and blow onto it with a straw. This imitates wind action. Where does the sand go? How does the wind pile it up? (Dunes)

Display case construction



Simple display case for Beavers and Cubs



Make a mountain with damp (not wet) sand. Place a small rock under the pan so water will flow away. Sprinkle your mountain with a very gentle rain from a watering can. The 'rain' should fall straight down. Where and how does the sand go? Does it form a flood plain? A channel? A delta? A sandbar? Can you find local examples of these in your neighbourhood? Has the rain formed a 'river'?

Be My Rock Pal

Your Cubs or Scouts can make a geological map of Canada by writing to other groups. Ask them to send you small rock samples from their area. When the rocks arrive, look at them carefully. Use a magnifying glass. Do you see any fossils? Do they crumble easily? Can you scratch them with glass or a metal awl?

Put each rock on a map of Canada. Write to mines in your area, asking for ore samples and descriptions. Place these on your map too. You might even want to bring rock samples to CJ'97 to exchange with other rockhounds.

Photographic Challenge

Compile a photographic record of geology in your area during hikes and camping trips. Identify the rocks. How do they affect the landscapes appearance? Are they exposed? What colours and texture do they have.

Magnetic Attraction

Has your compass ever led you in the wrong direction during a hike or

canoe trip? Perhaps, unknowingly, you were passing through an area with magnetized rocks.

Here's an interesting experiment to identify magnetized rocks. Tie a thread around a small rock chip and suspend it near a magnet. What happens? Is the

DID YOU KNOW...?

- The fluoride we use in toothpaste comes from rocks.
- The largest pure gold nugget ever found weighed 70.9 kg. It was found in Victoria, Australia.
- Copper (in pipes and wires), iron (in cars and buildings), aluminum (in airplanes), graphite (in pencils), and gold (jewellery) all come from rocks.
- Chalk is made from tiny sea shells.

rock attracted to the magnet? If it is, the rock might contain metallic traces, like iron or nickel.

Now move a compass toward the rock. Does the magnet's needle start to swing? If it does, the rock is magnetized.

Book 'Em!

You can book a knowledgeable geologist through the "Innovators in the Schools Program" (national), "Rent a Scientist" (Nova Scotia), the Calgary Science Hotline, or "Science in the Schools" (BC). For a listing of educational materials available through the Geological Survey of Canada, contact them at Communications Office, Geological Survey of Canada, 601 Booth Street, Ottawa, ON, K1A 0E8. Phone: (613) 995-3084 or fax: (613) 995-3082. Internet: vodden@gsc.nrcan.gc.ca.

— Rod Klassen is a geologist with the Geological Survey of Canada. He has an active Scouting background.

Resources

Three books really worth consulting are *Earth Facts*, (Firefly Pocket Guide, Firefly Publishers), *Rocks and Minerals*, (Eyewitness Books, Stoddart Publishers), and Susan Bosak's outstanding, *Science Is...* (Scholastic). ^

Program Links

Cubs: Black Star, Observer Badge, Handicraft Badge, Collector Badge, Home Repair Badge, World Conservation Badge.
Scouts: Science Badge, Specialty Badge, Collector Badge, Builder Badge.

ROCK COLLECTING SPRING CAMP

by Bob Cano

Last year Cubs from the 36th Glebe St. James Pack in Ottawa, ON, enjoyed a rock hunting spring camp. When not climbing over barren outcrops looking for unusual rock colours, the Cubs searched excitedly for unusual patterns that could indicate a fossil. A magnifying glass came in handy.

Back at our cabins, everyone set out all their rocks and tried to identify sandstone. A geologist — the celebrity guest — helped bring rocks 'alive' for the weekend. Everyone went home with a new appreciation for the humble rocks under our feet.

— Bob Cano is a Cub leader in the National Capital Region.

JUMPSTART YOUR ROCK PROGRAM

Looking for more great rock collecting ideas?

A JUMPSTART "Rockhounds" program package is available in Scout Shops coast-to-coast. Pick up a copy today, then launch your pack on an exciting geology field trip.

An Open Letter to Scout Leaders and Venturer Advisors

Hi!

I'm Sean Naldrett, age 19, a second year political science student at the University of Manitoba. As well as being an active member of the 49th Winnipeg Group, I'm also chair of the Manitoba Scouts Canada Youth Committee and a member of the National Communications Committee.

I would like to tell all Scout leaders and Venturer advisors about the upcoming 19th World Jamboree in Chile.

In 1993 I attended CJ93 in Kananaskis Country, Alberta, with my Venturer company. Without doubt this Canadian Jamboree was a highlight of my Scouting experience. While at CJ93 I learned about the 18th World Jamboree to be held in Holland in the summer of 1995. At just over \$3,000, it seemed out of reach, but I really wanted to go.

When I got home from CJ93, I talked to my parents about going to the World Jamboree. They had loads of questions and, of course, were concerned about the cost, too. But I was persistent. This World Jamboree sounded great!

Next I spoke to my Venturer advisor; on my behalf he spoke to the group committee. After their discussions, my advisor brought word that the group was prepared to help me, but I would need to raise as much of the fee as possible myself. With various fundraisers, the support of parents and relatives and some part time work after school, I raised the cash to go to Holland.

Awesome!

Let me sum up my Holland experience in one word — AWESOME! While it's now been 20 months since I returned from the World Jamboree, rarely a day goes by that I don't think about the fantastic time I had, with both the Canadians and nearly 30,000 other Scouting members from around the globe. A once-in-a-lifetime event!

Now I'd really like to go to Chile for the 19th World Jamboree as an International Service Scouter. It'll cost \$3,750, but I'm doing everything I can to raise the money.

Please Help

Why am I writing this letter to you?
I want to make a plea to all Scout leaders and Venturer advisors: please tell your members about the amazing opportunity 19WJ offers. Even if you're unable to go, encourage your Scouts and Venturers to speak to their parents. The 19th World Jamboree starts in only 19 months; participants must *decide now* to have enough time for fundraising.

Copy this page of **the Leader** and give it to every Scout and Venturer. Get them to take it home, then check in a week or two to find out if they have discussed it with their parents.

A World Jamboree really is a once-in-a-lifetime experience. Don't let your members miss this opportunity.
For more information about 19WJ, visit Scouts Canada's website at www.scouts.ca, or e-mail at: 19WJ@scouts.ca.
Send letters to the National Office, Scouts Canada, P.O. Box 5151, LCD-Merivale, Ottawa, ON, K2C 3G7. X

Photo: Allen Macartney



FORGET-ME-KNOT

It's Easy to Learn the Ropes

by Chris Seymour

Knot-tying can be challenging and stimulating for youth of all ages — older Beavers right through to Venturers and Rovers.

Knots are necessary for many outdoor activities. They're great for making a campsite

more liveable (e.g. making tables and seats), but they're also vital for first aid, rescue and lifesaving. Pioneering tasks in the field, too, require effective knots.

Knotty Beavers

Is knot-tying appropriate for the Beaver program?

Beavers, of course, already know several knots. By four years of age they tie shoe laces. Knot-tying is perfect for those White Tails seeking greater challenges. It can also provide a stimulating program introduction to Cubs.

Most first and second year Beavers are too young for knot-tying. Many will find it both confusing and frustrating. But encourage all interested Beavers who want to experiment.

It's Valuable!

When teaching knots, tell your Cubs and Scouts what each is used for. This makes the knot more valuable; youth will see how they could possibly use them out camping. Make tying knots as fun as possible. 'Tie' it into games and first aid relay activities.

After your group has mastered basic knots, move on to rope activities like splicing and advanced lashing projects. (The Cub Book and *Fieldbook for Canadian Scouting* will be very helpful.)

Just because your Cubs and Scouts learned their knots six months ago doesn't mean they still know how to tie a fisherman's bend, bowline or sheepshank. Like any skill, knot-tying requires continual practice. Remember that old saying, "If you don't use it, you'll lose it"?

Here are some entertaining camp craft activities and games. Some require skill in orienteering and lighting fires.

Forget-Me-Knot

This competition can give a real adrenaline surge. One piece of rope about 3.5 metres long (per team) is all you need to play this game.

Divide your group into even numbered teams. Line them up in straight lines, and place a piece of rope beside the first member of each team.

The leader calls out a specific type of knot (e.g. sheet bend). On a signal, the first member of each team picks up



Rafts, bridges, towers, giant flagpoles, catapults — the list of pioneering projects is endless.

the rope, ties a sheet bend knot, gets it checked by the leader (Scouters must move quickly), unties the knot, and gives the rope to the second member of his team who ties the same knot.

When every member of each team has tied the knot, go on to a different one. Award points to the team that finishes each knot first.

What it Is and What it's Not

For this game you'll need one jar per team, rope for each team, paper and pencil.

Before starting, write out the names of knots that have been taught to the group. For each team, make a copy of the name of each knot and place the names into the jars.

Now, ask one Cub or Scout to reach into the jar and pick out a piece of paper with a knot's name written on it. On a signal the first person of each team must tie the knot. Repeat until all the knot names in the jar have been picked and tied.

The Tied Turns

This compass orienteering course requires compasses, pencils, stopwatch, paper, and rope (1 metre long pieces). It's perfect for a spring, summer or fall camp.

Set up a compass orienteering course before starting (check all stations before the race). Divide players into pairs. At each station, tie a different knot around a tree or nearby branch. Make sure knots are clearly visible.

Give each pair of players a compass, directions of the course, and a pencil and paper. The game's object: complete the orienteering course as quickly as possible while correctly identifying the type of knot at each section.

After completing the course, players should hand in their answer sheets. The team completing the course fastest with the most knots identified correctly, wins.

A Knotty Problem

Get a rope about 7 metres long, and divide your group into two teams. Lie the rope on the ground and have each team stand at either end of it. Team members must hold hands and keep hands held throughout the game. One "end member" of each team holds on to the rope with his free hand.

Photo: Allen Macartney

In this game, team members act as extensions of the 7 metre rope. The entire group must cooperate together to complete the task.

The leader asks the group to create a type of knot (e.g. reef knot). The group then tries to assemble the knot, using *themselves* as the ends of the rope.

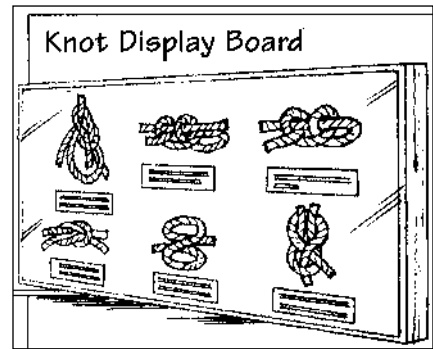
After completing each knot successfully, get your group to attempt different ones.

Build a Knot Display Board

Cut pieces of pine board 35 cm x 8 cm x 2 cm. Sand and varnish it.

Now tie five or six different knots with narrow nylon rope. Mount each on the board below the other with construction staples. Label each knot. (See diagram) This makes an excellent display board for a bedroom.

— *Chris Seymour lives in Kentville, NS. He's been 'tied' into Scouting for years.*



KNOT YOUR AVERAGE PROGRAM

by Andrew Cresswell

Why does knot-tying scare so many leaders?

A Scouter just has to master about eight knots; that's not hard with a little time and practice. Knot-tying is a skill, not an art form. Don't let it intimidate you or your Scouts too will lack confidence.

Let Your Fingers Do the Knotting

Simplified knot-tying involves teaching your fingers what to do, and then repeating the pattern over and over. It won't be long until your fingers will make all of the turns, twists and loops on their own, without any conscious thought on your part. But it's not like riding a bike. If you don't give your fingers practice, they'll soon forget which way to turn.

Shoelace Licorice

Set aside five or ten minutes a night for tying knots. But rather than the "watch-me-as-I-fumble-my-way-through-



"The rabbit comes out of the hole, around the tree, and..."

Photo: Tina Ercolino

it" lesson, use licorice. It's a great motivator! Ask each Scout to tie a specific knot with licorice lace. When she gets it correct, she can eat the evidence.

If a Scout tries hard to learn the knot but just can't get it, reward her with the licorice for her effort. (This works for leaders too.) As the weeks go by, add new knots so the Scouts can see the progress they're making.

Here are some other tips.

- Make sure all Scouts have their own rope sections. It's frustrating to wait in line for others to complete a knot.
- Only someone who is confident and competent should teach. Few things build confidence in youth better than a confident leader.



Organize some relay and timed knot-tying events. It'll get the adrenaline flowing!

Photo: W. Ellsby

- Learn one or two more knots than you need to teach during the evening. Teach these to those who learn quickest.
- Use the proper names for parts of a rope. These include bight, end, and standing part.

When your Scouts have learned how to tie six or eight knots, think up an interesting pioneering project that uses them all, like a catapult or rope bridge. Feed their appetite for knot-tying by adding sessions on rope splicing, whipping and weaving.

— Andrew Cresswell eats lots of licorice with the 2nd Bramalea Scouts, ON.



"This afternoon we're going to build a tower using the three new knots we've just learned. Great!"

Photo: Eric Harkonen

Shoe Knots and Lacing for the Trail

by Tom Gray

Did you ever think that the way you lace your shoes and hiking boots might prevent injuries? These knots are excellent for Scouting youth of all ages to learn. Beavers may find some particularly useful.

Parallel lacing (familiar to hockey-players) is best for people with high arches. It relieves pain in the arch and at the top of the foot.

Lift lacing may help if your toes jam at the front of the shoe (or if your sec-

ond toe is significantly longer than your big toe). It will pull up the front toe box of your runners or boot, relieving pressure. This is only a temporary trail 'fix'; it's no solution for undersized shoes.

Blister-be-gone lacing will hold your foot firmly in the shoe. You won't have to worry about heels slipping up and down anymore.

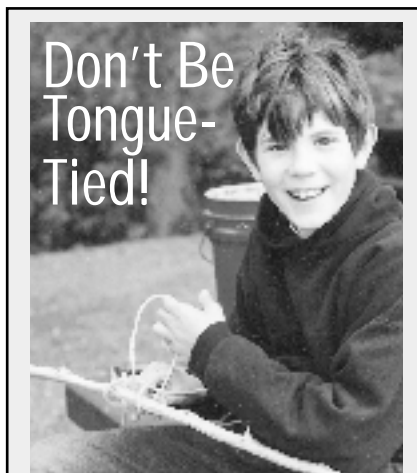
If a Beaver or Cub has shoe laces that come undone constantly, first make sure that he is tying a slippery reef (a common shoelace knot), rather than a granny. If the child is unable to learn the knot (even older Beavers might find

it difficult), try using a *double knot with bows*. This holds well and releases with a tug. It's far easier to untie than a *triple knot*. You may be forced into this one if all else fails.^X

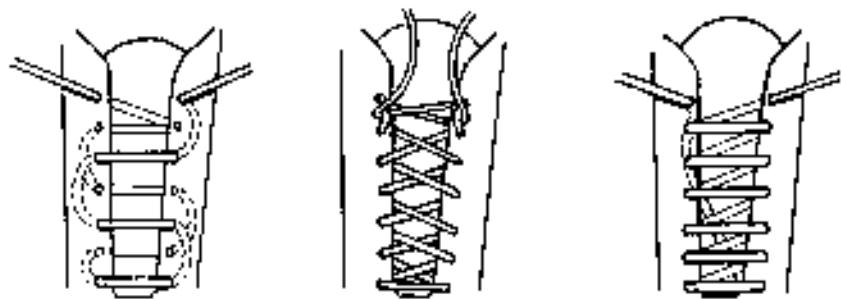
— Tom Gray is a knotty Scouter, and long-time contributor to the Leader, from Sunnybrook, AB.

Program Links

- Cubs: Green Star, Camping Badge, Canadian Camper Award, Canadian Heritage Trails Award.
- Scouts: B.P. Woodsman Badge, Campcraft Badge, Builder Badge.



Do you have some innovative knot-tying activities and games? Share them with **the Leader** right now. We'll tell others about your successes. Fax them to us at (613) 224-5982.



Lift lacing Blister-be-gone lacing Parallel lacing



Double knot with bows



Triple knot



Book Talk

by Dave Jenkinson



Mother's Day is quickly approaching. Perhaps you're thinking of having your Cubs make gifts to take home. While not all homes have mothers present in them, most Cubs know a special female relative or adult who would be proud to receive their handmade gifts. Older Cubs, with adult guidance, might be prepared to accept the challenges offered by one of the 25 projects described in Nicholson's and Lau's *Creating With Fimo Acrylic Clay*.

Step-by-step illustrated directions lead to the creation of various earrings, necklaces, pins, barrettes and button covers. Because Fimo must be baked, leaders might want to experiment with the medium before using it. Once your Cubs have the 'hang' of Fimo, they could move away from the book's ideas and create other items, such as special six or pack woggles. **(Cubs: Tawny Star A2; Handicraft Badge 5)**

Cub leaders will want to add *The Jumbo Book of Nature Science*, by Pamela Hickman and the Ontario Federation of Naturalists, to their resource library. They will find its four-season contents a most valuable resource for the "Natural World Activity Area." Taking a very "hands-on" approach to her subject matter, Hickman provides a little bit of information about a topic and then expects her 7 to 11-year-old audience to learn by doing. The book offers over 100 activities and experiments ranging from building simple bird houses, feeders and baths (both water and dust), to creating home ant farms and "raising" butterflies. Cubs will raise the butterflies by gathering monarch eggs or moth pupae.

Most activities involve the outdoors, and so the book encourages youth to

take hikes while wearing old wool socks over their shoes — an effective seed-gathering method. **(Cubs: Black Star A 2, 3, 8, B 1, 2; Naturalist Badge 1, 2, 5, 6, 7; Observer Badge 1-6)**

Deborah Hodge's *Simple Machines* teaches science through fun projects. Cubs can easily earn star and badge requirements with it. Leaders can also transform many of Hodge's ideas into games. For example, Cubs could construct a paper windmill and then turn it into a wheel and axle machine to lift candies. The relay game possibilities here are endless. Leaders



can improvise another relay game by combining the "penny lift" activity (involving an inclined plane with cars built from milk cartons, spools and pencils) as part of a "wacky wheels" project. The simple paddle boat (also constructed from milk cartons) and described in the book is definitely a summer camp activity. **(Cubs: Tawny Star 2, 4; Handicraft Badge 1, 2; Recycling Badge B2)**

Cubs seeking to earn their Aboriginal Awareness Badge should consult Alexandra Parsons' *North American Indians*, which will provide them with most of the information they need. The book's illustrated contents briefly examine various forms of clothing, shelter, food and transportation used by Aboriginals of North America.

In addition to providing a succinct overview of the forms of Aboriginal entertainment and arts and crafts, the book offers numerous "make-it" ideas. **(Cubs: Aboriginal Awareness Badge)**

The National Film Board has produced a three-part video series entitled *Beauty Begins Inside* aimed at improving today's teens eating habits. Of the video trio, the one which will most likely have the greatest success with its intended audience is *What's Eating You*, which takes a lighthearted look at healthy eating. Certainly older Cubs and new Scouts will respond to this 13-minute video's irreverence and quick pace. **(Cubs: Athlete Badge 2)** Although the other two videos do not have obvious program connections, patrol counsellors might consider showing the 11-minute *Pressure Zone* video which discusses body image. It could start a discussion about the sometimes-dangerous search by some teens for the perfect body. In 17 minutes, the final video, *The P Syndrome*, links puberty and food choices. All of the videos use a co-ed cast and are available in French.

Book Details

Beauty Begins Inside video series, National Film Board of Canada. Order numbers for total series: 193C 9195 185 \$59.95. (Individual titles: *Pressure Zone* #9195-158 \$21.95; *What's Eating You?* #9195-161 \$21.95; *The P Syndrome* #9195-159 \$26.95.)

A. Parsons, *North American Indians*, illustrated by A. Haslam, Stoddart, 1996: \$11.95.

P. Hickman and the Federation of Ontario Naturalists, *The Jumbo Book of Nature Science*, illustrated by J. Shore, Kids Can Press, 1996: \$9.99.

D. Hodge, *Simple Machines*, photographs by Ray Boudreau, Kids Can Press, 1996: \$11.95.

L. Nicholson, and Y. Lau, *Creating With Fimo Acrylic Clay*, illustrated by T. Walker, Kids Can Press, 1996: \$6.99. X

1995 AMORY ADVENTURE AWARD

WHITEWATER, LOONS

from 1st Thunder Bay Venturers

A summer filled with wilderness challenges!

That's the goal members of the 1st Thunder Bay Venturer Company, ON, set for themselves. Their plan called for one major hiking trek and four canoe trips into some of the most beautiful and rugged areas of northern Ontario.

By late August they had paddled 200 km and completed over 200 portages — an impressive feat that earned them top honours in the 1995 Amory Adventure Award. Chris Gallant, Kris Deadman, John Shoup, Matt Cummings, Laurie Gardiner, Martha Paris, Andrew Miller, together with their advisors Peter Stetsko and Lauren McKinnon, started detailed planning in April. By May their adventures had begun. This is their story.

To hone our skills and identify weak areas needing improvement for our summer-long adventure, we went on one hiking trek, one canoe training course, and three strenuous canoe trips. Our rigorous training schedule focused on water safety, rescues, whitewater canoeing, improving camp skills and enhancing our wilderness gourmet cooking.

We used the first few trips to test out some new recipes for weight, size, and taste. We dried our own vegetables, beef jerky, fruit leathers, and tomato paste for the trip to save on space and weight. Facing many, many portages, we wanted to keep things light! We also packed all dried foods in clear plastic bags to prevent moisture from ruining our meals.

The Buildup

Hiking through Pukaskwa Park was our first challenge. This weekend trek took us through rugged territory. Unfortunately it rained for much of the trip. The experience did underline an important lesson: keep clothes and sleeping bags dry in waterproof bags. At Pukaskwa we also decided that pancakes did not pass our "must-have" test. They took too long to prepare in the mornings, so we deleted them from our menu.

Our goal during three weekend canoe trips in June was to learn advanced canoeing strokes, whitewater paddling, lining through rapids, and canoe-over-canoe rescues. In addition to these, we learned how to lash three canoes together and build a sail on a wind-swept lake. Our knot-tying expertise came in handy here.

Raptor Mosquitoes!

Mosquitoes. Months later this word still gives us shivers. At Jacob's Lake the mosquitoes were so bad that even three layers of clothing didn't keep them away from our bodies.

Morning oatmeal should be meat-free, right? Ours was full of winged protein. "I hope mosquitoes don't count as part of the meat food group," said Martha. "I'm a vegetarian. I swallowed plenty."

"What's on the menu?" took on new meaning to us. Being caught almost unprepared by the irritating plague underlined the need for mosquito nets and lots of bug spray on our August trip.

Whitewater Haven

The Kopka River gave us all plenty of opportunity to hone whitewater skills. Its many rapids and portages tested our abilities to the limits.

The current is extraordinarily powerful, and we had to line the canoes through low water and falls in many places.



Chris and Andrew head across Little Dog Lake hotly pursued by millions of ravenous mosquitoes.



DAZZLING SUNSETS

"This weekend was a real challenge," said a tired Chris at the last portage. "But we're finally ready for Wabikimi — the chance of a lifetime!"

The Big One

Wabikimi Park is an incredible wilderness area with many lakes, rivers and historic sites. Its glistening lakes, fast rivers and spectacular scenery has kindled our imaginations for months.

The first several days were wonderful. The weather was perfect. Light fluffy clouds floated overhead as several of us rigged up sails to the canoes for racing over the waves to our next portage. As a group, we paddled and sailed 20 km for each of the first three days. Pacing yourself is important, especially when one of your main goals is enjoyment, so on our fourth day out we lounged around the campsite and simply enjoyed life. We also practised rope throws to swimmers in 'distress.' Some rescuers took longer than others to pull victims from the cold water. Just wait for their turn!

That night we feasted on fettucini made over a crackling fire. It's simply a meal with no equals!

The next day we woke to gentle rain pattering on our tents.

After a hot oatmeal breakfast that warmed our bellies, we set out on the water toward our first portage of the day. By afternoon a warm sun had pushed the clouds away in time to watch us run rapids and wrestle our canoes over two slippery portages.

On our eighth day we paddled to the site where Wendall Beckwith, the eccentric inventor of the ballpoint pen, once lived. He built three cabins by hand, all with intricate wood carvings. One cabin is even round. Exploring each cabin we found cubby holes, drawers, and interesting closets all over.

That night we set up our camp on a beautiful beach (about 1 km long) and saw a caribou. Now that's cool! What a majestic creature.

Over the next days we battled high winds, played in foaming rapids, fished and swam to our heart's content. On one of our last days the headwind was so strong it almost stopped us in our watery path. Carried on high waves, our canoes drove down into swells, then lifted skyward in an up and down, roller coaster motion. We ended up with about 2 metres of water in the bottoms of our canoes! All wasn't lost, though. We found a nice beach, set up camp, dried off the gear, then organized some races.

Nicely Fit

After two weeks of canoeing in Wabikimi Park we had become rough, tough, lean and mean — in a nice sort of way. We could take on almost any set of rapids, conquer any portage, get up at 6 a.m. in the morning to the smell of oatmeal burning in the pot and still have a good day with each other.

The summer's adventures helped change our outlook. It taught us to pull together as a team, in both good times and bad. We learned to encourage and accept each other more readily.

Would we plan a summer like this again?

When do we go?! X

*The 1st Thunder Bay
Venturers!*



Loading the canoes each morning took less time with practice.



Beaver and Cub Days at CJ'97

from Jim Wolfe



CJ'97 IS MORE than just an adventure for Scouts and Venturers. From July 14-19 it's also an opportunity for Beavers and Cubs to experience the thrill.

Groups of up to 25 Beavers and Cubs may spend an exciting day at CJ'97 taking part in many activities.

You'll "walk on water" at Boulevard Lake over a special floating foot bridge. You'll visit the First Nations encampment. Here you'll speak with Native elders and learn first-hand about their folklore and traditional lifestyle. You'll visit Thunder Dome where Beavers and Cubs can swap

badges, see stage shows, visit exciting exhibits and Scouts and Venturers from your area. We're even hoping to feature some activities specially geared for those in the younger sections.



"Step aside. We're going to CJ!"

Photo: Wayne Barrett

Many Fabulous Attractions

Thunder Bay has many other attractions worth seeing after visiting CJ. These include Old Fort William, Oumet Canyon, the Sleeping Giant, and Kakabeka Falls.

Are you planning an overnight camping trip? We can arrange reservations for you at nearby Scout camps close to CJ, but *you must book early*. For information about Beaver and Cub Days, as well as registration and medical forms, call Ron Thorburn at (807) 223-2087.

Don't miss the excitement! Join thousands of Scouting youth at CJ and get ready for a "great northern adventure."

— Jim Wolfe is an adventure-seeking Beaver leader living in Thunder Bay, ON.

Youth Committee Will Wake the Giant in Thunder Bay!

by Adam Stanley and Steve Kent

CJ'97 will undoubtedly be an exciting and memorable event. But there's something new at CJ'97: a presence that will enhance the true spirit of Scouting among both participants and staff alike. This positive presence is... your National Youth Committee!

CJ participants can look forward to great programs, welcoming faces, as well as a chance to let their young voices be heard. The Youth Committee will be hosting an exciting display booth in the Jamboree's Thunder Dome. This booth will give Scouting's youth an opportunity to say what they want to say. You can bet they'll be heard.

This booth will be a place where youth can come to enjoy quality entertainment, a chance to address questions of national significance, and most importantly a place to be inspired and motivated about Scouting in Canada.

Youth Committee members will be out and about during CJ to talk to as many young people as possible. Look for them in the Camp Chief's tent!

Exciting training workshops and forums for young people will be held throughout the Jamboree. There's something for everyone, so be sure to check out what the Youth Committee has to offer!

See you in Thunder Bay!

— Adam Stanley and Steve Kent are members of the National Youth Committee.

12,000 voices will become **ONE HEART** at CJ'97's opening ceremonies in July.

The official jamboree song is rocketing to the top of the Scouting charts! Here are the words and music so you and your unit can start practising this terrific tune. Look in your next unit mailing for a complimentary cassette copy of the song.

One Heart (The Jamboree Song)

Words and music by
Dean Batstone and Dave Kalil

The musical score is written in G major and 4/4 time. It consists of ten staves of music with lyrics underneath. Chord symbols are placed above the notes. The score includes a 'last time to CODA' section and a 'D.S. al Coda' section. The lyrics are as follows:

Each heart can be a gi - ver beat - ing
Our heart is the mu - sic that
strong all on its own and when we come to - ge - ther our
drives this Jam - bo - ree a joy - ous ce - le - bra - tion of
hearts beat - ing as one There's a strength in num - bers that
all that we can be to see the best in you and
can - not be de - nied let us wake the gi - ant in - side One
you the best in me and make our world a bet - ter place to be
heart beats like thun - der one heart from sea to sea one
heart wakes the gi - ant here at the Jam - bo - ree One heart beats like thun - der one
heart from sea to sea one heart come to - ge - ther you and me
me Now the past meets the pre - sent the fu - ture's ours to see so
come bro - thers and sis - ters let's set this gi - ant free One
me one heart come to - ge - ther you and
me one heart come to - ge - ther you and me

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Fun at the Pond

by Lena Wong

Let's emphasize active outdoor fun in April! You can also enjoy these activities indoors if April showers dampen Beaver enthusiasm for fresh air.

Games are an important activity for Beavers any time of the year. In the spring when it's nice to be outdoors but still a little cool, active games will help keep you warm. Some of these games are quite old and perhaps known under different names, but they're still a lot of fun. *The World's Best Street & Yard Games* (Sterling Publishing) is a great resource that lists about 100 games. *Kid's Games* (Random House) is another great book. It's aimed at children between the ages of three and six. *Animal Craft Fun* (Boyd's Mills Press) is also good.



DANCING BEAR

Play this game with 5-10 players in a paved or grassy area. You will need a sturdy tree and a rope (about 3-4 me-



tres long). Tie one end of the rope to the tree (a fence post or lamp post also works well). Choose an older Beaver to be the first 'Dancing Bear.' The 'Bear' will hold on to the free end of the rope and try to tag the other players as they dance around trying to avoid being touched. Tagged players also become bears and join hands with the original one making the reach much longer. The 'Bear' can use strategy that makes the game more interesting, like dancing and fooling around. When someone's guard is down the bear can pounce out suddenly on the player who gets too close.

HEN AND CHICKS

Play this game with 6-12 players in a grassy area, or indoors in a large room. Pick two evenly-matched players to be the Hen and the Fox; the remaining players are chicks. The chicks, holding waists or shoulders, line up behind the Hen. The Fox marches up to the Hen and says: "Mother Hen, your chicks look good today." Hen replies: "Mr. Fox, go away!"

Fox tries to capture the last chick by pulling the player from the line, while Hen tries to protect her brood. The other chicks join in by wrapping themselves around the last chick to protect her. If the line breaks apart, the Fox can tag as many players as he can get his hands on before they re-form behind the Hen. Each captured chick goes in the Fox's cooking pot (a corner of the play area), and is out of the game.

SHIP TO SHORE

A leader (or Keeo) plays the Captain. Designate one end of your play area as the ship and the other end as the shore. The Captain calls out random commands. Start off with simple

commands and make them gradually more complex as the players get used to the game. Here are some examples:

- "Ship!" (*Run to the ship end*)
- "Shore!" (*Run to the shore end*)
- "Scrub the decks!" (Down on knees, scrubbing)
- "Captain's daughter!" (*Do a dance*)
- "Climb the rigging!" (*Pretend to climb*)
- "Captain's coming!" (*Stand at attention and salute*)
- "Whales ahoy!" (*Pretend to spout water and swim*)
- "Up scope!" (*Lie on back, one leg extended up in the air*)
- "All hands on deck!" (*Run to centre of the playing area*)
- "Night watch!" (*Pretend to fall asleep*)

Call "ship" or "shore" every five commands or so to make sure there is plenty of running.

FOX AND GEESE

Draw out a huge wheel on the floor or stamp it in sand or snow. Divide it into pie-like wedges to represent the spokes. The Fox's den is the wheel hub. The Fox tries to catch the other players (the Geese) and put them in the den. The Geese are spread out along the rim of the wheel. Captured Geese can be freed by being tagged by other players. The last Goose caught is the next Fox.

DUCK FOOT RELAY

Play this game either inside or out. As you must make the materials, the game doubles as a craft activity one night and a game activity another night. Each team needs a pair of duck's feet.

For a pair of webbed feet you need a large piece of cardboard, an empty tissue box, craft paint and glue. Draw the outline of a duck foot (about 32 cm from heel to toe) on the cardboard, then cut it out. Lay the cut-out on the remaining cardboard and trace the outline. Cut out the other foot. Cut the tissue box into halves and glue them on top of the feet with the bottom facing up. Paint the feet bright yellow or orange. (See diagram.)

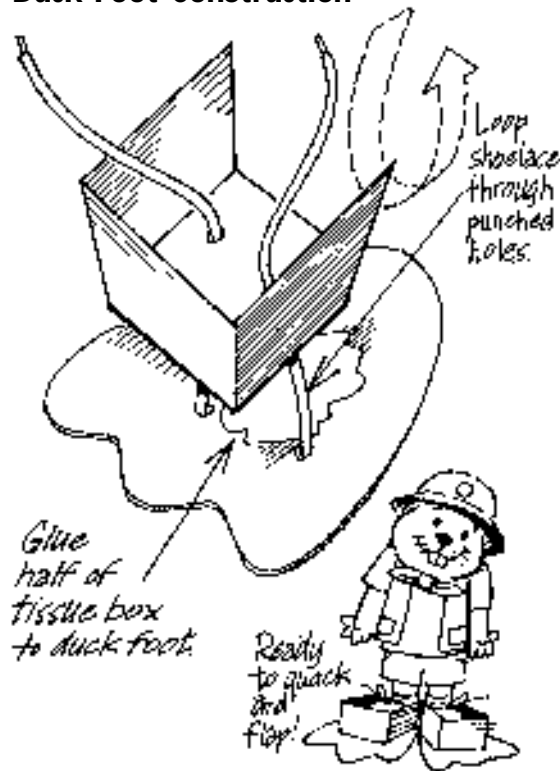
Each team needs a chair at one end of the play area; line the teams up at the other end. The first player puts on

the feet and runs to the other end of the room, circles the chair and returns to the line where the next Beaver puts on the feet and takes over. Players must also quack and flap their wings (arms) while they run. Carry on until the whole team has had a chance to run.

GO FLY A KITE

April's windy days are perfect for flying kites. This is always a favourite activity. If a Beaver has her own kite, ask her to bring it to your meeting. Get a library book that gives simple kite-

Duck Foot Construction



building plans and let your Beavers do as much of the work as possible. Here are some tips for successful kite flying.

Choose a day with a fairly steady wind; too many gusts make kite flying difficult. Let out a few metres of line and ask someone to toss the kite into the air. Now run as fast as possible into the wind pulling the kite, letting out line as it rises. When the kite is airborne, keep it steady; if it starts to come down, run into the wind again.

If the kite repeatedly does nose dives, it needs a longer tail. If it falls over backwards, it needs a shorter tail.

Safety Rules

Don't fly your kite during a thunderstorm. Stay away from hydro wires to avoid electrocution.

DISAPPEAR

Make sure you include a trip to the woods in your spring activities plan. Play this game while walking on a trail with trees and bushes on either side. To prepare for it, spend time discussing with the children what to do if lost in the woods.

Split the Beavers into pairs. Tell them to remain in these groups throughout the time the game is played — a safety precaution. Make sure you have leaders behind the group; these can keep a close eye on the children. The first time the game is played a leader walks in front and suddenly calls out, "Disappear!" Your Beavers must leave the trail and hide behind trees. The leader counts to ten and shouts, "I'm coming!" Everyone now has to stay hidden as the leader walks back along the trail looking for Beaver pairs. She calls them out by name as they are spotted. Those who have been found may help find the remaining Beavers.

Before you continue on your way make sure you have all your Beavers re-assembled. Play the game again with a Beaver leading the activity.

TROLLS

This game is called "Trolls." Scandinavian legends tell of trolls who live in the woods and capture children. According to some, trolls can turn people into

stone if they don't want them for their own children or as slaves. Choose a clear play area, not too big. Select two older Beavers to be trolls. The other players run around the play area. When they are tagged by the trolls they are petrified (turned to stone). Beavers must sit on the ground when this happens. Petrified players can be released if another player tags them and then calls out "Free!" Change the trolls regularly so everyone has a chance to be the "bad guys."

Next month we will feature spring and summer activities. X

Choose the Right Tent

by Ross Francis

CHOOSING THE BEST TENT FOR YOUR MONEY WILL HELP ENSURE your comfort and safety during any outdoor trip. Having a good tent is especially important when dealing with youth, many of whom may not have any previous camping experience. If poor quality tents or gear give your Cubs and Scouts a miserable first outing, it may be enough to turn them off camping forever. Avoid this at all costs.

Let's explore the 1990s world of tents to find the perfect one for your needs. Because so many styles and types exist, start by considering these questions.

- How often will the tent be used?
- Do we need a three- or four-season tent?
- How many people will sleep in it?
- Will it be used for backpacking and cycling?

Find a reputable camping store that has knowledgeable, experienced staff, and carries a cross-section of manufacturers with good warranties. Your local Scout Shop may fit this profile well.

The Basics

Most tents have a breathable inner roof with screen panels to provide good ventilation. They also have a coated waterproof outer roof, or fly, to shed wind and rain. This fly should cover the tent fully; avoid tents with a fly that covers only a small portion of the roof. In the middle of a torrential downpour many kilometres from civilization, you want to stay dry.

Many new designs have two doors — one at the front, the other at the back. These are very convenient and reduce the number of times you must crawl over other tent-mates.

Many manufacturers offer a vestibule which is a small covered porch over the door. Use it as a storage area. A vestibule also provides a sheltered area for campers to get into, or out of, rain gear and boots. On some tents a vestibule may be optional, but it's well worth the extra expense.



Pick the right tent for the conditions you expect.

Shapes

Tents are available in a wide range of shapes.

Modified "A" Frame: This tent has an "A" shaped aluminum arch at each end, joined by a ridge pole. Most are free-standing designs that allow them to be set up in rocky ground. They can be pegged at the four corners and usually along the sides, giving them good interior space.

Dome: This is one of the most common tent designs. It usually has three sections of shock-corded fiberglass poles (a series of hollow poles joined by an elastic cord). These poles bend over the roof, stretching the sides out and allow for almost vertical walls and plenty of interior head room. Because of their height, dome tents are not as good in high winds; the sides tend to blow in, collapsing the dome. This tent must be guyed out to prevent, or minimize, the collapsing tendency. Domes are often the least expensive tents on the market.

Modified Dome: Instead of having six or more sides like the standard dome, these tents usually have a rectangular or square floor shape with two or three sets of poles. They have lower profiles (still providing ample interior space), but are much stronger in high winds. Modified domes often have fiberglass poles or optional lightweight aluminum poles which result in a much stronger structure.

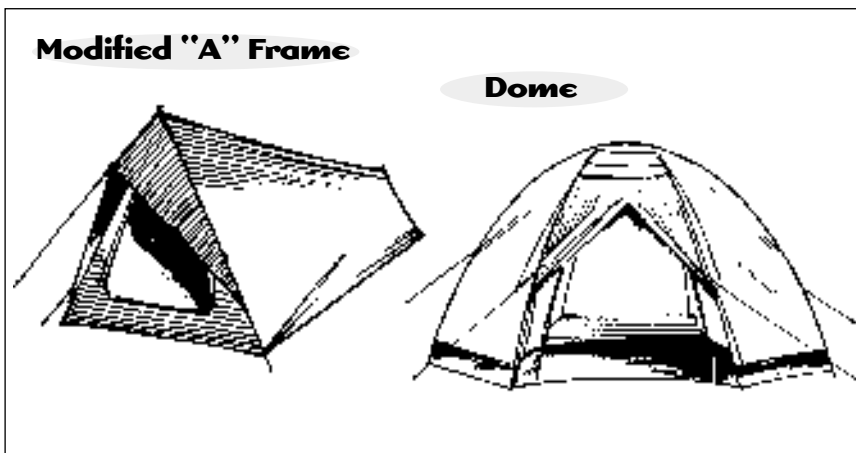


Photo: 31st St. Cyprians Venturers, Calgary

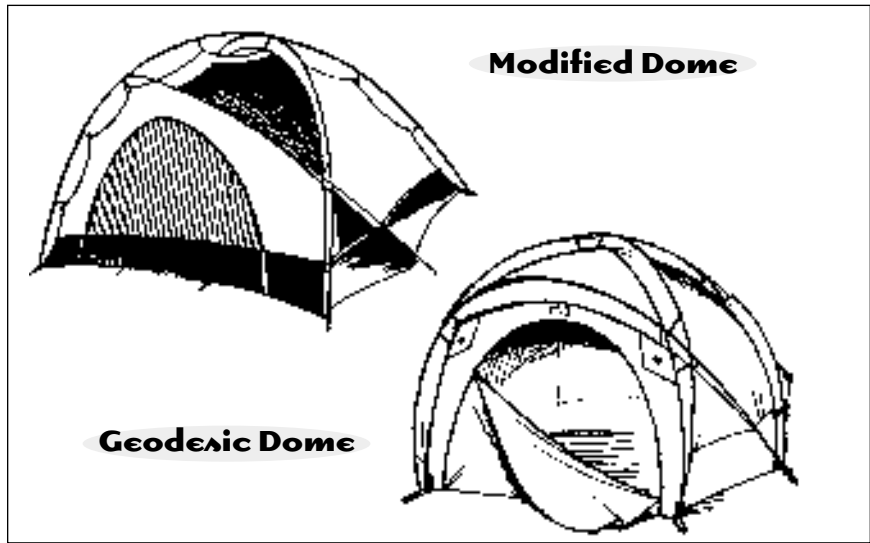
Geodesic Domes: This design usually has eight sides, four sets of poles (aluminum in better quality ones), and doesn't stand quite as high as the original dome design. It provides an extremely strong shelter with lots of interior space.

Tent Materials

The tent itself should be made of strong, lightweight ripstop nylon or taffeta. It should have a floor that continues about 10 cm up the walls (commonly referred to as bathtub floor); the door and roof screening should be black fly (no-see-um) proof. Insist on getting a tent having seams with two rows of stitches (3 stitches per centimetre). High stress seams should be lap-felled (four layers of material folded over).

Poles

Poles come in a variety of materials and strengths. If different lengths are required, for easy set-up look for colour coded and/or shock cords to prevent losing a piece.



Fibreglass: Usually black, beige or grey in colour and fairly heavy, fibreglass poles are prone to splitting and splintering under stress. They are commonly found on today's three-season tents. Aluminum poles are worth the extra money especially if you plan long back-packing trips.

Aluminum: Large diameter, silver poles are found on "A" frame tents.

Tempered Aluminum: Usually brightly coloured blue or gold, these poles are extremely strong, lightweight and are commonly found on three- and four-season lightweight tents.

Photo: Paul Ritchie



"Does anyone know how to set up this type of tent?"

Ask this question before your camping trip.

Dome tents sometimes collapse in high winds, but they're inexpensive and easy to set up.



Photo: Paul Ritchie

Identify Uses

When weight isn't an issue (car camping or standing camps), get tents as big as possible. Most Scouting events will require a four-man tent. Don't be tricked by some manufacturer labels that identify a tent as "two-man" or "four-man." In some cases a "two-man tent" will only comfortably sleep *one adult* or *two pre-teens*. Comfort is the important word to remember. Put three youth in a four-man tent; this will allow extra room for gear and comfort.

When backpacking or cycling, weight is always a major concern; most people will want a one- or two-man dwelling (2 kg or less). Another option is for four people to use a 5 kg, six-man tent. Split the tent equipment and weight up so someone carries either a fly, pegs, ground sheet or poles.

Winter camping. If this word sends cold shivers down your spine, you need more winter training. A winter camp usually requires a special four-season tent, especially if you plan an extended trip. However, many groups have successfully used three-season tents in the winter. Special care is required to prevent snow from accumulating on the roof; also, make sure the tent is pegged down well. ^λ

Words of Wisdom

- ❖ Air temperature inside a good quality three-season tent with a full fly may be up to 5-7°C warmer than the outside temperature.
- ❖ Most manufacturers DO NOT seal tent seams at the factory. They will include a bottle of seam sealer for you to apply yourself. Make this a pack or troop activity. Explain why and how to seal tent seams, then let several youth accomplish the assignment on each tent. Because of strong fumes, do this task outside.
- ❖ Do not shake shock-corded poles into position. Shaking may cause nicks in the metal, which can snag or tear tent fabric.
- ❖ Many manufacturers offer "outfitter" models. These have heavier fabric and floors and are more conducive to the wear and tear demanded by youth.
- ❖ Take boots off before entering tents. This will help keep the floor clean. It may also prevent rips.
- ❖ It is very dangerous to cook inside a tent. Avoid this always.
- ❖ Dry out your tent completely before storing it.
- ❖ Cut a plastic ground sheet slightly smaller than the floor of the tent. This sheet (4-6 mil thickness) will protect the floor and keep water from seeping up from the ground.
- ❖ Before setting up camp, clear your tent site of rocks and twigs. A sharp rock under your tent will not only feel terrible under someone's back, but it could also rip the floor.
- ❖ Do not fold your tent for storage. Instead, stuff it into a nylon sack. This prevents repeated creasing in the same place breaking down the material.
- ❖ Carry a small sponge and brush to wipe the tent clean/dry before packing. If you leave sand and grit in a tent for months while it's stored, the floor and sides could get damaged.
- ❖ Try not to leave your tent exposed to the sun for long periods of time. Ultraviolet rays may damage the fabric. Set it up in an area that provides afternoon shade.

Buying a tent isn't a difficult task, but it does take some thought. Include your Cubs and Scouts in the discussions as much as possible. Ask them for their feedback; planning is part of the camping experience.



Youth Scholarship Program Boy Scouts of Canada Trust

by Bob Hallett

POST-SECONDARY EDUCATION CAN PROVE FINANCIALLY stretching for young people. To honour some of our highly deserving youth members and to lessen that stretch, the Boy Scouts of Canada Trust is introducing five annual scholarships.

Every year, five Scouting youth will receive financial help toward their academic pursuits. Each scholarship will be worth up to a maximum of \$2,000, or half a year's tuition (whichever is less). Steve Kent, chair of the National Youth Committee, first broached this idea to a Trust Officer. John Pettifer, Scouts Canada's Chief Executive, championed the concept with the Trust in consultation with the Youth Committee.

Presto! It's a reality.

These awards have two purposes:

- They'll enhance Scouts Canada's Mission through recognizing scholastic achievement by youth members, and
- They'll encourage continued self-development on the part of active youth members, through post-secondary education.

Who Can Apply?

Here's a list of the selection criteria:

- Applicants must be younger than 25 on January 1st in the year they apply.
- They need to demonstrate a history of Scouting involvement and achievement.
- The selection committee will consider applicants' leadership contributions to Scouting, and to the outside community.
- Applicants need to show their scholastic achievements up to the time of their application.
- The selection committee will consider both *attitude* and *aptitude*.
- Applicants must supply two confidential letters of reference, only one of which may come from within Scouting. They'll also need a reference from the district or regional commissioner.

Five Conditions

1. A scholarship will be awarded only after the Trust has received adequate notice that the applicant has been accepted by the post-secondary institution.
2. Recipients are expected to continue their Scouting involvement to every extent possible.
3. Recipients must agree to have their names and photographs published in conjunction with the award, and with any promotion of the awards.



Does your favourite Scouting project need revival?
Perhaps the Trust can help.

Photo: Mark McDermid

4. Original applications only will be accepted. Application forms will not be faxed to applicants, nor will faxed applications be considered.
5. Application forms will be available on December 1st. *Deadline for applications will be April 21, 1997, so get yours in today.*

Other Trust Programs

The Trust is able to award \$90,000.00 a year through this youth scholarship and three other programs. They include:

- *The Fellowship Program* provides help to councils wishing to increase membership through creative programs.
- *The Environmental Fund* provides grants to stimulate environmentally friendly activities in groups and councils across Canada.
- *The Molson Leadership Program* provides grants to help councils establish innovative special projects to foster superior leadership, and extend Scouting membership.

Councils Gain Easier Access to Funds

The Trust has made several changes to accommodate Scouting councils. Trust executives now review applications for funding twice a year, in May and November. If you're looking for a November review, get your application in by the end of September. Submit applications by the end of March if you wish them to be reviewed in May.

Now, councils with successful applications will receive their money immediately. Traditionally, the Trust presented its cheques each November.

Just Ask!

Many groups have completed environmental projects worthy of a cash award, and most councils

have deserving projects waiting to be funded. Apply to the Trust NOW. Consider the possibilities!

The application forms, including scholarship applications, are available from the Boy Scouts Trust, Box 5151, Station LCD-Merivale, Ottawa, ON K2C 3G7. ✕

Set Your Sights on a Smoke-Free Generation

— by Shelley Callaghan and Ross Francis

You can make the difference!

The key to creating a smoke-free generation is YOU. What children see and hear about smoking in the years before their first cigarette (usually 6-12 years old) will help them decide whether or not they will become smokers later on. At this age, children are easily influenced and learn many things by example, including smoking.

You're a significant role model. Young people listen to, and respect, what you say. The messages you send have a powerful impact on how they view issues. You have the power to help children realize that smoking is dangerous to their health, and that smoking is definitely *not* cool.

As a Beaver or Cub leader you can help set a positive example for youth in a number of different ways. Start by not smoking yourself, or at least avoiding it in the presence of your kids. Next, provide factual information about smoking's many harmful affects on the body (see pages 184-188 of *The Cub Handbook*).

By giving youth facts about smoking at an early age, you'll help them make an informed decision. The earlier they resolve not to smoke the better.

Canadian Parks/Recreation Association, Health Canada, the Fitness Program, and the provincial/territorial health and recreation ministries have produced an excellent smoking prevention program called "Break-Free All Stars."

A Fun Way To Learn

Break-Free All Stars is an exciting, activity-based program for 6-12 year olds. It involves teaching important messages about tobacco, skills to resist peer pressure, and healthy alternatives to smoking. It wraps this in a creative games package that underlines the benefits of active living.

Each Break-Free All Star kit contains:

- a resource guide to provide information on the program and how to use the kit,
- 11 activity cards with easy directions and "Break-Free tips" for children,
- a colourful display poster,
- a leader brochure entitled "Smoking and Active Living Don't Mix",
- poster-sized calenders for the kids (5 in the family kit, 15 in the leader's kit),
- smoke-free pledge cards for the kids (5 in the family kit, 15 in the leader's kit).

Below we share ideas from two of the eleven activity cards. Try them out with your Beavers and Cubs, then send for the kit.

All Star Sharing Circle

This game takes 15 minutes and encourages youth to share a thought or feeling about a smoking-related issue. You will need a feather, rock or other object.

Sit in a circle with participants. Explain that it's important not to talk across the circle during the sharing. Begin by introducing one of the discussion themes (see below). Pass an object like a feather, rock or even a shoe from person to person in the circle. Participants take turns sharing a thought or feeling about that topic; the participant holding the object (e.g. shoe) gets to speak without interruption. Those who don't want to share a thought (perhaps because of shyness) should say, "Smoke-free is the way to be!" and pass the object on. The game continues until each child has had a chance to speak. When sharing is over, provide a closing message that reflects the discussion and reinforces the theme.

Discussion themes for younger children might include: the negative health affects of smoking, the affects of second-hand smoke, or future plans not to smoke. Cubs might talk about how

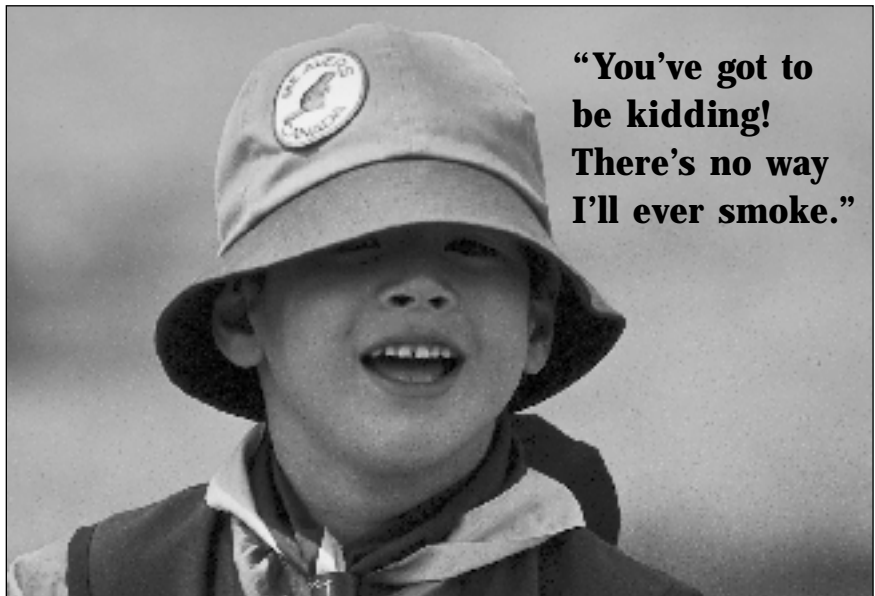


Photo: Wayne Barrett



Healthy living involves more than just lots of fresh air and exercise.

friends influence decisions about smoking, how self-confidence allows them to resist pressures to smoke, how to refuse a cigarette, or ideas for healthy alternatives to smoking and for dealing with stress.

Throughout the activity, take care to validate all participants' thoughts, feelings or experiences. Make sure you or others don't pass any judgement on other members of the group.

Talking It Out

Whether you (a leader) smoke or not, there are important ways to encourage Scouting youth to choose not to smoke. Here are some discussion themes to get you started.

Think about how you feel about smoking, then choose a good time to talk with your group when they are relaxed and not overly excited. Encourage each child to respond. Discuss the issue openly. Really listen to what your Beavers and Cubs say. Validate their thoughts and feelings. Try to end the conversation with a closing message about your discussion theme to reinforce your message.

What to Say about Smoking

Discuss both the negative affects of smoking and the benefits of not smoking. (Smoking clogs lungs with tar and sediment. Not only does it rob your body of oxygen so you can't run as fast or as long, but it has many other dangerous affects.)

If you yourself smoke, be honest about why you started and why it's extremely hard to stop. Don't soft-peddle smoking; talk about both the addiction and financial cost. Add up the money saved over a month by non-smokers. What could the children buy with it? Explain some of the negative

consequences you have experienced. By reinforcing the benefits of not smoking, you can encourage your child to stay smoke-free.

The Break-Free All Stars kit includes active games and relay races that help young people.

Social Influences

Some children will give reasons to start smoking which, superficially, might seem reasonable: acceptance by a certain group, smoking as a sign of growing up and independence, the need to fit in. Discuss these with your Beavers and Cubs. How can they more creatively deal with these reasons?

Refusal Skills

Talk about ways your children can refuse an offer to have a cigarette, or handle peer pressure. Suggest healthy alternatives to relieving stress. Examples may include listening to music, playing a board game, going skating or playing a sport. Give your group concrete ideas. Role play the following scenarios so everyone can practise refusal skills and build confidence.

Media Influences

Discuss tobacco advertising. Prepare for it by cutting out ads from

magazines or videotaping TV ads about smoking. How are smokers portrayed? Is there anything healthy or glamorous about smoking, as some ads imply? Dispel any of these dangerous myths. Reinforce smoking's many negative effects, and point out its addictive nature. Smoking is one of the most difficult addictions to try to break. For some people it's almost impossible.

Tell Me More!

These are just two of the activities provided in the Break-Free All Stars kit. Other activities include active games and relay races that help young people understand the benefits of a smoke-free lifestyle.

For more information or to order one of the kits (family \$6.00 or leader \$8.00), contact Shelley Callaghan at Canadian Parks/Recreation Association, 1600 James Naismith Drive, Suite 306, Gloucester, Ontario, K1B 5N4, or telephone 613-748-5651, e-mail shelley.callaghan@activeliving.ca ^

— Shelley Callaghan is a special projects coordinator with the Canadian Parks/Recreation Association.

WORLD CITIZEN AWARD

If you want information for those Cubs working on the World Citizen Award, write to the United Nations Association of Canada. They've recently changed addresses to: Suite 900, 130 Slater St., Ottawa, ON, K1P 6E2.

Licensed Scouters

Two Scouts from the 1st Pickering Group, ON, proudly hold one of the first licence plates in Ontario which displays the Scouts Canada logo. Over 100 leaders now drive around the province sporting these plates. What a great way to promote Scouting in your community! Photo: Courtesy *Toronto Star*.



Don't Overlook 'Insignificant' Details
Squinting one eye to line his Kub Kar up for a perfect start, Pete MacLeod demonstrates some of his racing secrets. A steady hand and excellent positioning all added up to a great race for Cubs from New Brunswick's 2nd St. Steven Pack. Photo: Jessie MacLeod.



When their regular meeting place was unexpectedly locked up, Cubs from the 23rd Nepean Turtle Pack, ON, decided to work on their menu for an up-coming camp. Then they went to a grocery store and shopped within their strict budget. Though chocolate bars and pop kept finding their way into the cart, eventually the Cubs purchased all the ingredients for nutritious meals. Photo: Rosie MacLean

Venturer Hosers Extraordinaire!

1st Summerside Fire Venturers, PEI, took part in a "controlled burn" at an old barn last October. Firefighters explained what they would do, then let the Venturers look inside the barn as the fire was lit so they could see how the fire spread. (Knowing how a fire spreads helps firefighters understand flames better.) As the heat built up, the Venturers were allowed to hose down the fire truck to keep it cool. Great training. Photo: Steven Campbell



OUTward Bound British Columbia Cubs from the 2nd Sechelt Pack spent most of the time at their spring camp outside enjoying fresh air and healthy activities. One involved building snowshoes from willow branches. The snowshoes gave them plenty of opportunity to practise knot-tying. The grand finale of this popular activity came when Cubs buckled on their new footwear and set off through the woods for a hike. Photo: Bruce Morris. λ

National PHOTO CONTEST Coming!

In a fall issue of **the Leader** we're going to announce our 5th National Photo Contest.

Start shooting now so you'll have a number of excellent shots to send. As usual, there will be many outstanding prizes.

Here are some tips to 'focus' your shooting.

- Get as close as possible to your subjects.
- Avoid posed, "stiff" pictures.
- Make sure photo subjects are dressed in either proper uniform or appropriate activity wear.

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Reach for the Amory Adventure Award

by Ian Mitchell

A FIVE-DAY CANOE TRIP ON AN HISTORIC river; three weeks exploring another country; canoeing through locks; a seven-day hiking tour along a forgotten trail.

What do these events have in common?

They were all completed by Venturers for the Amory Adventure Award last year. But there's more. Let's take a closer look.

Adventure

These treks had adventure built in right from the beginning. You could easily describe each one as "a daring enterprise." They were designed to stretch the abilities of those involved in a variety of ways. From planning and fundraising, to the act of hiking or canoeing, the youth taking part gave that extra 10%

Youth Planned and Executed

These Venturers didn't just show up and take part. Everything — from choosing what was on the menu, to arranging drop-off and pick-up, to duty rosters and planning responsibilities — was carried out by the youth themselves. They began as a team and finished as a team. A few may have fallen short of their intended goals, but that didn't lessen the satisfaction of just knowing they had tried and done their best.

Learnings

Concrete learning through skills acquisition: this was a clear outcome of each adventure. Whether it involved first aid proficiency, canoeing techniques, surviving on a limited budget,

or avoiding a bear, all the young people involved developed new skill through the event. Some can prove their new competence with certificates or course diplomas, while others can only demonstrate what they learned.

Fun and Fellowship

After reading or hearing about these adventures, you can't help but "know" that those who participated are closer now than when they started. Words like "unforgettable trip," "I liked being with my friends," and "this was the best trip I've ever experienced" are common phrases used by the Venturers. A true team spirit *must* build when you work hard to plan and carry out a task successfully.


Amory Adventure Awards

Yes, these adventurers were all hoping to win an Amory Award. Each trip, in its own way, led the Venturers through a quest which they may never forget. Perhaps the Award created an impetus for the youth involved to undertake a challenging task from conception to completion. Could it do the same for your company?

The Amory Adventure Award is a national award presented yearly to Venturer companies who, through their log, demonstrate their initiative in planning and executing an outdoor activity. The log, which details everything from pre-adventure training to experiences on the trail, gives an everlasting reminder of all the good, the bad and the ugly experiences associated with the trip. Everyone's a winner. All who make a submission receive a crest that they may wear on their uniform.

What's the real Amory Adventure Award incentive for youth?

It's the opportunity to try exciting activities that they have not done before. Venturers want challenge spread over an extended period. Team effort is also important for them.

Does this sound familiar? Look at the Amory Adventure Award requirements, then read the story of last year's first-place winners on p.16 of this **Leader** issue. Get your Venturers involved; they won't forget the experience. 



"This was the best trip I've ever experienced"
is a common phrase used by Venturers.

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Photo: 1st Thunder Bay Venturers

Plan a Basic Skills Camp

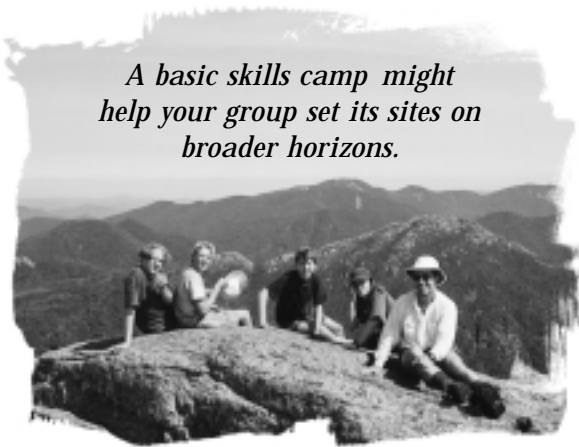
by Judy Harcus

We ran this weekend camp during our troop's first year. Our brand new troop consisted of two former Cub leaders, two youth who had moved up from Cubs, and six others who had never been involved in Scouting. We planned a weekend event to teach everyone basic camp skills before they needed them on the trail.

Although we could have instructed outside, leaders decided that uncertain weather might 'dampen' the Scouts' natural enthusiasm and scatter their attention.

One of the first skills involved showing the youth how to properly put up, take down and fold the tents. We used dome tents which did not need to be

A basic skills camp might help your group set its sites on broader horizons.



pegged. (This worked well inside our meeting hall.) The leaders demonstrated each step, explaining when necessary. Once the tents were folded up again, the Scouts put them up on their own, then took them down, folding everything away. The leaders watched and coached only when needed. The Scouts repeated this again, just to make sure they remembered all the steps.

Next, we turned all the lights off except a small candle. This provided "moonlight." Now the troop practised setting up tents "after dark."

During the weekend the Scouts were all taught how to use propane and white gas stoves and lanterns safely, including storage and refuelling. As well, we discussed other safety hazards around camps. Next we reviewed selecting camping equipment and how to pack.

Leaders planned the camp meals, but taught the youth how to prepare and cook them. While working, we all discussed other meal ideas.

Was the weekend a success?

You bet! Our next outdoor camp proved it. λ

— Judy Harcus is a Troop Scouter with the 1st Powell River Troop, BC.

Photo: Roy Ball

Youth Input: It Will Work

by Ian Mitchell

Picture this: Your supervisor at work gathers people in your department together to discuss ways for getting the entire company to see themselves as one large team. He asks for ideas and thoughts from your group. He explains that the next step in the process will involve all supervisors coming together to bring forward *your* ideas. Decisions will be made based on everyone's input, and the results will be communicated back to you.

Most of us would feel good about this type of process. It mirrors the way Scout troops are designed to give youth input into the planning and running of the troop program. Ideally, patrols are encouraged to meet and discuss issues, concerns or program ideas in their small groups. Patrol leaders then represent their groups at the Court of Honour where troop plans are coordinated or troop decisions are made.

Patrol in Council

Patrol meetings can serve many purposes. You can use them to plan patrol events, divide up responsibilities for outings, evaluate program content, or deal with problems. The patrol leader usually plans them; they can be run either formally, as a business meeting, or informally around a campfire.

During patrol meetings it's important that everyone's opinions or thoughts are heard. Sometimes it's necessary to invite members to give their opinions if they don't voluntarily give them. Constant encouragement and a willingness to listen by others will soon result in all members participating fully.

Patrol meetings offer Scouts the chance to give input into troop planning.

Court of Honour

One youth representative from each patrol makes up the Court of Honour. These representatives will usually be the senior Scouts who are acting as patrol leaders. However, Court of Honour membership may include assistant patrol leaders in small troops.

Its purpose (much like that of the patrol meeting) can vary. It can be used to plan, evaluate or manage the troop.

What is the real difference between the two meetings?

The Court of Honour deals with things which affect the troop as a whole. Here members must remember to communicate in two ways: patrol comments go to the meeting, and decisions must be conveyed back to the patrols.

The Troop Scouter will usually be a resource for the Court of Honour to ensure decisions are positive ones. This does not mean that the resource person

will always lead the group to the best decision — sometimes youth learn best from mistakes — but decisions must remain safe and morally sound.

Other Methods

Whether it is a night hike or a swim session, a parent banquet or a drive home, leaders should always actively seek youth input.

Simple watching and listening to the Scouts will give you real insight to their wants and needs. Do they curl up their noses at the mention of an activity? Did your son overhear others at school talking enthusiastically about the upcoming hike? Is the troop growing?

It Will Work

Scout-aged youth want to help mould the program. (After all, it is their program.) I see this everyday in my own son. He doesn't always choose the activities I want him to pick, but he does get a chance to tell me his wishes. Sometimes he goes his own way and learns from his mistakes. Sometimes I learn that he, not I, was right.

Youth input is important. It's not the quickest or the smoothest way to get things done, but it's the only way we can take that next step towards meeting Scouting's Mission.

Try it. You'll like it. ^

Building Our Scouting Future

by Howard Osterer

The Quebec Provincial Headquarters in Dorval became the first official distributor of Boy Scout supplies in September 14, 1966. Today, thirty-one years later, 55 Scout Shops and 12 dealerships stretch from coast to coast. These stores have developed into successful revenue-making operations. Their managers and staff — who are sometimes volunteers — stock, service and listen to their Scouting and public clientele. They value and appreciate your support.

Family Camping Centre

When was the last time you visited your local Scout Shop?

Things are changing! Many Shops not only carry tough, field-tested products for Scouting youth, but in many cases they attempt to provide the outdoor needs of families, too.

Our prices are competitive. We pride ourselves on both our knowledgeable staff and the quality products. When you see the new Scout tail sweep design on garments or camping gear, you know you're purchasing an excellent product that supports over 230,000 Canadian Scouting members.

Give Me a Good Reason!

Before heading off to purchase outdoor camping gear, think of your local Scout Shop and how your purchases help the Movement. Our prices are competitive. But don't believe us; ask the competition.

Before buying anything from another store, ask a clerk at the cash if their store has helped plant over 55 million trees. Do they have an Environmental Fund that helps local councils and groups like yours participate in environmental projects across Canada? Do members of their store go overseas and actively volunteer on life-saving missions? Do any of their sales revenue help keep your Scouting membership fees down?

Speak to your Scout Shop staff. They care and will listen to your needs. Bring in a friend! All our stores are open to the public. All purchases help support Scouting.

Advertisement Contest

In the February **Leader**, Supply Services featured a back cover advertisement that recognized the 55 locally-run Scout Shops. Even now people are still trying to identify the two salespeople in the photo and the store's location.

Can you identify both them and the Scout Shop?

Give it a try. Send your answers to Scouts Canada, Famous Duo Contest, c/o Supply Services, 1345 Baseline Road, P.O. Box 5151 LCD-Merivale Ottawa, Ontario, K2C 3G7. (Please make sure your return address is legible.) The first three correct answers selected will win a Scouts Canada **travel alarm clock** with built-in calculator.

Contest deadline is June 1, 1997. We'll notify all winners by mail.

Some things have changed over the past ninety years, but you can still depend on Scout Shops. They provide high quality goods, and the very best selection of program and family camping products! ^

Brainstorming with a Twist

by Rob Stewart

Some time ago I attended a conference for professional trainers. One session focused on generating feedback and ideas through a technique referred to as “story boarding.”

The trainer wrote a number of topics or questions on flip chart paper sheets and posted them around the room. Participants were divided into groups and assigned to a particular topic. Groups wrote their thoughts or reactions to their question on the paper until they had exhausted all ideas or the facilitator asked everyone to move to the next topic. When a group reached the next sheet, it only added new ideas to the ones left by the previous group.

What a great way to gather lots of feedback in a short period of time. This exercise also served as an ice-breaker because the trainer planned this activity early in her presentation.

Review Your Training Style

The results provided great checklists for examining personal training styles. The first question conference participants were asked was, “What are the characteristics of a good facilitator?” The responses were summarized into two areas: delivery/communications skills, and personal characteristics/personal style. Here are the characteristics described under delivery/communication skills.

- gives clear instructions for exercises,
- maintains good eye contact with participants,

- keeps focused on topic and brings group back on topic,
- good voice quality: tone, pleasant, clarity, pace,
- no annoying/distracting habits like jingling coins in pocket,
- regularly checks for audience understanding,
- uses audio-visual equipment effectively,
- starts and stops on time,
- good appearance and dressed appropriately,
- meets session objectives.

Under personal characteristics/personal style, people highlighted these points.

- shows respect for participants,
- creates a trusting environment,
- accepts and provides constructive criticism/feedback,
- enthusiastic,
- good sense of humour,
- quickly becomes aware of, and is sensitive to, learners’ limitations and strengths,
- is approachable, objective, patient, honest and sincere,
- demonstrates confidence and self-esteem,
- willing to take risks,
- develops rapport with participants.

Interactive Training Techniques

“What interactive training techniques could you use to get learners involved?” This was the next question asked participants. Here’s what the groups listed.

- skits (participants develop) to illustrate a point,
- press conference (learners play role of reporters),
- reward those who do get involved (e.g. use candy),
- have a question board or ask them to hand you questions,
- organize debates,
- sentence completion (you start the sentence, learners complete),
- small group and large group discussions/activities,
- use of video equipment (groups make their own videos),
- arrange scavenger hunt for information,
- case studies, role play, simulation, puzzles, focus groups,
- position furniture to encourage interaction.

The final question identified tasks or responsibilities to do on the day of the session. These included:

- arrive early,
- check your clothing,
- test the audio-visual equipment, make sure there are spare bulbs, markers, etc.,
- cue-up videos or slides,
- set up the room and check sight lines when all is ready,
- check for proper room temperature,
- check that refreshments will arrive on time,
- prepare welcoming music,
- prepare to meet participants as they enter the room,
- get yourself a glass of water,
- take several deep breaths.

Of course, no list is definitive. You can probably add dozens of additional items. Keep this list nearby; it might give you some extra ideas or provide timely reminders.

Good Training. X

SCOUTER'S 5

Scouting Leadership

- These thoughts, from the popular *Scouting Magazine* series called "A Canny Crack", would be excellent to use either during a Woodbadge training course or at an informal gathering of Scouters.

Consider how to tie them into a spiritual theme night for youth. Perhaps you can think of some crafts, games or other activities that would give a personal application.
- Plan ahead — it wasn't raining when Noah built the ark!
- "I must do something" will solve more problems than, "something must be done."
- Looking for a new way to run old activities brings progress.
- Although Cubs and Scouts are competing with others, they are also competing with themselves and learning that they must not give in to themselves. The more difficult the test they master, therefore, the more self-confidence and keenness it engenders.

"Boy! That was easy!" is not such a triumphant crow as, "It was awfully hard, but I did it!"
- A Scouter of words and not of deeds is like a garden full of weeds.
- Your Beavers, Cubs and Scouts will look up to you. Be careful not to look down on them.
- Some leaders will do anything for their Scouts — except let them be themselves.

Scouter's 5 Minutes, p.779

April '97

RECIPES

- Here are some recipes bound to add a delicious flavour to your Cub or Scout 1812 theme program. All are traditional recipes enjoyed by pioneering Canadians. They come from Scouter John Taylor of Jarvis, ON.

Bean Soup with Beef

This recipe serves six. You'll need:

- 450 g dried beans
- 1 soup beef bone
(with a little bit of beef meat still on it)
- 10 mL salt
- 1 mL pepper
- 3 potatoes (diced)
- 60 mL chopped onion
- 1 mL cloves

Soak the beans overnight. Cook the soup bone in water until the meat on the bone is tender. Remove bone and cut off meat. Cook beans in broth until soft.

Add meat, potatoes, onions and seasonings. Simmer until potatoes are soft. Then dig in!

Corn Chowder

For this healthy chowder (which serves six people) you'll need:

- 500 mL raw potatoes (diced)
- 125 mL chopped onion
- 725 mL boiling water
- 3 chicken bouillon cubes
- 45 mL flour
- 500 mL cream
- 500 mL cream-style corn
- 45 mL butter

Recipes, p.591

April '97

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the **leader**

Combine the first four ingredients and boil for 10 minutes. Mix flour with a bit of cream, add the remaining cream, corn and butter. Stir into the broth.

Cook slowly until the soup thickens. Add salt and pepper to taste.

1812 Mush

This recipe, used by Canada's Aboriginal people, makes a nutritious meal to start the day.

Put water in a pot and hang it over a fire to boil with a little salt. Stir in cornmeal, handful by handful. Cook as long as possible while thin before adding the final handful of cornmeal to thicken the whole mixture. Add a bit of salt to taste.

Your Cubs and Scouts could also fry the mixture after it is cooked. Simply turn the mush into a dish and set to cool. Cut in slices and fry on a hot pan.

Apple Brown Better

Gather together the following items:

- 4-6 apples
- 60 mL butter
- 5 mL cinnamon
- 80 mL brown sugar
- 180 mL flour

Pare, core and slice apples into a baking dish. Sprinkle with lemon juice. 'Cut' the sugar and butter together, add flour and combine to form a crumbly mixture. Mix with hands. Spread this over the apples. Bake at 180°C for 45 minutes. Serve hot with milk or cream. Delicious!

Recipes, p.592

- Quite often the best public image is the efficient, adventurous, "slightly mad" Scouting group on whom local inhabitants look with benevolence, amusement and pride.

- Harmony within a group is seldom achieved without some personal sacrifice.

- In the Beaver colony, imagination is more important than training, experience and knowledge.

- Success in our Movement is more attitude than aptitude. We all have many limitations, hidden and evident. Do your best. Youth will notice it and prosper from your honesty.

- Martin left the Cub pack just as he was about to go up into the Scout troop.

"It's sad," said Akela, "but it shows you can lead a horse to water but you can't make it drink."

"You've got it wrong," a little Cub answered.

"Your job is not to make him drink. It's to make him thirsty."

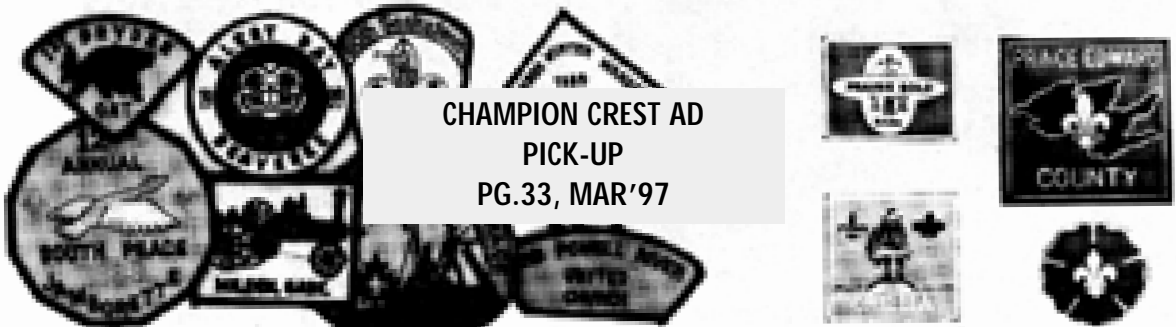
- Lands which know only sunshine and have no rain become deserts. Scouting is like that, too. Seek to grow from all experiences. Even a bad one can be healthy.

Scouter's 5 Minutes, p.780

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Recruitment Interviews: Stepping in the Right Direction

by Bryon Milliere

INTERVIEWS. JOURNALISTS INTERVIEW the famous and infamous. Medical researchers interview patients. Business managers interview sweaty-palmed students looking for summer jobs. And Scouting recruiters? They interview prospective volunteers.

For many, a recruitment interview is their first formal contact with Scouting. Would such a ceremonious step scare off potential volunteers? Not so! It shows our respect. Volunteer time is valuable. When we properly match volunteers to roles, we're honouring their time commitment.

As you interview a candidate, you'll learn what he or she offers Scouting in terms of attitude, skills and knowledge. You'll have an opportunity to explain our Mission and Principles. Your volunteer will gain a clear understanding of the role you're trying to fill. That helps the volunteer form realistic expectations.

Selecting a Few Good Men and Women

Scouts Canada continues to develop resources that help you find the best people for Scouting roles.

The Grizzly Creek Solution (available through our Alberta Council) provides a humorous, video-based guide to selecting volunteers. It helps you define the job you want a volunteer to perform. Then it shows you steps for identifying a good mix of attitude, knowledge and skills as you choose a candidate. This process helps you eliminate some unsuitable candidates *before* you approach them. Your interview team tackles its task with a clear description of suitable volunteers.

Job descriptions provide your selection team with an excellent starting point for most roles. Scouts Canada has designed a host of these, specially for you to use. Obtain these from your provincial council office or your section handbook. Be prepared to identify your priorities within each description.

Recruiting the Section Scouter, a booklet we revised last year, provides practical help. New resources are on their way in time for fall interviews. They include a comprehensive guide and a video on conducting interviews and personal reference checks.

Only the best people are good enough for our Scouting youth.



Photo: Sharon Swift

Extending an Invitation

When you ask a candidate (an involved parent, for example) to consider a role in Scouting, it's important to explain the process of becoming a Scouts Canada volunteer — and why that process exists. People expect organizations such as Scouting to exercise caution in selecting volunteers. Explain to candidates that we follow this procedure for *all* new volunteers.

Make sure your candidate understands that she may discontinue the recruitment process at anytime. Scouting groups will prosper under the leadership of a few good women and men. We do better with fewer *committed* leaders than with many leaders unsure of their involvement.

Before you interview, provide candidates with information on Scouting's Mission and Principles. Give them copies of *the Leader Magazine*, and leader or youth handbooks. This will prepare volunteers for discussions about what we expect from our leaders, and will help them formulate their own questions.

There's an added benefit to preparing new leaders for clearly defined roles. If problems arise later on, it's much easier to remind a well-oriented volunteer of what we expect than to correct the activities of someone who was dumped into a role with little direction or support.

Getting Ready

Find a location where your candidate is comfortable. Meeting in a candidate's home can tell you a great deal about the individual, including his level of organization, his interests and the type of support he has from other family members.

Prepare for the interview with a co-interviewer. A service team member can represent the council, and a group committee member can represent the group and partner. List what you know about the candidate and the reasons you believe she's a good match for the role. Also list any concerns or questions you have about her suitability. Review the questions you'll ask (see Scouting publications for guidance). Bring to the interview a copy of the job description,

an application, resources such as JUMPSTART and the contact list for other members in the group.

Screening

We wish to protect our young people from those who might cause them harm physically, mentally, or emotionally. The majority of people *do not* pose such a threat. In Scouting, we seek volunteers who will make a valuable contribution to leadership teams, committees and councils through their generous commitment of time and energy for the benefit of developing young people.

By having a clear image of the type of person who is 'right' for a job,

you'll be better prepared to make decisions about each candidate. If you find it difficult to picture an individual in a particular role, explore this impression with your fellow interviewer. Personal reference checks allow you to follow-up on both good and bad impressions created by a candidate.

You may not have the experience of journalists like Lloyd Robertson or Pamela Wallen, but a little preparation can make you an effective interviewer. In recruiting, it pays off. Scouting volunteers carry a full pack on their journey with youth. To stay with Scouting over the long haul, they need a good fit! \



Stay on target!
Recruitment interviews will help.

Photo: Allen Macartney