

the scout leader

VOLUME 47 NO 2

OCTOBER 1969

wilderness challenge
story page 15



WANTED: YOUR HELP

What do you, the section Scouter, feel are the needs that have to be met to ensure the effective operation of a pack, troop, company or crew? The special Task Group of the National Council Organization and Expansion Committee, formed early in 1969 to conduct a special study of the organizational structure of the Boy Scouts of Canada, is concentrating on this area of study right now and wants your assistance in identifying these needs. The Task Group has developed a special survey form for section Scouters and invites any Scouter interested in participating in this phase of their work to write for a copy of the form. Your co-operation would be of great help to the study. Please write to: Boy Scouts of Canada, Organization Task Group, P.O. Box 5151, Postal Station "F", Ottawa 5, Ontario.

The first report of the Task Group, submitted to the National Council in May, has already identified a number of considerations that its members feel to be of major importance. These are:

- that the scope of the study be broad enough to enable the Task Group to make a comprehensive study of the total needs of the Boy Scouts of Canada in order to recommend effective organization and methods of operation;
- that two years might be needed before a final report is prepared;
- that organizational changes that have taken or are taking place in councils across the country be examined as sources of knowledge and experience;

- that members of all parts of the Scouting operation be invited to give their opinions;
- that members be given other opportunities to participate in the study;
- that outside expert advice be sought;
- and that the study be allowed to cross jurisdictional or political boundaries in its search for knowledge and experience.

The Task Group report also states that it accepts certain basic facts or premises as being outside the scope of the report — the Corporation, the current stated Aim, Principles, Operating Policies and the Section Programs. The Task Group does, however, make one important exception — Item "E" of the Operating Policies, which reads "Programs are made available to the boys through sponsorship of Scout Groups by Institutions or Groups of Citizens." The Task Group report goes on to say that it feels that the subject of sponsorship has been a source of considerable misunderstanding for many years and therefore requires examination.

Members of the Task Group, under the chairmanship of Barclay C. Westgate of Montreal, represent collectively a wealth of experience from the fields of business, education and the professions. They are: Robert Hartog (Midland, Ontario); C. Frank Phripp (Kitchener, Ontario); Rev. Donald W. Laing (Regina, Saskatchewan); Stanley E. Lovell (Oshawa, Ontario); Rev. Professor Ron J. Williams (Toronto, Ontario); John L. MacGregor (National Headquarters, Ottawa). W.A.M. Birt, Shell Oil of Canada, has been added to the group as an "outside consultant." With the exception of Mr. Birt, all members of the Task Group have had continuing association with Scouting in a wide variety of capacities — they are asking you now to share your opinions and experiences with them to help with their task.



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Cover photo

by Callaghan - Bagshaw Inc.,
Montreal.

THE SCOUT LEADER is published monthly, except for the combined issues of June-July and August-September by the National Council, Boy Scouts of Canada. Postage-paid-in-cash at third class rate Permit No. 3020. THE SCOUT LEADER is sent to Cubmasters, Troop Scouters, Venturer Advisors, and Rover Scout Leaders as part of their registration. They should direct address changes and inquiry on mail service to the Scout council office where they are registered.

To all others active in Scouting subscription rate in Canada - \$1.00 per year; outside Canada - \$1.50 per year. To non-members, subscription rate in Canada - \$2.00 per year; outside Canada - \$2.50 per year. Address subscriptions, manuscripts, advertising and other correspondence to National Council, Boy Scouts of Canada, P.O. Box 5151, Stn F., Ottawa 5, Canada.

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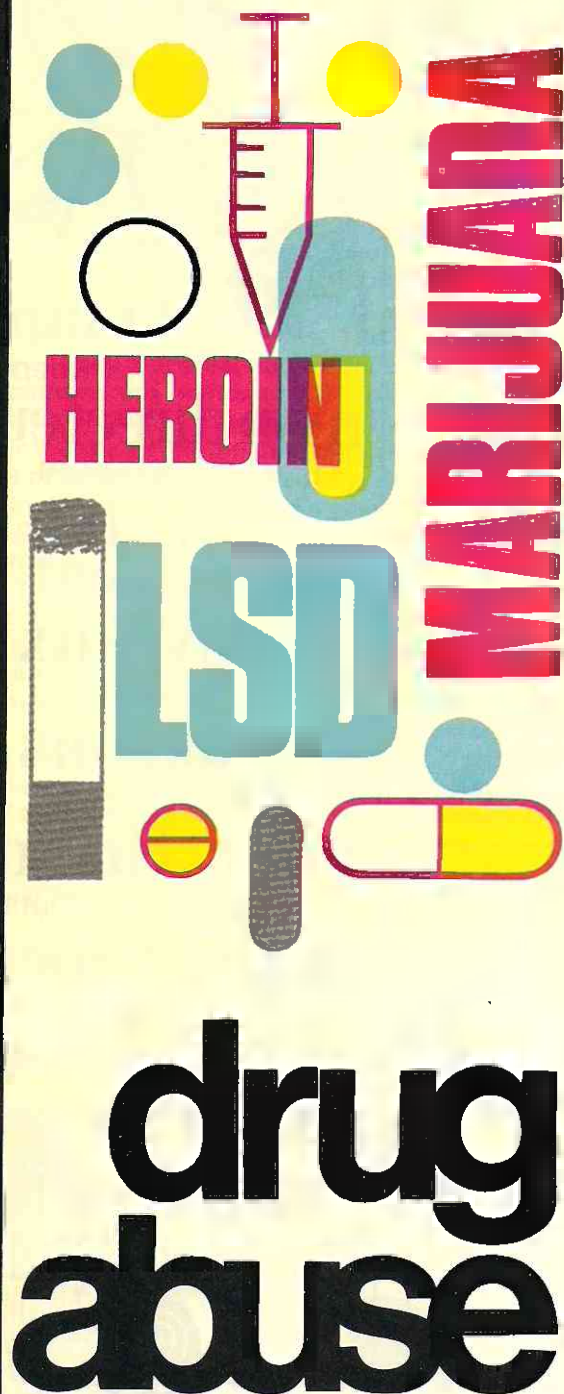
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by Arthur R. Carfagni, Jr., M.D.

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and Scouting Magazine, published
by the Boy Scouts of America.

Dr. Carfagni is director of the Immediate Psychiatric Aid Center, a medical examiner for Superior Court in San Francisco, Calif., an executive committeeman of the Haight-Ashbury Medical Clinic, and member of a state committee to assist high school counselors in giving students a true picture of drug abuse.

Having recently observed "thousands of cases of severe emotional reactions to the abuse of various psychedelic and stimulant drugs" and "seeing more and more youngsters who have experimented with or committed themselves to the use of drugs" and "hearing kids as young as 11 to 13 talk quite a bit about the subject," the doctor believes that youth leaders as well as teachers and parents should be armed with the facts about drug abuse.

Through this article he contributes those facts "without a sensational or false scare approach." Thus forearmed, leaders can answer boys' questions about drugs or take the initiative in telling them the facts.

In Boy Scouts of America ranks, Dr. Carfagni is a Silver Beaver, camp doctor, and Skipper of Sea Explorer Ship 235.

Many adults may wistfully recall the time when a warning to "keep off the grass" meant to stay off someone's lawn, or when a "trip" was an actual journey. Nowadays such allusions may refer to the modern problems of drug abuse.

A threatening reality is that problems associated with drug misuse are growing rapidly among today's youth. Drug abuse is not localized to the slums or the "deprived" or "underprivileged" or any segment of our society. Furthermore there is reason to believe that, while not yet widespread, experimentation with various drugs, mainly marijuana, reaches down into the preteen years.

As with Robin Hood—who in reality was a thief and scoundrel—a vast amount of legend, fable, and romanticism, as well as distortion, has become associated with drug usage. Some who claim to be experts explain drug abuse as part of the adolescent rebellion. They compare the use of various drugs to the abuse of alcohol by adults. Others proclaim that only by the use of the "mind benders" can anyone fully realize himself; still others assert that an experience with drugs is akin to a religious awakening. However, equally misleading is the labeling as "degenerate" anyone who has experimented with drugs, or solemnly and falsely stating as fact that marijuana smoking invariably leads to heroin addiction.

How then can a parent or a Scout leader deal with the claims and counterclaims which swirl about him? Certainly not by meeting hysteria with hysteria, or half-truth with another half-truth. The only responsible position for an adult to take with a child or adolescent is one of informed honesty. Objective and factual information about the problem is necessary for communication with them. The purpose of this article is to discuss facts about drugs and drug abuse.

A drug is defined as any chemical agent other than foodstuffs which significantly affects body structure or function. Drugs are further classified in two ways: those which have a medical purpose—that is prescribed by a physician such as penicillin, insulin, vitamins, or vaccines—and those which

are used for social purposes—such as caffeine, nicotine, and alcohol.

Drug abuse—defined as the use of a drug to the point where it seriously affects and interferes with the user's health or ability to function—can apply to either class. The drugs most often misused are those which affect the central nervous system, the brain, so as to alter the user's mood, thinking, or behavior. These generally fall into one of the following types: narcotics, depressants (sedatives), stimulants, hallucinogens, tranquilizers, and solvents.

NARCOTICS: These drugs are natural or synthetic derivatives of opium and have had a long and ethical use by the medical profession as analgesics—pain relievers. Morphine, an opium derivative, was discovered in 1805, and in 1832 codeine was synthesized. Only slowly did physicians learn that the opioids produced a dangerous physical dependency. It is an ironic fact that heroin was developed as a countermeasure to morphine addiction. The name was given as a salute to its being declared the long-heralded "heroic drug" which would confer analgesia but not dependence.

Since the passage of the Harrison Act in 1914, the Federal Government has attempted to control and prevent the misuse of narcotics. Severe penalties attend illegal use, traffic in, or even possession of these drugs. (In Canada, the Federal Government attempts to control and prevent the misuse of narcotics through the Narcotic Control Act. Penalties that can range up to seven years imprisonment attend the illegal possession of a narcotic and up to life imprisonment for trafficking in a narcotic.)

Aside from living outside the law, the narcotic user's life is dangerous and unhealthy. Anyone who is physically dependent on drugs is a mentally disturbed and tortured human being. He never knows just how much drug he is injecting, how pure it is, or even what it is—that, and the cost of the drug, is the price of an illicit dependency. Many users have "habits" up to \$150 a day, but the need makes the addict totally dependent upon drugs. Even while realizing this, his personality inadequacies and fear of withdrawal symptoms will prevent him from seeking help. It is a sobering statistic that less than 10 percent of narcotic users "kick the habit." Obviously, our principal efforts should be for education and prevention.

DEPRESSANTS (Sedatives): Drugs in this category include barbiturates such as secobarbital ("red devils"), pentobarbital ("yellow jackets"), and amobarbital ("blue heavens"), collectively called "goof-balls." Barbiturates have a medical usage as anti-convulsants and soporifics—sleeping pills. These compounds act by depressing the central nervous system. In excess amounts they can produce coma and death.

The sedative drug most abused is ethyl alcohol. Mistakenly thought to be a stimulant because of its effects on individual's moods, alcohol is in fact a potent depressant drug which even in small amounts can impair a person's mental and motor

functioning. The disease which we label "alcoholism" actually is a chronic toxic state due to the drug which with prolonged use leads to physical deterioration, mental debility, and psychosis. Although in small quantities alcohol has some medicinal use—in fact, many medicines use it as a base—it is properly classified as a social drug. Annually disabling over 6 ½ million people, alcohol probably poses the most serious social problem amongst youth at all levels of society.

STIMULANTS: These drugs, as opposed to sedatives and narcotics, stimulate the central nervous system—interrupting sleep patterns, lessening the appetite and increasing physical and mental activity. Collectively these drugs are known as "pep pills" and have medical usage in appetite appeasement, as antidotes for barbiturate intoxication, and for prolonging wakefulness. College students during "finals" week sometimes indulge in the use of stimulants.

The most common stimulant is caffeine which is found in coffee, tea, and some soft drinks. It is mild, although in some people small amounts can produce irritability and insomnia. Nicotine also is a stimulant, acting as a pressor agent—a chemical that dramatically raises the blood pressure—one reason why people with cardiac difficulties are warned against smoking cigarettes. Caffeine and nicotine are essentially social drugs and their use is accepted by many in our society.

The drugs most commonly misused in the stimulant group are the amphetamines: benzedrine, dexedrine, and methedrine, the last named being the most potent and dangerous. Methedrine (or more properly methamphetamine), called either "speed" or "crystal," is the most dangerous drug in use by young people today, and next to alcohol and marijuana, the one most frequently used.

Unlike the narcotics and depressants, the user of the amphetamines becomes physically hyperactive, acutely responsive to the touch of his clothing, and, on prolonged usage, wary, fearful, suspicious, and aggressive. Even the most hardened drug abusers avoid the "crystal freak" as his capacity for irrational and destructive behavior is well known.

This drug carries with it the highest rate of toxic psychosis incidence of any of the commonly abused agents; and symptoms such as physical collapse, convulsions, malnutrition, and increased vulnerability to bacterial and viral infections are commonly seen. Furthermore, since methedrine is usually taken by injection, the rate of hepatitis from unsterile needles is very high.

The psychosis seen with methedrine is characterized by frightening hallucinations, usually threatening in nature, tremendous panic, and an extreme tendency toward paranoia. With proper psychiatric treatment, these symptoms usually disappear, although electroencephalographic tracings (brain waves) taken 6 months after stoppage of the drug may still show abnormal rhythms. Relapse to the use of amphetamine, which is not considered an "addicting" drug, is very common, and transient meth-

(Continued ▶)

drug abuse



drine abuse is often seen in the narcotics user.

The extent of methedrine use has only been evident to medical and legal authorities in the last year or two. The drug is classified as a "dangerous drug" and its possession for sale is a felony, but the law has had little effect on the widespread use of this drug, because it is easily and cheaply made and readily available in many forms. On this drug there should be no equivocation — it is dangerous, and its abuse renders the user dangerous.

(In Canada the legal distribution and sale of methedrine is regulated by the Food and Drug Regulations where it is classified as a "controlled drug." Under these regulations there is no penalty for simple possession of methedrine, although trafficking in the drug or its possession for the purpose of trafficking is punishable by a sentence that can range up to ten years imprisonment. The law has been effective in preventing diversion from the distribution system. However, multiple and counterfeit prescriptions, together with the recent appearance of underground manufacturers has provided increasing supplies for street use.)

HALLUCINOGENS: These are the current "glamorous" drugs of the times, the drugs with the most vocal advocates and equally determined opponents. The hallucinogens are so called because of their capacity to create vivid pictures in the mind's eye and enable a person under their influence to "feel red" or to "see sound."

Known as psychedelic or mind-expanding agents, this group of drugs includes LSD, mescaline, psilocybin, DMT (dimethyltryptamine), STP (a long-acting, DMT-like drug), morning glory seeds, Hawaiian woodrose, marijuana, and, if one wishes to believe a put-on by the underground press, the lowly banana skin ("mellow yellow"). There are literally hundreds of mind-expanding drugs, but this discussion will include only the LSD group and marijuana.

LSD, which stands for lysergic acid diethylamide

tartrate, is derived from the ergot plant, better known as rye rust. It was first synthesized in 1938 by a chemist investigating the action of ergot. Apparently he inhaled a small amount of the drug and soon noted peculiar and colorful visions. Continued investigation revealed LSD to be a totally new compound; and while it affected the central nervous system, it was neither a stimulant nor a depressant. In fact, to this day, its mode and site of action are unknown.

Because of the hallucinogenic properties, researchers believed that LSD could be of benefit in the investigation of the causes of mental illness. Carefully supervised experiments during the next 10 years steadily diminished this hope. While LSD could produce psychotic symptoms, these were essentially similar to those of any toxic reaction to a drug and had little in common with the symptoms of the major mental illnesses. Because of the unpredictability of the drug, no systematic research seemed possible.

In the last few years, LSD was "rediscovered" for its so-called mind-expanding effects and was propagandized as a cure-all for society's ills. In small quantities (average dose, 1/1200 the size of an aspirin tablet) the drug would produce vivid thought experiences. But unlike alcohol it did not leave a hangover, and unlike heroin it did not cause physical dependency. Furthermore, it was colorless, odorless, and tasteless so that its detection was virtually impossible. Unfortunately, this rediscovery spawned an hysterical reaction in which both the "pros" and the "cons" resorted to the mass media, making wild claims based mainly on wish, fantasy, fear, and imagination. As a result, the psychedelic drugs were sensationalized, and their properties and dangers became confused and distorted.

We can be sure LSD is a dangerous drug. When used indiscriminately, it has a totally unpredictable effect on a person. Many whose lives to all appearances appeared well adjusted have become psychotic (had a "bum trip") on one dose and still others could take it 5, 10, 50 times without an adverse reaction and then on the next ingestion become acutely disturbed. Second, "after flashes" — delayed experiences without additional use of the drug — have been known to occur even after 3 years, so that the emotional turmoil brought out by the drug can disable a user for a long time. Third, there is a growing body of evidence that prolonged use can cause behavior similar to that seen in a person with brain damage. Some researchers have stated that LSD can cause hereditary changes, though as far as is known, this claim has not yet been proven.

In dealing with problems caused by drug abuse, "con" untruths are as harmful as those uttered by "pros." Both distort and thus confuse, and often that is enough to convince someone to "see for himself."

MARIJUANA: Perhaps even more strident and confusing is the tumult surrounding the use of marijuana, a substance derived from the Indian hemp plant. This plant (*cannabis sativa*) can grow

almost anywhere and is known as hashish in Arabia, kif in Morocco, dagga in South Africa, bhang in India, and most recently as "pot" or "grass" in Great Britain and the United States. Marijuana has no medical use, so that its abuse is purely social in nature.

Mistakenly, marijuana is classified as a narcotic by Federal and State laws. (In Canada, too, marijuana is legally classified as a narcotic by Federal law.) Physiologically it is not a true narcotic since it does not produce a physical dependence nor develop a tolerance. Calling a drug something which it is not can negate some of the actual harmful effects ascribed to that agent. After all, if "they" are wrong about marijuana's being a narcotic, then how much of the rest of the antimarijuana tales are also fiction? Also, because of its capacity to create mental fantasy and distortion, marijuana is sometimes called a psychedelic, which is not thoroughly accurate either.

Actually, marijuana is not unlike alcohol in that it acts on the central nervous system affecting muscular coordination and impairing perception and judgment. Its effect is quicker acting than alcohol's, though the duration varies with the amount of drug ingested. Marijuana is usually taken in the form of a cigarette, and its effect is induced by smoking. Larger amounts can be eaten to achieve the desired level of "high."

The most common reaction reported by the smoker is a distortion of time and space and the exaggeration of various sights and sounds. Marijuana users rarely hallucinate under the drug's influence, and fortunately psychotic reactions are all but unknown.

Because of the general resemblance between the effects of marijuana and alcohol, advocates of legalizing the use of the former cite this fact to support their position. However, the sordid record of the effects of alcohol abuse would seem to give scant basis for this reasoning. Abuse of alcohol is a tragic scandal; we hardly need another agent with a similar potential for havoc.

The use of marijuana is widespread, and chances are that many teen-agers will experiment with "pot." The fact should not be a cause for parental hysteria or a "where have we gone wrong, son" confrontation as a marijuana smoker does not "graduate" to the use of heroin nor does he become a moral degenerate or a criminal merely from the use of this drug. It is true that continued use — and this should strongly be differentiated from experimentation — can produce a psychological dependency as a user turns increasingly toward his own special world where the highest value is getting a "kick."

Also, a constant user may get the feeling that he is actually dealing with life, he is "where it's at," though this is a fallacy, for by dulling his perceptions with a drug, he is backing away from life and reality. However, such a person cannot be encouraged to return to more responsible behavior if his parents and friends label him an outcast or make reality so unpleasant as to let the drug be the lesser of two evils.

As with LSD, there are certain facts to be borne in mind about marijuana. First, its use is widespread and not limited to any class, race, intelligence level, or moral plane. Secondly, marijuana can be a dangerous drug, potentially more so than alcohol, though less so than LSD and emphatically less so than heroin or methedrine. Third, though continued use of marijuana does not in itself lead to heroin dependence or criminal behavior, it does tend to promote an identity with a subculture that seeks gratification in drugs and can lead to the same end result. The history of too many hard-drug addicts has started with the use of marijuana.

Finally, a marijuana user is engaging in a felony, an act which scarcely can be viewed as innocent pastime. There may be reasonable disagreement about the severity of the penalties assessed against those caught with marijuana in their possession. Also, there might be reason to believe that such penalties will be moderated in the not-too-distant future. Still, at this time possession of marijuana is a felony and people should be guided accordingly.

In all of this, bear in mind that drug abuse takes many forms. The child who experimentally sniffs model airplane glue, the youth who smokes "pot," the college student who takes amphetamines while cramming for finals, the antisocial offender who uses heroin, the adult who toys with suicide by taking an overdose of sleeping pills, the chain smoker, the mystic who seeks a religious experience through the use of psychedelics, the dynamic businessman who needs his tranquilizers and gulps them by the handful, the bored housewife who has a "few drinks" during the day, the person who administers to himself his neighbor's prescription — all these people are practicing drug abuse, and although these practices differ in their legal, medical, and social implications, they illustrate the varied patterns of drug misuse.

For a young person, the decision to use a certain drug may be prompted by a need to belong to a group of his peers which accepts some form of drug abuse as normal, as opposed to the overall society which labels it as unacceptable. This pressure to conform may be too great for that youngster to withstand alone. If the epidemic of youthful drug abuse is to be curtailed, he must be given some support to combat the pressure.

Instruction is useless unless accompanied by guidance that will help a young person appreciate, develop, and utilize his resources. Moralizing and repression are harmful unless accompanied by understanding and acceptance of that young person, his goals, and, most important, his values. Adults do not lessen these pressures by ridiculing current fads or by constantly polarizing things as "good" or "bad."

Drug abuse is always bad; drug abusers seldom are.

Drugs are inert chemicals until they are used by people. The development of human beings capable of withstanding these pressures toward drug abuse should be a primary goal of all concerned adults. ■

Since October and November of last year when the series "We Want You to Meet...the Provincial Commissioners" appeared, there have been a number of new appointments. So...

8

WE WANT YOU TO MEET ...The New Provincial Commissioners



A native of Prince Edward Island, the new provincial commissioner for Nova Scotia, Fred Waller, came to live and work in Halifax in 1946 after service in the Canadian Army.

Although he was not a boy member of the Movement, in 1948 he "succumbed to the pleas of a group committee" and became Scoutmaster of the 3rd Halifax Troop and is "still in for the fun and good people one meets." Fred has been a district Scoutmaster, district commissioner, assistant provincial commissioner - program (and as such, a member of the National Program Committee), and deputy provincial commissioner.

A member of the United Church of Canada and a director of the John Howard Society of Nova Scotia, he is Secretary of the Maritime Telegraph and Telephone Company Ltd. and Executive Assistant to the President of the company.

Married, he and his wife Ruth have two children: Stephen, 16 and Jennifer, 9.

Fred attended the World Jamboree at Niagara-on-the-Lake in 1955, the Nova Scotia Scoutennial in 1967, and in 1968 was awarded the Silver Acorn.

Frederick M. Waller
Nova Scotia





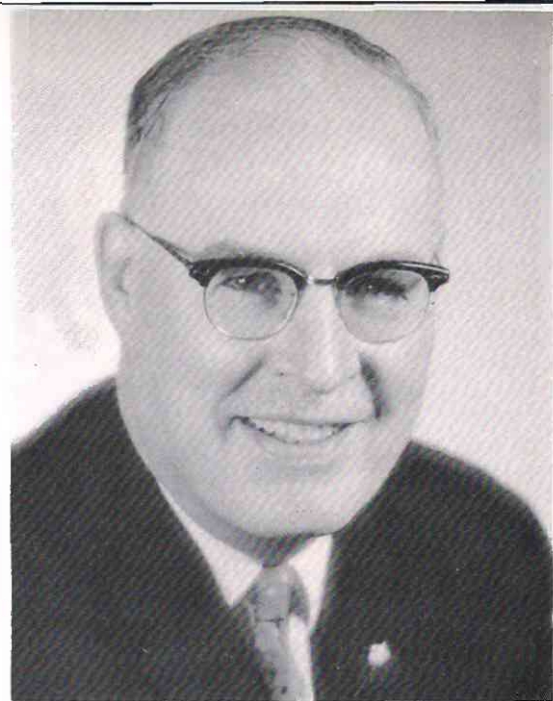
The Reverend Professor Ronald J. Williams holds the Master of Arts and Bachelor of Divinity degrees from the University of Toronto and is a Doctor of Philosophy of the University of Chicago and a Fellow of the Royal Society of Canada. In 1943 he was ordained a minister of the United Church of Canada.

A Scout in the 30th and 84th Toronto groups, he has served as a Scoutmaster in Manitoba and Toronto. In 1955 he was appointed area commissioner in Toronto and later became a district commissioner, then a deputy regional commissioner and from 1964 to 1969 was regional commissioner of the Greater Toronto Region.

In 1962 Ron spent six months in the near East studying archaeological sites in Egypt, the Sudan, Jordan, Israel and Greece. For the first three months he was a member of a team from the University of Chicago engaged in digging the remains of an ancient Egyptian fort in the area now covered by the waters of the Aswan Dam. He was a member of another expedition in 1966 in the Sudan and is presently Professor of Egyptology and Chairman of the Department of Near Eastern Studies, University of Toronto.

Ron attended the Jubilee Jamboree at Sutton Coldfield in 1957. Married, with a son and a daughter, he has been awarded the Medal of Merit, the Silver Acorn and the Centennial Medal.

Reverend Ronald J. Williams
Ontario



Evan McCormick is General Manager of the Winnipeg Chamber of Commerce and has a long history of association with Scouting. He has worked in every section of the Movement and has held virtually every volunteer position, including assistant provincial commissioner - training in both Quebec and Manitoba. He has also previously served as provincial commissioner, Manitoba. A member of the executive staff during World War II, he served as a Dominion Field Commissioner.

His return to the position of provincial commissioner of Manitoba was prompted by his interest in Scouting in the downtown areas of the city. In Winnipeg, plans are now under way, with the assistance of a grant from a local foundation, to develop Scouting in the inner city.

Listing his hobbies as boys, words and people watching, Evan is married and has four children. A Fellow of the Chartered Institute of Secretaries and a member of the Winnipeg Rotary Club, he was awarded the Silver Acorn in 1952.

Evan McCormick
Manitoba





The Reverend Jack Purdie admits he had no Scouting experience until "the fall of 1956 when I found that the small print in my call to be pastor of the Benalto Baptist Church required that I be assistant Cubmaster." From that time on he hasn't stopped. He took pack and troop Wood Badge training, then served as an assistant district commissioner, assistant provincial commissioner, a member of the Alberta training team, and in 1969, provincial commissioner.

Jack served in the Royal Canadian Air Force from 1939 to 1945 as an air gunner and after the war graduated with a Bachelor of Religious Education from the Northwest Theological College.

Besides hobbies that include big game hunting, leather carving and photography, Jack is President, Board of Governors, Western Canada School of Alcohol and Narcotic Education; First Vice-President, Board of Alcohol Education Association of Alberta; and Second Vice-President of the board of the Regular Baptist Missionary Fellowship. In addition, he is an instructor in the Alberta hunter training program.

Married, with three children, he holds the Medal of Merit and Long Service Medal ■



Reverend Jack H. Purdie
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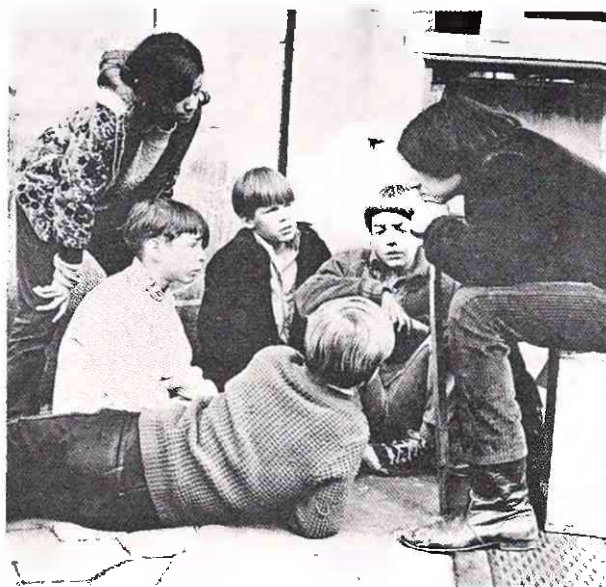


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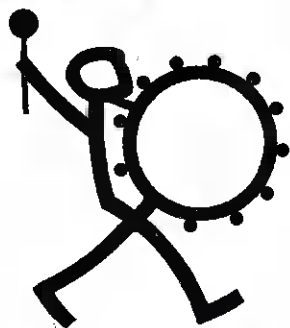
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community



Program Centre
to help
other
people

Scouting has a long history of promoting brotherhood and the good turn—ideals that translate easily into the new popular phrase, social action. Social action can be interpreted for our purposes as anything done with people, by people, for people, to improve their social, physical or mental environment—a definition that allows plenty of scope for program ideas that can give your boys some understanding of the problems and rewards that go with helping others. This year, try one of the following public service projects — with understanding, planning and care, the rewards should far outweigh the problems.

SERVICE TO THE COMMUNITY

Service to the community can take many forms — long or short-term projects, projects that need just a few boys, others that will really stretch your powers of organization. A group of older boys might offer their services to local community organizations for help on special days—to aid in traffic and crowd control on a parade day, for example.

Another service to the community, a more ambitious one, could be a Saturday baby-sitting nursery, organized and run by Venturers and their gal Fridays. Saturday is shopping day, and probably many a mother wishes she didn't have to take junior along. Equipment doesn't have to be elaborate, but it must include toys, some sleeping accommodations and toilet facilities. Check with your church, community recreation centre and school auditoriums. This service must be well-organized, with adequate staffing. Some of the questions that must be answered in your planning sessions are:

(1) Who can participate? — what age of children? From within what geographical boundaries?

(2) How long can the children be left?

(3) Will there be any charge, and if so, how much?

(4) Will you require a telephone?

(5) Will staff rotate or work all morning (afternoon)?

There are plenty of opportunities within the community for conservation good turns, too — maybe a clean-up of a local park or, in co-operation with local authorities, set up a nature trail.

A Housing Project

A winter housing project for birds makes a good conservation service project. Check with the local ornithologist society or write a letter to the Canadian Audubon Society, 46 St. Clair Avenue East, Toronto, to find out what types of birds are found in your part of the country and the types of houses they prefer. Then your boys can build the houses and put them up around the neighbourhood, or arrange with the local parks department to place bird houses in the parks during the winter months. You could arrange for a display of the houses in a local school gym or community hall before they are put up.

Last Chance Clean-Up

A "Last Chance Clean-Up" offers a good one-day service project for your neighbourhood or community. October is the end of the road before winter closes in. Many people are going to be caught with storm windows down, yards not quite prepared for the blanket of snow, cars not winterized.

Circulate posters in your area, saying that the section or group will move through the area and provide willing hands to help make the neighbourhood ready for winter. The extent to which you wish to carry this out is one that should be decided by leaders or advisors and the boys. Perhaps a half-ton truck could be made available to haul away summer debris. Venturers with drivers' licences could provide pick-up service for people who wish to have their cars winterized. A supply of stepladders, rakes and wheelbarrows will be necessary for the work gangs. A word of caution: Cubs and small Scouts should not be expected nor allowed to handle large, heavy storm windows and drivers should check with their insurance companies to ensure they're covered.

Service to your Sponsor

Another element of community service that shouldn't be overlooked is in the area of service to your sponsor. If your group is sponsored by a church, perhaps some of the older boys could help direct traffic and parking on Sunday morning; or maybe the boys could help out with maintenance of the building and/or grounds, cutting the grass or looking after flower beds, raking leaves, or planting bulbs for next spring.

Council Work-Bee

Check with your council office and see what tasks they may have that could utilize a number of willing hands. While most councils will have their camps ready for the winter, some may welcome a work party that will spend a day at camp. This can be an excellent opportunity to get moms and dads involved. Make it an all-day affair, with a big weiner roast and campfire at the closing.

HELP OTHERS



SERVICE TO THE ELDERLY AND HANDICAPPED

Service to the handicapped or to the aged is always worthwhile, but patience, understanding and the willingness to accept responsibility for seeing a job through to its finish are prime requisites for any individual or group undertaking a service project in this area.

One popular form of service, which would be suitable for a Venturer company to undertake, is a regular program of visits to senior citizens homes. Reading, films, checkers, chess and just plain listening are the ingredients for the successful project. Record concerts, one-act plays and handicrafts are enjoyed by the residents of the golden age homes. Any and all of these are within the capabilities of a resourceful section. The best and most appreciated project would probably be a series of visits at regular intervals, not just a one-shot effort at special holidays like Christmas, when young people's groups are standing in line to entertain at such homes.

Younger boys, too, can find useful service projects in this area. In visiting senior citizens homes, their role is probably best limited to providing entertainments or handicraft displays. In their own neighbourhood, Cubs could provide a very real service to shut-ins by picking up books for them at the local public library and later returning them.

No small task, but one that could be of real help to elderly people in your community would be the establishment of a regular winter delivery service. Establish a list of the elderly people in your area who are housebound during the winter months and provide them with a once-a-week delivery service. Check with friends and neighbours for possible names of elderly shut-ins, with local churches and the local welfare council. Decide what area you can cover adequately and what the delivery service will include — groceries, medicine, milk, bread.

Once the details of the service have been decided on, send a letter to each name on the list, outlining the service, the people involved, and indicating that a personal contact will be made. Have one or two boys visit each person on the list to explain the service, answer questions and make arrangements about the deliveries. Boys can get their instructions for each delivery by telephone or from a personal visit. Make sure that the boys are prepared to carry out the service faithfully, once it is started — don't take on anything of this magnitude unless you're sure it will be handled properly.

Another service that would be appreciated by many elderly people is help with small household repairs or heavy cleaning jobs — a leaky faucet, a broken stair rail, washing and polishing floors. Many older people living on a pension can't manage such

tasks themselves anymore, but can't afford either to hire someone at today's labour prices to do the jobs for them. A word of warning: make sure that whoever undertakes the job is capable of doing it properly and promptly — a botched job wins no friends for anyone.

Special shopping trips arranged for elderly shut-ins or handicapped children or adults are another good idea for a service project, although one that requires a lot of planning beforehand. A Christmas shopping trip is a good idea, but don't wait until pre-Christmas crowds are at their thickest. Contact local stores and see if one or more might be willing to stay open one night especially for such shoppers. If you're using buses or private cars for transportation, consult with local police and traffic authorities about parking and traffic problems, especially if you have wheelchairs to contend with. Check, too, to find out if you'll need more wheelchairs and if they can be borrowed from local hospitals or agencies for the handicapped.

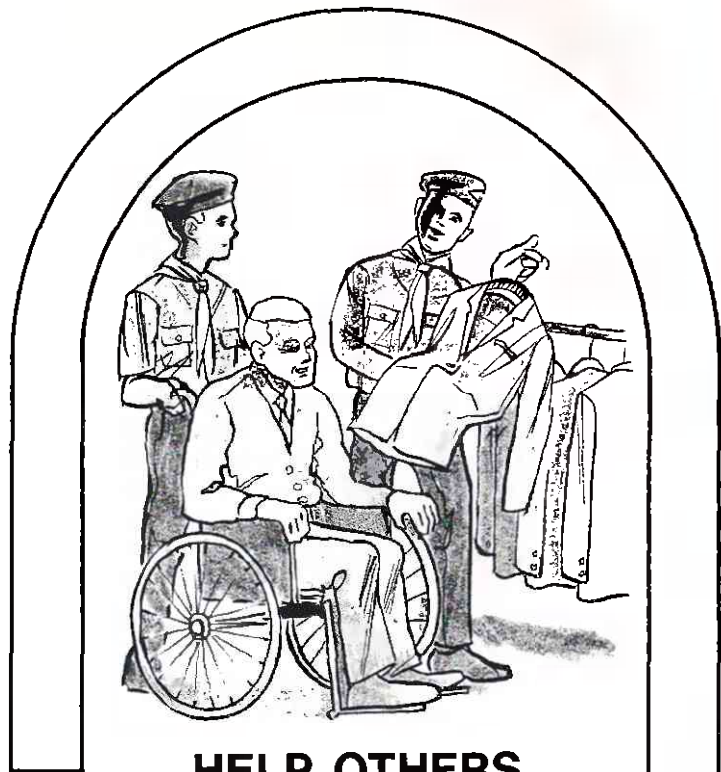
HELP OTHERS



Ask local hospitals and homes to publicize the trip and refer names of those who want to go. Local welfare organizations and volunteer societies that aid the handicapped are other sources for names. You'll need lots of drivers, some with cars that can take foldup wheelchairs — or maybe even a bus. And once the special shoppers arrive at the store, you'll need plenty of volunteers on hand — try to have a ratio of one volunteer to each elderly person, two volunteers to each person who has to use a wheelchair. It might be a good idea, too, to place chairs at strategic locations around the store, where the shoppers can stop for a rest. If you have to borrow the chairs from several different sources, each one should be clearly labelled with the name and address of the lender. You will, of course, have a master list of everyone who is supposed to come on the shopping trip and check them off as they arrive to make sure no one is missed or forgotten. It will take lots of organization, but the rewards will more than make up for the work involved.

There are other ways your boys can be of service to the handicapped, too — assisting local voluntary organizations with swimming lessons for handicapped children, for example. Many of the schools for children with handicaps are privately operated and use simple-to-build equipment to assist and guide their pupils. A phone call to the director, a brief visit, a discussion, and perhaps you'll have a project.

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HELP OTHERS

SPECIAL PROJECTS IN BROTHERHOOD

Some special projects can give your boys an opportunity to grow in knowledge and understanding, as well as be of service to others, by really putting the ideal of brotherhood into practice.

Your pack or troop might want to adopt a group in a different part of Canada or in another country, to help them with uniforms or Scouting books if they need it, to exchange letters, photos and handicraft ideas.

Another good practical project in brotherhood is participation in the annual UNICEF Hallowe'en campaign, the "crusade by children for children." Over half a million youngsters in Canada collect for the United Nations Children's Emergency Fund on Hallowe'en. If the boys in your pack or troop are not already involved through school participation, this could be a tremendous project. Material in the form of films, pamphlets and booklets is available from UNICEF:

National UNICEF Committee,
737 Church Street,
Toronto 5, Ontario.

Your boys can assist Scouting in the Caribbean through contributions to Operation Can-Carib (the Canadian Brotherhood Fund), a four-year project of

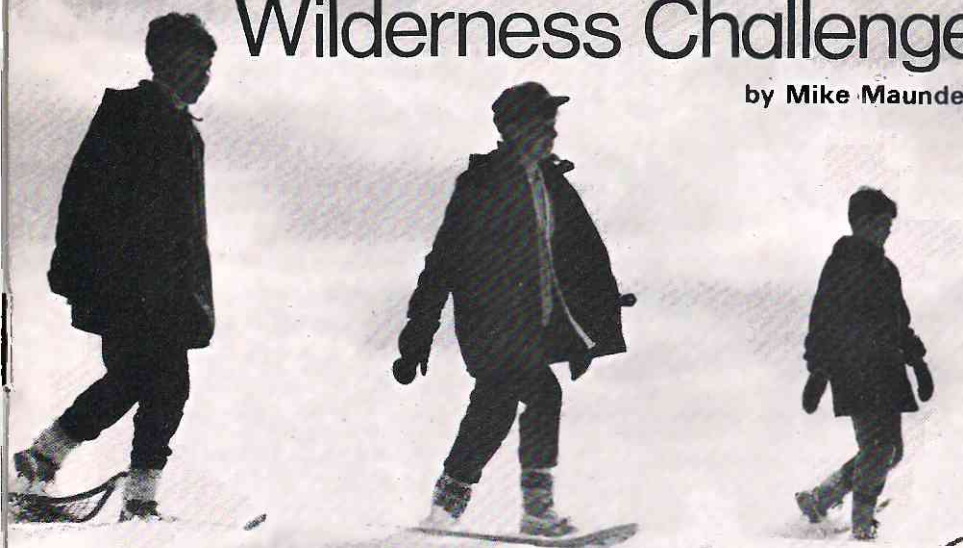
the Boy Scouts of Canada to aid Scouting in that area. Government and private corporations are participating with the Canadian Brotherhood Fund in this project. Full details can be obtained from Relationships and Information Services, NHQ, Boy Scouts of Canada.



HELP OTHERS

Wilderness Challenge

by Mike Maunder



The Grand Portage.

- Eight and one half miles of hills, valleys, rocks, swamps and mosquitoes in the centre of Canada's cross country canoe route.

- Described by Canada's centennial voyageurs as the "toughest part" of their 2,000 mile paddle across the country.

And for Scouts in the Lakehead, the prime testing ground in a new program called the Lakehead Scout Challenge Program.

For the last two years, up to 25 Scouts and Venturers have embarked from Fort William each summer in giant 22 foot war canoes bound for Lake Superior, Grand Portage, and the chain of lakes and rivers making up a 250 mile canoe trip to the northern fringe of Quetico Park.

Each year the boys have sweated and toiled their way carrying 240 pound canoes and up to 130 pound packs over the murderous miles of the portage. They've arisen before sunrise to lean into their paddles on Lake Superior for 12 and 15 hour hauls to take ad-

vantage of calm weather. Winds have harassed them, storms have soaked them, and long hours of paddling have so exhausted them that they sometimes have fallen asleep with supper dishes still in their hands.

And somehow, for most of them, the Grand Portage and all that it entails marks an important point in their lives. Through it all, parents remark about a change in the boy's attitude, a new depth to his character, a new kind of determination and maturity that the trip has given him. It is for this subtle, and sometimes dramatic, change in a boy that the canoe trip and the other projects in the year-round Scout Challenge program strive.

Challenge is the key word in the program's title.

Challenge faced by a 90 pound boy as he struggles over Grand Portage and 35 other portages with a 70 pound pack.

Challenge faced by a stocky 12-year-old as he braces himself to finish the last ten miles of a 35 mile snowshoe trek.

Challenge faced by a crew of 20 boys as they tackle the job of building their own log cabin without benefit of power tools.

A group of about 30 adults — leaders, parents, and some just interested — formed the program

in the fall of 1968 after a series of experimental snowshoe and canoe projects.

"We looked at youth the way we had known it and the way it is today," explains one of the chief organizers of the program. "And we came to the conclusion that a lot of kids today are what we would call 'overprivileged.'"

"They live in a society of material comforts and technological labour saving devices beyond the wildest dreams of their predecessors. Up until very recently in our history, every generation of boys has faced some kind of physical challenge as a matter of course in his daily living. And meeting this hardship and challenge, although always distasteful, has always succeeded in bringing forth many strong qualities which make that boy into a full man.

"But today these challenges are gone. Boys don't even have to shovel off their own ice to play hockey anymore; their parents pay someone else to do it.

"Now obviously this technological advance is desirable and good in itself. But by removing the hardship from a boy's life, we have also removed his chance to develop the qualities that those challenges developed in him. And we find that those qualities are the very ones we can't hand to a boy, but which he must earn for himself.

"In the Challenge Program, therefore, we determined that we would try to restore these demanding experiences on a limited scale and hopefully the qualities of character that these experiences develop."

For their first project, organizers of the program picked construction of a log cabin on a wilderness lake 30 miles north of the Lakehead.

For eight weeks during the fall and winter, well into snowfalls and cold weather, a group of 20 boys hiked the six miles into the wilderness site, carrying gear and provisions for a weekend of work.

The author, Mike Maunder, is the chief organizer for the Lakehead Scout Challenge Program and has been involved with the program since its beginning. Besides participating in the cabin building, snowshoeing and canoe racing, he works as a reporter for the Fort William Times-Journal.



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Once there, they chopped trees, peeled bark, trimmed branches, sawed logs and hauled them by hand to the shore of the lake. It was the last weekend in November when they waded into the icy waters of the lake to float their logs to the site of the cabin. They abandoned the project when record snowfalls socked in the site, but returned in the spring to hammer, saw, and fit the logs into the finished product.

In the intervening winter, boys in the program turned to snowshoe racing. Organizers planned a 50 mile two-day race for 15 to 17-year-olds and a 35 mile one-day race for 11 to 14-year-olds. Experienced northern bushmen said flatly that the distances were impossible.

But the leaders believed in the capabilities of the boys, and soon men and boys together, divided into teams of four or five, were spending weekends tramping through snow, cold, and blizzards training for the big race.

They started out with an eight mile snowshoe run, and during a seven week program gradually increased distances to 12, 18, 27,

and finally 32 miles a day.

After seven weeks of training, leaders felt the boys were ready to tackle the "impossible" distances that had been set for them.

The results were magnificent. Magnificent in the way that local radio stations and newspapers responded, devoting words and pictures to the boys' achievement. Magnificent in the drama of the closely run race that unfolded over the 30 and 50 mile routes ending with all teams less than two hours apart. But most magnificent in the proud faces of boys as they limped and ran the last 100 yards to the finish line that they had been told would be impossible to reach.

"Did you have any trouble?" asked one radio newsman.

"It wasn't too bad," answered a beaming 12-year-old in classic understatement. "One guy got sick and we had to carry him for a while and the wet snow gave me more blisters than I thought, but it wasn't too bad."

Most of the boys must have agreed, because in later months many of them signed up to repeat

this type of experience by working on the log cabin and paddling the program's canoes.

The program began two years ago with one small Scout troop and a handful of interested leaders, who were concerned that Scouting be an important part of a boy's upbringing and not merely another recreational program competing with ski-doo and television to occupy his time. They wanted their adventurous outdoor program to attract and hold a boy's attention and, at the same time, help in the development of his character.

They began with a limited snowshoe program, then moved up to a small scale canoe program. Other troops became interested and the program was expanded to include the entire Fort William district.

After a successful canoe journey, as more boys showed an interest in the program, interested parents and leaders sat down to lay the groundwork for a more long-term program. They chose the name Lakehead Scout Challenge Program and decided on three

projects for their first year, 1968-69: log cabin construction, winter snowshoe marathons, and summer canoe expeditions.

All leaders and other adults interested in working on the program formed the Scout Challenge Group, which met monthly to plan projects, appoint co-ordinators for each one, and fill in any gaps in manpower requirements.

Very early in its formation, the Group chose to govern its activities by the rule of unanimous consent. Operating on the same theory as canoe expeditions, in which no dangerous course of action is followed without the agreement of all leaders, the Group provided that any voting member could veto any course of action planned in the program. The result was a more responsible vote from members and a solid front in planning all projects. Leaders, district staff, parents and other volunteers in the planning group all had an equal vote and an equal planning role; their decisions were subject to approval or disapproval of a special Scout Challenge joint committee made up of two members from each district in which the program operated.

Leaders working with the boys in the program found that the projects required special efforts of leadership as well. They had to be certain that the objectives they set for the boys were possible, despite what the boys might think or despite what expert advice they might receive. And then they had to be prepared to force the boy to meet that objective by every leadership method at their disposal, knowing full well that this would never be an easy task.

Leaders who didn't believe the boys could tackle a job soon had their opinions confirmed, but leaders who were confident that their boys could handle a project often found that, once a boy began, he exceeded everyone's expectations.

Part of the key to making this possible was the intensive training before each activity. In the canoe project, a two month training program prior to the trip included such activities as 140 miles of paddling under varied conditions, a two day survival camp, instruction in first-aid, navigation, light weight camping, and daily portage practices in which boys carried three-quarters of their own weight for stretches up to three miles.

Leadership and public support for the program always came readily when people found out what was going on.

When construction of the cabin first began, Hugh Cummins, a parent of one of the boys, talked with leaders after he had dropped off his son to work on the project.

"How are you going to get all that gear in?" he asked, looking at a mountain of equipment lying beside the road.

"I guess we'll carry it," said the leader, referring to the six mile walk through bush to the cabin site.

"Nuts," replied Mr. Cummins. "I'll get my boat and try to bring it around by water for you."

He did just that and in the following weeks agreed to continue doing it. He worked with the boys and within two weeks was directing other leaders in the project, making plans and soliciting donations to get the materials needed.

Public support, too, has never been hard to come by. In a year's operation, the program's collection of newspaper clippings has filled two scrapbooks, including over 30 news photographs. When the boys needed materials to build their log cabin, local dealers responded with over \$1,000 worth of tools, lumber, and equipment.

Another parent, Bill Lisenchuk, a Rover Scout Leader in Fort William, admitted at the beginning of the program that he was frankly critical of the projects. He came out one weekend to see what was going on and after working with the boys, became one of the program's foremost leaders. In the winter he planned and co-ordinated the program's snowshoe project, and in the summer, he arranged with wife and work to take his holidays in time to join the boys on their 500 mile canoe trip from Quetico to Winnipeg.

"I wish those who criticize the toughness of the program would get out with the boys for just one weekend and see what's actually going on," he said. "This is what the boys want and need, and they know that this is where they can get it."

The response from boys to the program would bear out Mr. Lisenchuk's statement. About 20 per cent of boys on all the projects drop out and look for another program better suited to their needs. But for the boys who still feel the call to challenge and adventure, the program serves a vital need not being met elsewhere.

In the process they learn that he who builds a log cabin is not only building a dwelling; he is building an important part of himself.





ORIENTEERING

PART 2: CHOICE OF ROUTE - ALL D

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by John Disley

(This is the second of two articles dealing with the modern navigational techniques used by orienteers in competitive situations.)

The course-setter for an orienteering race is constantly seeking to involve the competitor in schismatic situations. His aim, when designing a course, is to present several alternative routes between Controls, and to do it so cleverly that the orienteer has to think carefully before selecting a particular solution. From the competitor's point of view, nothing sets the excitement level higher than the prospect of making the wrong choice of route. The situation where the legs are all set to start running down the nearest obvious path, while the mind is still considering the saneness of a direct course through the trees, is one that rapidly produces a *feeling of insecurity*. It is at times like this that the real master of the map and compass triumphs. Any half-wit can read a map when given unlimited time to study—the top man is the orienteer who can make a rational choice of route under pressure against the stop-watch.

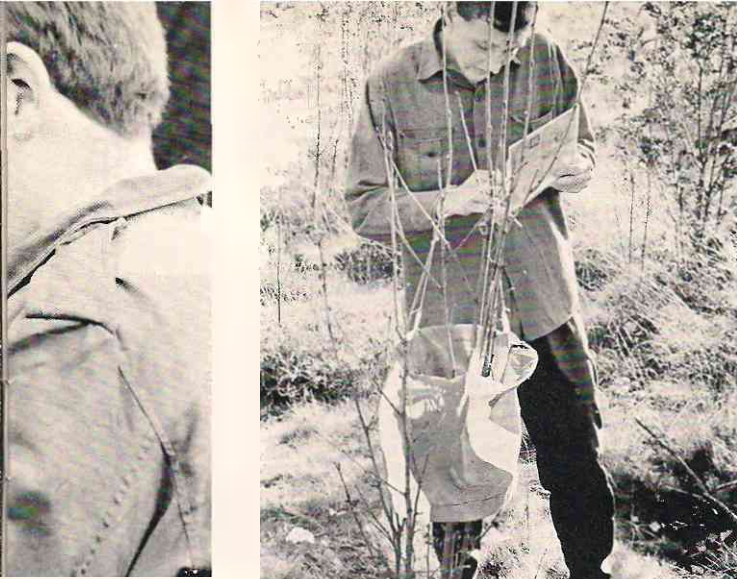
It is therefore necessary for the orienteer to have certain basic principles to follow when faced with the stock problems of orienteering. Then his decisions will be rational ones made in the light of the available evidence.

Basically, his choice of route is governed by one paramount question, which he must always ask himself: "As a straight line is the shortest distance between two points — why can't I go that way?"

His answer to this leading question is based on the following factors:-

1. Because there is a physical obstacle in the way, e.g.
 - a) a high hill or a deep valley.
 - b) a wide river, lake or cliff.
 - c) private or cultivated land.
 - d) thick overgrown forest or marshland.
2. Because there is a nearby path that links together the Controls.
3. Because the difficulty of the Control site makes it essential that a collecting feature, or attack point is used.
4. Because of my personal talents and preferences another way seems more acceptable — intuition!

The rapid sifting of evidence and the weighing-up of the pros and cons of each route is just what the sport of orienteering is about. The experienced orienteer develops a sensitive calculating mechanism that computes 'distance' against 'height,' 'path running,' against 'bush whacking,' and 'ease of route finding' against 'complex navigation.' Finally, when the orienteer has costed-out all these variables on a time basis, he must consider the whole equation in the light of his own fitness. For instance, the decision



ING IS FUN

ECISIONS SHOULD BE RATIONAL

to go over a high hill early on in a race might well be questioned, for even-pace running has a high priority at this time. However, near the end of a course a still fit man may well consider the hill-climb the best route.

As we have said earlier in this section, "...all decisions should be rational ones." So it is best to learn several rules of thumb that can be applied to stock situations.

The long easy way vs. the short tough route

This is the most common choice that confronts the orienteer in a competition. Will the well-defined trail that loops around to the next Control be quicker than a direct crossing through difficult terrain? The answer will depend on what the running surface is like, and how much it will slow the hurrying orienteer.

The steady runner will be able to cover a mile on a good path in about 10 minutes. He will also know his comparative speed over the following types of terrain.

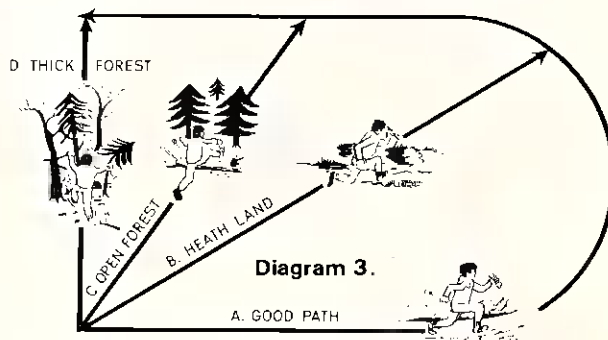
- For a rough grass and heath-land surface.
- For a mature forest with occasional fallen branches and brushwood.
- For thick bush—undergrowth and swampy ground.

Orienteers spend some time working out their own figures for running on different types of surface.

An average set of figures looks like this:-

For a quarter-mile (440 yards) section.

- On a good trail = 2 minutes
- On rough grassland = 3 minutes
- In open forest = 6 minutes
- In thick bush = 10 minutes



"The long easy way vs. the short tough route."

These figures make more sense to the orienteer in a hurry if they are converted to ratios. That is, 5 x the good trail = the thick forest; or in other words, a path around a thick piece of bush can be five times longer than the direct route through the 'jungle' and still be as quick time-wise. In the same way we learn that 1,000 yards of rough grassland can be crossed in the same time as it takes to run through 500 yards of forest. The diagram above gives a visual impression of these ratios.

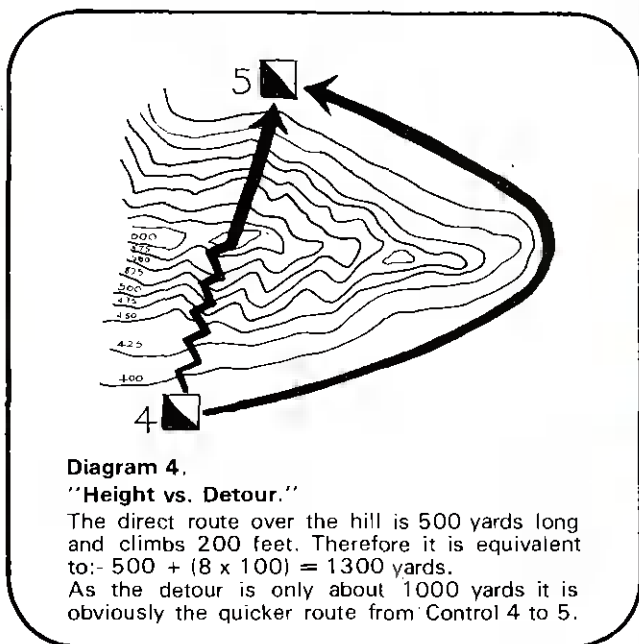
Height climbed vs. a detour around

No physical exercise expends energy so rapidly as running up a gradient. Athletes running on a horizontal treadmill can carry on for hours, but should the physiologist in charge of the experiment wish to exhaust the runner quickly, he just tilts the platform 15°, and within minutes the athlete is finished. Consequently, the orienteer should look twice at any route that crosses 'unproductive' contour lines. By 'unproductive' contours we mean height that is not retained on the route from Control to Control. Obviously, where the next Control is 300 feet higher than the previous one, there can be no avoiding of at least 300 feet of climbing.

The clever course-setter often places two adjacent Controls astride a hill or a deep valley, and the orienteer has to decide if a contouring route is better than the direct one.

Again it is the comparative speed that is important and with some practice a set of personal figures can be calculated that will equate height with distance.

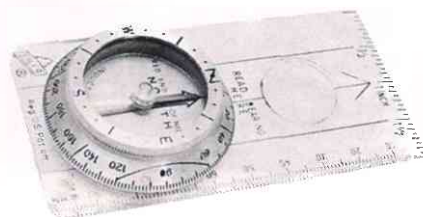
Most orienteers find that on sections longer than about 1000 yards, a 20 to 25-foot climb is equivalent to 100 yards run on the flat. My own formula for use on European orienteering maps where the contours are every eight metres (25 feet) is this: "For the detour to be profitable it must be **less** than the direct distance **plus** 100 metres for every contour climbed." The diagram below explains further.



These are just a few of the modern navigational techniques that the orienteer uses in a race. Orienteering with its constant juxtaposition of mental awareness and athletic fitness provides an ideal recreation for all those who prefer the muscular mill to be oiled by skill and technical ability. It's fun!

WHATEVER THE SEASON -
WHATEVER THE REASON
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GUARANTEE OF QUALITY.



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your group makes 20¢ on every calendar it sells
act today
BY APPLYING TO YOUR DISTRICT, REGIONAL OR PROVINCIAL SCOUT HEADQUARTERS FOR FURTHER INFORMATION AND FREE PROMOTIONAL MATERIAL

SONGS AND GAMES FROM AROUND THE WORLD



October means Hallowe'en to Scouts and Cubs across Canada, and to more and more of them Hallowe'en has come to mean the night they collect nickels and dimes for less fortunate children around the world in the name of UNICEF — the United Nations Children's Emergency Fund. You might want to have a different kind of Hallowe'en party this year — one with an international flavour, tied in with the UNICEF collections. Our songs and games this month, which come from other countries, could be used for this purpose, or just for fun.

MARCHING TO PRETORIA (South Africa)

○ Come sing with me, I'll sing with you
And we will sing together,
And we will sing together,
And we will sing together,
Sing with me, I'll sing with you,
And we will sing together,
As we march along.

○ We are marching to Pretoria, Pretoria,
Pretoria.
○ We are marching to Pretoria,
Pretoria today.

○ I'm with you and you're with me
And so we are all together,
So we are all together,
So we are all together.
I'm with you and you're with me
And so we are all together
As we march along.

ZUM GALI GALI (Israel)

○ Hechalutz le 'man avodah;
Avodah le 'man hechalutz.

Chorus:

○ Zum gali gali gali, Zum gali gali,
Zum gali gali gali, Zum gali gali.

○ Avodah le 'man hechalutz,
Hechalutz le 'man avodah.

○ Hechalutz le 'man hab'tulah,
Hab'tulah le 'man hechalutz.

○ Hashalom le 'man ha'amim.
Ha'amin le 'man hashalom.

DUTCH COMPASS GAME

○ For 15 players. They stand in a circle, 10 to 12 feet in diameter. The umpire stands in the centre of the circle holding a Scout staff upright with one end on the ground.

○ On the words "Fall in" players take up positions on the circle (facing inwards) to represent the compass points, the umpire indicating where a space is to be left to represent North. He begins by calling a compass direction, say E.S.E., and simultaneously releases his hold of the staff. The player at the E.S.E. position on the circle must catch the staff before it has fallen. If he succeeds he returns to his place and another direction is called.

○ When a player fails he goes to the North space on the circle and the place he left becomes the new North, all of the players immediately picking up their new compass points. The umpire calls a new direction and the game continues as before.

CROSSING THE RICE FIELDS - China

○ Wolf Cubs line up in teams of two, forming two or more columns as in relay formation. On the word "rice" the first team in each column form a wheelbarrow and race across the rice fields to the river (two parallel ropes stretched out on the floor or the ground). At the edge of the river Cub A climbs on Cub B's back and is carried piggy-back across the river. On the other bank, they change places for the return journey across the water, and then wheelbarrow home again to start the next pair in the relay.

FOR AN ADVENTURE IN EATING, WHY NOT TRY:

FREEZE-DRIED MEATS
FREEZE-DRIED VEGETABLES
FREEZE-DRIED FRUITS
MAIN DISHES WITH FREEZE-DRIED MEATS
LARGE PACKS OF FREEZE-DRIED FOODS
SANDWICH MIXES
EGG DISHES
MISCELLANEOUS ITEMS

FOR A FREE COLOUR BROCHURE AND ORDER FORM, WRITE TO:

FREEZE-DRY FOODS LIMITED

579 Speers Road
Oakville, Ontario, Canada

FOLK BALL (Volkerball) - Germany

The ground is divided thus:

Prisoners (White)
Reds
Whites
Prisoners (Red)

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The umpire throws up a large ball. If it is caught by a Red, for instance, he aims it at one of the Whites. If the White is hit, he becomes a prisoner and goes to the ground beyond the Reds' camp. The ball is picked up by a White, who throws it to another White, who aims it at the Reds. Everytime a player is hit, he goes to the prisoners' camp behind the opponents' ground. Prisoners help their own team by picking up the ball when it rolls into their prison and throwing it at the opponents; or by receiving it when thrown to them by their own team, in order that they may have shots at the opponents, who are then between two fires.

The two following rules must be observed:

1. The ball may only be thrown at the opponents if it has been caught in the air, not if it has been picked up off the ground. So players of the same side pass to each other before aiming.
2. If the opponent **catches** the ball, he is not made prisoner, but may aim it back at the other side.

The game should be played very fast, keeping everybody on the move. Players who feel themselves hit should at once run to the prisoners' camp, without waiting for the umpire's order. The team wins who has first made all their opponents prisoners.

WANTED

Fast, accurate registrations. When filling out registration forms, please make sure each boy's name and address is clearly and accurately written. Please pay particular attention to apartment numbers and postal zones, where applicable. And try to forward the completed form to your Scout office as early as possible. This means that your boys will get **Canadian Boy** without any problems for them, for you, for us.

ILKLEY MOOR (England).

(Bar t'hat — means without a hat)

Where hast thou been since I saw thee,
On Ilkley Moor bar t'hat.
Where hast thou been since I saw thee, (2)

Chorus:

On Ilkley Moor bar t'hat,
On Ilkley Moor bar t'hat,
On Ilkley Moor bar t'hat.

- (2) I've been a-courting Mary Jane, etc.
- (3) Then thou will catch thy death o' cold, etc.
- (4) Then we will have to bury thee, etc.
- (5) Then worms will coom and eet thee oop, etc.
- (6) Then dooks will coom and eet oop worms, etc.
- (7) Then we will coom and eet oop dooks, etc.
- (8) Then we will all have eaten thee, etc.

OH, HOW LOVELY IS THE EVENING (Round)

Oh how lovely is the evening, is the evening
When the bells are sweetly ringing,
sweetly ringing,
Ding Ding Dong, Ding Ding Dong.

(French version)

C'est la cloche du vieux manoir,
du vieux manoir,
Qui sonne le repas du soir, le repas du soir,
Ding Dong Ding, Dong, Ding, Dong.

the pack.sak

Extension Members

Last month we mentioned that the Wolf Cub Subcommittee has a number of extension members, strategically located across the country, who will be working on tasks concerning aspects of Cubbing. Their names and addresses are listed below so that leaders may feel free to contact them.

Douglas Gordon, 2646 West 3rd Ave., Vancouver 8, B.C.;

D.R. King, Box 456, High River, Alta.;

R. Hall, 42 Mills Crescent, Saskatoon, Sask.;

Herb Jamieson, 70 - 12th St. N.W., Portage La Prairie, Man.;

Stan J. Beaton, 8 Mooreshead Drive, Etobicoke 652, Ont.;

Mrs. K. Barbara Hannah, 3014 Margaret St., Niagara Falls, Ont.;

Mrs. Mary Oprel, 277 Blair Road, Galt, Ont.;

Marvin McKeown, 215 - 49th Ave., Lachine, P.Q.;

Mrs. D.E. Smith, 263 Brookside Avenue, New Glasgow, N.S.;

Mr. & Mrs. Donald Livingstone, 120 Bunbury Road, Charlottetown, P.E.I.;

Miss Margaret Corcoran, 28 Cowperwaite Court, St. John's, Nfld.

Some Novel Pack Activities

Here are some ideas gleaned from

newspaper clippings to show the many novel activities being followed by some packs. Why not try some of them out with your own pack or a group of local packs?

- Visit to fisheries research station, film and active displays.

- Bus trip to Toronto planetarium.
- Cookout to provincial park; Cubs searched for fossils, shells and other marine items.

- Visit by forester who talked about the part of his work dealing with wildlife and displayed pelts and skulls of coyotes and wolves.

- Visit to local conservation authority; talks, films and games.

- Visit to city police and fire departments.

- Visit by R.C.M.P. constable with film on training and special demonstration by police dog Aro and his handler.

- Rural pack invited suburban pack to an old-fashioned hay ride, with a tour of a maple sugar bush and a mixed farm operation (including new lambs).

- Kub-kar Rally on a local shopping mall for all Cubs, sponsored by a local department store.

- Model car derby run by local pack. Cubs made the cars with the aid of their

fathers.

- Talented artist visited local pack to talk about basic techniques and demonstrate arts and crafts.

- Trip to explore sugar bush and maple sugar making for local packs arranged through extension division of Dept. of Lands and Forests.

- Trip to fish hatchery where boys saw growth of fish from egg to maturity. Arranged through contacts with Federal Department of Fisheries.

- Cubs participated in bicycle rodeo for Cubs and Scouts planned and conducted by Rovers. Boys had their bicycles checked and were helped to make necessary changes, repairs or additions required to meet the safety standard.

- All-day sports events for two packs arranged and managed by local Venturers.

Check List of Things to do this Fall

- ...Put Troop Scouter or Scout Counsellor(s) in touch with Cubs who became of Scout age during the summer.

- ...Arrange to send invitation cards to all Cubs with the time and place of the first meeting.

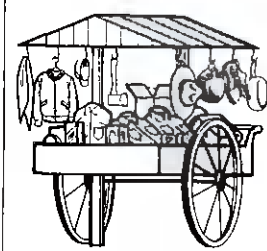
- ...Plan with your assistants to provide a "smashing" first meeting--a round-up party, a weiner roast for all boys and parents.

- ...Arrange for a member of the section group committee to act as a "coordinator of community resources" -- to line up resource people, to make initial contact with places worth visiting, to develop a list of things to do away from pack meetings.

- ...Arrange for copies of the Parent Talent Survey Form (p. 43, Pack Operations - Book 2 of The Pack Scouters Series) to be sent to all homes and returned through you to the "coordinator of community resources." ■

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SUPPLY SERVICES



A copy of the 1969-1970 **Supply Services** catalogue will be mailed with each copy of the October edition of Canadian Boy magazine and, therefore, each registered boy member will receive a catalogue. All dealers and Scout offices will also receive a small supply for distribution to new members and those who do not receive Canadian Boy.

The 1969-1970 catalogue will carry information on the new **elastic belt for leaders**. It will be in a maroon and grey colour with an attractive gold buckle, will be available in small, medium and large sizes and will retail at \$2.95.

Place mats and table serviettes are again available. These will be of a general design suitable for all sections of Scouting. Details are:

Cat. No. 26-502, Place Mats, 75c per pkg. of 50;

Cat. No. 26-503, Table Serviettes, 45c per pkg. of 50.

Supply Services announces the appointment of the following **new dealers**: Zeller's Limited, Cobourg, Ont.

Silvert's Limited, 2869 Lakeshore Blvd. West, Toronto, Ont.

The **National Neckerchief** for Scouts, incorrectly described on page 14M of the 1969-70 catalogue as red and yellow, should be described as red and

white. Please pass on this correction to your boys.

The following new training documents are now available--a complete list of all training documents and their prices will be carried in the November issue of The Scout Leader.

Training Units: Helping People Grow, HD39-96032 (This is a compound document, containing the following separate units--Individuals & Small Groups HD39-96028; Group Development, HD49-96029; Developing Leadership HL39-96030; and Developing Values, HP39-96031); Programming & Activities with Boy Scouts, OS39-96035; Handicrafts for Wolf Cubs MC19-96034.

Resource Documents: Leader Contribution to Behaviour Change, RH09-96026; Individual Growth & Group Development, RH09-96033 ■



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