

the leader

APRIL 1998

VOLUME 28, NO. 8



**Ready...
Set...
Spring!**

NATIONAL JAMBOREE SITE • ENVIRONMENTAL GAMES

Membership: No More Excuses!

by Allen Ball

“I’m sorry,

“We’re full,
but we can
put their names
on a waiting
list.”

Have you heard words like these when parents asked if their children could join Scouting?

Too often these responses have ‘greeted’ their ears. Yet, with only a little bit of effort, anyone who wanted to join Scouting could experience its joys and challenges. Too bad unnecessary waiting lists bar so many young people from our ranks.

Here are some reasons people give for keeping a waiting list:

- “We have to maintain a certain ratio of adults to youth.”
- “We keep our Scout troop at this size so my assistant and I can get everyone into our two mini-vans.”
- “Our meeting hall isn’t big enough.”
- “We can’t start a new group because we’d have to share fundraising areas.”

Does this Make Sense?

While these reasons may seem valid to group committee members or Scouters, they just aren’t! Rather than trotting out these “tried and true”

we can’t take

excuses, look for creative ways to remove the artificial barriers.

Why should you?

Because it’s vital! Scouting’s membership is *spiralling downward*. It’s been heading down for almost twenty years. Membership is going to continue to drop until we let everyone in who wants to experience our world-famous programs.

It is sometimes hard to attract parent volunteers or youth, especially in the hustle and bustle of the late ’90s. Literally hundreds of other activities are competing for youth attention and time. These include everything from hockey, skiing, various school clubs, band practice, competitive swimming, basketball and music lessons. Yes it’s a challenge to get members, but why are we turning some interested youth and adults away?

Make it Happen!

How do we currently attract new members?

It’s almost by accident in many cases.

Usually, we get members because Mom or Dad is already involved. Frequently, a friend or schoolmate is in a

colony, pack or troop. We could take a much more proactive approach to recruiting. Rather than just “letting it happen,” we should “make it happen.”

How? Try standing up and telling parents about Scouts Canada’s Mission and Principles. Do it proudly. They’ll soon see the obvious benefits and opportunities awaiting not only their children, but them too.

Most parents don’t really know much about Scouting. It is time for us to *sell them* on our terrific programs. We can no longer sit back passively hoping their children will hear about us and join.

But there’s more. When people do express an interest in Scouting, we

your children

in our group.”

need to tell them why they *can* join, rather than why they can’t.

Scouting has a lot to offer youth. No child should be denied the opportunity to experience our great programs because an adult decides to erect an artificial barrier that blocks membership.

I repeat: We must educate and sell parents (and leaders) on our Mission, Principles, Practices and Methods. These are what makes Scouting great. This is one way we can fulfill our important Mission to young people.

Come on. Let’s grow! X

— Allen Ball is a volunteer and Vice-President (membership) of Scouts Canada. He lives in Victoria, BC.

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The Canadian Leader Magazine is produced 10 times a year by Canyouth Publications Ltd., an arms-length publishing company.
PO Box 5112, Stn LCD-Merivale, Ottawa ON K2C 3H4
Phone: (613) 224-5131.
Fax: (613) 224-5982.
E-mail: leader@scouts.ca
Web Site: <http://www.scouts.ca/leader.htm>
Yearly subscription: registered members of Scouts Canada \$8 non-members \$8 outside Canada \$18

The Leader assists Scouters and other adults who work with young people through the publication of timely articles on Scouting’s programs, resources and objectives.
Canyouth Publications gratefully acknowledges the assistance of Scouts Canada in publishing **the Leader**.
Editorial contributions are made on a voluntary basis. Unsolicited submissions welcome.
Advertising Policy: Advertisement of a product or service does not indicate endorsement by publishers.

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

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

Publications mail registration #2405.

ISSN 0711-5377

Cover photograph:
Paul Ritchi

FEATURES

“Who Wants Some Compost Soup?” **4**

What About a Single Jamboree Site? **8**

It’s Time for an Urban “Tour” Camp **10**

Happiness is Scouting
Now it’s scientifically proven **12**

Why Does Akela Do All the Work? **14**

Book Talk **16**

Who Markets Scouting? **17**

Jamboree on the Air **38**

REGULARS

Swap
Build this Beaver clothes stand **18**

Sharing
Let Beavers design their own program **19**

Fun at the Pond
Celebrate Earth Day..... **20**

Outdoors
Emergencies and disasters do occur! **22**

Paksak
Now anyone can become a ‘reel’ fisherman..... **26**

Venturer Log
“What are my bags doing in Hong Kong?!”
Tips for international travel **28**

Patrol Corner
Some best-kept camping secrets **30**

For Volunteers
“What is a Service Scouter?” **32**

Network
Special rewards available for group committee members **34**

ALSO

Editorial Page..... **2** In the Market..... **37**

Cross-Country Photos .. **29** Letters **39**

Scouter’s 5 & Recipes..... **35** Pen Friends **39**



Urban Camp: Touring the Turbines

"Who Wants Some Compost Soup?"

Building environmental awareness has never been so easy

by Ruth Block, Rick Smith, David Thomas and Al West

Conservation and environmental awareness.

These have been familiar Scouting themes for many decades. Now the message has taken on a new urgency, not only in Canada but in developing countries. Forests everywhere are being lost to settlement, agriculture, and industry. Environmental projects and recycling ideas are very popular among Scouting groups. Here is a collection of ideas, activities and games that leaders have found particularly successful. They're suitable (with adaptation) for Beavers, Cubs and Scouts.



Environmentally-Charged Games

by Rick Smith

It's easy to teach environmental awareness with games. Use this wide selection as a jumping off point for discussions or other projects. Ask youth members how the themes tie into their section Promises (e.g. Beavers: "I promise to love God and help take care of the world").

Junk, Compost, Reuse, Recycle

This game is challenging enough for older Cubs, Scouts and Venturers.

Stand your players in a circle; one is in the centre with a bean bag. He throws it to someone in the circle and calls out either "recycle," "reuse," "compost," or "junk."

Depending on the word the thrower calls out, the player catching the bag must respond with the name of something that fits the category before the group counts to ten. If he fails to do so, he becomes the thrower. Nothing can be repeated during a game, so the longer it goes on, the tougher it gets.

Compost Soup

Stand your Beavers or Cubs along one wall. Leaders should make stirring motions with arms and hands (stirring the soup).

Beavers ask: "What are you making?" Leaders reply: "Compost soup."

Beavers ask: "What are you putting in it?" Leaders reply: "Lettuce leaves."

If this is something that really should go into a compost pile, the children should yell, "Yes!" If it isn't, they should yell, "No!" (Fats, meat, plastic and milk products don't go into a compost heap.)

Continue with the children asking, "What else is in your soup?" Leaders reply in turn, "Carrots, potatoes, peelings, leaves, broccoli, etc." For each right or wrong answer, the Beavers yell "Yes!" or "No!", respectively.

When leaders answer the question with "Beavers!" (or "Cubs!"), each child must run to the opposite wall without being caught by a Scouter. Anyone caught must stay in the centre and help stir the compost heap.

Continue until everyone is caught. (Make sure you have a good list of composted items before you start.)

The Recycler and the Plastic Bottle

This game will fire up the adrenaline!

Put a table in the centre of the room. The "Recycler" and the "Plastic Bottle" stand at either end of the table blindfolded. Both must keep in constant contact with the table — either with a hand, arm, elbow, leg, head or a combination.

If the Plastic Bottle avoids capture for three minutes, he wins and becomes the Recycler. If not, he gets captured and gets recycled; someone else then becomes the Plastic Bottle.

Either player may get on or under the table for extra fun.

Find the Litter Bug

Do your Cubs or Beavers need to run off some steam? Here's the perfect game.

Give one player (the "Litter Bug") a white scarf or hat, as well as three pieces of litter. These might be a cardboard cereal box, a crumpled piece

of newspaper, an empty soup can, or something else.

Send the Litter Bug off into a defined area with good cover so she can hide. The Litter Bug must not remove the scarf or hat. As the Litter Bug is running, she should drop the three pieces of litter in different places.

Pile the Compost Higher

Mark off a small square on a patch of ground. It should be small enough to hold *no more than half* your players standing upright at any time. This is where you'll build your compost pile.

Line your teams up around the patch of ground. Here's the challenge: every

Even a "Litter Bug" can have fun and learn by playing Environmentally-Charged Games

In five minutes, the others are allowed to set off in pursuit of the Litter Bug. If anyone finds a piece of litter dropped by the Litter Bug his team earns 10 points. If someone finds the Litter Bug, the person (or team) earns 20 points. Designate another person as the Litter Bug and play the game again.

At the end of play, the team (or person) who has earned the most points is awarded some fitting honour or prize.

Make sure you set a time limit, and establish a signal for all players to return when they hear it.

team member must end up on or over this marked off spot. Team members may use any method to ensure their members accomplish this goal. Any part of the person in the square counts as "in." Set a time limit of two minutes.

The Recycle Bin

Divide the group into two halves. One side has the recycle bin — any type of flat material like a tarp will do — and sits on it. The others try to wave it in the air. In most cases, success is achieved and the teams switch places.

Search through your neighbourhood looking for litter. You'll find it in parks, along streets, everywhere.

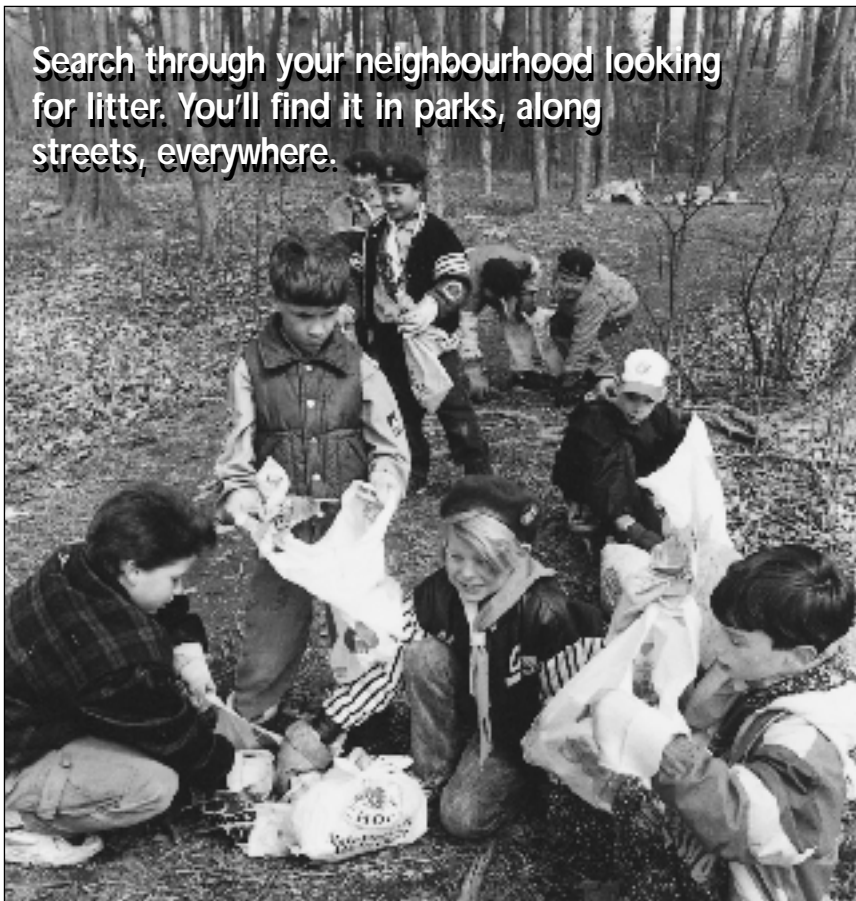


Photo: Jean Gillespie

What Is Trash?



Is an old newspaper trash? No. It's part of a tree that could have taken 100 years to grow.

Is a pop can trash? No. It's a valuable piece of aluminum made from bauxite ore. Aluminum is a relatively new metal, 'discovered' only about 60 years ago.

Is a bottle trash? No. It's actually made from sand that someone dug up, melted down with enormous amounts of energy and formed into a container. Long ago, anything made from glass was a prized possession.

"It's Just Garbage!"

At one end of the hall, put a bag of carefully selected "garbage" for each team. Make sure all items for each team are identical. Also, put here five paper plates marked "recycle," "reuse," "compost," "ash tray," and "garbage can."

Line your teams up in relay formation. The first players in each team run up, reach into their bag, and select a piece of garbage. They must put it on the proper paper plate, and run back to their team. The other players then follow in turn. The winning team gets five points, the second place team gets three points, and the third place team gets one point. Give teams two points each time they put garbage on the right plate.

This game can lead naturally to a good discussion on recycling and what players can do at home.

Water Pollution

This game is great for camp. Play it at the shallow end of a pool. All participants should hold hands and form a circle, with two referees standing on the outside. Put the pollution (anything you want that will float) in the centre of the circle.

On a signal, all members try to pull others into the pollution, while making sure they don't touch themselves. All who touch the pollution

are out. If two players break their grip, they are both considered out. This provides a great opportunity for a discussion about water pollution and how we can overcome it.



Take a good close look at nature. It's fragile!

Scraps of News

Here's a good game for Scouts and Venturers. Give each team a sheet of

blank newsprint and a set of pens. Instruct members to produce the front page of a newspaper with "scraps" (short articles) about environmental issues. Some should be "good news" stories, while others "bad news" stories; some should have happy endings, while others, sad.

Give teams various themes and ideas to work on, like oil spills, litter, youth clean-ups and civic pride. Let them use these ideas to dream up their own headlines and stories.

Some Cubs or Scouts might want to illustrate their articles with colourful drawings.

Some Cubs or Scouts might want to illustrate their articles with colourful drawings.

Garbage Collectors

Divide your players into two teams. Stand one team in extended relay formation with legs spread wide apart and touching the feet of a player beside them. They are all blindfolded and represent garbage collectors.

On a signal, the other team (the "Garbage") tries to crawl between the legs of the Garbage Collectors without touching them. If a Garbage Collector hears or feels any Garbage trying to escape, he picks it up by touching it with one hand.

Score two points for each piece of Garbage picked up. Deduct two points for each unsuccessful attempt to pick up garbage.

Garbage Detectives

During a walk around your community, make a list of all the types of waste that might be polluting your neighbourhood. Write a letter to the editor of your community newspaper about what you found. Consider setting up a Saturday morning environmental display at a local shopping centre showing your findings.

Spaceship Earth Song

Beavers and Cubs love to sing. Use this song (Tune: *Three Blind Mice*) in your program to launch a brief discussion about how all of us can help protect the environment. Cubs might want to sing it as a "round," then lead on with some games.

Spaceship Earth
Spaceship Earth
Our only home
Our only home.



Our beautiful planet that we all share
With all kinds of living things everywhere
It's our responsibility to take care
Of spaceship Earth.

— Thanks to Scouter Ruth Block. She now lives in New York City, USA.

Our Beavers found these games excellent. (Remember to keep Beaver activities non-competitive.) The relay games would fit well into a summer all-day program or Cuboree. Why not combine them into an all-section, spring barbecue for the whole Scouting family? It would make a great linking event.

Program Links

Cubs: Recycling Badge, World Conservation Badge, Artist Badge

— Scouter Rick Smith is a “relay” active games-meister with the 1st New Maryland Beaver Colony, NB.

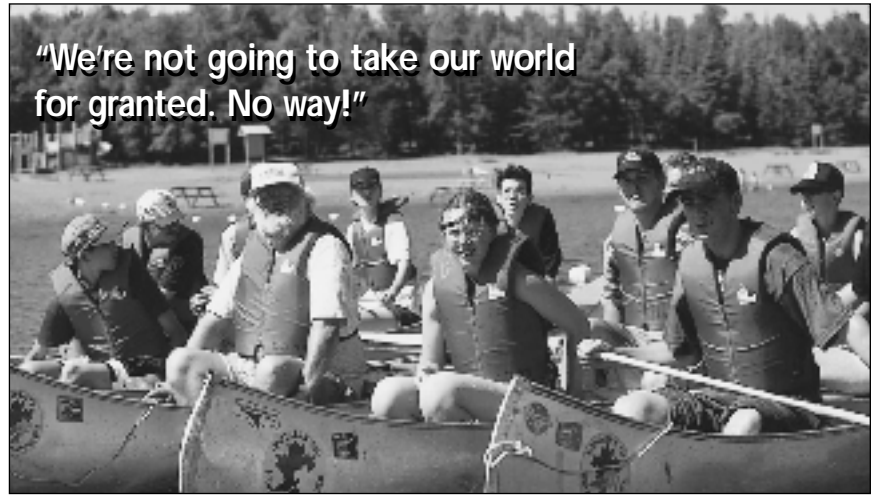


Photo: Paul Ritchie

Project Green Earth

by David Thomas and Al West

Scouting members in 5th North Peace Group (Fort St. John, B.C.) launched our Project Green Earth out of a strong desire to help improve the future of youth in poorer countries. Our chaplain (Rev. Ann Foster) contacted Scouts Canada about community development projects in the Scouting world. Reforestation projects in Kenya and Nepal: this really caught our imagination. Our members decided to use some of the funds we raised for our own tree planting to help Scouting groups in these two countries “green up” their own neighbourhoods. It was a dream shared by all in our group.

During a weekend in April, we held our tree planting pledge drive using both a mall display and neighbourhood solicitations. Our group committee promised to match all pledges we collected. All sections got involved. Some collected contributions door-to-door, others brought our message to mall-goers.

Green Side Up

Our “hands on” tree planting efforts started early in the morning of May 30 when we began planting 5,000 spruce seedlings on an assigned block at Mile 73 of the Alaska Highway. It was a great day: sunny and pleasantly warm. A light wind kept the mosquitoes moving.

A Venturer company set up a first aid station. With great enthusiasm, Beavers and younger Cubs packed trees out to the older Cubs, Scouts, parents, and other family members who planted. Throughout the tree planting we talked

about Scouts in Nepal and Kenya, and how our contributions would help reforestation projects there. The whole group was back home by mid-afternoon.

The project has had many positive spin-offs in addition to being able to help Scouts in the Third World. As their knowledge of forestry practices has increased, three members of the Shared Venturer Company helped work on the Fish Creek Community Forest near Fort St. John — a satisfying project.

Our Scouting brotherhood makes us both community and world citizens. Our group is committed to continue tree planting in the North Peace area. Our youth *are* concerned about the future, and they're doing something about it. \

— Dave Thomas and Al West work with the 4th North Peace Group in Fort St. John, B.C.

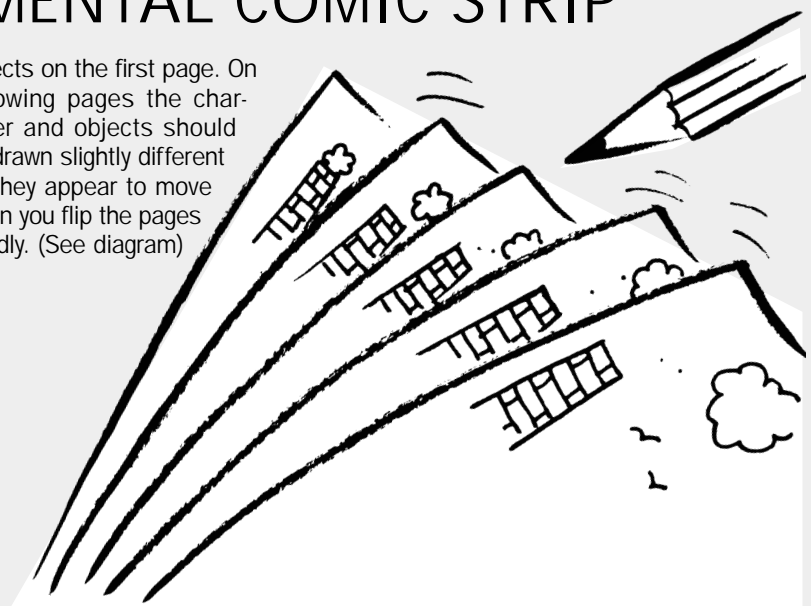
ENVIRONMENTAL COMIC STRIP

Break your Beavers or Cubs into small groups, and get them to mark off a sheet of paper into six rectangles. Perhaps some might want to make a longer comic strip and display it on bristol board.

Each group should choose an environmental theme (e.g. recycling, composting) that interests them. With pencils and markers, ask them to sketch out their story with speaking bubbles for their characters. When completed, ask each group to stand in front of the entire colony or pack and present their comic strip.

Older Cubs or Scouts might want to make a moving comic using a thick white pad. Get them to draw and colour a character and environmental

objects on the first page. On following pages the character and objects should be drawn slightly different so they appear to move when you flip the pages rapidly. (See diagram)



What About a Single Jamboree Site?

Few topics in Scouting arouse more emotion than discussions about jamborees. Whether it's the cost, the programs, the administration or the location, all such issues are hotly debated.

Let's consider the location of jamborees, sort through some important details, and get your input. A specially-commissioned National Task Group reviewed the topic of jamborees in 1992. At that time, the Task Group offered "a strong endorsement of CJs as a program element" in Canadian society. The jamborees in 1993 and 1997 demonstrated a continued high interest in these traditional events; youth and leaders love them.

The Bottom Line

Cost is a major concern when jamborees are being organized. Jamborees

are complex, huge events that cost several million dollars. It's extremely difficult to budget and control costs because of:

- unforeseen site needs,
- unpredictable weather,
- the very nature of jamborees, and
- the uncertainty of firm attendance numbers until almost the last minute.

While CJ'97 was a very successful youth event, additional applications immediately prior to the jamboree caused significant and expensive site changes in order to accommodate everybody. Poor weather the year before the jamboree meant we couldn't complete advance site preparations to the same degree as usual. In addition, Scouts Canada had to sign a multitude of contracts far in excess of anything ever encountered before.

What does this all mean? In this case, although a highly acclaimed youth event, Scouts Canada faces a considerable financial loss from the jamboree.

When the National Task Group first recommended these country-wide

events, there was an agreement (broadly accepted) that jamborees would be held every four years successively in Eastern Canada, Western Canada and the Central part of the country on a rotating basis. Thus, CJs have been held in PEI (1977 & 1989), Alberta (1981 & 1993) and Ontario (1985 & 1997).

Holding jamborees in different regions of Canada offers many advantages, including the possibility of different program activities (e.g. hiking in the mountains or fishing in the ocean). It has at least two other clear benefits:

- it lets youth travel to different parts of the country that they might not otherwise visit,
- it gives local volunteers an opportunity to experience the development and operation of a large event without overburdening them on a continuous basis.

A rotating jamboree site, however, presents many difficulties. One involves identifying and contracting for a site. Sites that were available in the 70s and 80s are not necessarily available in the 90s, and beyond. If they are available, ownership or usage may have changed substantially over the years. As an example, a considerable part of the Kananaskis site in Alberta used for CJ'81 and CJ'93 is now under First Nations' control.

Partly due to such changes, and partly due to the fact that provincial councils would like the opportunity to host a jamboree, we must hold extensive searches for suitable sites. When looking for any site, the availability of governmental assistance (either financially or in other forms) is also a major factor.

Transportation considerations are just as important as the location where we hold a jamboree. Major airlines no longer fly sizable aircraft into some areas that would be excellent for



Photos: Wayne Barrett

Jamborees are extremely popular with young people.

Give us your views

by John Pettifer

national jamborees. This translates into a greater reliance on chartered flights. A charter flight often costs more since the chartering group has to pay for the aircraft to fly empty into a location to pick them up, then, after delivering them to the closest major airport near the jamboree, return to its "home" airport empty. As well, charters will not fly to all airports.

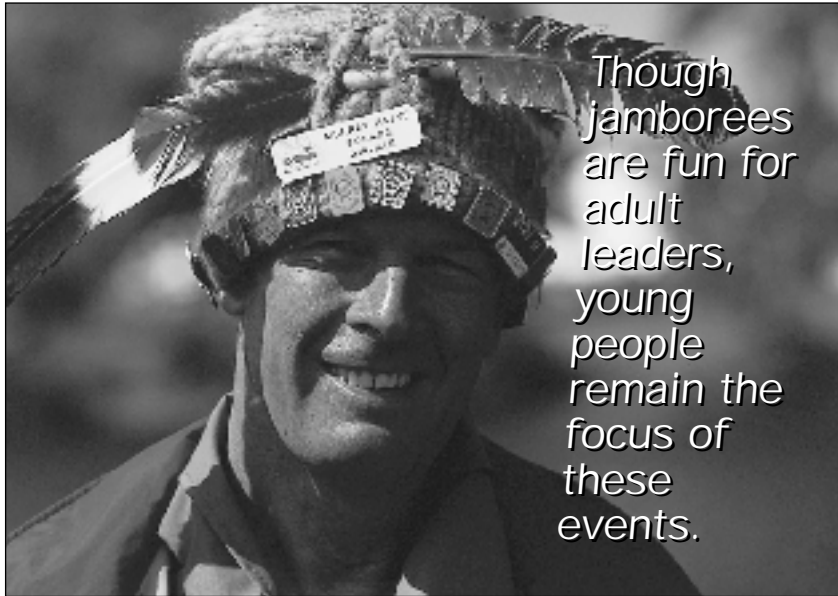
To try to reduce costs and make jamborees available to more youth, Scouts Canada is considering several possibilities. Should we identify *one* permanent CJ site? Should we consider the possibilities of having two permanent sites? Or should we continue alternating between three parts of the country?

Tell Us Your Thoughts

The National Commissioner has formed a Task Group to examine these options and to make a recommendation to the National Council. This is your invitation to share thoughts, ideas and suggestions with the Task Group. (Its chair, Graham Milton, has considerable experience organizing and running jamborees.)

Before jumping to your writing pad, computer or fax machine, please consider some other factors.

1. The costs of developing a different site every few years are very high. Though it's difficult to put an exact figure on the savings, it is estimated at \$200,000 or more in repeat developmental needs.
2. If we opt for a single site because of cost savings, where should it be?
3. Is there a Scouts Canada-owned site large enough, close enough (to major transportation hubs — especially airports), located in an attractive area, and with sufficient infrastructure (water, sewage, hydro, etc.) to cope with the needs of an instant city of ten to fifteen thousand?



Though jamborees are fun for adult leaders, young people remain the focus of these events.

4. If Scouts Canada purchased and retained property for a jamboree site, how would it be paid for? What would it be used for between the events, and how would it be maintained?
5. Should Scouts Canada contract with a provincial government (and a provincial council) for the permanent ongoing use of a provincial campsite large enough and suitable enough for a CJ? If so, given the vast size and varied nature of Canada, where should this be? (A jamboree is worth about \$17-19 million to the province it's held in.)
6. Would a single site provide better supply management through firm sources of material — materials that would be guaranteed with respect to quality, availability and delivery?
7. Would a change from the existing three-site arrangement provide better and consistent equalization travel costs or travel subsidies?
8. Would a single site arrangement put too great a strain on the availability of volunteers needed to develop and build the required structures on a continuing basis?

Did You Complete the Survey?

At CJ97, many Scouters completed an informal survey dealing with the location question. While this gave us helpful feedback, we realize the need for wider input from more members.

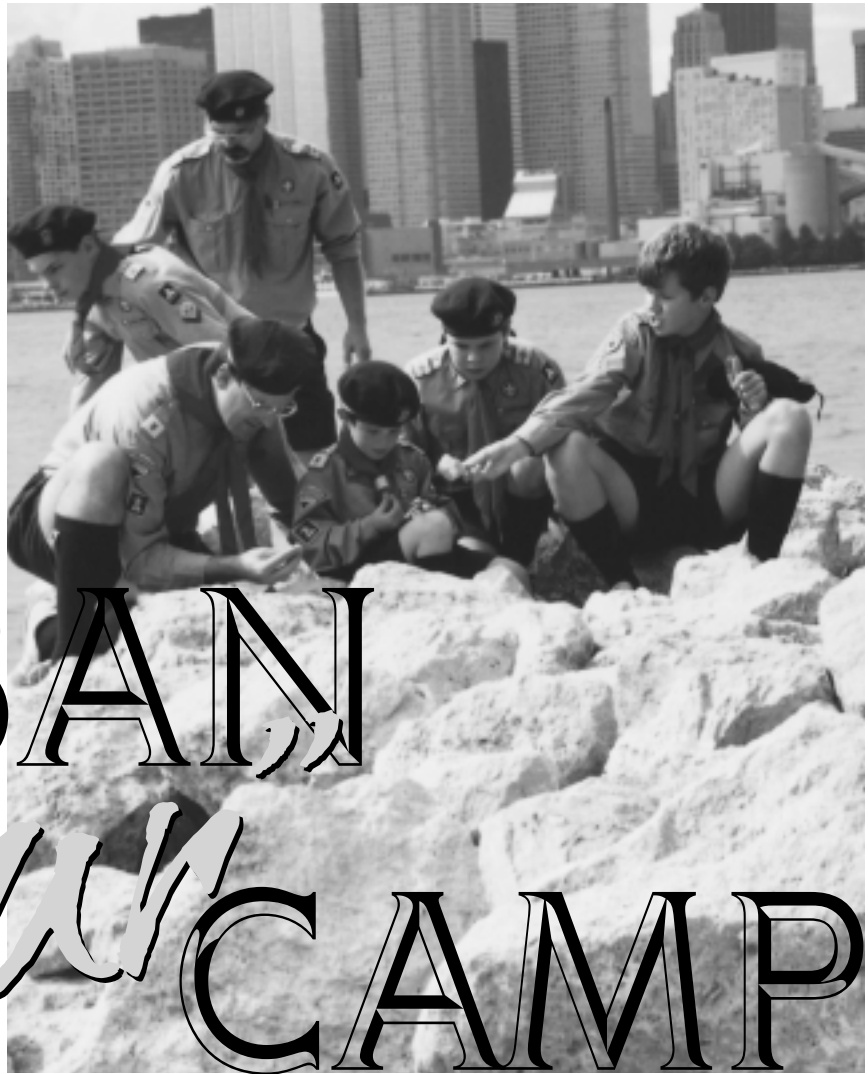
Jamborees provide a significant social and fun component to adults, but jamborees are primarily for youth participants. They pay for them through fees raised during much struggle and work. We owe it to Scouting youth, to their parents, and to groups who support them, to make a wise decision.

Send your comments and thoughts to the Jamboree Location Task Group, Scouts Canada, P.O. Box 5151, Stn LCD-Merivale, Ottawa, Ontario, K2C 3G7. Fax: 613-224-3571 (attention Jamboree Location Task Group). E-mail: mailbox@scouts.ca (attention Jamboree Location Task Group).

Task Group members will be unable to reply to each comment (they're volunteer members too), but they will carefully review and consider your views.

We appreciate the time you take to make your thoughts known and we look forward to hearing from you. ^

IT'S TIME FOR AN URBAN "TOWN" CAMP



"Camping."

What images and thoughts spring to mind with these words? Coleman stoves, campfires, wilderness hikes, and getting back to nature? Our recent camp in downtown Toronto had none of these elements. Yet our Scouts still had a wonderful time. This program would also be excellent for Beavers and Cubs.

by Andre Robichaud

Planning for our urban camp began at the start of our Scouting season when all leaders were charting out the year ahead. Our group is *very* outward-oriented. We hike a lot, do outdoor camps (including winter camps), canoeing, backpacking and more. Then someone mentioned an unusual idea: an urban camp.

What's an urban camp? Of course, it takes place in a city (or a town).

Cities offer unlimited opportunities to get outside, explore heritage, examine urban nature, experience different cultures, and simply have fun. After "testing" the idea with our Scouts, we decided to give the urban camp a "tour" focus. We just had to line up as many interesting city sites to tour as possible.

Preparing for this camp didn't require a new planning method; we still needed to answer the same questions demanded of any other camp.

- Where are we going?
- When?
- What are we going to do?
- How much will it cost?

"Where" to camp in the city was our first difficulty. Here are some ideas we

thought up. Many cities have downtown parks and facilities set up for short-term camping. You could "camp" in a church basement or community centre; a parent could arrange for a room at their office or store; you might even stay at the YMCA, or a local youth hostel. Look for an unusual twist to put on this camping experience. Is it possible to pitch your tents on a tall apartment rooftop? Many apartments have rooftop patios.

"When" was an easy question to tackle. March was a good time for our camp; in our area, the weather is unpredictable in early spring. Perhaps May or June would work best for your group because of swarms of biting mosquitoes and black flies in the forest.

"What" are we going to do?

A big city (or a smaller community) offers many experiences; ideas poured in from leaders, Scouts and parents. Should we spend the weekend exploring cultural attractions? Toronto offers quite a number of art galleries and museums. What about the historical sites in the city? Fort York? Old City Hall? Black Creek Pioneer Village?

Photos: Paul Ritchie

Finally, we decided to plan a diversified program: a sampling of indoor and outdoor tours around Toronto. Because March is a muddy, cold, wet month in southern Ontario, the program was perfect. To get around the city we decided to use public transport (buses and subway) combined with our own feet.

"But how much?" proved a big question. We realized that this was going to be an expensive camp. Eating at restaurants, paying for public transport, and admission to various attractions added up to a hefty bill: \$1,100. Two bottle drives netted us just over \$800.00. The rest came from regular camp fees paid by parents.

"My Tent Goes Here!"

On Friday night we met at our meeting hall, loaded the vehicles and headed for "camp." Consumers Gas generously allowed us to stay at one of their maintenance depots in Toronto. Also provided were washrooms, showers and a wide-screen television with VCR. Armed with Scouter "Wrong-way's" map on how to get there, we eventually pulled into their depot, set up our tents inside (it was too muddy and wet outside), played games and watched movies.

Saturday (some called it "walk-for-ever-day") started with breakfast at a local restaurant on Queen Street. From there we hiked a few kilometres to the subway, which we took to Casa Loma — a magnificent castle in downtown Toronto. What a place! Towers, secret passages, antiques and a display of military memorabilia. (Perhaps your town or city has an old fort or frontier village for your Cubs or Scouts to explore. Before you arrive, leaders should do their homework and make up lists of true/false questions and multiple choice quizzes dealing with the attractions the Scouts or Cubs will visit. The game will increase everyone's listening during the tours. Use this as a patrol or six competition.)

Castles, Trains and Fire Engines

From Casa Loma we walked south to Bloor Street for lunch, then down to the Provincial Parliament Buildings. We had hoped to at least tour the lobby to

see some of the stunning architecture, but a loud protest was taking place on the lawn; police had closed the buildings to the public. We watched for



several minutes, discussed democracy and our right to protest, then split into two groups. One group headed into the Eaton Centre, the other went north along Yonge Street to shop. Along the route one group passed a huge fire station where they negotiated a quick tour, while the



FROM SHOPPING MALLS TO PROTESTS, THERE'S BOUND TO BE SOMETHING FOR EVERYONE WHEN YOU TOUR.

other group witnessed a minor fire in a shopping mall.

Our two groups met back together at Toronto City Hall. We then hiked to Front Street and toured Union Station (a large majestic railway station), and Mountain Equipment Co-op. (We could have gone up to the top of the CN Tower — the tallest self-supporting structure in the world — but we ran out of time.) Finally, we made our way back to Consumers Gas to get ready for dinner. This feast provided an incredible finale to our weekend.

What was so special about it?

We ate at "Medieval Times Dinner Theatre," at the Canadian National Exhibition. While the whole troop enjoyed a terrific meal in a medieval setting, brightly coloured knights wearing period costumes rode prancing steeds

around the arena, and took part in jousting matches and realistic sword fights. Gentle maidens, helped by obedient pages, guaranteed an excellent evening. After dinner, our very happy and tired Scouts headed back to the tents for a well-earned sleep.

On Sunday morning we packed up our gear, ate breakfast, had a quick Scouts' Own, then headed to the Hockey Hall of Fame. This is a "must see" for all die-hard hockey fans. (Of course, it proved an excellent place for a hockey quiz. You might even make an encoded word search puzzle with hockey equipment and favourite teams featured in it.)

This tour extravaganza camp proved a great success. It also set the stage for a whole series of theme programs in the future: medieval, fire safety, Underground Railway (see the March **Leader** for details), citizenship, flags, world brotherhood.

If your leaders would like to plan a similar urban camp, but with more immediate program tie-ins, you could include map reading. Wilderness map reading isn't the only valid Scouting skill; urban map reading is sometimes more practical for our daily lives. Break into groups and give every group a map and compass. Get them to orienteer their way from tour site to tour site, following compass headings.

To make sure they don't cheat, get them to write down the colour of a specific sign beside a fire hydrant, or identify the store name at the corner where they must turn north for 300 metres. Using estimating skills (see "Venturer Log," December issue) have each group estimate the height of buildings, trees and the width of rivers they pass.

Scouting has a definite *outside* focus, but if your Scouts want to taste something different for a change, try an urban camp. They'll love it! You don't have to live near the Hockey Hall of Fame to find a myriad of cultural, heritage and recreational activities in your own backyard. X



— *Andre Robichaud "walks forever" with the 9th Whithy Scouts, ON.*

Happiness is

If you've sometimes felt warm and fuzzy about the joys of Scouting, you're in good company. Thousands of others have too. But recently two university professors (David Myers of Hope College, Michigan, and Ed Diener of the University of Illinois) carried out a scientific study to discover what made people happy or unhappy. Perhaps not surprising, Scouting fits most of the happiness-generating criteria.

Uncork the Genie!

Before investigating what makes most people happy, let's look at what makes people *unhappy*.

"If I only had more money, I'd be happy." Have you ever heard someone say it? Well, the facts say that it isn't true.

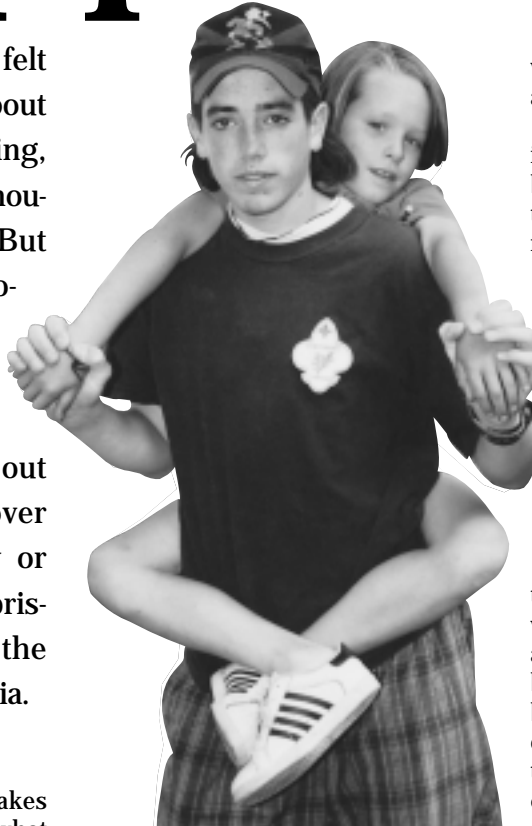
Having money, or even having *more* money than you did before, won't make you happy, according to these two eminent professors. Having too little money can make you miserable, and having less money than you used to can make you unhappy, but having *lots* of money doesn't seem to make people any happier. If you're comfortable, but not wealthy, your chances for a cheery life are fairly high.

Even winning the lottery won't make a permanent difference to you; you'll be happier for a while, then gradually settle back to the way you were. Likewise, neither age nor gender seem to make a significant difference in how happy we feel.

So, what makes us happy?

#1: Self-Esteem

Myers and Diener identified four major traits that lead to higher levels



of contentment. Self-esteem topped the list. People who like themselves and think well of themselves tend to be happier.

People who have a spiritual focus are happy than those who don't.

But where does self-esteem come from?

I believe self-esteem comes from a sense that we are worth something, that we are good people, and that we are competent and can accomplish worthwhile things. This is where Scouting enters the picture, because it builds up self-esteem. Through the skills we learn and practise in Scouting, we become more confident; through adherence to the Scout Law and Promise, we recognize that we're making a difference in the world for others. In effect,

we see good coming from our lives and affecting others.

Just being a Scout won't automatically make you like yourself more, but if a youth works at being a Scout, then the odds are stacked in his or her favour that self-esteem will rise.

#2: Being in Control

The second trait that happy people typically feel is a sense that they are in control of their lives. People who feel this way do better at work or school, achieve more in life, and feel less stress than those who do not.

So what's the Scouting tie-in? That's easy!

Scouting teaches us how to take control, how to deal with crises, how to work in teams to overcome difficulties, and how to both lead and follow. We build leaders, and leaders have vision because they recognize life is full of opportunities and options. Naturally, this leads to a higher sense of personal control, and hence to a greater sense of well-being and happiness.

#3: Optimism

Happy people are usually optimistic. They tend to expect things to work out. According to Professors Myers and

Diener, good things happen to them more often than those who expect things to turn out badly. Although there is nothing in the Scout Law about being optimistic, there certainly is something about being cheerful and wise in the use of our resources. Cheerfulness will give birth to more cheerfulness, building its own healthy cycle. It won't take long to make an optimistic person.

There's more to the optimism secret. Scouts don't work alone, but with other Scouts. Most troops I have observed tend to be "can do" groups. They find

Photo: Paul Ritchi

Scouting

Now it's scientifically proven by Richard Worzel

ways to make things happen. It's easier to be optimistic when you surround yourself with positive people, than when you're in a crowd of gloom-sayers.

#4: Extroverts

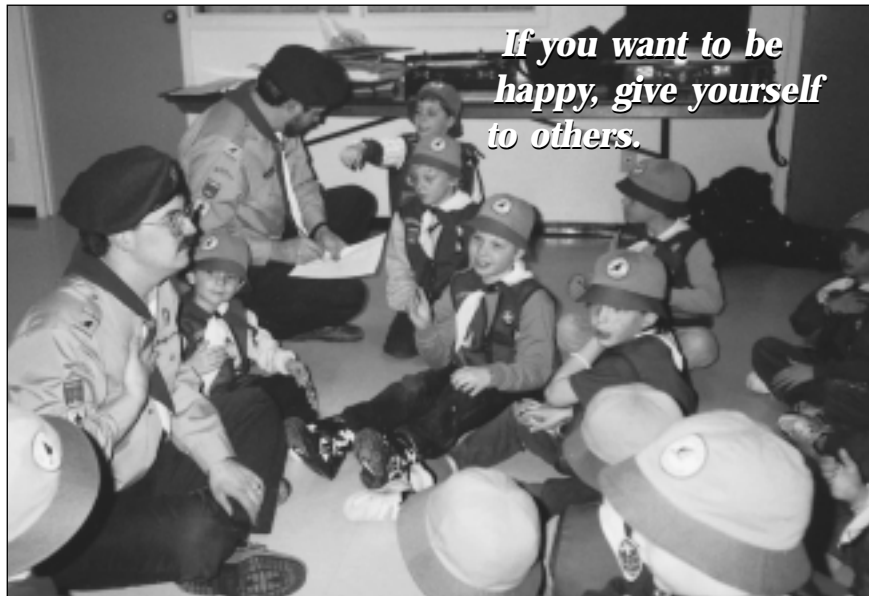
Happy people are usually extroverts — those who are outgoing and interested in other people. (Of course, this doesn't mean that introverts have no hope!)

Is there a Scouting tie-in for extroverts?

Well, Scouting doesn't try to change people into a particular image. In fact, in Scouting we respect people as they are. *However*, in the nine years I've been a leader, I've also noticed that youth who start off as introverts often become more extroverted as confidence in their own abilities rise.

I Remember...

One boy in our troop was very quiet. He was bullied at school regularly, kept to himself, and stayed alone in his room at home. At Scouts, too, he started out withdrawn and very quiet. It wasn't long before things changed in his life, when he started seeing what he could achieve and the badges he could earn. Soon a spark of enthusiasm flickered to life. He



If you want to be happy, give yourself to others.

Photo: Scouts Canada Archives

themselves as “very happy” as those who were not religious. Another research study conducted with the elderly found that actively religious people over 65 were more likely to be satisfied with their lives than those who had little or no religious convictions or affiliation.

In Scouting, we respect each individual's spiritual beliefs. However, we also demonstrate our own beliefs with the Scouting Promise, and through participation in Scout's Own meetings and church parades (or the equivalent).

Scouting doesn't teach any particular religion, but it does actively model faith and spirituality.

A Good Scout

All this, then, gives new meaning to the phrase, “A good Scout is a happy Scout.” So keep smiling, and keep Scouting. You'll not only live longer, you'll live happier. ^

-- Richard Worzel is Troop Scouter and advisor to the 58th Toronto Scouts and Venturers.

are consistently more

grew steadily more self-confident, and gradually he emerged from his shell. By the time he moved up to Venturers, he did so as our senior patrol leader — and a recipient of the Chief Scout's Award. The change in this boy's life was amazing for all of us to behold.

Gallup's Fifth Trait

One other factor not mentioned by professors Myers and Diener involved religious commitment. A recent Gallup Poll revealed that people who are involved in some form of religious activity are much less likely to become delinquents or criminals, abuse drugs or alcohol, or commit suicide. They were also more than twice as likely to declare

The Secret of Happiness

If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a month, get married. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help someone else.

— Chinese proverb

“Happiness is a by-product of an effort to make someone else happy.”

— Gretta Brooker Palmer

“We have no more right to consume happiness without producing it, than to consume wealth without producing it.”

— George Bernard Shaw

Why Does Akela Do All the Work?

how to spread the workload evenly

by Paul Ritchi

It's a busy world. All of us face many demands and pressures at home and at work. Often you may feel that you have little time or energy left over to tend to the Scouting section under your care.

Sometimes, just getting to the meeting requires an extra push out the door. Perhaps on other nights you return from a Scouting activity and wonder if the time was spent wisely. Do you have a sense of personal satisfaction? Are youth members and their leaders enjoying their Scouting experience?

If you're the chief person responsible for your section, here's another question you may have wondered. (It's probably a good question to ask even if you aren't.) Why is it that Akela (or Rainbow or Skip) seems to be doing all the work? For some reason the other leaders are either too busy to do more, or they wait until you hand them a step by step check list.

Human Considerations

Individuals perform best when they feel a real sense of accomplishment. When they're being challenged with activities that truly appeal to their interests and personal skills, they have more fun and enjoyment.

Most people enjoy working together with others on a common project or goal; they welcome the knowledge that a partner can step in and carry their

part of an important task, if some other duty makes that necessary.

Finally, many people welcome a greater sense of responsibility and challenge, while others are more comfortable fulfilling a support role.

Develop a Leadership Team

Over the past five years our Cub pack has developed a very successful method that has not only increased individual leader contributions, but has also built a strong team bonded together. Not only are leaders avoiding that terrible feeling of responsibility overload, but everyone is feeling an increased sense of fulfillment and challenge. The interest and enthusiasm levels in our pack are way UP. We've achieved the happy goal where Akela (me) isn't doing all the work, and our Cub program is being delivered in a dynamic and fresh way.

Our method works best in large sections with many leaders. Of course, it's the really large colonies, packs and troops that can eat up a Scouter's time the most if others aren't contributing their share.

Coaches, Teams, and Sixes

First, start by acknowledging that a section leader can act as the team coach (the driver), but a team is only as good as the sum of all its players.

Split your larger team up into mini teams of equal

"Scouter, you really helped me. Thanks!"



numbers based on the size of your leadership team. Our experience suggests that each team should have *no less than* three members, including younger leaders such as Kim.

Now, select a leader to head up each team. (We call this person the "senior leader.") This senior leader becomes the coach or mentor for the team. He or she allows Akela (or Rainbow or Skip) to focus efforts on the bigger picture, along with sponsors and other outside relationships.

We Really Know You

Our Cubs need consistent attention from the leaders. Parents too need to know that there's at least one Scouter who knows their child very well and who is available to talk if this is required.

How does our team meet this need?

We attach two sixes to each team. We also balance the sixes to ensure that leaders who have children in the pack are attached to that team.

At the start of each Scouting year, we list overall leadership team responsibilities, and each team (and individual members) selects responsibilities that best meet its skills and interests. We make every reasonable effort to balance off overall responsibilities so no one team ends up carrying most of the time-consuming tasks.

When we offer a badge and star program to our Cubs, it's very important that Scouters leading the Cubs through the adventure do so with enthusiasm and zest. Make sure the adults listen to the Cubs' desires and base as much of the activities as possible on their youthful strengths and interest.

Identify those leaders who don't like working on specific badges. One Scouter may not enjoy working directly with Cubs on the First Aid Badge, but he might be very interested in leading a specific craft, game or activity that builds toward another badge or star. Identify the niche where leaders fit easily and happily, then give them opportunities to shine in that "specialty field."

In return, let your Cubs select which badge or star they're most interested in working on. This way all parties — adults and youth — are fully involved in making decisions. They will all benefit and enjoy the program to the fullest degree possible.

Not Rocket Science

How do you get parent help?

You'll find that it's much easier to communicate with, and seek support from, parents when a leader has responsibility for six to eight Cubs. If one leader is contacting a small group of parents, it's also much easier to establish a friendship. And a friend can ask for

Spread your workload out evenly so leaders can find a job they like.

help without much difficulty — especially when parents see their children returning from one Cub event after another excited about their experiences.

Start by clearly defining what it is you need. Tell them what role other adults will play, so they know they won't be alone. This will help overcome any fears of the unknown; in turn, it will be harder for them to say "no."

Very few leaders stand around getting bored during our typical meetings or camp programs. All team members are either (a) working with the Cubs, or (b) supporting fellow leaders setting

Are any Rovers or Venturers part of your leadership team? They're perfect for the role.



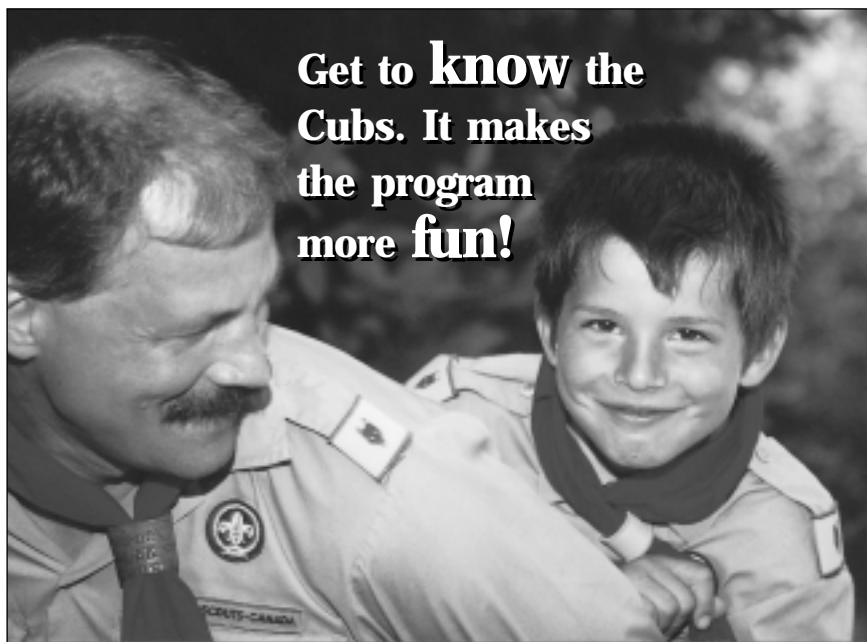
Photos: Paul Ritchi

up, or (c) preparing for the next phase of the program. This way no one person, Akela included, is shouldering most of the load. Instead, leaders return home from pack meetings feeling energized, knowing that we've accomplished something valuable, while having fun in the process. Feedback from our Cubs and their parents indicate that they love it, too.

With a little planning and a committed team, no one should feel overworked. The Cub program (as well as the Beaver and Scout programs) are full of fun for both Scouters and youth. If you find creative ways to spread the work around, everyone will enjoy the time. ^

— Paul Ritchi is Akela with the 7th Thornhill Group, Ontario. His photography illustrates many feature pieces in the Leader.

Get to know the Cubs. It makes the program more fun!





Book Talk

by Dave Jenkinson



WITH CAMPING SEASON returning, there will be more opportunities to spend leisurely time gazing up at the night sky. If you want to better navigate your way through all the stars and constellations, you could take along *The Night Sky*, a six-panel plasticized folder which has the summer and winter night skies on one side and information about major constellations on the other. The chart's "stars" glow after a flashlight has been shone on them. (Remember to do the "shining" under a jacket so you don't ruin your own night vision.)

Because you'll have to hold the chart above your head for proper use, consider cutting it in half so loose cardboard isn't flapping about. Since someone is certain to have questions about what they're seeing ("Scouter Dave, was that a meteor or a meteorite?"), I'd suggest packing along *Space Facts*, a compact and well-illustrated volume which will easily fit into shirt or pants pockets. **(Cubs: Black Star A11, Astronomer Badge 1,2,4; Scouts: Gold Exploring 5)**

Looking for a different art or craft idea?

Cub leaders should flip through *T-Shirt Fun*, which provides ideas for decorating cotton T-shirts with fabric paints, threads and material. After a "Getting Started" section that lists needed materials and provides tips on preparing and painting T-shirts (plus how to make templates and stencils), the book gives directions for creating 25 different T-shirt designs. Coloured photos accompany the clear, step-by-step instructions while another photograph shows a boy or girl modelling the finished product. Some designs, such as "Really Wild," "Busy Execu-

tive," "Bug Collector" and "Bones, the Skeleton," could easily become the basis for Halloween costumes, while others, like "Sunny Sunflower," "Basketballer" and "Space Trekker," would be suitable for everyday wear. "Mud Puppy" would be an excellent design to use at camp where each "paw print" could serve as recognition for some form of achievement.

Levels of design difficulty vary from the more complex, such as "Optical Illusion", to the very simple "Modern Artist"

You can easily transform the "Noughts and Crosses" T-shirt, with its detachable "X's" and "O's," into a relay game — the "board" being the person wearing the shirt. Levels of design difficulty vary from the more complex, such as "Optical Illusion," to the very simple "Modern Artist" which requires no more than spatter painting. **(Cubs: Handicraft Badge 5)**

Safety Ideas

As a Cub leader, I always found requirement B5 of the Blue Star a bit challenging. Ideas for carrying out safety and fire checks at home and in the garage were relatively simple to locate, but it was harder to know what advice I should give Cubs about what they needed to examine in terms of safety in our meeting place (a school

gym) or our community. Then I encountered Grafftey's *Safety Sense: How to Live Safely and Prevent Death and Injury*. It's a well organized reference book directed at adults, but which could be used by Scouts.

According to Grafftey, North Americans could reduce needless deaths simply by paying more attention to correcting hazards in our everyday environment. Divided into four major sections, *Safety Sense* looks at potential dangers "On the Road, At Home, At Play," and "At Work" and suggests practical ways for reducing accidents. A typical entry, such as "Basement Safety," deals with the "risk factors" of basements, the principal causes of basement accidents, a descriptive comment about why basements are such a prime home hazard site, and safety sense tips on making basements more safe. Frequently, Grafftey also includes checklists. These ask readers not only to confirm the safety status of something (such as the laundry area) but to correct the faults. **(Cubs: Family Safety Badge; Scouts: Safety Badge, Water and Winter Sports Challenge Badges)**

If you're looking for great program resources, these books will help.

Book Details

P. Boase, *T-Shirt Fun*, Lorenz Books, 1997: \$12.95. (Distributed in Canada by Raincoast Books)

H. Grafftey, *Safety Sense: How to Live Safely and Prevent Death and Injury*, Safety Sense Enterprises (298 Valade Cr., Orleans, ON, K4A 2X3), 1996.

The Night Sky, Waterford Press, 1997: \$11.95. (Distributed in Canada by Thomas Allen and Son)

C. Stott, and C. Twist, *Space Facts*, Firefly Books, 1995: \$9.95. ^

Who Markets Scouting? Perhaps It's My Job

by John Rietveld

“Should we rename the National Communications Committee, the Marketing Committee?”

Well... what do you think?

Our Committee debated this question for some time recently. Perhaps your own council's PR/Communications Committee has been renamed the Marketing Committee. Across Canada, many have already assumed this new name.

The reason is this: Lots of people consider PR and communications synonymous. In reality, PR/Communications is a key element of marketing.

Marketing Models

A formal definition suggests that marketing is a process by which the demand for a product is anticipated, enlarged and satisfied through developing, promoting, exchanging and distributing the product. Now that's a mouthful!

A less formal description looks at marketing as a process where we find out what our customers want and need, and then offer them products and services at prices that they will pay.

Another way to look at marketing is through a commonly accepted model known as the 4-P's.

P1 stands for product. In Scouting, this relates to our section programs.

P2 stands for price. For us, this includes membership fees, weekly dues, event costs and the time volunteers devote to delivering the program. (Their time is naturally worth money.)

P3 stands for promotion. Our Scouts Canada promotions include communications and advertising programs, our Web site, and special events such as camporees and jamborees.

P4 stands for place (or distribution). Scouting uses sponsors or partners to distribute our product.

Some marketing models include a fifth "P." It stands for post product service, and includes our councils with

their officers and service teams and staff. These P's are referred to as the marketing mix, and effective marketing results from developing a plan that uses the best combination of the 4-Ps.

Scouts Canada is marketed to the public through our organizational structure. National, provincial, regional and district councils and their various committees are responsible for marketing.



Make It Happen

Marketing doesn't just happen; someone must plan and co-ordinate it to guarantee success. At the national level the Management Board (supported by a long range strategic planning process) makes sure our marketing efforts are coordinated. Each national standing committee looks at the marketing model and develops their plans, according to Scouting's Mission, Strategic Directions and management action plans.

In turn, provincial, regional and district councils are also responsible for marketing Scouting. These councils work together and through sponsors (place) to deliver the program (product), based on an annual event plan (promotion). With this, the councils determine a budget for their operations (price). The commissioner and his service team (post product service) ensure the quality and continuity of the product.

Pretty impressive! If we all pull together and the various elements of the marketing mix work smoothly, Scouting will be successful. Young people will continue to join and benefit from our experience.

Back to Front

Now back to the original question. Should PR/Communications committees be renamed marketing committees?

Of course not!

As I said earlier, PR/Communications is a key marketing element. What does it do? It:

- assesses the public's attitude to Scouting,
- identifies their needs, and
- executes a planned program of communications designed to earn public support.

With input from councils and program Scouters, PR/Communications develops various attractive items that we then distribute to television and radio stations, newspapers and magazines. Council newsletter editors also use them.

When PR/Communications is effective, public awareness grows, adults and youth join (or stay in our programs), and donors give generously to Scouting.

Planning to Succeed

Once every three years the National Communications Committee convenes a forum. With their provincial counterparts, its members develop a long range plan for PR/Communications which reflects both the attitude of the public and the needs of Scouts Canada. This spring's forum will propose such a plan. National Council will consider it in May, and I will share it with you in a fall issue of **the Leader**.

Who markets Scouting?

We all do! And PR/Communications is one essential component. ^

Beaver Clothes Stand

by Harold Maisey

Are your older Beavers or Cubs looking for an interesting wood project to build? A Cub pack could make this as a gift for a Beaver colony — a very effective linking tool. If the Cubs changed the base design to a wolf head, it would be appropriate for their use.

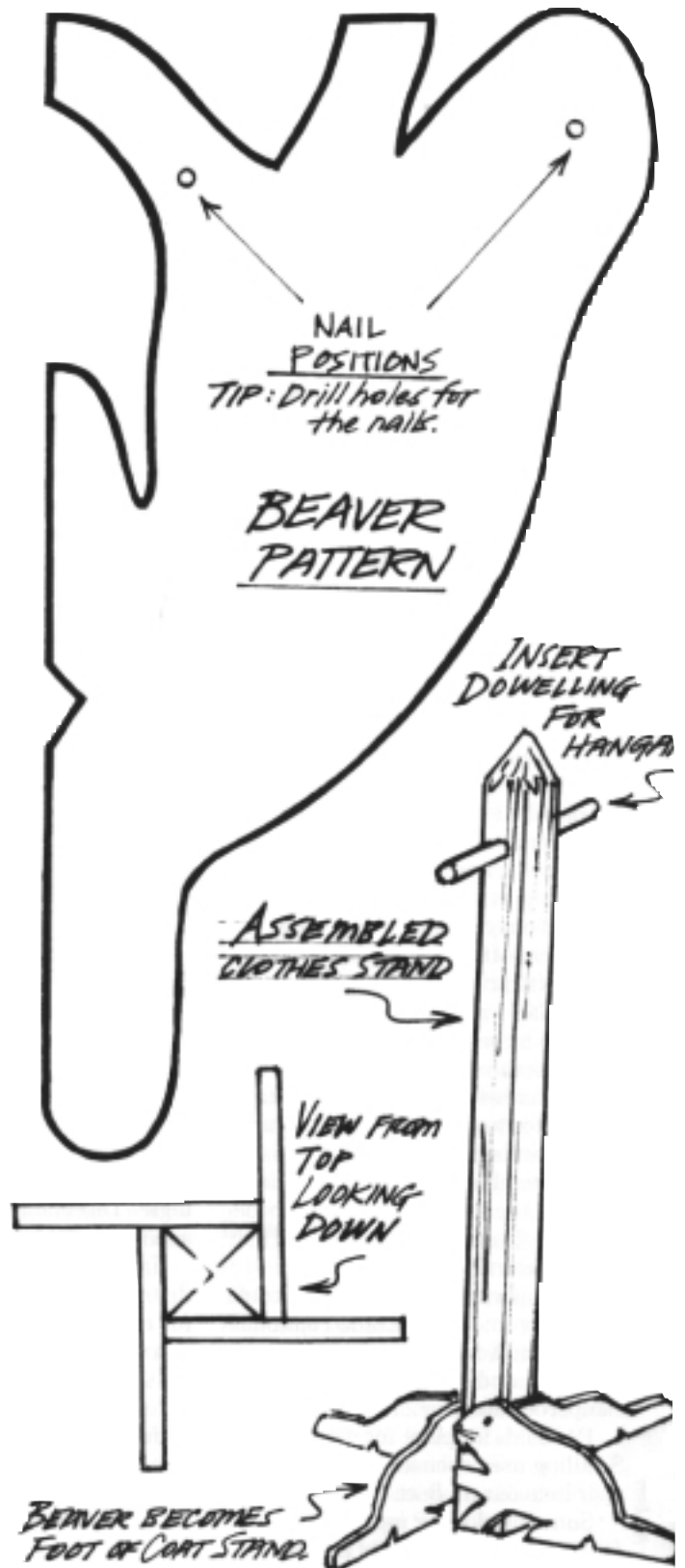
This clothes stand makes use of scrap lumber and is very easy to make. You will need one piece of wood (110 cm long and 5 cm square), dowelling, 2.5 cm thick plank board for the base, brown paint or stain, electric drill, glue and nails.

Here's how to make it.

1. Round off edges of the pole and taper one end (the top). Sand the pole smooth.
2. Drill a hole through the pole 15 cm from the tapered end.
3. Insert dowelling in this hole for hangars.
4. Precut four beaver patterns for the base.
5. Have your Beavers (or Cubs) sand all edges of the patterns.
6. Paint them.
7. To assemble, stand the pole on end and place a beaver shape flush to the base of the pole until the nose is at the edge. Do not allow the head beyond the edge of the pole.
8. Nail and glue the beaver to the pole. Position the nail going into the beaver's head so it appears as an eye.
9. Turn pole 1/4 turn and glue the next beaver nose flush to the pole.
10. Repeat with the remaining beavers.
11. Paint or stain the stand.

If Cubs make this clothes stand, they can incorporate any Scouting base image they want. It would look great in any child's bedroom. \

-- Harold Maisey of the 4th Winnipeg Group in Manitoba designed the pattern for this clothes stand.



CALLING ALL CAMPFIRE IDEAS

Do you have a favourite camp gadget that you'd like to share with others? Perhaps you have a fantastic campfire joke, or skit, or Scouter's Five?

Perhaps it's something your Cubs or Scouts can make out of wood. Maybe it's a convenient tool that's perfect for camp. Is it a craft that will help build anticipation of your members for camp?

Whatever your campfire idea is, tell us about it.

Let Beavers Design Their Own Program

by Tyler Arrell

Beavers involved in designing their own program? It's possible!

Beavers is the largest Scouting section, yet the children have the least program input. At a recent National Youth Committee meeting, we ran a workshop on how to gather ideas from Beavers. The result was three fun activities that will reveal what Beavers love, and what they don't.

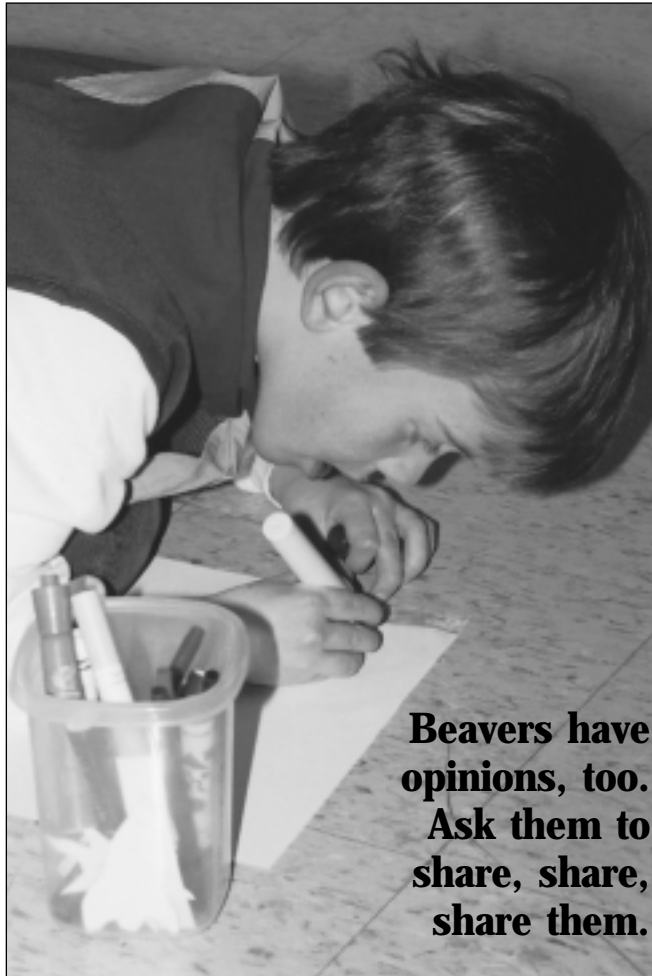
Relay Questions

Divide your group into teams, lining them up at one end of the room. Position a leader with a flip chart at the other end of the room, opposite each line of fidgeting kids. On each page of each flip chart, write a question that you would like feedback on. These questions can be as specific or as broad as you choose.

Each team member runs up to the chart where the leader asks him or her the question on that page. Answers are then written on the flip chart under the question. Once the entire team has answered the question, flip the page to the next question. Continue this until you have replies to all questions. The first team to finish should sit down quickly.

Here are some questions to consider:

- What do you want to be when you grow up?
- What is your favourite game?
- Who is one of your heroes?
- What is your favourite subject at school?



Beavers have opinions, too. Ask them to share, share, share them.

"I'd love to draw you a picture of my favourite program ideas."

After the game finishes, you'll probably have to interpret the answers. For example, many of our Beavers answered the career choice question with the words, "I want to be a police officer."

We now know that many Beavers would probably love going to the local police station for a visit. If your Beavers like watching Batman on television, you could show the movie at a sleepover, or feature a Batman theme night.

If most of your Beavers list "science" as their favourite school subject, maybe you could grow sugar crystals or plant some spring flowers. Whatever the responses, a bit of brainstorming will produce many program ideas.

Beaver Dollars

Start this game by setting up a row of buckets or chairs, each with the name of an activity written on it in large block letters. Give each child several Beaver dollars (pieces of paper saying "Beaver Dollar" with a picture of a beaver on it). Now ask this question: "If each activity costs one Beaver dollar, which ones would they choose to do?" They're allowed to pick several different activities or put several dollars on one or two activities so they can do it longer. Now, let them go and put their "dollars" in the buckets of their favourite activities.

Here are some activities to include: camping, hiking, sing-alongs, watching television, campfire, playing games, making crafts, etc. When our team ran this activity, we were surprised to find that camping was a very popular choice, yet the Beaver section doesn't even emphasize it.

Picture Drawing

Looking for the simplest way to identify popular activities? Just give your Beavers some paper and crayons, and ask them to draw a picture of their favourite Beaver activities. This will immediately tell you what was a big success.

Give them a Voice

It doesn't matter how young a child is, Beavers still know what they like and don't like. Try these games at your meetings. If we involve Beavers now in decision-making, they'll be that much more effective when they're sitting on Sixers' Councils and Courts of Honour. X

-- Tyler Arrell is a volunteer on the National Youth Committee.

Fun at the Pond

by Lena Wong

IN THE PAST YEAR, in many places of Canada, nature proved how fragile our existence is on this earth. The Manitoba Flood and Eastern Canada's catastrophic Ice Storm are just two examples. Time and again we've learned the importance of working together to ensure everyone's welfare and security.

Beavers will benefit from learning how to understand their natural environment and how to look after it. Let's teach them to appreciate and take care of the environment. An Earth Day theme will accomplish our goals.

CELEBRATE EARTH DAY

Your colony can experience these activities at any time — not just on Earth Day (April 22). Organize a nature walk, visit a natural science museum, explore books about nature or watch a nature video. At every opportunity, get outside to come face to face with the environment.

Visit a Pond

Visit a quiet stretch of river or pond in your area. Make sure the water is shallow and without a current, just to guarantee safety. Bring along these

tools; they'll add to your enjoyment:

- a large glass jar,
- magnifying glasses or small microscopes,
- fine mesh fishing nets, and
- field books to help you identify plants and animals.

Extra adult supervisors will reduce the chances of a child falling into cold water. (Beavers are notorious for their love of water!) Your members will need pencils, paper, rubber boots and curiosity. Bring along a camera to record the visit.

When you arrive, fill the jar with pond water. Let it stand somewhere in the shade without a lid. You will have a great mini-lab when the sediment settles. Look at the water under a magnifying glass or microscope. What kinds of tiny creatures and plants do you see? Encourage the Beavers to draw what they see in the water. Look at the colour and composition of the tiny plant bits floating in the water. Did you pick up frog or nymph eggs? Make sure you empty the jar back into the pond when you've finished exploring its contents.

Swish the nets through the pond water to see what you can catch. Perhaps you'll capture small fish, tadpoles, bugs or other fascinating life forms. Try not to handle them, and be sure to release them back into the water as quickly as possible. Explain to your Beavers that these creatures cannot stay alive out of water for very long.

Take a walk around the edge of the pond to identify some of the varied plant life found in and out of the water. Water lilies won't be flowering yet, but the pads might be visible. Are any frogs or small turtles resting on them? Cut a bit of water lily stem and look at it closely.



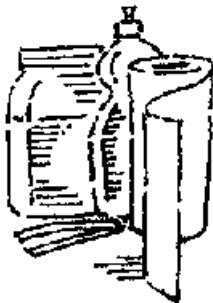
Explain to your Beavers that the rubbery tube-like stem ensures that the water lily doesn't break off in large waves or stiff currents.

VISIT THE WOODS

Whatever the season, forests are always fascinating, and offer a wide range of wonderful views and exploration opportunities. Start your walk with a ramble along a nice narrow path. Talk about the importance of not breaking branches or tearing off leaves from trees and bushes. Keep an eye out for wildlife: squirrels, chipmunks, deer or other large animals. Look for birds and their nests; at this time of year birds should be busy building new homes or repairing old ones.

When you see bird nests (or signs of owl roosts), look carefully on the ground underneath to see if you can find pellets coughed up by the birds. The pellets contain undigested food. You can safely pick up the dry pellets; just make sure you wash your hands when finished. Set up a "pellet exploration table" somewhere near your path, or explore the pellets at your next meeting. Here's what you'll need:

- a screw-top jar,
- water,
- dish washing liquid,
- tweezers,
- paper towel,
- a sieve, and
- a bird pellet (owl pellets are probably the most interesting for Beavers).



Half fill the jar with water and add a drop of dishwashing liquid. Put the pellet into the water and screw the lid on tightly. Shake the jar for about 30 seconds and let it stand a few minutes. Shake it again. The dishwashing liquid will enable the water to soak into the pellet so it will fall apart. Pour the contents into the sieve when the pellet has disintegrated.

Carefully pick out all the bits and pieces with tweezers, and put them on a piece of paper towel. (Make sure Beavers also get a chance to do some of the picking.) In an owl pellet you will find tiny bones, perhaps even skulls, bits of fur and teeth from small animals the owl has eaten. In other bird pellets, you'll find insect fragments, hard indigestible seeds, and in the case of shore birds,

bits of broken shells and fish bones. If you want to keep these as a reminder of your forest visit, glue them onto a piece of coloured bristol board, date each object, and note the nature of the outing. Glue this onto a larger piece of cardboard, together with photos from the outing. It will create a small colony mural.

These nature studies will teach your Beavers to know, understand and love their environment. They'll also need to know how to look after it. Make a habit of bringing along a garbage bag when you go on nature walks. Pick up any refuse other people have left behind. Point out how dangerous tin cans, bottles, plastic bags, wire, fishing line and other trash can be to wildlife. Teach your Beavers to tidy up after themselves, and make sure they leave an area in better shape than they found it.

BUILD THIS BACKYARD COMPOST BOX

Here's a group project that's perfect for your whole colony. Perhaps a leader or parent will let you build it in a backyard. Plan the compost box carefully so your Beavers can have considerable input. (The project comes from *Ecology, A Practical Introduction With Projects and Activities*, by Usborne Publishing. This is a good book.)

You'll need four wooden posts (10 cm x 10 cm), eight planks of equal length, nails, and a piece of old carpeting or plastic sheeting.

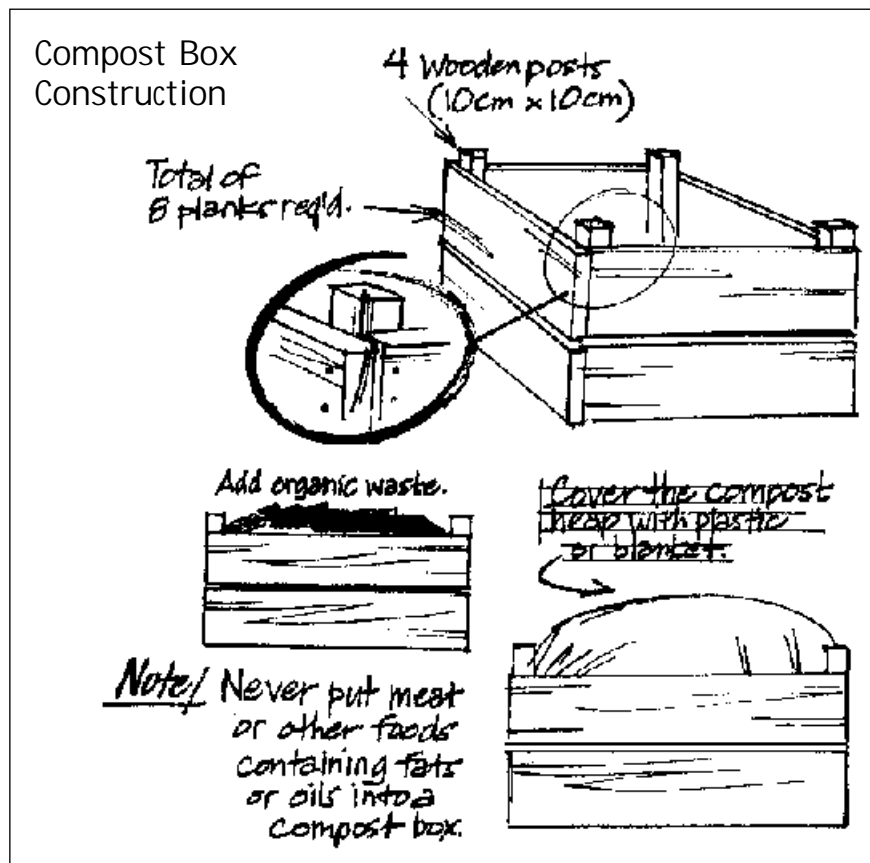
Decide on your compost box's dimensions, and cut the lumber accordingly. Plant the corner posts firmly in the ground and nail on the planks, leaving gaps for ventilation. (See diagram)

Put in a bottom layer of twigs and sticks. Add alternating layers of organic waste (e.g. garden waste, vegetable waste from the kitchen, tea leaves, coffee grinds, egg shells, and fruit peelings), compost activators (purchased from a garden supply store), and soil. Water the compost heap well and cover with a blanket or plastic sheeting.

Keep adding waste, but make sure you turn it over regularly and keep it moist. Within six months, you'll be able to dig out compost — perfect to enrich your garden soil. From time to time, bring your Beavers back to the compost box so they can see how it's working.

Never put meat waste or other foods containing fats or oils in a compost box. These will just smell and attract unwanted creatures.

Be creative about outdoor activities that will teach your Beavers respect for nature. Ask them what they would like to do, then plan your spring outings around these ideas. ^



Emergencies and Disasters

Are you prepared?

by Ross Francis

ASK PEOPLE LIVING ALONG QUEBEC'S Saguenay River or Manitoba's Red River what floods can do to their homes and communities. Ask people from Ottawa and Montreal, and communities in between, how a major ice storm can affect their lives.

Emergencies just don't happen to *other* people: they can happen to you too — anytime and anywhere. They may result from natural causes, such as:

- violent wind, ice and lightning storms,
- spring floods,
- earthquakes,
- power failures, and
- severe weather patterns (e.g. tornados)

Emergencies can also result from human error, including chemical spills, train or airplane crashes, fires and industrial accidents.

Usually, there isn't much you can do to avoid natural disasters, but there are many ways to prepare for them.

Exercises for Beavers to Venturers

These activities are easily adapted for all ages. Make sure you don't scare any Beavers or young Cubs. Reassure them you're just taking preventative action, like bringing a light spring jacket on a hike in case it gets cool.

1. With your group, identify as many different types of emergencies that could occur in your area. Describe how they could affect your community.

2. Bring a full week of newspapers and several news magazines to your meeting for group members to look through. Their task: find articles that describe some form of crisis or disaster. (Beavers may wish to look only for the pictures.) Identify the type of problem, then answer these questions. Was it caused by nature or humans? Did anyone expect it? Where did it occur? How were people affected? What, if anything, did people do to lessen the damage or shock? Would prior preparations have helped?

3. Now, what can your members do in their own homes to minimize dangers? How can they help their parents prepare for an emergency? Everyone can help out, regardless of age. Following are some examples.

Design an Emergency Plan

Working with parents, design a multi-faceted emergency plan. Start by considering these questions. How can you get out of the house if a fire breaks out? Draw up a fire escape plan, including a floor plan of each floor and the exits. When this is ready, run through a home



The measures you take to minimize dangers now, may save lives later.

Photo: Valerie Almas

Disasters Do Occur! Are you prepared?

evacuation exercise. Where would your family members meet if a fire broke out? Pick a spot that all members are familiar with (e.g. a neighbour's house across the street from your home).

Post a list of important phone numbers, including Fire, Police, Poison Control, neighbours friends, and close relatives. Work out a plan so everyone knows what to do, and who to call in case of an emergency. What would you do if one or more family members couldn't get home during an emergency? Discuss this with everyone and agree on appropriate action.

Gather Emergency Supplies

Sometimes people are so unprepared for difficulties, that they don't have any emergency food reserves — not even rice. This can cause real problems if they get house-bound for several days.

Store extra supplies in a part of the house where your family would gather in an emergency. These supplies might include:

- non-perishable food (cans of meat, fish, soup, granola bars, etc.),
- a first aid kit and manual,
- extra, warm clothes,
- a battery powered radio,
- flashlight,
- a supply of bottled water
- extra batteries,
- candles and matches,
- a pocket knife with a can opener on it, plastic cutlery and paper plates,
- infant or pet supplies (if appropriate),
- special medication,
- bottled water.

Families that camp could rely on their sleeping bags, mattresses and cots. Use special care when operating camp stoves, heaters and lanterns. Most produce toxic gases and should *never* be used inside. Read their instruction manuals for details. When in doubt, operate them outside! Propane and charcoal barbecues are good for cooking meals, but they must be used outdoors.



Ambulance attendants can show your group how to minimize shock and speed the healing.

Photo: Myrna Geier

Power Failures

Most youths have experienced a temporary power outage at home. It's important that they know what to do and how to react if the power failure drags on for several hours or days.

Discuss with your members how a power loss will affect them. Of course, most will say, "Oh no! I'll lose the TV, computer and lights!" But encourage them to look a little deeper. It won't take long for a power outage to disrupt their lives in a big way — even a short one. Longer outages, especially during winter months can lead to severe damage to homes, and cost thousands of dollars.

Most Canadians live in homes that depend on electric power for

heat. Even gas furnaces use electric fans to force warm air throughout the household. Electricity also runs thermostat controls, and kitchen appliances. People living in rural areas rely on power to run their water pumps too.

Things kids Can Do

Not all children will be capable of these activities. Parents should make that decision. They should also supervise this activity closely.

Electricity

Turn off all lights and appliances in the house, then locate and turn off the main electric switch.

Want more information about preparing for an emergency?

Contact Emergency Preparedness Canada

You can contact Emergency Preparedness Canada (EPC) directly at their web site address: <http://hoshi.cic.sfu.ca/epc>. Their site features many helpful publications, as well as regional contacts. EPC's mailing address is: 122 Bank Street, 2nd Floor, Jackson Building, Ottawa, Ontario, K1A 0W6. Phone: (613) 991-7077.

Water

Know where and how to turn off the main water supply, and how to drain the system. Start on the top floor of the house, open all taps and flush the toilet several times until all water is gone. Move down to the next floor and do the same. At the basement, drain the water heater with a hose into the

basement floor drain or into containers. (*Attention! Hot water tanks can be severely damaged if you don't cut off all power to them before draining. In most cases, an adult should drain the hot water tank.*) To drain dish washers and washing machines, consult their owner's manuals. Don't forget that it's important to have an adequate quantity of drinking water.

Emergency Preparedness JUMPSTART

Your local Scout Shop has Emergency Preparedness JUMPSTART program packages that are specifically geared towards Cubs. It wouldn't take much effort to make some activities appropriate for Beavers or Scouts.

JUMPSTART packages offer a full month of field-tested program activities, including games, races, quizzes, and more.

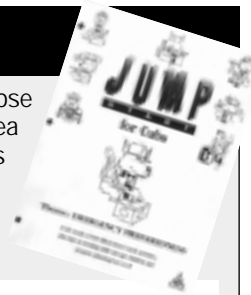
Emergency Reaction Game

This game will train Cubs how to react during certain emergencies. Explain to your Cubs what to do for the disasters listed below, then yell out the emergency and watch their performance. (It may take several minutes until Cubs start reacting correctly without thinking. That's okay. It's part of the learning process.)

- *Three whistle blasts* (signal for help). Cubs run to whistle blower.
- *Storm warning*. Cubs run to middle of the room, or away from windows. Explain to them that this is to avoid flying glass and debris.
- *Lost*. Cubs should freeze in place and shout "Help!" three times.
- *Earthquake*. Cubs run under a table or flatten themselves against a wall to avoid falling debris.
- *Tornado/severe wind or lightning storms*. Cubs should run to a designated corner that represents a basement or sturdy furniture.

Before the game begins, stress the importance of staying calm and quiet. Think up some penalty for those who get too excited.

They're perfect for busy leaders or for those groups wanting to explore an interest area in greater depth. Here are two activities taken from the Cub Emergency Preparedness JUMPSTART package.



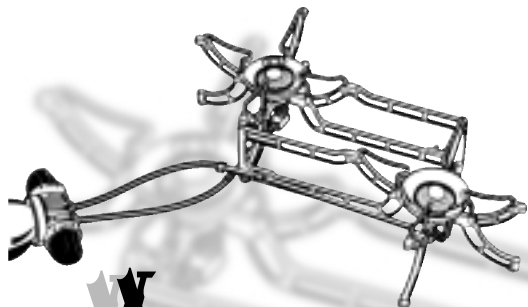
Bowline and Ladder Rescue Race

Divide the pack into sixes. Give each six a 10-metre length of clothesline, several ladders and a 1-metre length of clothesline for each Cub.

For the first race, have a leader sit on a piece of cardboard or plastic sheet 6 or 7 metres away from the six. The six must tie a bowline properly and throw the line to the adult. The leader puts the bowline loop around his waist or under his arms, then the Cubs must pull him to the six's position. (The cardboard or plastic will make pulling the leader across the floor easier.)

For the second race, ask the leader to return to the spot he started from and wait for rescue. This time, your Cubs should tie several ladders together using appropriate knots, and slide the extra long ladder over to the waiting leader as if it's forming a bridge over a gully.

COLEMAN MAX

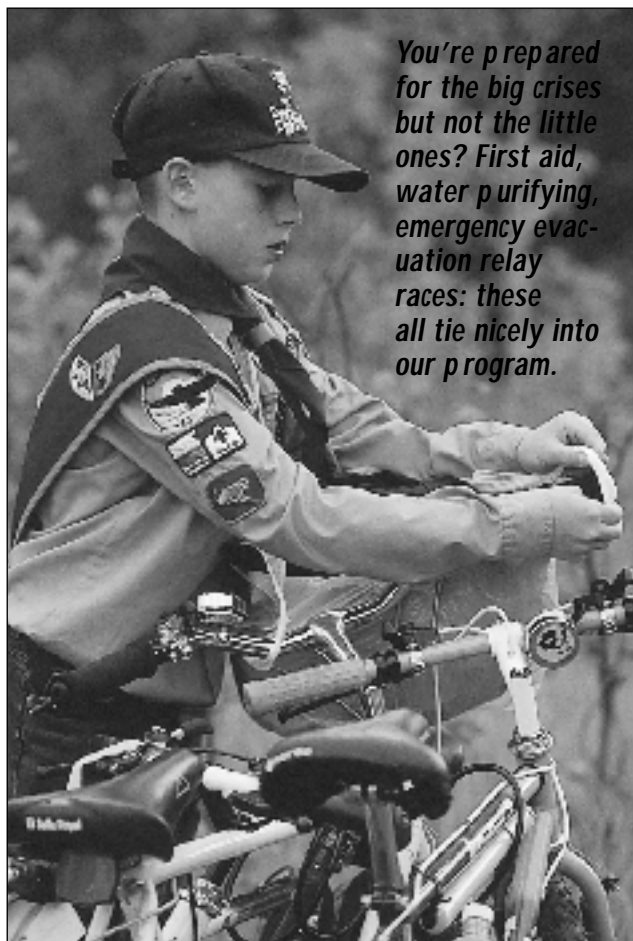


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Coleman **max**



You're prepared for the big crises but not the little ones? First aid, water purifying, emergency evacuation relay races: these all tie nicely into our program.

Photo: Wayne Barrett

Heat

Keep a supply of wood available if you have a fireplace or wood stove. Because most wood stoves and fireplaces are not designed to heat an entire house, if possible, close off the room where the wood stove is located, and use that room as your main living area. Don't overload your wood stove or fireplace; it will only create a fire hazard. Before you light a fire, make sure your chimney has been properly cleaned and maintained.

Offering Help

When an emergency occurs, everybody will pitch in. Your neighbours will need all sorts of support to deal with the physical and emotional damage. One of the most important things members of your group can do is complete a recognized first aid course. Everyone is more prone to injury during emergencies.

How can your group help?

Start by contacting the regional branch of Emergency Measures Canada, local churches, the municipal offices, or the Red Cross. These organizations are specially trained to provide assistance in personal crises. Volunteer to help them out.

The support your group offers will depend on the age of the youth members, but it could range from sorting food in a shelter to delivering food, water and supplies throughout the community.

Use a program theme like this to not only prepare for a community-wide disaster, but to raise the safety awareness of everyone. It ties in well with a whole series of related themes like first aid, knot-tying, emergency kit building, and more.

Emergencies and disasters usually bring out the best in people as they rally together. Be proactive. Identify ways that you and your group can help in your community, now, before a crisis. If you prepare now for an emergency, you'll spend less time wondering what to do when you're faced with one. Act now! ^

Program Links

Cubs: Canadian Family Care Award, Home Repair Badge, First Aid Badge, Family Safety Badge, Blue Star.



Photo: Wayne Barrett

Make sure you don't scare your Beavers. Just explain the escape procedure and help them understand how to react.

Are You Really Prepared?

If you think you're prepared for most problems, make sure your home has the following items. Do a home safety check that involves the entire family. It will prepare everyone for unexpected emergencies.

- Do you have a working fire extinguisher on every floor? Do people know where it is without having to think about it? Does everyone know how to use it.
- Do you have a carbon monoxide detector and a smoke detector? When was the last time you checked their batteries? Batteries should be changed at least once a year.
- Does everyone know how to treat burns and sprains?
- Does your family ever talk about emergencies and how to deal with them? If you don't consider emergencies until one happens, the shock value is so much greater. Children like to prepare for possible problems as long as adults don't over-dramatize the issue.

Now Anyone Can Become a 'Reel' Fisherman

by Ross Francis and Aidan Kane

Patience and more patience.

That's what it takes to be a fisherman. You stand around for hours watching a little red and white bobber, just waiting for some action. Most of the time nothing happens.

"Fishing is much more fun and exciting than just standing around drowning worms," says my wanna-be fisherman friend, Aidan Kane. He sent in some suggestions that Cub leaders could use to prepare their pack for a fishing outing. Here are his secrets.

This program is ideal to involve old-

er Beavers who might be thinking of swimming up to Cubs. What better way to "hook" them on your program.

Secret Basics

"Have your bait in the right place at the right time."

That's the simple secret to being a successful fisherman, say the experts. But, there's also some skill involved. To learn these skills, what equipment you require, what bait to use and where and how to use it, invite a "reel" fisherman in to explain the tricks of the trade. You may find a parent who is a keen fisherman, or invite someone from the provincial Department of Natural Resources, or local angling or sport fishing association, to talk to your group members.

There's lots to learn. Cubs should learn how to identify different kinds

of fish, and what the local fishing regulations require, especially regarding:

- catch and release laws,
- catch limits, and
- licensing procedures.

They can obtain this information from local Department of Natural Resources offices, or from stores selling fishing equipment and licenses. Usually, Cubs don't require a license, but adults accompanying them will.

Make Your Own Gear

It's highly unlikely that everyone in your pack will have his or her own rod, reel and equipment. But don't let that stop you. It's not hard to make your own hand line gear — just ask Huck Finn.

Here's what you'll need for each person: a piece of wood (10 cm long,

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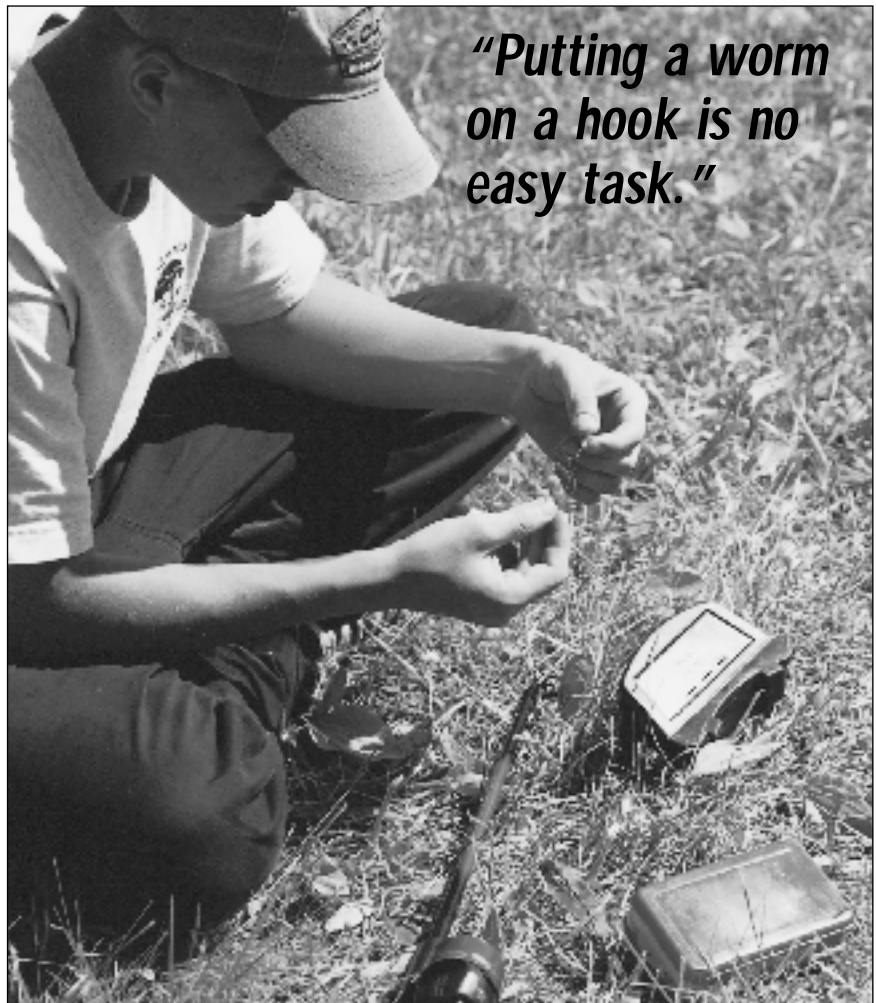
Tenderpads 7-5 years
 Wolf Cubs 8-10 years
 Brownsea 10-11 years
 Scouts 11-13 years

Canoeing Pioneer
 Expedition

Kayaking Explorer
 Swiftwater

Campcraft/Exploring
 Senior Scouts 1 2-14 years
 Mountain Bike Camp 13-14 years
 Leadership Camp 14-15 years

For more information contact:
 1-613-225-2770



"Putting a worm on a hook is no easy task."

Photo: Allen Macartney

5 cm wide and 1 or 2 cm thick), about 10 metres of fishing line, a barbless hook, a shiny nut or washer, some cork for a float, and an elastic to hold everything in place when completed.

1. Cut the piece of wood to form the letter "H." (See diagram)
2. Tie one end of the fishing line to the "H."
3. Use a thin bladed knife to cut a slot into the centre of the cork, then slip the line into place. (This will allow you to slide the cork up or down the line, according to the depth of the water.)
4. Thread the line through the nut or washer two or three times, and tie in place.
5. Use a cinch knot to tie the hook to the end of the line.

The water depth you'll be fishing in will affect where you place the cork float and weight on the line. A soup can may be substituted instead of the piece of wood. If you choose to do this, make sure to remove any sharp edges with a file or emery cloth.

Fishing Derby

Now that everyone has a fishing line, your Cubs still have to put the hook where hungry fish are biting. This takes practice. Here's an exciting game that will help them learn more about fishing. You'll need:

- a large blue tarp,
- small magnets (one per person),
- hot glue gun,
- lots of paperclips,
- a ruler,
- scissors,

Rod and Reel Construction

- pictures of different kinds of fish in your area,
- pencils,
- crayons, and
- paper.

Get each Cub to choose four or five different kinds of fish. Draw or trace one of each, exactly the same size an adult of that species grows to. Colour it a realistic hue. Cut the fish out and attach paper clips around their mouth areas, then "release" them into the pond (the blue tarp).

Your Cubs will have to remove the hook from their hand line rig, and replace it with a magnet. After hot gluing a little magnet to the fishing line, you're ready for a fishing derby!

Gather the Cubs into a circle around the pond, and begin fishing. To cast, each child must unwind about four metres of line and throw it gently *underhand* into the pond. (Be careful that the magnet-hooks don't hit anyone.) The weight should carry the line out into the pond. The goal: catch, identify, measure, and release as many fish in a certain period of time.

"It's the Real Thing!"

Once youths get good at casting and catching, they're ready for the real thing. Plan a fishing trip as part of your spring camping weekend, or just head off to the local fishing hole for a terrific

evening. (Be sure everyone wears a PFD. if you go out in a boat. Before leaving shore, review boat safety practices.)

Oh yes... the Cubs will need some worms. They can pick these up quite easily after a rainfall or early in the morning when the ground is damp. Collect them for a few days before the trip by placing them in a covered container holding a few centimetres of soil. Don't forget to punch several small holes in the lid.

Fished In

Before a fisherman qualifies for his Golden Hook Award, he has to tell a ridiculous fish story so convincingly that almost anyone would believe it. Aidan Kane still swears his fish story is true. You be the judge. He claims that he was out fishing one night with a bright lantern. The lantern fell overboard, and was lost at the bottom of the lake. However, a week later, when fishing in the same area, he claims he snagged his lantern again. When he reeled it in, he couldn't believe his eyes: "It was still lit!"

Happy fishing! \X

Program Links

Cubs: Fishing Badge, Green Star

— Aidan Kane works in the Scout Shop in Saint John, NB. Ross Francis is a Program Director (Beavers and Cubs) at the National Office.

"What Are My Bags Doing in Hong Kong?!"

Tips for International Travel

by John Meed

Travelling overseas offers great adventures. A world jamboree, like the one coming up in Chile this December, is a terrific way to get involved in international activities. What's more, with 19WJ, most of the planning and arranging is already done for you!

Know Your Destination

Tip #1: Start the planning and fundraising well in advance of your departure date.

We began planning our trip months before we set off. We had lots of time to decide exactly where we wanted to go and what to see.

Fundraising is always a chore so we gave ourselves extra time to raise the necessary funds. This reduced the pressure on us when we found finances rolled in slower than expected.

Tip #2: Find a travel agent who is willing to sit down and talk about your plans. Our agent made a big difference. He not only arranged everything, but he got us the best deals and told us about some interesting side trips — ones we probably would have missed if we didn't have an agent.

International Jamborees

We began our trip by attending an international Scouting camp northeast

of London, England. The 5,000 other participants came from many different countries, including Ireland. We made strong friendships with Venturers from the "Emerald Isle" and found them incredibly polite. What a treat. We used this camp as the focus for our trip. It made organizing things easier as we had firm dates to plan around.

Our Venturers found out about the camp by surfing the Net on the World Scouting page (<http://www.scout.org>).

Tip #3: Do your research. The **Leader** magazine, your local Scout office or your APC/DPC International, are all great sources of information.

When the camp ended, our European tour began. Kandersteg International Scout Centre, Switzerland, was our first stop. While we climbed mountains, hiked and enjoyed the amazing scenery, we met Scouts from Japan and Finland.

Tip #4: Take advantage of worldwide Scout facilities. Kandersteg is an excel-

lent example. It offers better-than-average accommodation for the cost, and great opportunities to meet Scouts from other countries.

Tip #5: Arrange for home hospitality, if possible. When we left Kandersteg, we headed to Germany where we stayed with a Canadian military family. The best way to really absorb the local culture is to meet others who live in the country. Stationed at a NATO base in Geilenkirchen, we made day trips to Aachen, Belgium, and Monchau. Incredible!

The most economical mode of transport in Europe is by train. With our trip coming to an end, we boarded a train for London and looked forward to our stay at Baden-Powell House International Scout Centre. Much like the Scout Centre in Kandersteg, B.-P. House offered us a home base from which to spend our last five days sight-seeing. Here, we also met friendly Scouts from Russia who asked us to visit them next year. Hmm. How can we swing that financially?

Don't Miss It

Tip #6: Go with your company members. This is a once-in-a-lifetime trip. Don't let them experience it alone.

Our Venturers gained a new appreciation for the world's many different lifestyles, and spoke to youth from many parts of the planet. It broadened their horizons, and helped them see where they fit into the larger global community. They also learned not to take their mother's cooking for granted! That's a pretty important lesson. ^

- John Meed is an advisor with the Regina 88th Venturer Company, and APC (International) for Saskatchewan.

Switzerland offers soaring mountains, plunging valleys, and some pretty comfortable rest spots.

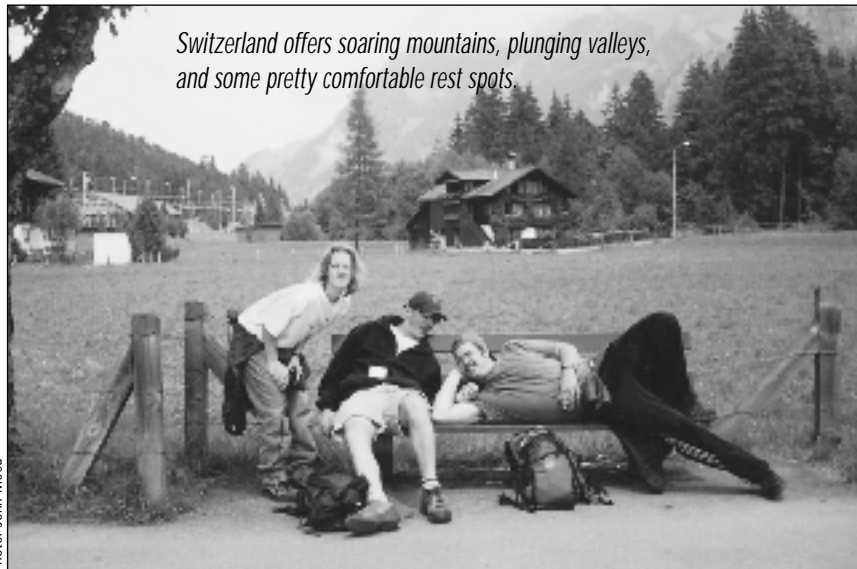


Photo: John Meed

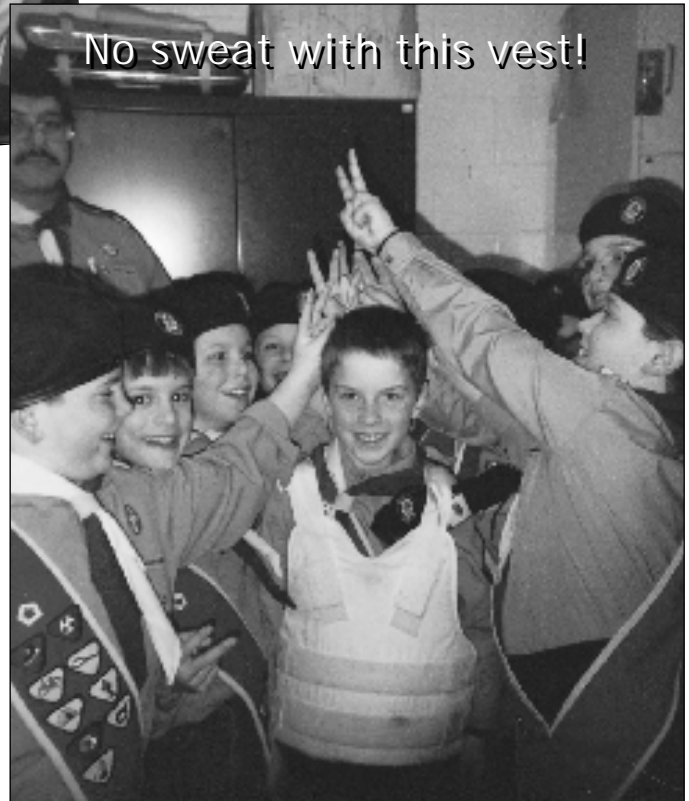
CROSS-COUNTRY PHOTOS



◀ **T**im Rose and all his buddies from the 1st Lindsay Cub Pack in Ontario had a good time during their annual Kub Kar rally. They met several other packs, set up activity stations, and later raced their kars. In this picture, Tim is getting ready to swing a tennis ball across the track. "Let's see if any of last year's Kub Kars can survive this!"
Photo: Marie Picard

"Don't Move. You're Under A-Vest!"

▶ **N**athan Thompson thought it was pretty "cool" trying on a bullet-proof vest at a local RCMP detachment. His pack, the 1st Lantz Cubs from Nova Scotia, were not only locked up in a cell, but they got their "mug shots" taken. It was a fun way to finish earning the Law Awareness Badge!
Photo: Brian Pike.



Some Best-Kept Camping Secrets

by Ian Mitchell and Susan Muehlherr

With warm weather just around the corner, you're probably well into planning for your spring camp. Of course, you'll need to impress the Scouts with your overwhelming and awesome camping knowledge — *NOT*.

But here are a few helpful hints that should lead to a more enjoyable experience for all.

Frying Pan Oven

Because variety is the spice of life, this cooking method will "spice up" your next camp. Use it when making biscuits or almost any hot food.

You'll need a large frying pan, two metal plates, hot coals, and three pennies.

Dig a shallow hole slightly smaller in diameter than the metal plate. Fill the hole with red hot hardwood coals. Cover the coals with the metal plate, placing it *upside down*. Put three pennies on top of the plate and place a second plate on them, *right side up*.



"Well... What do you think? Should we share our favourite camp secret?"

Photo: Allen Macarthey

Place your baking item (e.g. biscuit or bannock dough) in the second plate. Now cover both plates with your large frying pan. Add a final layer of coals to the top of the frying pan. (See diagram) Like magic, you've got an instant oven. Leave your biscuits in the underground oven for about 10 minutes. Make sure your Scouts wear oven mitts whenever touching any of the pans.

On-the-Go Soap Towels

One of the most important, yet difficult, messages to emphasize when cooking at camp is the habit of washing one's hands before preparing food. If you forget to wash hands, you could pass germs on to others. Here's a simple trick which might make the job a little bit easier; it does away with the need for a messy, wet bar of soap.

You'll need paper towels, liquid dish soap, cookie sheets, scissors and a stapler.

Before camp, soak paper towel in a solution of 50 percent liquid dish soap and 50 percent water. Lay the towels on cookie sheets and let them dry. When dry, cut the towels into strips 5 cm by 8 cm, and then staple together. Your Scouts can use these towels to wash hands simply by pulling a leaf from the pack, and pouring water over it. The towels are also easy to carry in packs during hiking trips.

Note: Be sure to pack the towels in a plastic bag; that way you're protected if it rains.

Lightweight Bowls

Large zip-lock bags have many uses. If you roll the top down and half-fill the bag with water, the bag will sit steady on flat ground. This portable, collapsible bowl is ready for you to wash hands or dishes.

COLEMAN MAX

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Now available at participating Scout Shops across Canada.

The lightest (312 g) and most powerful stove in the Max series. Capable of producing 14,000 BTUs of heat, you can adjust the stove to generate anything from a slow, gentle simmer to a maximum output boil. The stove is made from lightweight and durable magnesium alloy components. Comes complete with a nylon stuff sack and Green Key™ cartridge puncturing key. Catalogue No. 56-331.

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Here's another use: Place each meal in a zip-lock bag with all ingredients together. (Of course, you'll have already removed all excess packaging at home before leaving for your backpacking trip.) Now, package your three meals together in one large bag, and label them. When it's meal time, pull out one bag and presto, you've got everything you need without sorting through your pack.

Quick Change Artist

To save time fumbling in the dark for your sleep wear, roll it up in your sleeping bag. When it's time for bed, everything is right there when you unroll your bag.

Here's another trick. Put your next day's clothes in your sleeping bag as well, especially when winter camping. In the morning your clothes will be toasty warm because you kept them with you all night. You won't offend the forest dress code protocol — racoons won't care if your clothes are wrinkled — and you'll be smiling because you didn't have to put freezing clothes on.

Smell Busters!

Some bits of camping gear can acquire the odours of a well-used locker room after being packed away all winter. Here are a few hints that can clear the air before your nose gets too close.

1. *Sleeping Bags.* You can plan ahead to make your sleeping bag a very pleasant, sweet-smelling rest place. How? After each trip, simply store your bag with a fabric softener sheet tucked inside. You'll be surprised how quickly these sheets will work. Oh, and when at camp, take the sheet out, rip it in half, and place one piece in each boot. The

"PSST! GOT A CAMP SECRET?"

Send us your most treasured camp secrets. We want to tell others how to make their camping experience more pleasurable.

fabric softener will tame that awful smell wafting on the breeze around camp from your hot, sweaty boots. The wildlife will love you for it, too.

2. *Canteen.* Keep your canteen smelling great; simply drop a piece of wrapped gum in before you put it away. Dentyne, or a similar shaped stick of gum, works best due to its shape; it will also fall right out when needed. Remove it just before your next fill-up.

3. *Backpack.* Put a small bar of soap (hotel size) inside your backpack when you store it away for more than several weeks. The soap will add a pleasant aroma and kill any unwanted smells.

Are You Level-Headed?

In hilly country, it's hard to tell if your potential tent site is level until you climb into your sleeping bag and feel all the blood run into your head.

Before setting up your tent, use this handy trick to see if it's "on the level." Take a glass of water (or your water bottle) and half fill it with water. Place it on the ground, and check to see if the water is level. The angle of the water will show you the direction the hill slopes.

Clip This

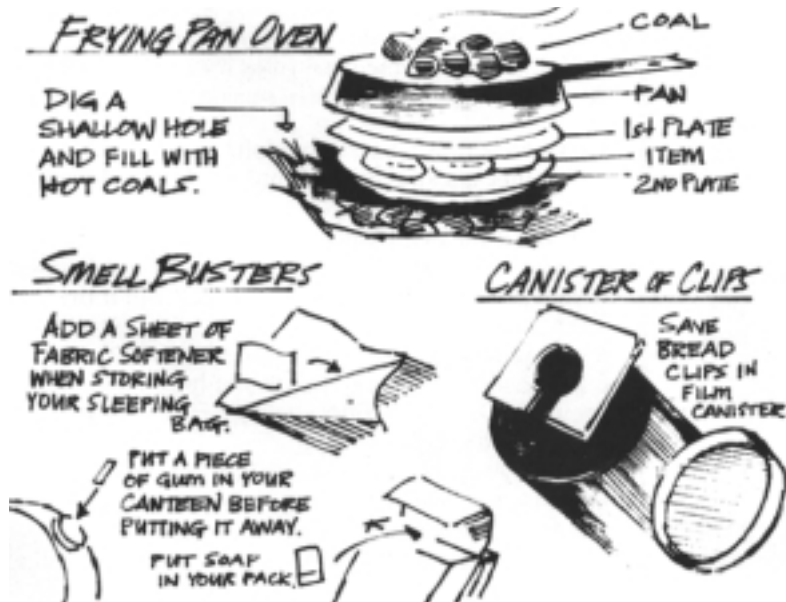
Before going on a lightweight camping, canoeing, or biking trip, collect those clips that keep the clear filmy

wrap around bread from opening. Store them in a film canister; it should hold 15-20. When it's time to hang up your wash cloth after doing the dishes, the bread clips make excellent substitutes for clothespins. They'll snap on a rope quick as a wink!

If you don't want to save bread clips, but still need a way to hang up laundry, this method will work for you. Take two ropes and tightly twist them together; then tie them to your supports (e.g. trees, poles). When it's time to hang something up, separate the two ropes and pull the material through. The ropes will hold the material tightly, allowing your laundry to dry without using any clips.

Camping need not be complicated, time consuming or expensive. With just a little preparation and thought, you can easily overcome almost any discomfort.

— Susan Muehlherr works at the National Office.



“What Is a Service Scouter?”

by Rob Stewart

“**Rob**, would you mind telling me what a Service Scouter does?”

The person on the other end of my phone was a new and very enthusiastic leader. “I don’t really have anything more than a vague understanding of the role. Can a Service Scouter improve my program?”

Let’s look at the Service Scouter role in detail. For starters, not all Service Scouters have similar functions; the role varies from council to council. In some areas, a Service Scouter may look after just one particular section (e.g. a pack *or* a colony *or* a troop). In others, a Service Scouter will look after all sections in the whole group. When a Service Scouter has an expanded role like this, he or she provides general support, rather than specific support to a specific leadership team.

What Is a Service Scouter?

A Service Scouter is an experienced volunteer who offers support and ideas so you can deliver a great program. This support varies from council to council (as noted above) depending on its structure, but a Service Scouter generally follows a clear plan or direction.

Service Scouters are usually recruited because they have appropriate attitudes, skills, and knowledge for the job. They like to help people achieve a certain level of excellence.

What Is the Service Scouter’s Role?

Most Service Scouter roles have these basic functions. They are expected to:

- orient new adults to their Scouting jobs,
- provide on-the-job training (as required),
- encourage training participation,
- give guidance to section and group committee Scouters,
- identify problem areas in groups and sections, and help to resolve them,
- interpret policy and procedure,
- ensure that council communications are received and understood by the group/section,
- communicate group/section needs to the council,
- represent the council at special ceremonies and events,
- help recruit new Scouting members,
- encourage and support the activation of new groups and sections, and
- promote participation in council activities, camporees, jamborees, and other special programs.

Some councils or areas recruit Scouters to perform very specific functions which may not encompass these activities.

Will a Service Scouter Visit My Section?

Yes! Though some local roles may vary, most Service Scouters will be very visible in sections and groups.

How Often Can I Expect a Visit?

Another question you might have is, “Do I have to ask for a visit?”

If you want a visit, call for one.

Some commissioners expect their Service Scouters to visit every section at least twice a year. But if the Service Scouter has many sections and groups to support, this might not be possible, and the commissioner won’t expect it. In other cases, your group might not have enough Service Scouters. Of course, this would make it very difficult for more than one visit.

Some groups or sections may have problems that require lots of repeat visits before health returns to the section. In this case, the Service Scouter’s time is being used up to fight a more serious ‘forest fire.’ Remember, Service Scouters are volunteers too, and their available time is limited.

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Will the Service Scouter Evaluate Me?

What the Service Scouter does at your meeting depends on what you need or want. He or she may just watch and enjoy the activities, to make sure you understand the program. If you need help, ask. The Service Scouter is there to help you run a better, more fun (for everyone, including you) program.

Some people think of a Service Scouter dropping in to see their group in the same way as they would a visit from a parole or police officer.

It is not!

Yes, they have an obligation to the council and participants to make observations about the quality of the program, but fundamentally, Service Scouters are on your side.

If you need help organizing your program... ask. If you've heard about JUMPSTART programs, but don't know anything else about them... ask. Probably your Service Scouter will even bring one along for you to keep.

Will the Service Scouter Give Our Leadership Team Feedback After the Meeting?

I certainly hope so. Use the person's expertise to the best advantage. Gather feedback and ideas about your program plan.

How could we run that game better? What unusual spin could we put on the craft? What would be a fun theme next month? These are questions your Service Scouter can answer. He or she will be very willing to offer suggestions for improvement or praise for a job well done.

What Problems Should I Call a Service Scouter About?

If you and your group (or leadership team) can't solve a problem on your own, call a Service Scouter. Try not to involve this volunteer in personality conflicts — do your best to work them out alone.

Need help interpreting policy, with recruitment, or developing a terrific program plan? Call the Service Scouter. Before dialling the telephone, decide if the situation requires a visit, or merely a discussion over the phone.

What Should I Do If a Service Scouter Isn't Meeting My Needs?

This is a great question (a real zinger!) to end on.

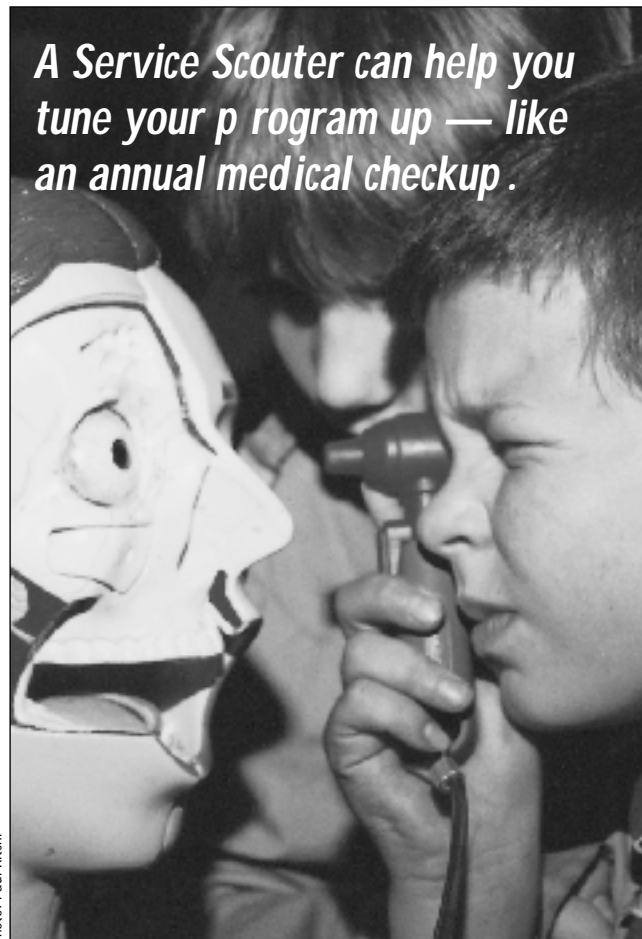
Start by talking face to face with your Service Scouter. You might just have a communications gap; the Scouter may be unaware of your expectations, or unconscious of the full implications. Take time to review your understanding of their role. Many Service Scouters perform multiple roles in the council and wear several "hats." (Though we don't recommend it, sometimes there is little alternative.) Perhaps the person is just swamped with responsibilities.

If all else fails, speak to the commissioner.

A Service Scouter can help make your program better.

We're Lucky

Scouts Canada is fortunate that so many experienced Scouters are willing to volunteer to help others fine-tune their programs. Let's try to make the most effective use of everyone's time. \



A Service Scouter can help you tune your program up — like an annual medical checkup.

Photo: Paul Ritchie

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Special Rewards Available for Group Committee Members

by Bryon Milliere

The greatest rewards for adults in Scouting are often guarded — sometimes even jealously — by a small groups of adults. These elite members are rewarded frequently for what others often consider an impossible task. Yet, once initiated into this special team, they join the ranks of hundreds of thousands in Canada (and millions around the world) who have dedicated themselves to Scouting's Mission in the most direct way possible.

Who are these people and how do they reap these rewards?

This select group is made up of men and women who commit themselves to planning, preparing and delivering Scouting programs to youth each week. Their rewards for an excellent program, delivered in a safe, fun and challenging way, are the smiles and enthusiasm of each child. No plaque, medal or trophy could replace the sense of satisfaction from watching a young member grow each week with self-confidence.

Get Connected!

Section Scouters aren't the only ones who may share this deep satisfaction. Group committee members too can take part in Scouting's action programs, both on meeting nights and during outings. Scouts Canada encourages this direct participation! Speak to a section leader and find out how you can get involved in a way that will connect you with Scouting's Mission. Even a few contacts a year will renew your enthusiasm.

Leading isn't always a glorious calling. The challenges of organizing programs, lining up resources, communicating with parents as well as with group committees and councils can sometimes tax the most patient Scouter— especially when added to the usual challenges of parenthood and work. At times like these, harried leaders need the reassurance and support

of their group committee, whose members have shown an active interest in the program and youth.

Take care to build a supportive relationship with leadership teams under your direction. Know individual Scouters by name. Pass on information promptly, such as dates of courses and other council events. Check in with all your section Scouters by phone when you don't have time to visit occasionally.

Visit the Section

Call the section leader prior to visiting so the person won't be taken off guard. Then, he'll know why you're dropping by and what you hope to see. Expect a variety of reactions to the news that you're coming to visit. Some leaders will welcome you with open arms and insist that you be involved in some way. Other leaders who lack confidence may be nervous or suspicious of your interest. Be flexible and adapt to the situation. Offer reassurance, if necessary. Provide more advanced notice when you expect a more tentative welcome.

How can you prepare for a visit?

Read over section program material. You'll find the Mission Statement, Principles, Practices and section Goals in *Bylaws, Policies and Procedures*, the *Group Committee Handbook*, and many other publications. Familiarize yourself with the structure of the section. For example, Wolf Cub packs are divided into smaller groups called sixes. Youth

leaders in each six are called "Sixers"; his or her assistant is called a "Second." Cub leaders get their names from Rudyard Kipling's *The Jungle Book*. You'll understand the section program more if you read **the Leader** magazine.

Many group committee members now wear the uniform, but don't let not having a uniform stop you from visiting the section. Dress comfortable. It'll put both youth and leaders at ease.

At the meeting, look for ways to support leaders. Pick out several examples how an individual Scouter responded well to a situation. If the team seems well prepared, tell them! Seek to encourage and build them up publicly. If possible, try to give them greater vision. Show them in as many ways as possible that you appreciate their efforts.

Always Fishing for Volunteers

Many parents sit in on the last few minutes of each meeting. Why not use this opportunity to build relationships with them? Find out why they put their child into the program. What are their expectations? Do they have some skills or resources that would support the program? Are they potential leaders or committee members? Do they know that they're welcome to attend group committee meetings?

Be sure to mention your section visit at the next committee meeting. Offer words of appreciation for the work they're doing and highlight any positive stories resulting from your visit.

Reap the Rewards NOW

As a group committee member, you can gather some of these special rewards, as well as pass some out to others. The awards vary from section to section, but when you see a smiling eight-year-old who is finally able to do some activity because you spent the time helping, you'll recognize the big-time payoff.

Go ahead! Start collecting some of these awards. Your entire community will benefit. \

SCOUTER'S 5

The Person I Would Like to Be

The Interamerican Scout Organization drew up this aim for Scouting youth in the Americas. Read it over, and discuss its relevance to your group members. How is it similar or different from your Promise, Law and Mission?

As a young person who shares the experience of the Scout Movement, I aim to do my best.

To be...

a person with freedom and integrity, clean of thought and true of heart, strong of will, responsibility and self-reliant, to make a personal commitment for my life, to be constant and true to my word.

To be...

ready to serve others, involved with my community, defender of other people's rights, pledged to democracy and committed to development, a lover of justice and a promoter of peace,

to value human labour, to build my family on love, to be aware of my own dignity and that of others, and share with everybody joyfully and affectionately.

To be...

Thoughtful and creative, to leave the world better than I find it, to strive for the integrity of the natural world,

continued...

Scouter's Five Minutes

April '98

RECIPES

Want Some More Dough?

If you're dusting off your recipe book in anticipation of spring and summer camping, here are three bread recipes from Scouter John Taylor of Jarvis, ON. These are traditional recipes that pioneers used — perfect for campfires!

Ghost Bread

1 litre all purpose flour

2 mL salt

20 mL baking powder

60 mL vegetable shortening or lard

250 mL milk

Combine the flour, salt and baking powder in a mixing bowl. Cut in the shortening until the mixture resembles coarse oatmeal. Add the milk gradually until well blended.

When the batter gets too stiff to mix, turn out dough onto a lightly floured surface and knead by hand for 3-4 minutes. Shape into a loaf and press into a loaf pan. Bake until loaf sounds hollow when tapped on bottom. (This will take about 35 minutes at 190°C.) Cool slightly before eating.

Brown Bread

500 mL sour milk

125 mL molasses

500 mL flour

500 mL whole wheat flour

7 mL baking soda

2 mL salt

Combine ingredients. Divide dough and place in two buttered pudding molds or coffee cans. Fill each 3/4 full. Cover molds or cans with aluminum foil and secure tightly. Place in pan with water level halfway up the side. Steam three hours and bake 1/2 hour.

Recipes

April '98

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Steamed Corn Bread

750 mL corn meal
250 mL flour
500 mL sour milk
250 mL molasses
5 mL baking soda
salt to taste

'Scald' 500 mL of the corn meal with boiling water. Mix in the other 250 mL of meal, and the flour, sour milk, molasses, baking soda and salt. Steam for three hours.

Cheesy-Baco-Spuds

Members of the 1st Thunder Bay Venturer Company make this favourite potato recipe every time they go camping.

Boil water in a pot. Add potatoes flakes or real potatoes. If using real potatoes, cook, then mash. Add powdered orange cheese to desired cheesiness. Top off with bacon bits. Bon appetite!

A Healthy Snack

Snacks quench both hunger and thirst, but make sure they supply your energy needs. Though chips are not a good snack food (too high in fats), an occasional indulgence is fun. Here's a nutritious and popular snack.

Yogurt Juicicles

This nutritious frozen snack is sure to be a hit at a mid-winter beach party or hot summer picnic. Simply blend 625 mL of plain yoghurt with 1 small can of frozen juice concentrate. Freeze in popsicle containers. Yum!

Recipes

learning continually and searching
for paths still unexplored,
to do my work well,
to be free from the hunger to possess
and independent of material things.

To be...

Open to the spiritual,
to have a transcendental sense of life,
to reach out to God,
to live my faith joyfully
and make it part of my daily life,
to be open to dialogue and understanding
and to respect others' religious beliefs.

Be Prepared to Help Others

When I talk about Good Turns, I'm doing it to remind you that it's something to take seriously. Don't be satisfied to go to bed until you've done one.

It was a Good Turn in London that sent Scouting to America. That's one of the beauties of Good Turns: they may seem small and insignificant when you do them, but they can have incredible long-term affects.

So be prepared
And don't be scared,
By difficult work or play,
To fry an egg,
Or mend a leg,
Is all in the work of a day.

-- *Adapted and abridged quote of B.-P. Thanks to Jean Layman, Georgetown, ON.*

Scouter's Five Minutes

We're Talking Urban Survival

by Ben Kruser

The Red River Flood in Manitoba and the ice storm of Eastern Ontario, Quebec and parts of the Maritimes showed clearly that natural disasters do happen in Canada. They can strike suddenly and affect millions of people.

A crisis produces high levels of stress, confusion and panic — natural reactions that make problem-solving more difficult. In the midst of calamity, it's sometimes too late to start looking for supplies.

Most Canadians live in urban settings; we take services (such as water and power) for granted. When entire metropolitan areas are hit by some natural disaster, we need to modify our camping skills so they're appropriate for urban survival. As well as a first aid kit, here are some items to keep on hand just in case a disaster strikes your area. Most are available at Scout Shops.

Battery Powered Radio: The ability to hear updates from emergency officials is critical. A child's Walkman™ radio is compact and powerful enough for your needs.

Flashlight: A Maglite™ is compact enough to put into your pocket, or even hold in your teeth if you need to use both hands. Its powerful beam is much brighter than that of cheaper flashlights.

Carbon Monoxide Detector: Fumes from poorly ventilated generators and seldom-used chimneys can create dangerous levels of carbon monoxide.

Spare Batteries: In a crisis, everyone will be looking for batteries. Have a ready supply at home.

Water Purifier: Losing power is one thing, but losing access to safe drinking water raises the spectre of disease. Portable camping water purifiers eliminate the need to boil drinking water.

Bottled Water: Keep a six-pack of bottled water handy in your kitchen — available at grocery stores. You'll need at least one liter per adult per day.

Freeze Dried and Dehydrated Foods: These won't spoil if your refrigerator loses power. Some brands (such as Hot Pack) come with self-heating bags so you can have a hot meal and warm up.

Candles and Matches: These will keep the chill off a room and add light.

Coleman™ Battery Powered Lanterns: Use these indoors or outside when a flashlight or candle doesn't provide enough light.

Campfire Blankets: Durable wool blankets are warm, and can be used as padding to rest on.

We're Ready to Help

Many Scout Shops carry camping equipment that is appropriate in crisis situations. Don't wait for the next disaster to hit. Prepare your own home emergency survival kit, and keep it well stocked and ready for use on short notice.

Want to learn more about preparing for emergencies? Consult Scouts Canada's Emergency Preparedness JUMP-START package, or your local Scout Shop manager. ^λ



40th Jamboree on the Air

The Canadian Experiences

by Lena Wong

If you've never taken part in a Jamboree on the Air, *you're missing out!*

Over 255 participants from at least 14 Canadian groups enjoyed last year's Jamboree on the Air (JOTA).

Scouts from the 84th Troop in Regina, Saskatchewan, had a blast when they contacted JOTA stations in the USA. The Regina group found the 20 metre band extremely congested. Switching to the 15 m band solved their problem.

Scouts from Timmins, Ontario, enjoyed contacts with several overseas groups. They turned their JOTA experience into a weekend camp. Sixty-three youths and adults attended. Other activities they planned included nature hikes, highland games, a scavenger hunt, and shelter building.

In Fredericton, New Brunswick, 46 JOTA attendees tied their participation in with Apple Day, two overnight activities and a Scout fundraiser dance — one very full weekend! They gathered for the JOTA part of the event at Yoho Lake in the local Scout reserve.

Who did they contact on the air?

These Scouts spoke to people in Europe and South America, as well as the United States and several Canadian stations.

First JOTA Experience

The 1st Osgoode Troop in the Ottawa area were thrilled with their contacts. It was the first time they had ever taken part in the international event. But it won't be their last. The Scouts are already making plans for next year's airborne jamboree.

In Alder, Ontario, Scouts from the 1st Atikokan Troop contacted 11 stations; three were participating in JOTA.

The 2nd Ericson Scouts from Kingsgate, British Columbia, were helped by Jack Knight, a very enthusiastic operator. Mr. Knight is 80 years old! He had just as much fun as the young visitors to his radio shack.

Members from the 120th Ottawa Rideau Kiwanis Scout Troop, First Canada Region, made both radio and Internet contacts with Scouts around the world. They plan to set up their own web page, and look forward to receiving mail from their new-found friends.

The Niagara District Council, Ontario, organized an event for both JOTA and Jamboree on the Internet (JOTI) participants. Their youth members contacted an impressive number of countries worldwide, including Scouts in the United States and Europe. Technical support received from the C.O.B.R.A. Radio Club of the Niagara Region proved invaluable.

Scouts from the 1st Horsefly Scout Group in British Columbia successfully contacted radio stations as far apart as Alaska and Indonesia. Incredibly, they were even able to listen in to radio communications from the Antarctic!

"Tlell the World!"

Scouts and Guides from Tlell, British Columbia, organized a well-attended district event. The district also participated in the Guides on the Air (GOTA) in February. It's a great way to spread the message of world brotherhood.

The Last Canadians

Scouts from the 1st Geilenkirchen Group in Zeist, Holland — a Canadian Scout group — were asked to attend a JOTA event hosted by Zeist Scouts. The Zeist group also invited 1st Hereford Scouts from the UK to participate as their guests. Everyone visited both the Dutch National Scouts HQ and their JOTA station; they had a wonderful time. A delicious barbecue topped off weekend festivities.

Judging from the requests we had for information about JOTA, it's clear that many more Canadian groups participated than those that registered. If you're looking for a great time, tune in to JOTA. The experience is incredible. We'll see you... on the air. X

-- Lena Wong is the national JOTA organizer.

Power to the People!

Last January, just as we were moving from holiday mode back to the first full week of work in the new year, it started to rain.

“Oh well,” many thought. “At least it isn’t snowing.” In the end, it turned out much worse — the ice storm of the century.

This catastrophe, the worst natural disaster in Canadian history, destroyed much of the area’s hydro infrastructure, cut off power to millions, and drove many thousands into public shelters. Business was suspended for almost two weeks and many of our friends in the “dark triangle” (parts of Eastern Ontario and Western Quebec) lost power for weeks.

Scouters and outdoor enthusiasts who had the gear and experience were usually able to manage pretty well. The loss of power was an inconvenience — a big inconvenience — but we adapted. Others were not so lucky.

Because the Scout Centre is in an industrial area with underground power lines, the hydro stayed on throughout much of the crisis. The Centre has full kitchen facilities and lots of room. On Day Three of the storm, we opened the Scout Centre as a shelter for those who had to abandon their homes.

During the crisis, 25-40 “storm refugees” lived together sharing their limited resources. Throughout the entire time, the Scout Centre lost power for only six hours.

Host and Ambassadors

Staff members Louise Auclair, Mary Phillips, John Beaudry, Richard Tracy and their families were among the “refugees.” They served as hosts and Scouting ambassadors to all other guests.

Many volunteers joined us at various times to provide food and support, including Vice-President Bob McLachlan and others from Riverview District. As well, we loaned 19 sleeping bags to people staying in another shelter.

Because the Tamaracouta Scout Reserve had a generator, Scouting was able to offer assistance to local residents in need. Dan Maurice (resident manager) opened the facility to 100-150 people per day to use the showers, get drinking water, get warm, and socialize. At least two families lived in the camp for six nights or more. As well, we loaned mattresses from some cabins to people in shelters all over the community.

In Pointe-Claire, Scouter Doug Wilson is the Quartermaster for the local troop. With the Scouts’ approval, he shared their camping equipment with families on the street with no means to cook or heat water.

Riverview District President Paul Aitken went to a shelter in his area and found a desperate need for food. He immediately went to local merchants and arranged for a food donation, which he then delivered to the hungry people huddled in the shelter.

In Pierrefond, Scouts helped the local police, and went door-to-door around the neighbourhood making sure everyone was staying healthy and secure.

Did Scouting make a difference during the worst natural disaster in Canadian history?

It sure did. All over Eastern Ontario and Western Quebec, Scouting members answered the call and spread the message of world brotherhood. \

— Ken McAlpine, Montreal, Quebec. (Ken is on the Quebec Communications Committee.)



In a B.-P. questionnaire that appeared in the February **Leader** (p.9) we said B.-P. died in 1944. This is wrong. He died in 1941.

The questionnaire also said the Zulu rebellion took place in Kenya. This too is incorrect. It happened in Zululand, which is now Kwazulu-Natal, a province of South Africa.

Thanks to Colin Wallace, Edward Cutler and Norman Coyne for pointing out these errors.

The Canadian Dermatology Association recommends...

The Canadian Dermatology Association recommends that everyone (especially children) wear a wide brimmed hat that will protect against the sun's harmful rays.

We listened! Scouts Canada's "Lifestyle Wear" bush cap is now available at all Scout Shops across Canada. These 100% cotton bush caps, designed for Scouts Canada members, are made in Canada and are available in sizes XS to XXL. They're only \$15.88.



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Check out your local Scout Shop first, for all your outdoor camping needs. Your purchases help support local Scouting!

