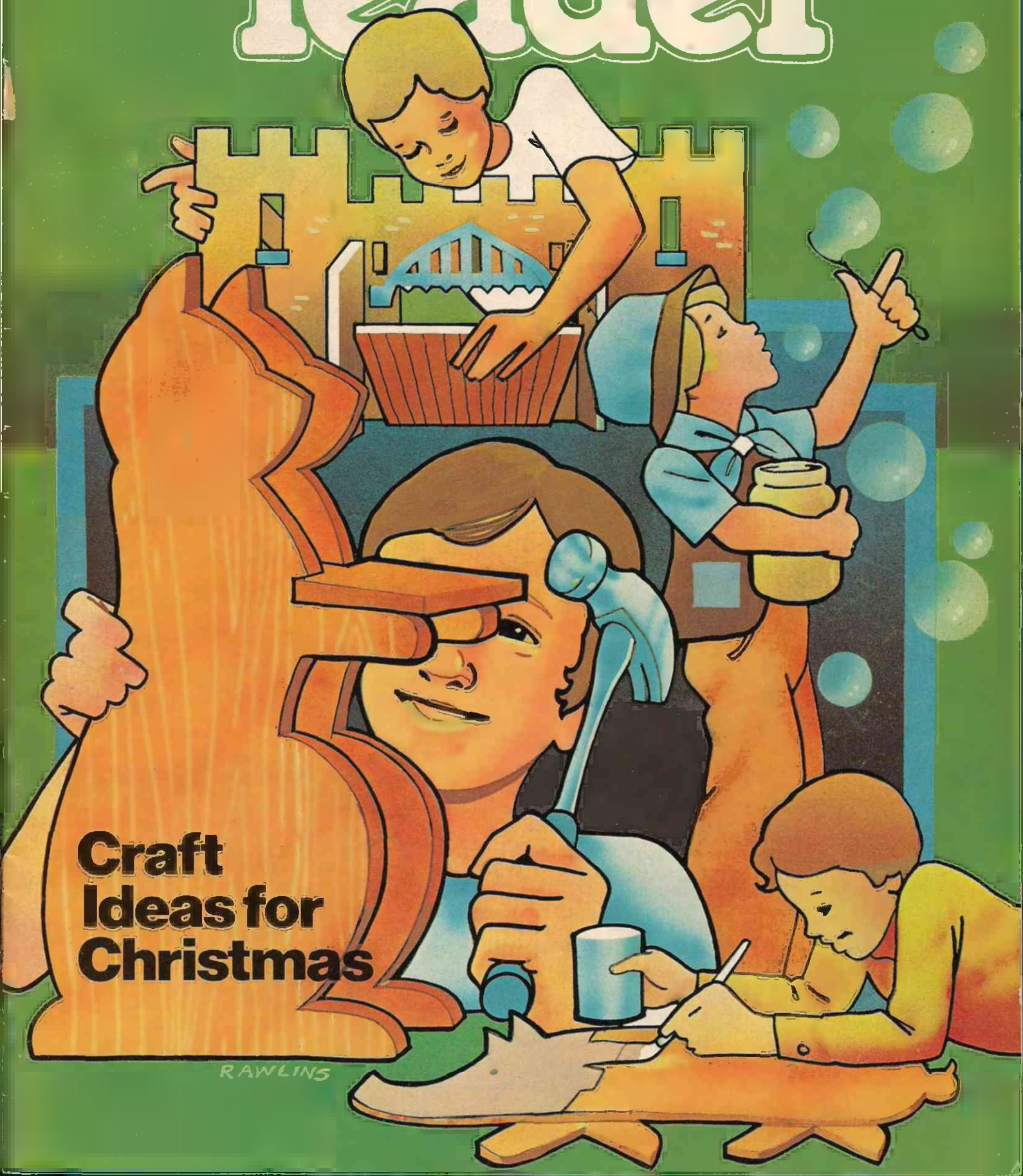


the leader



**Craft
Ideas for
Christmas**

RAWLINS



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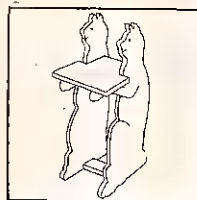
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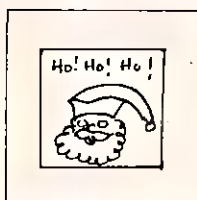
the leader

The Canadian Leader Magazine

NOVEMBER 1979 VOLUME 10, NUMBER 3



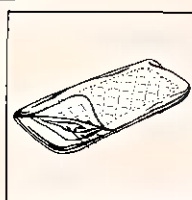
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Paksak

R.C. BUTCHER
Editor

BETTY RAPKINS
Assistant Editor

KAY HOTHAM,
Editorial and
Advertising



Cover

It is traditional, in our November issue, to provide craft ideas for Christmas giving. This year we have included a number of suggestions for boys who like to try their hand at woodwork. But there are crafts for younger lads too. Turn to page 4 for further details of gifts your boys can make to bring pleasure to mums and dads and small fry too, on Christmas morning.

supply services news

by Bill Johnson

In the August/September issue of **The Leader**, the editor, **Mr. Jim Mackie**, introduced his successor and, in the *Editor's Notebook*, announced his move from **The Leader** magazine to Supply Services.

It is my privilege, on behalf of all the staff in Supply Services, to welcome Jim to the department and assure him of our full support as he embarks on this exciting new phase of his career.

This change also means that we have to say "so long" to **Stan Cutler** who is retiring from the executive staff after over 40 years in Supply Services, most of which he spent as Executive Director. The tremendous growth and development of Supply Services is due to his leadership and we will miss him around the department.

However, as the saying goes, "The Show Must Go On" and we are confident that, under Jim's guiding hand, we will continue to grow and offer greater service to the Boy Scouts of Canada.

We hope to introduce **several new gift items** in time for Christmas (three appear in this month's ¼ page ad.), so keep in touch with your local supply outlet and with **The Leader**.

Several Scout shops across the country have been offering the services of **Mastercharge** and **Chargex (Visa)**. We are happy to announce that the National Scout Shop has joined this group and we expect several more shops to join within the next couple of months. We have been able to set up a national affiliation with both these credit organizations, which means that service charges will be low enough to prevent any need to increase prices. We are pleased that we can now offer this service. X

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It is traditional, in our November issue, to provide craft ideas for boys to tackle in time for Christmas. We try to suggest items which can easily be adapted to all age groups although, looking back through recent years, I note that we have tended to keep our suggestions as simple as possible and perhaps more suitable for younger boys.

This year, therefore, I have sifted through a variety of sources to find items which I like, and which I hope will appeal to our slightly older age groups. In some cases, with the help and careful supervision of leaders, these would be suitable for younger boys to tackle, and I have included a

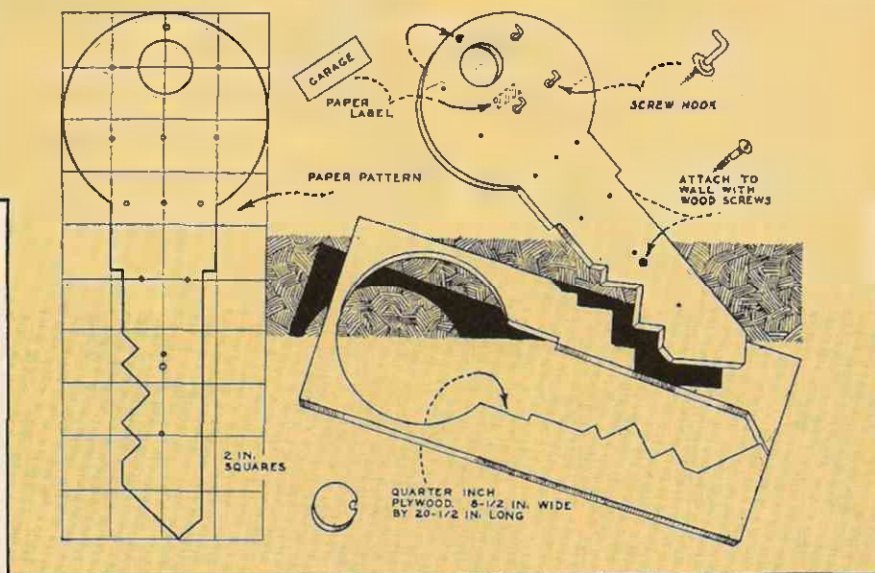
simple bubble maker particularly for Beavers and younger Cubs. But if your group of older boys would like to try a woodwork project, I hope they'll find something here to appeal to them.

A Keyboard

Looking back through old copies of *Boy's Life*, I came across a carpentry project which can't fail to be a useful gift for any household that has

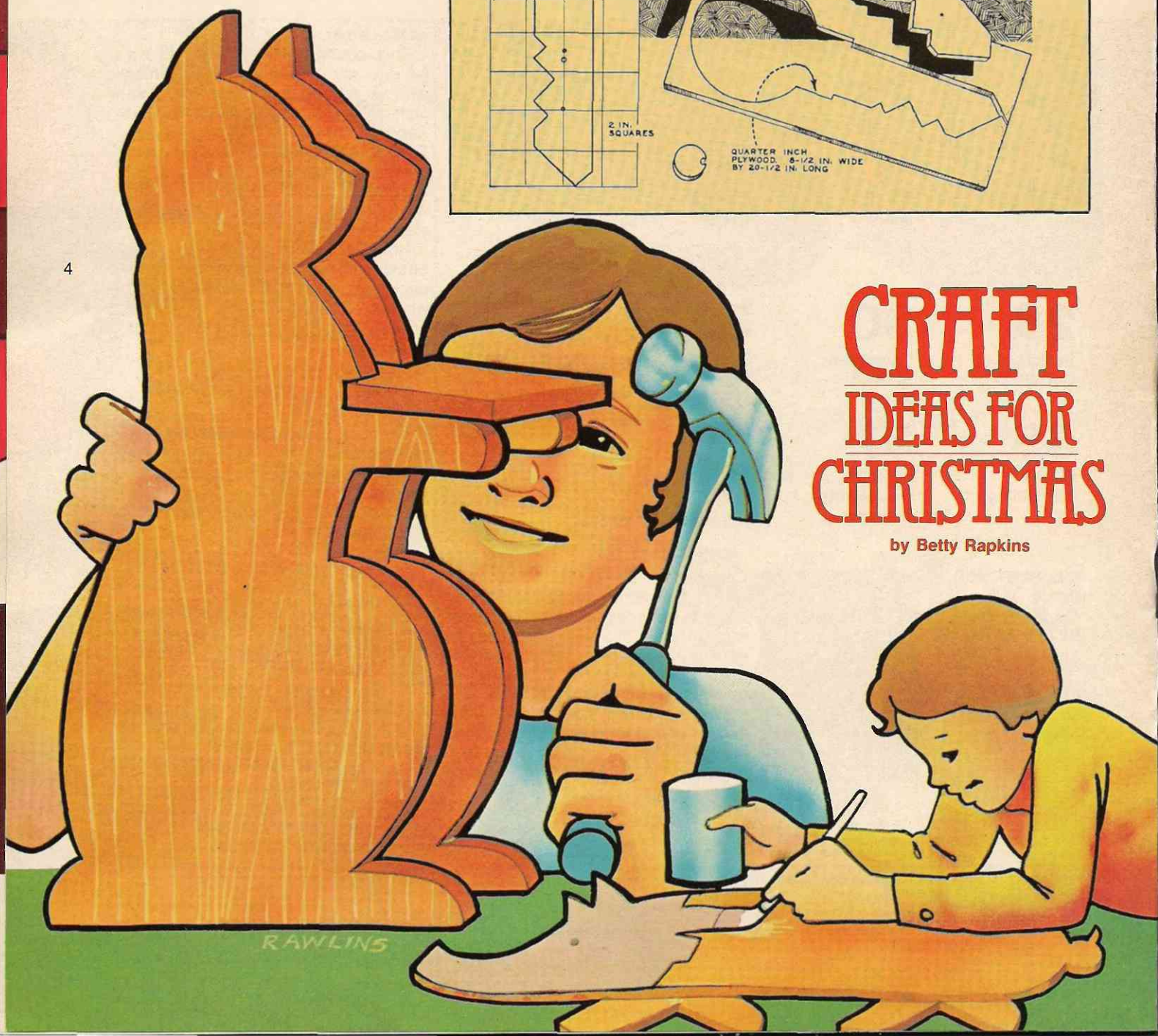
ever echoed to the plaintive cry: "Has anybody seen the car keys?" A wooden keyboard positioned close to the front door would, I'm sure, be a godsend to any harassed mum or dad — or a very useful Christmas gift for aunts and uncles, grandparents or newly-weds.

All you need to make this keyboard is a small piece of wood and a dozen brass-plated screw hooks from the



CRAFT IDEAS FOR CHRISTMAS

by Betty Rapkins



RAWLINS

hardware store. Our original was made from quarter-inch plywood but accomplished lads might like to try other thicker woods, bevelling the edges and finishing them off with polish and/or stain as appropriate. Here's the plywood version.

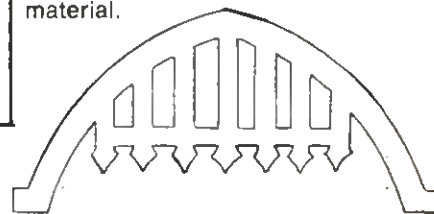
Make a paper pattern from the squared-off sketch. Place this pattern on your plywood and around it. You can use a jigsaw or a hand coping saw to cut out the keyboard. Sandpaper the edges to remove the splinters and make them smooth. Use a small nail to make starter holes to screw the hooks into. These are located as shown in the sketch. Also

drill two small holes, in the locations shown, for the screws that secure the board in place to the wall. Use wood screws for this.

The keyboard is now ready to be painted or finished with clear varnish. When dry, the hooks are screwed into the holes, which were started with a nail. Small labels are made on a typewriter — or would look very smart if you have access to a Dymo labeller — and glued or pressed to the board above the hooks to identify the keys. And now it is all ready to present to mum and dad, to bask in their grateful thanks and praise, and to make good use of by the front or back door.

ed through from all four sides, and to brace the whole structure, little blocks of waste wood should be glued in the corners, inside. Fillets with $\frac{1}{2}$ in. face would be most suitable.

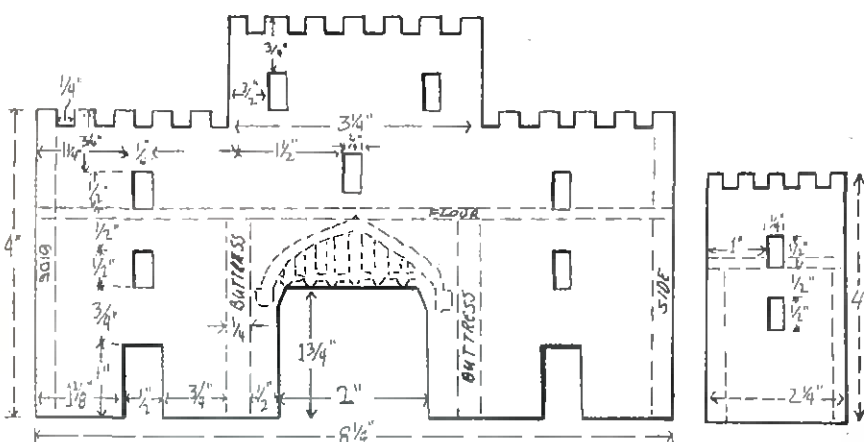
The buttresses which are fixed to the outside of the fort are only ornamentation. They are cut $2\frac{1}{2}$ ins. long from $\frac{3}{4}$ in. square stuff and the top edge is sloped downwards about $\frac{5}{8}$ in. Glue these buttresses at the points indicated on the front, and at the corners of the sides. Little ornamental strips should also be glued above the windows. They can be $\frac{5}{8}$ in. long cut from $\frac{1}{8}$ in. square material.



The portcullis over the doorway and the imitation stone arch are cut from $\frac{1}{8}$ in. wood and a detail is given herewith. Cut it out and paint it before glueing in place over the main opening on the front.

The whole model, by the way, should be finished in its foundation coat of paint before all overlays and buttresses, etc., are added. This will make the work much easier.

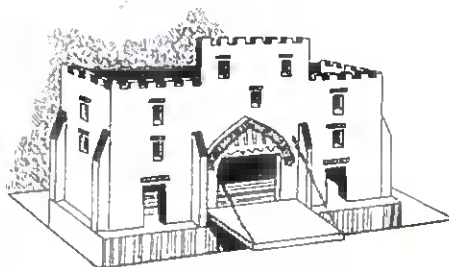
5



A Toy Fort

Here's a super gift for a younger brother, taken from an old wartime copy of *The Scouter*. The latest television characters may come and go on the toy scene but toy forts are always popular and only require a little patience and a few odd pieces of wood, glue and some paint.

Pine, or any similar wood will do and the principle parts are made

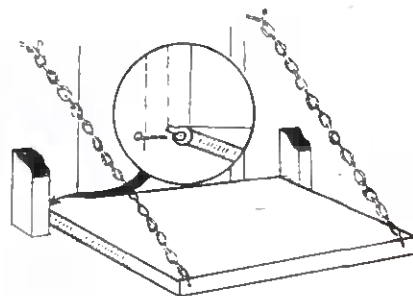


from $\frac{1}{4}$ inch material. If the wood is rough it should be planed down and then sandpapered lightly, so that the rough surface can be coated over to give a stucco or roughcast stone effect.

Mark out the various pieces first and cut them with a tenon saw and

fretsaw. Details of how to mark out the front and sides are shown in the diagram herewith, and all these upright parts are $\frac{1}{4}$ in. thick. The main front is cut from a piece of wood $8\frac{1}{4}$ ins. long and $5\frac{1}{4}$ ins. high. Mark it according to the various dimensions, and cut out the main arched doorway, the two side openings and the seven window ports. The battlement along the top is formed of $\frac{1}{4}$ in. square indentations which can also be cut out with the fretsaw. Each side is a piece 4 ins. by $2\frac{1}{4}$ ins. with battlements along the top, and two window openings as marked. The back is a plain rectangle of wood $8\frac{1}{4}$ ins. by $3\frac{3}{4}$ ins.

Having cut and cleaned up the parts satisfactorily, glue them together — the shape of a box — the sides or ends between the back and the front all standing flush at the bottom. To stiffen them up and to provide a fighting platform for the "troops", a floor is added. This measures $7\frac{3}{4}$ ins. by $2\frac{1}{4}$ ins. and is glued $2\frac{1}{2}$ ins. up from the bottom. It thus comes just below the upper window on the front and sides. The floor can be nail-



A little drawbridge adds a touch of realism, and will delight any youngster. It is simply a piece of wood 3 ins. by $2\frac{1}{2}$ ins. which can be fitted by means of chains and hooks. The back end of the bridge should be rounded slightly and a pivot pin screwed in at each side to engage in an eye fastened to the front wall. The drawing of the bridge given here, shows how this is done. Thus the bridge can be lifted upwards and will lie flat against the wall when not in use.

The whole model is easily painted in grey paint to represent stonework with touches of bright colour on the edge of the battlements, doorways, windows and window overlays. The inside should also be given a coat of cream or light coloured paint.

A Walking Pig

Also from *The Scouter* come two further woodwork ideas, the first a trundling push-along pig, ideal as a gift for the youngest toddler in the family. The principle is simple — a long wooden handle (or pig prodder!) for the child to grasp, a wooden pig shape and two sets of rotating legs which, when attached to the back of the pig, give the impression of trotting feet.

Although the original set of instructions were for a one-dimensional pig with the feet attached to the back, it might be even better to cut two pig shapes and fix the rotating legs between them. I'll have to leave this particular refinement to the ingenuity of your boys, since my own wood-working skills are limited. But here are the general instructions as given in the original article.

Using fairly thick wood, either $\frac{3}{8}$ in. or $\frac{1}{2}$ in. to make the body look solid, cut out the pig shape as shown in figure 1. The size can be varied but if you draw the squares $1\frac{1}{2}$ ins., the toy will be 12 inches long. It is important to note that the diagram for the legs should have the squares drawn half the size of those of the body. Cut two of these and fix to the body by staples or screws at the

spots indicated on the diagram — although this may require minor adjustments so that the pig does not trip over his own feet! The completed toy is held by a length of stick, which is fastened behind the pig, at the position shown in figure 3. It is essential to have this firmly and correctly fixed so that the legs move round in a satisfactory manner when the pig is pushed over a smooth surface. The screws used should be round headed ones

with, if possible, thin metal washers between the two pieces of wood.

Since this is a toy for a young child the finishing should be carefully done with all edges smoothed, and rounded where possible. I would also suggest that the stick end in a tee-shaped handle at a suitable height for the child. Finish things off with some cheery — but non-toxic — pink paint.

Fig 2.

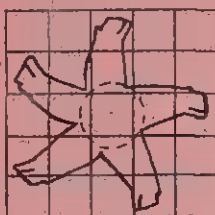


Fig 3

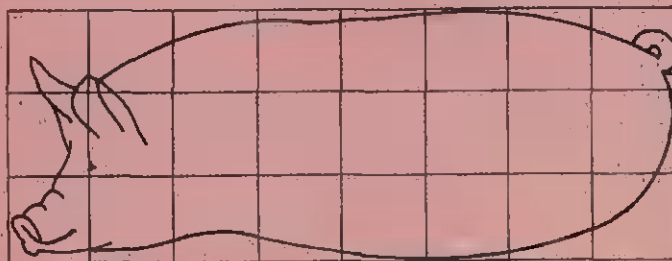


Fig 1

A Bubble Maker

Veld Lore, the news sheet published by Boy Scouts of South Africa, always seems to contain good ideas and here from a carefully saved back issue, is a particularly simple and fun thing for younger boys to make and enjoy. Here's how:

1. Get a piece of thin wire about 20 cm (8 inches) long.
2. As shown in the sketch, form a circular loop at one end of the wire, $2\frac{1}{2}$ cm (1 inch) in diameter.

The best way to do this is to find a circular bottle or small tin or plastic container that is approximately $2\frac{1}{2}$ cm in diameter, and bend the wire around that, allowing a short length for twisting around the handle.

3. Loop the other end of the wire over, as shown, to make a handle.
4. To make bubble solution, shave up some soap, and add water to make a strong liquid soap mixture. Pour the mixture into a glass

jar (a 375 g peanut butter jar is about right), and then add one teaspoonful of glycerine. Put the lid on tightly and shake the mixture well.

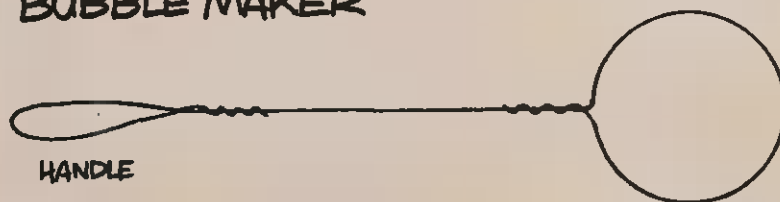
5. Now type (or neatly write or print) the following instructions on a label, and glue the label on the bottle.

BUBBLE MAKING KIT

To make bubbles, first shake the bottle well. Now dip the loop of wire into the solution, and then withdraw it. Gently wave the wire in the air, and bubbles will stream from the loop.

6. As these bubble kits are to be given away as gifts, get some cheery gift-wrap paper and glue it around the bottles, and then glue the instructions label over that. You can paint the lids a cheery colour, with enamel, if they are of tin and carry trade-names, etc., relating to the original contents of the bottles. Plastic lids can be brightened up by pasting on a circular piece of gift-wrap or other colourful paper.
7. Finally, hold the wire bubble-maker to the side of the bottle with a rubber band.

BUBBLE MAKER



TO MAKE LOOP, TWIST
THIN WIRE AROUND $2\frac{1}{2}$ cm (1")
DIAMETER TIN OR BOTTLE

← $2\frac{1}{2}$ cm (1") →

A Gleaming Wall Plaque

Here's a gift to gladden a mother's heart — a burnished silver wall plaque which, although simply made, looks spectacular when finished.

You will need a rectangle of chipboard and a piece of hardboard the same size, plus aluminum foil slightly larger. Arrange string, beads, seeds, etc., in a pleasing pattern on the chipboard, changing the items around until you have a good overall design or picture.

Then carefully lift each piece and glue, one at a time, into position. Allow to dry completely, then cover the entire surface with the piece of foil, pressing it down carefully over each shape, so that it forms a molded picture in relief. Continue the foil around the edges of the chipboard, gluing it at the edges and where it laps around onto the back of the board.

Using strong glue, attach the piece of hardboard to the back, so that it



covers the turned-in foil edges.

Now comes the magic "antiquing" part. For this your boys should wear old clothes or perhaps one of their dad's old shirts worn back to front over their uniform, to protect it.

Using a soft shoe brush, lightly coat the picture with black or brown shoe polish, so that it gets into all the little creases in the foil. Brush away excess polish, with a light touch so as not to tear the foil (the heavy-duty type might be best for a first attempt). Now buff the whole thing up with a soft cloth so that it gleams richly.

About five inches down from the top (or thereabouts, depending on the overall size of your picture), and on either side, screw two small eyelets into the back of the chipboard, through the hardboard, for hanging purposes. Attach strong cord.

Now stand back and tell yourself how clever you are, because the result looks quite splendidly professional and is really quite easy to do.

A Cat Holder

In our thickly carpeted homes, these days, how many other mothers, I wonder, wince as their youngsters (and sometimes the not so young) plop their cocoa mugs down on the

floor while watching television? This little holder might persuade them to do otherwise and it would be a splendid little stand for dad's ashtray too.

Using figure 4, cut two cat shapes from strong fairly thick wood. 3/8 in. or 1/2 in. would be suitable if one inch squares are drawn as this will create a cat just over nine inches long. However if you want to make it much larger, increase the squares but use 1/2 inch wood to make the article more solid. There will be a left and a right-hand outline of the cat so you'll need to reverse your pattern for the second shape, and when painting in details, note that the tail curls round one side and ends on the other.

The dimensions of the tray itself are given in figure 6 and can be cut from 1/4 in. or 3/8 in. wood. Since this idea first appeared in *The Scouter* we have been blessed with many wipe-clean plastic surface materials so you might want to finish the upper side with one of these.

To hold the figures apart near the base, a strut of 3/8 in. wood, 3 1/2 inches long by 1 inch or 1 1/2 inches wide is required. This is glued flush along the bottom edge of the cat as shown. The tray also is glued so it rests on the paws of the animal, and this can be strengthened inside by little support strips under the shelf itself, and glued to the inside surface of the cat shape.

As with the pig, the shape can be improved by curving all the edges of the wood to give a rounded surface. Now, what fun to decide whether to paint your finished cat black or ginger or whatever you prefer, even tabby if you have any gifted artists among you. I'd love to receive one of these myself for Christmas!

Well, I hope that this selection will provide some ideas for your group and some acceptable gifts for their friends and family at Christmas. If any of our really older boys still find this pretty cissy stuff, compared with — say — the kayak they built last summer, then do please get together lads, and send me a "how to" piece on your pet project which I'll gladly include in a future craft article. X

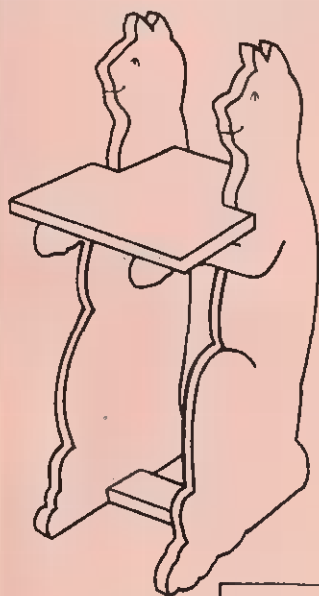


Fig. 5

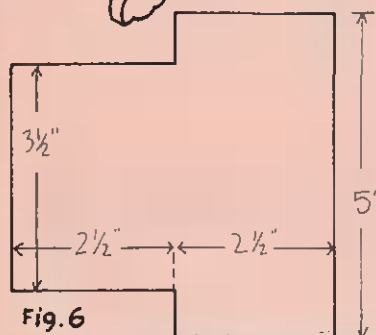
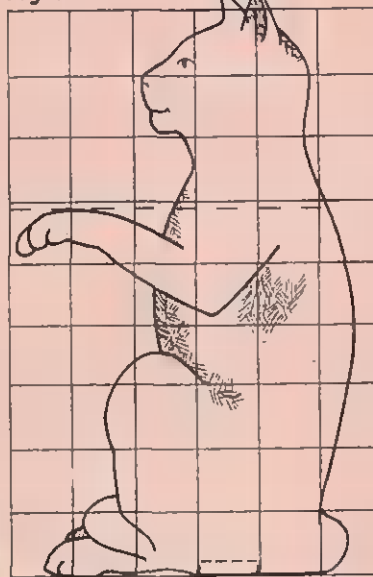


Fig. 6

Fig. 4

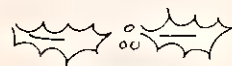




If Christmas is to be a special time in your colony, pack, troop or company, it is not too soon to start planning. The two ideas here are adaptable to various sections of the Movement and should add to the celebration of Christmas in your group.

The first idea is aimed at Beavers, although it can be adapted for Cubs, and would be quite suitable for this age group. Here are the instructions:

You will need: 2 sheets of 8½" x 11" paper
1 piece of heavy construction paper or Bristol Board
Magic markers or crayons
Christmas package seals
Magic mending tape



Leader's part: Prior to the meeting, copy *illustration 1* onto 8½" x 11" paper. Each square should be 1" x 1", separated from the next square by ½". These squares represent the days of the month of December. Letter your sheet as shown, using your own group's name. Draw the holly leaves between each box. Have someone photocopy one sheet for each boy. Then have each box on each sheet cut on the dotted lines so the solid line remains holding the box in place.

Now reproduce *illustration 2*, again drawing a box for each day of December. These boxes must match *illustration 1* exactly. In some of the boxes write messages. See the diagram for examples. Leave the others blank: You

Illustration #1

ST. GEORGE'S BEAVERS

ADVENT CALENDAR

TEAR CAREFULLY USING A RULER

PRACTICE BOX

2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	DO NOT OPEN UNTIL DECEMBER 25				

1

OPEN ONE LITTLE BOX EACH DAY

SOME BOXES HAVE MESSAGES...TRY TO DO THE THINGS THEY TELL YOU WITH YOUR FAMILY...

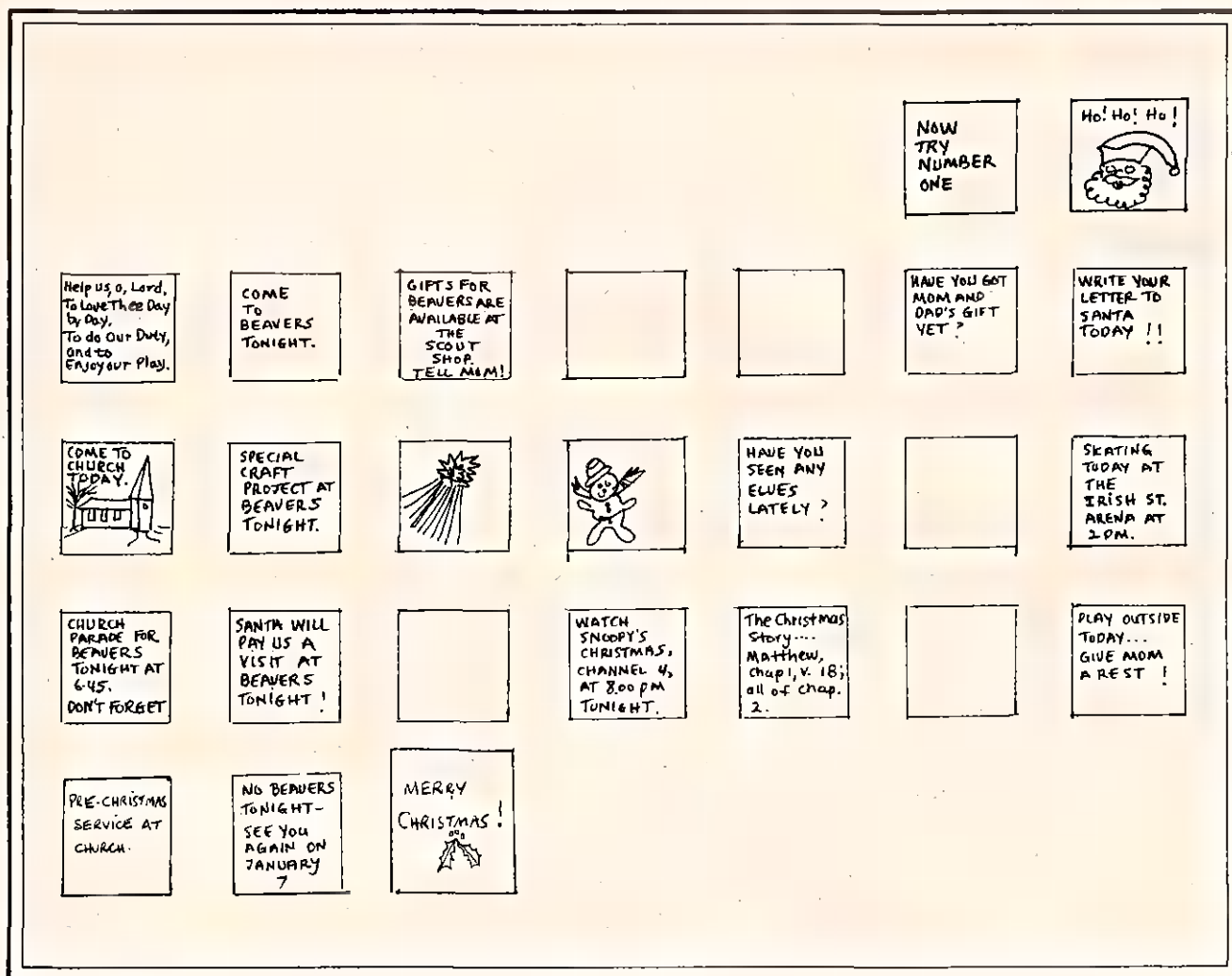
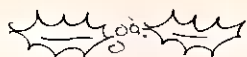


Illustration #2

are ready now to go to your meeting. *At the meeting:* Pass out to each boy one copy of *illustration 1*, one copy of *illustration 2* and one 8½" x 11" sheet of firm construction paper. On *illustration 1* the boys colour the boxes, letters and holly leaves and berries, using crayons or felt tipped pens. On *illustration 2* the boys stick Christmas seals on the boxes that are blank. *Illustration 2* is then glued onto the construction paper and *illustration 1* is taped onto *illustration 2*.

The boys take the finished craft home and hang it in a suitable place. Then, as each day passes, one of the boxes in the *illustration 1* are cut off, revealing the message or Christmas seal underneath.

In keeping with the spirit of the season, try to use seals that reflect the spiritual side of Christmas, as an Advent calendar, in its original form, was a religious craft that aided in keeping a Holy Advent.



Now for the Cubs, Scouts and Venturers I have an idea for an outdoor Christmas party, which comes primarily from a program conducted by the 1st Riverport Scout Troop, of Lunenburg County, Nova Scotia. Troop Scouters Chris Allen and Scouter Harry Rhyno first carried out this project in December of 1978. Here is how they did it.

At 7 p.m., the eleven boys and two leaders who make up the Riverport Troop met in the woods behind Scouter

Rhyno's home. A fire was lit and weiners roasted. Following this, a snowball fight was staged, the leaders, according to Scouter Allen, finally giving up after being cornered.

Harry then invited all present into his nearby home for a treat of hot chocolate. A few minutes later there was a knock at the door and, upon opening it, the boys found Santa waiting with a bag of goodies. Following distribution of presents, the troop dismissed for the evening.

I think you will agree this is a much better program than many of us are used to at Christmas. If you try it this year, perhaps there are one or two things that I can suggest which *might add* to the evening.

For instance, you might hold the entire event outdoors and have Santa arrive by horse and sleigh, if this is possible. A few carols around a blazing fire would certainly be very seasonable. And in the spirit of the season, perhaps your boys might rather leave behind gifts for the birds than exchange gifts. If this is the case, you might prepare a birds' Christmas tree, by hanging various edibles on a fir tree, in order to decorate it just as you would at home.

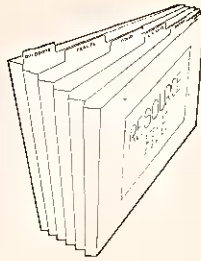
Birds are fond of suet hanging in string bags, popcorn strung on string, nuts in mesh bags, cranberries on string, peanut butter smeared on hanging pine cones, hanging dog biscuits, etc.

Add a bright star of foil on top of your tree, to make it easily visible to your bird friends.

Whichever of these projects you choose, have a happy Christmas.

From the Resource File ...

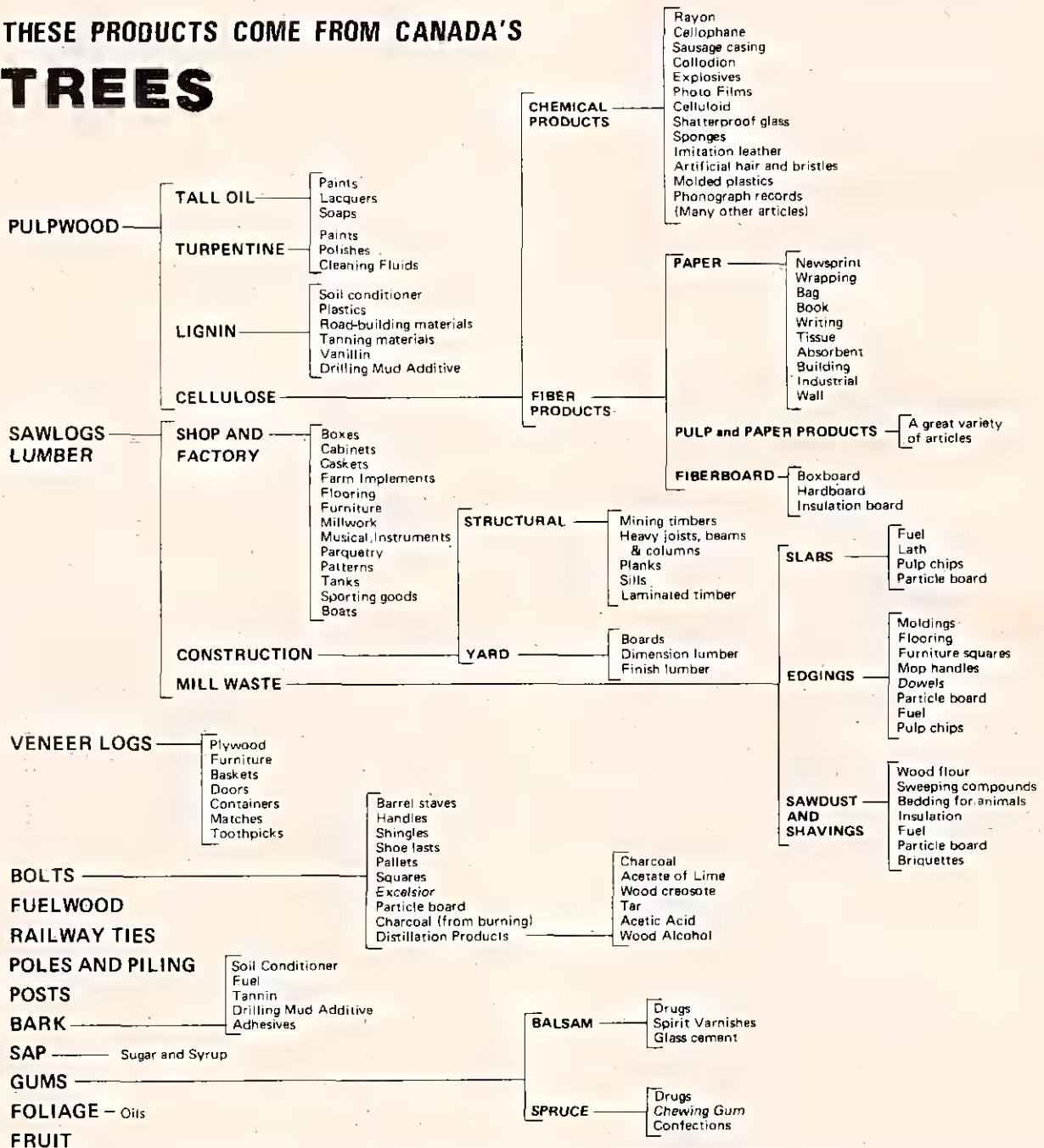
TREES



From the Resource File . . . Trees

In our August/September issue of *The Leader* we suggested that readers might like to start their own resource file and we mentioned some of our own recent findings, on a variety of subjects. Last month we followed this up with information from some of the many leaflets we received on food. Here is another in this occasional series, on the subject of trees, based on material sent to us by the Ontario Forestry Association. We felt it particularly appropriate to find out how trees grow and the uses they are put to, since our craft article this month contains a number of carpentry ideas. It should prove of particular interest to Cubs and Scouts aiming at the appropriate badges and would serve as useful background material for groups involved in our Trees for Canada program.

THESE PRODUCTS COME FROM CANADA'S TREES



HOW A TREE GROWS

CROWN

Trees increase each year in height and spread of branches by adding on a new growth of twigs.

Light and heat are necessary for chemical changes. The leaves prepare the food obtained from the air and the soil and give off moisture by transpiration.

The air supplies carbon, the principal food of the tree, which is taken in on the under surface of the leaves.

TRUNK

Heartwood (inactive) gives strength.

Sapwood (xylem) carries sap from root to leaves.

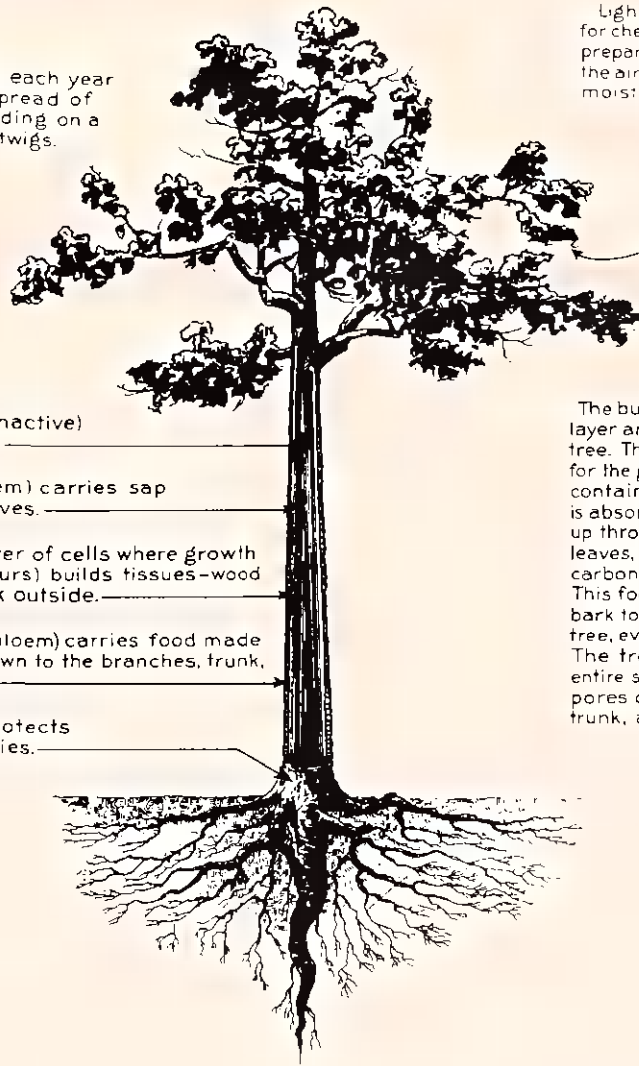
Cambium (layer of cells where growth in diameter occurs) builds tissues—wood inside and bark outside.

Inner bark (phloem) carries food made in the leaves down to the branches, trunk, and roots.

Outer bark protects tree from injuries.

The buds, root tips, and cambium layer are the growing parts of the tree. The leaves manufacture food for the growing processes. Water, containing minerals in solution, is absorbed by the roots, carried up through the sapwood to the leaves, and is there combined with carbon from the air to make food. This food is carried by the inner bark to all growing parts of the tree, even down to the root tips. The tree takes in oxygen over its entire surface through breathing pores on leaves, twigs, branches, trunk, and roots.

ROOTS



11

PROVINCIAL
BADGES
DISTRICT
BADGES
CAMPOREE
CRESTS
EVENT
BADGES
FREE DESIGNS
AND PRODUCTION
SAMPLES
TOURIST AND
NOVELTY BADGES
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BOOKS FOR C



In November of last year we reviewed a variety of books which we hoped would prove suitable, as gifts at Christmas, for the wide variety of Scouting folk within our Movement.

This year we have concentrated rather more on hiking and outdoor themes although, once again, with our varied readership in mind, I have included one or two books on broader themes. We hope that you will find something here of interest and enrichment for the long winter evenings ahead.

The New Complete Walker by Colin Fletcher. 470 pages, Alfred. A. Knopf, Inc. \$15.95

The original version of this book appeared over a decade ago and the "new" edition has been reprinted for several years. It has, in fact, become one of the classics on the joys and techniques of hiking and backpacking. It isn't just a technical treatment of the subject — rather Colin Fletcher's human and amusing style makes it thoroughly entertaining reading.

Starting literally from the ground up, Fletcher opens with a section on boots, socks and foot care. He then proceeds to appraise the "house on your back" through sections on "walls" (packs); "kitchen" (food, water, utensils, stoves, fires, fuel); "bedroom" (tents, shelters, mattresses, sleeping bags); "clothes closet" (clothing and rain gear); "furniture and appliances" (lighting, toilet gear, maps, compasses and other miscellaneous items). A closing section on "housekeeping and other matters" covers such things as packing, sanitation, hazards and survival.

Any leader or older boy who wants to know more about hiking, backpacking or lightweight camping at any time of year, stands to learn a great deal from this book.

In short Fletcher is entertaining, informative and in tune with our policy of living in harmony with the environment. *Reviewed by Bob Butcher.*

•
The Master Backpacker by Russ Mohny. 287 pages. Stackpole Books. \$3.50.

This is another publication that has appeared on the shelves for the past few years. While it claims to be an "advanced" treatment of the subject, there is really nothing "basic" left out. Mohny too, has a somewhat humorous style, although not as captivating as Fletcher's. What this book does do, is pack an incredible amount of information into a small (4" x 6") inexpensive paperback. Near the end of the book Mohny includes a chapter on winter outings. All in all, this is an economical, informative publication which is in tune with our policy on lightweight camping.

Reviewed by Bob Butcher.

•
Walk Into Winter by Gerry Wolfram, 127 pages. John Wiley & Sons Canada Ltd., Toronto. \$5.95.

Written and published in Canada by an author who lives in Canada, this book might appeal to any outdoor enthusiast who has to face a Canadian winter. The main focus of the book is snowshoeing and it seems to provide a worthwhile treatment of that activity. The book also includes informative sections on clothing and staying warm; on map and compass and finding your way; on the winter kitchen and winter dietary needs; and on the physical hazards and how to avoid them. There is also a section called "Why Go Home" which is an introduction to winter camping. This

is a straightforward and well organized book. *Reviewed by Bob Butcher.*

•
Wintering — The Outdoor Book for Cold Weather Ventures by Russ Mohny. 224 pages, Stackpole Books. \$3.25.

By the same author as the above, this little book has to be one of the better treatments of the subject I have come across. In *Wintering* Mohny imparts knowledge in the areas of gearing up for winter, planning winter trips, food preparation and eating for winter conditions, travelling in snow, dressing for winter conditions, setting up campsites in winter and the dangers involved in winter outings and how to cope with them.

For any leaders and boys who are expanding their camping programs to include the winter months, a book such as this is a must. For anyone stepping outdoors in the winter time, this book would be beneficial. *Reviewed by Bob Butcher.*

•
Wood, one of a craft series. 136 pages, Nelson, Foster & Scott. \$8.95.

This is a nice looking book with clear, colourful illustrations and would be suitable for Scouts and Venturers. There are lots of ideas here and "how to" chapters but they do require full control and skill in handling tools. Working with veneers, for example, to produce a marquetry chessboard would need to be tackled by someone who already has the basic skills. It would be a good present for an older boy who likes making things with wood. *Reviewed by Charles Stafford, Executive Director, Program Services.*

CHRISTMAS GIVING

by Betty Rapkins



Helping Children to Like Themselves — Activities for Building Self-Esteem

by James E. Carothers & Ruth S. Gasten. 96 pages, R/J Associates, Livermore, California 94550 and available from Supply Services. Cat. No. 20-812. \$6.95.

If you were asked to choose an animal which reminded you of yourself, which would you choose — a lion, bear, dog, mouse, giraffe — and why? Think about that for a minute.

Self-image and self-esteem are not quite the same. Self image is how you define yourself as a person — the picture you have of yourself. Self-esteem is what you think of, and how you feel about, your self-image. Our self-esteem is very much affected by our self-image, since people tend to behave in ways that fit their self-image. So, if the picture you have of yourself is not too good, then the feelings you have about yourself will not be too good either.

A positive self-esteem allows people to have faith in their abilities, make up their own minds, try out new things and be enthusiastic about living. As children, our self-image is at the mercy of those significant other people in our lives — parents, teachers, leaders, etc., all adults who have the power to help a child feel special or ordinary, strong or fearful, able or inept, visible or hidden.

It seems sometimes that life is an endless series of put-downs, mistakes and trying to reach other people's expectations. For survival purposes, it's important to keep a balance by recognizing our abilities, our achievements, our good.

This book starts out by defining all this, in a very simple and readable way — maybe not so different from other books you've read on self-esteem. What it continues to do, is very clearly set out a series of exercises focussed on helping children to

like themselves. Indeed, start by doing some of them yourself — sharing with a few special people, feel the warmth of discovering and being listened to.

The book states being listened to as one of the key factors in helping children like themselves. Trust is built when children (people) feel confident they will be listened to, accepted for themselves and liked, and with the modelling of significant adults in their lives they will behave in this way to each other.

There are some neat activities in this book — very much related to Scouting themes — and, while you may not want to follow the ten week program, you might enjoy starting off with some getting acquainted activities that set a "no put downs" style in your group. Beavers and Cubs especially will enjoy these and I think some leaders' meetings could develop a new level of co-operation and friendship through trying out a few of the activities.

Be adventurous — use this book to help your boys feel good about themselves. *Reviewed by Sheila Stafford.*

Progress For A Small Planet by Barbara Ward. 305 pages. McLeod Publishing. \$18.95.

Barbara Ward has been described as one of the great Christian women of our time. She is also perhaps the world's best known voice on issues of development and the environment. We in Scouting care deeply for our environment and try to teach our boys to do so. For leaders who like to study the broader issues and implications inherent in rising demands for economic growth in all economies, developed and developing alike, and the exhaustion of resources and irreversible ecological damage caused

by higher and higher world consumption, this is the book to read. Barbara Ward tells us in clear, sensible terms, that none of our aims for a better environment are beyond the reach of a rational society. Thus, in spite of the warnings, it is a book of hope.

Reviewed by Betty Rapkins.

Good Time Fitness For Kids by Thomas D. Fahey, Ed.D. 176 pages. Butterick Publishing, Toronto. \$6.95.

This basically is a good book for parents, coaches and counsellors as it covers the physical, emotional and physiological development of children (both boys and girls) at each stage of life — pre-natal, the early years, puberty and adolescence, and into adulthood.

I like the approach the author takes to winning and his capsule comments after each chapter "Instant Replay" are good as they sum up in a very pointed manner, the gist of the whole chapter.

It is also good to see a chapter devoted to securing good equipment as well as a chapter on diseases/injuries of athletes and how to prevent or minimize them. *Reviewed by Al Craig, Director — Communications Services.*

We hope that you will find something in the above selection that appeals to you, or that you'd like to give a friend. We've tried to quote the latest prices but, in the case of books which have been in print for some time, these may vary slightly across the country. Good reading! X



training talk

by reg roberts

This month
Reg writes about ...

JOURNALS AND RECOGNITION

Keeping A Journal

Trainers in a voluntary organization, unlike professionally employed training people, usually make their training presentations in a somewhat sporadic manner. A Part I course in the fall of the year, perhaps a Part II in the spring, with maybe a specialty course or a group or section committee course in between.

The time between events might be long or short depending perhaps on the ability of the trainer, or the needs identified in a district, region or province for a course of training to take place. When the time between is short, a trainer has more of a chance to reflect on the last event and decide if adjustments need to be made in, say - content material, presentation style, use of visual aids or some other area. When the time between events is longer the tendency to forget what happened on the last event is much greater.

Keeping a journal or diary of course activities may seem a little like a high school habit, but trainers with an interest in becoming and remaining effective in their training role may wish to consider doing just that.

How often to make entries, in such a journal, is up to each individual but an entry at the end of each day of the training event is something you should consider. Many trainers and group leaders have found that a review of journal entries following an event can help them identify problem areas in their own training skills, as well as reveal areas in which they performed very effectively indeed.

What goes into the journal is also a matter of individual choice. However, a reflection on the day's activities may reveal such things as: questions asked that you could not answer, some sound points that you thought of after the presentation was made, failure to recognize a participant was getting angry or bored or fed up until it was too late, yet knowing all the signs were there.

The realization that the questions being asked revealed a lack of understanding and yet you went merrily on with your presentation is an important observation to make. Or simply noting that what was being talked about following your presentation did not match up with what you had said in your presentation may lead to a re-evaluation of the content of that session for the next time around or be an indicator of some participant needs of which you were not aware.

While a journal is usually a private document it does provide trainers with the detailed information required to check personal growth areas in a "how am I doing?"

sort of way with more knowledgeable and experienced trainers. A journal will also provide a yardstick by which to measure oneself. Deficiencies noted on a course three months ago can be checked for improvements following the next event.

During sessions a trainer may see some things happening in a group and take some action to correct the situation. A note on the success or failure of that action, related to that situation, may prove of value in a later review.

No trainer worth his or her salt ever believes that they know all there is to know and most trainers I have met are continually looking for ways to develop further. The use of a journal to record briefly the successes and failures, the areas where new growth can take place, and the areas where more confidence is now felt, can be a valuable aid towards that future development.

Let's Hear It For ...

Many of the people who volunteer to join Scouting in some capacity or another eventually find themselves signed up for a training course of some kind, designed to help improve some aspect of their performance on the job.

Whether the training actually results in improved on-the-job performance often depends as much on conditions not related to the training as it does to the training itself. One of those conditions is RECOGNITION.

There seem to be three critical times for providing recognition to trainers and surprisingly the first of these is before the training begins:

1) *Recognition before training begins* should be in the form of taking the trainee through the who, what, where, why and how of his or her selection for this training event and if should happen a few weeks before the event takes place.

Who will attend, what will take place, where it will be held, why was he or she selected and how will he or she benefit, are all essential forms of recognizing the rightness of this particular event at this particular time and of recognizing the participant's potential worth to the organization and worth as a person.

The fact that Jim Brown or Joan Wilson will be participating in the next Part I Wood Badge course should be shared around the district so that others know that Joan and Jim will soon have more skill and knowledge but also so that Joan will have heard of Jim and have some link into the course even before it begins.

2) *End of training recognition* is also extremely important but often overlooked. Successful completion should always be recognized in some tangible way. Some trainers can be pretty blasé, seeing the end of the course as simply another training job completed. But participants need to be reminded that they have completed this stage of their development, that the benefits of having taken it are thus and thus and that organizationally we really appreciate their efforts.

Formal recognition is a must. A wallet card, certificate, parchment, beads, woggle — whatever is called for — should be presented promptly and with some flourish. When possible the presentation should be in the company of other participants and in front of those people seen as important in their voluntary positions in Scouting and, if appropriate, influential in the participant's life outside of Scouting.

Participants should feel that the entire experience was worthwhile, that their time was well spent and that they will be keen to advance further through other training opportunities. They should also be encouraged to wear with pride that symbol of recognition, or hang the parchment or certificate where it can be seen, rather than look for a drawer in which to hide it.

Training recognition record books should be signed, the council office and group/section committee chairman advised and some notification appear in the local Scouting newspaper. Also employers can be notified by mail and husbands and/or wives thanked for their support in this matter.

3) *Recognition of accomplishment.* Most often people return from a training event full of enthusiasm, turned on by the fellowship developed with a group of people who have become very close in quite a short time, and ready to display their new found skills. But sometimes they are greeted back on-the-job as if they had been off with the 'flu and a "now the holiday is over, let's get back to work" atmosphere prevails.

Also, in some instances when training is taken outside of the immediate council area an attitude of "forget that stuff, 'cause we don't do that here" is, if not voiced, then

soon apparent when new ideas are offered by the returning trainee.

Recognizing that the trainee has had a learning experience is important. Recognition that he or she has developed new skills, has developed a new potential which needs some room to be tried out, is essential.

Opportunities for debriefing should be scheduled into the back home situation, with section leaders being encouraged to share their new "stuff" with their section colleagues, and with their service team members. Returning service team personnel and commissioner's staff should be encouraged to sit down with the commissioner and develop some action plans for trying out these new skills, and committee and council members should have an opportunity to share their new learnings with others working at the same operational level.

Finally it should be noted that while the sharing process is essential, the reward, the recognition of accomplishment, comes when something is tried out, is successful and is recognized as such by people whose opinions really count.

Recognition of just learned skills tells the recent trainee that his or her performance is important enough to warrant recognition. That strengthens the resolve to try other new skills which in turn increases the individual's feeling of self worth and enhances the feeling of belonging to an organization that cares.

In looking at training it isn't always easy to know if improved job performance is really the result of new skills learned or if the recognition of the skills and the encouragement to try them out is the more important factor.

What is certain is that from time to time one hears people say things like "I don't know why I went, no one seems to give a darn" or "Sure I learned some new things but no one seems interested in letting me try them out".

What is also certain is that all people enjoy being recognized for a job well done and the way we offer that recognition is a factor not to be over-looked. If you have any doubts just check how you feel the next time it's your name that's mentioned when someone says, "Let's hear it for . . ."

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Lemmings (*Lemmus* and *Discostronyx*) are tundra mice inhabiting the vast treeless areas of northern Canada from the northern Yukon in the west to Ungava. They are best known for their "lemming-years", during which they reach high numbers over large areas of the Canadian Arctic. These large populations recur every three to four years. This is one of the dominant features of animal life on the tundra because many other animals depend on the lemmings for food.

Appearance and habits

Lemmings are small rodents, closely related to the common field mice of southern Canada. They resemble small guinea pigs in overall proportions, having a very short tail (only about three-quarters of an inch) and small ears. When full grown they are about five to six inches long and weigh about two or three and one-half ounces. Lemmings do not hibernate but are active all year round. In winter they burrow under the snow, sometimes emerge on the snow surface for a short time, then quickly burrow back under. They eat a great variety of green plants, as well as seeds and berries, and during the winter they feed on green buds, moss and roots.

Lemmings use finely shredded grass to construct their nests, which resemble hollow balls of hay. These nests are constructed on the ground surface under the snow during the arctic winter and are very conspicuous when the snow melts the following spring. During the summer lemmings build their nests underground in tunnel systems which they dig in the soil as it thaws.

Lemmings live most of their lives in a restricted area up to a few acres in size. On the ground surface of this home area an individual typically has an elaborate runway system which he moves rapidly along much like a car on our highways. Knowing his home area in detail is advantageous for an animal when predators threaten.

Lemmings are very aggressive toward other lemmings, particularly strangers who attempt to intrude on their home area. When lemmings are abundant, they can often be heard on the tundra squeaking loudly at each other while fighting. These fights are usually not fatal but some skin wounding is common.

During the cold winter lemmings keep warm by utilizing three kinds of insulation. First, the snow cover acts as an insulating agent. When the air temperature is -60° F, the temperature under a 24-inch layer of snow may be as high as 20° F. Second, the winter nests insulate the lemmings in much the same way as our houses insulate us. Finally, the winter coats of lemmings are made of denser and longer hair than their summer coats.

Lemmings have other adaptations for life in the Arctic. The shortness of their legs, ears and tail minimizes heat loss from body extremities. During the winter the varying lemming's fore-feet develop large claws for tunnelling under the snow. These claws are lost each spring.

Species

Three species of lemmings inhabit most of the Canadian Arctic. The brown lemming (*Lemmus trimucronatus*), which does not reach the high arctic islands and is absent from Ungava, is brown throughout the year. The varying lemming is represented by two species: *Dicrostonyx hudsonius*, which inhabits the Ungava Peninsula, and *Discostronyx groenlandicus*, which inhabits the rest of the Canadian Arctic, from the tree line to the northernmost reaches of Ellesmere Island in the high Arctic. The varying lemming, as its name suggests, changes colour from white in winter to greyish-reddish-brown in summer. Young varying lemmings also have a black stripe down the centre of the back. The brown and varying lemmings tend to live in different habitats in the summer, the varying lemmings in the drier, lichen areas and the brown lemmings in the wetter grass and sedge areas.

Breeding and mortality factors

The reproductive rate of lemmings is very high. They commonly have four to eight young at a time, and they can have a litter as often as every three to four weeks. The breeding season varies in length. In some years lemmings breed all year round, except for brief periods during the spring melt and autumn freeze. This year-round breeding seems to presage a population peak. Conversely, when lemmings are abundant they do not breed in winter, and the summer breeding season may be short, ending in July rather than September. Age at sexual maturity also varies with the state of the population. When lemmings are increasing in numbers, females may mature at three to four weeks of age and males at four to five weeks. Conversely, when the population is high, sexual maturity may be delayed until lemmings are six to nine months old. The interesting question with lemmings, as with other field mice which have high reproductive rates, is not why they can increase in numbers so rapidly, but rather why they are not abundant all the time.

Numerous mortality factors continually act to lower lemming populations. Predators are numerous: arctic foxes, weasels, wolves, Snowy Owls, jaegers, Gyrfalcons and many others of lesser importance. Even caribou have been known to eat lemmings on occasion and lemmings have been found in the stomachs of fish. Malnutrition and starvation can cause death, particularly in winter when plants are dormant and their value as food low, and when lemmings must burrow under the snow for their food. Exposure resulting from autumn freeze and from spring flooding of the underground burrow systems may be a critical factor. Diseases and parasites also kill some animals, and lemmings in the wild rarely live more than one year. Most lemmings die very young, but in captivity they may live as long as three years.

Migrations and movements

One of the most widespread misconceptions about lemmings is that they regularly commit mass suicide by migrating down to the sea to relieve their over-population problems. There is no authentic account from the North American Arctic to back up such a belief. Most of our Canadian lemmings live too far from the ocean to make such migrations possible. The Eskimos do not have any legends about migrating lemmings, and it is difficult to believe that they would overlook such an event if it ever occurred. It is certainly true that in the spring of a high population year individual lemmings will often be seen on lake and sea ice. But these individuals do not move in an orientated manner, all going north or all going south like migrating birds, and groups of animals

are never seen. On the ice individual lemmings usually move in straight lines, running rapidly. Lemmings have on occasion been found on sea ice as far as 35 miles away from land. We do not understand why lemmings should move out onto lake and sea ice in the spring of peak years, but this is a time when the snow begins to melt and the summer breeding season is beginning, and hence a time of social upheaval.

Population fluctuations

Lemming populations fluctuate drastically every three or four years, high populations tending to occur over very large areas of the Arctic during the same year. For example, 1960 was a "lemming-year" for almost all of the Canadian Arctic. This large-scale synchronism is more than could ever occur by chance, and some writers have even postulated extra-terrestrial or cosmic causes. Weather probably produces this synchronism, but we do not yet know exactly how it acts. Snow cover may have direct effects on reproduction and mortality, but this has yet to be studied in detail.

It may be that the cause of the cycles is in the lemmings themselves, and not in predation, disease, or food shortage. Researchers are now studying whether the presence of many other lemmings is detrimental to the health and survival of an individual lemming. Two possible effects of crowding are stress, resulting in hormonal imbalances, and increased aggressiveness. Hormonal imbalances could prevent lemmings from breeding. Individual lemmings, particularly males, are very hostile to one another and will fight viciously if caged together. Whether this fighting affects their population changes is not known at present, and why lemming populations rise and fall every three to four years remains an unsolved puzzle.

Importance to people

Eskimos do not eat lemmings nor do they make any use of their small skins. However, lemmings are indirectly important to those Eskimos who support themselves in part by trapping arctic foxes, for fox trapping is good when lemmings are abundant.

One of the Eskimo names for the varying lemming is *kilangmiutak*, which means one-who-comes-from-the-sky. The legend of lemmings falling from the sky is common to Eskimos all the way from the eastern Canadian Arctic to western Alaska, and is also found in Scandinavia. It probably arose because of the sudden appearance of lemmings when the snow melts in the spring of a peak population year. Generally Eskimos do not consider lemmings of much importance. They were sometimes used by shamans ("medicine men" or "witch-doctors") as a source of supernatural powers, particularly the varying lemming because of its supposed celestial origin.

Lemmings are fortunately one wildlife species which causes no conservation problems at the moment. They are part of the web of life of the arctic tundra, and they should teach us how intricate this web of life is. A lemming population peak on the Canadian barren grounds may boost the local Eskimo economy through arctic fox trapping, thereby increasing the supply of furs for the fashion world. A population decline may produce a surplus of Snowy Owls which will for a time flood into southern Canada, to the delight of amateur and professional ornithologists. And time after time the tundra will bustle with activity for a brief period before the respite that comes when the "lemming-year" passes. X

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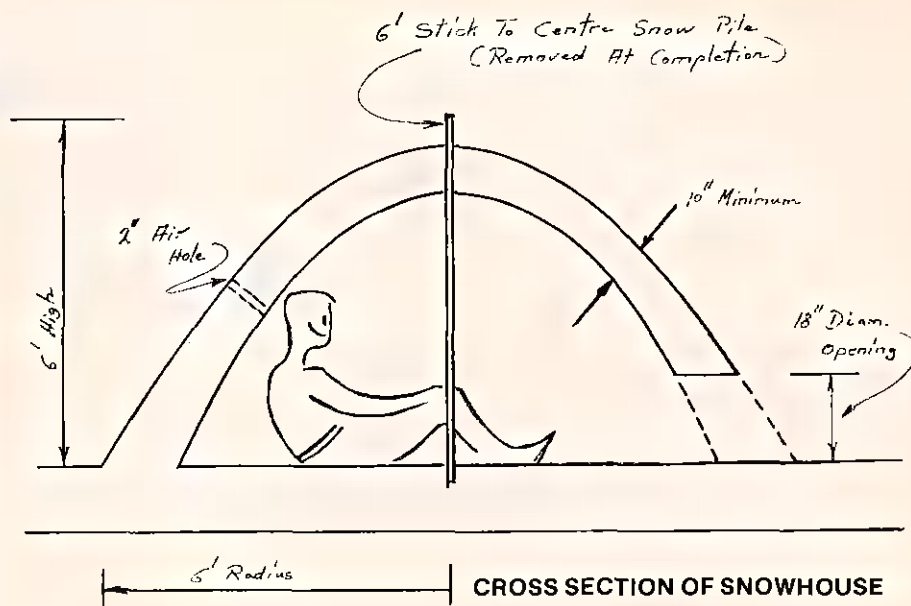
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"YOUR Personal Fund Raising Organization"

Outdoors

by Bob Butcher

The material for this column was shared with us by Dr. Kurt Asmis, a Cub leader in Manotick, Ontario. Kurt writes that many times last winter he saw pictures of Scouts and others making "igloos" or other snow enclosures of one type or another that looked none too solid or safe. Kurt claims that the accompanying drawing and steps can let anyone build a reliable snowhouse. He usually builds one in the back-yard for his children and they have a lot of fun. He adds that the Scouts of Manotick use them regularly for their over-night camps. Besides sounding like a lot of fun, these snowhouses (or perhaps a smaller version) could be a life saver for lost skiers or snow-mobilers.



Eight Steps to Build a Snowhouse

1. Find a flat location with lots of powdery snow.
2. With the aid of a six foot long stick, mark out the outer circumference of a snow pile, radius six feet. Place the stick upright at centre.
3. Heap up snow around stick until pile reaches top of stick. (Snow scoops make the job easier.)
4. Shape and pat the pile to make a smooth surface.
5. Wait, three hours or overnight to let snow pile harden.
6. Scoop out inside of snowhouse.
7. Remove stick and plug hole. Then punch a new air hole.
8. Place candles inside to glaze roof.

Within a day, the roof should be strong enough to climb on snow-house and use as a slide. A well constructed snowhouse should last all winter.

20

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Venturer Log

by Phil Newsome

The following is a recent report received from Advisor Michael A. Coe of Calgary, Alberta, outlining the participation in the 9th Annual National Exploring Surfing Conference. For those who don't believe that Venturers are involved in exciting activities, read on.

Twenty Canadian Venturers and two Canadian leaders, Michael Coe and Archie Ohlauer, attended the Ninth Annual National Exploring Surfing conference at Fort Shafter Army Base in Hawaii. Explorers are the U.S. version of Venturers. We were very warmly welcomed at Honolulu Airport and astounded the U.S. contingent by arriving in uniform; something apparently our American counterparts do not do very often although we are well aware their Scouting entity go everywhere and do everything in Scouting uniform. The Surfing Conference was totally conducted by the Aloha Council and we were warmly greeted by the receiving of leis at the Hawaiian Airport. Co-ordinator, Wes Heu, and his staff went out of their way to make the Canadian contingent so comfortable, not only that day but throughout the entire conference. Two super people that must not go unnamed would be Bob St. Sure and Susie Johnson. The conference was never without something to do. The favourite sports were snorkeling, surfboarding, boogie boarding (surfing with half a surfboard), body surfing and bikini watching. We were treated to an incredible day at the Polynesian Cultural Centre. The weather was kind with the temperatures ranging always between 80 and 85 degrees and no rain on the beaches or at the outings. A day shopping at Waikiki and a morning on the Hawaii Heritage Trail were included, thanks to Jack Heunka, U.S. Explorers Executive. The Canadian contingent actually arrived one day earlier than the conference, via Ward Air. Ward Air are an incredible Canadian airline, and were instrumental in putting us into an aloha good mood before arrival in Hawaii. Equally, a bouquet must be given to the U.S. Army, Fort Shafter Army Base. The billeting, friendliness and food were excellent. A lot of the army boys were of course extremely interested in approximately 50 U.S. female Explorers, but were very gentlemanly. The Honolulu Recreation Department supplied us Al, their head outdoor sports recreation director who tutored us extremely well in all of the water sports. Consequently, in two days we were all well ahead with good suntans. On one evening a Hawaiian group entertained us with a crafts demonstration and another evening a Hawaiian High School group treated us to an excellent Hawaiian song and dance exhibition in conjunction with one of our very successful disco nights. The disco dancing was very popular on both those nights, particularly the last presentation night. The U.S. contingent, especially the Aloha group, were most impressed with our Canadian contingent. Repeatedly they expressed how pleased they were to have us. Because we had mixed in so well, it made the conference even better. You will appreciate that meant much to the two leaders. Equally, the boys will cherish the Surfing Conference T-shirts that were supplied. The Marine Explorers of the Aloha Council took us through the Marine Zoo, explaining everything to us. Interest was so great people stayed longer than they anticipated.

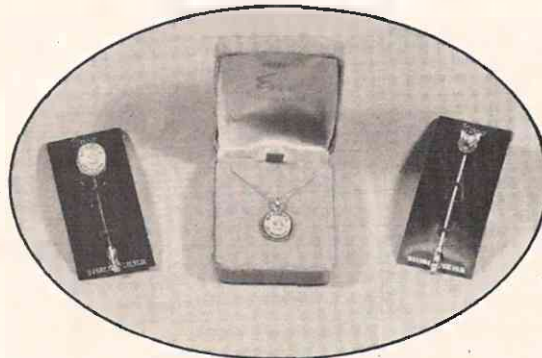
All but four of the Canadian group flew back to Calgary on April 11th. Michael Coe and three Venturers flew to Maui for one day, staying at the Maui Scout Camp where they made us extremely comfortable. The island of Maui is a beautiful island and will be returned to. Then the group of four flew to tour the big island of Hawaii



and view the volcano. We, however, found the islands of Oahu and Maui very, very friendly indeed. The four flew back to Calgary on April 14th, tired, exhausted but raring to go again for a similar experience. Do we want to go again? You bet! X

21

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IMPORTANT! We must know...

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How many sets of labels does your group plan to sell? (approx.) _____

The excellent practice of tacking on to the Court of Honour meeting a short period of p.i. instruction is one that should recommend itself strongly to all who have confidence in the Patrol System. Here is a heaven-sent opportunity to pass on to your boy leaders odd bits of Scouting know-how which are perhaps outside the scope of statutory training but which are interesting or amusing in themselves. The p.i. in turn will pass them on to his men during patrol time and so collect any praise that is due.

A typical example of the sort of thing we have in mind for this treatment would have been that marvellous new knot, Hunter's Bend, which, as you will remember, hit the headlines some months ago. Here is another idea — straight off an Indian Reserve in British Columbia. We are eternally grateful to Scouter Ian Cox for giving us such a wonderful opportunity to scoop the Scout-speaking world. He writes from a place called R.R. #1, Osoyoos, B.C., and has very kindly sent us a unique example of American Indian ingenuity which he picked up in open country near his own village. Absolutely marvellous!

Let me quote from Ian's letter:

"I was recently hiking across the desert land near our village — land which is also an Indian reserve — when I found this length of frayed poly-rope. I judge that it had been used as a halter for the Indian horses which roam there. I stumbled into many a cactus as I walked on, paying more attention to the intriguing splice than to where I was planting my feet. I have sealed the end with the type of cement used for plastic plumbing pipe (P.V.C. or A.B.S.), a method found to be better than melting, especially after one Scout was badly burned by hot plastic.

"I shall not tell you how I was able to duplicate the splice in case it's a new one on you, as I am sure you will enjoy the challenge yourself."

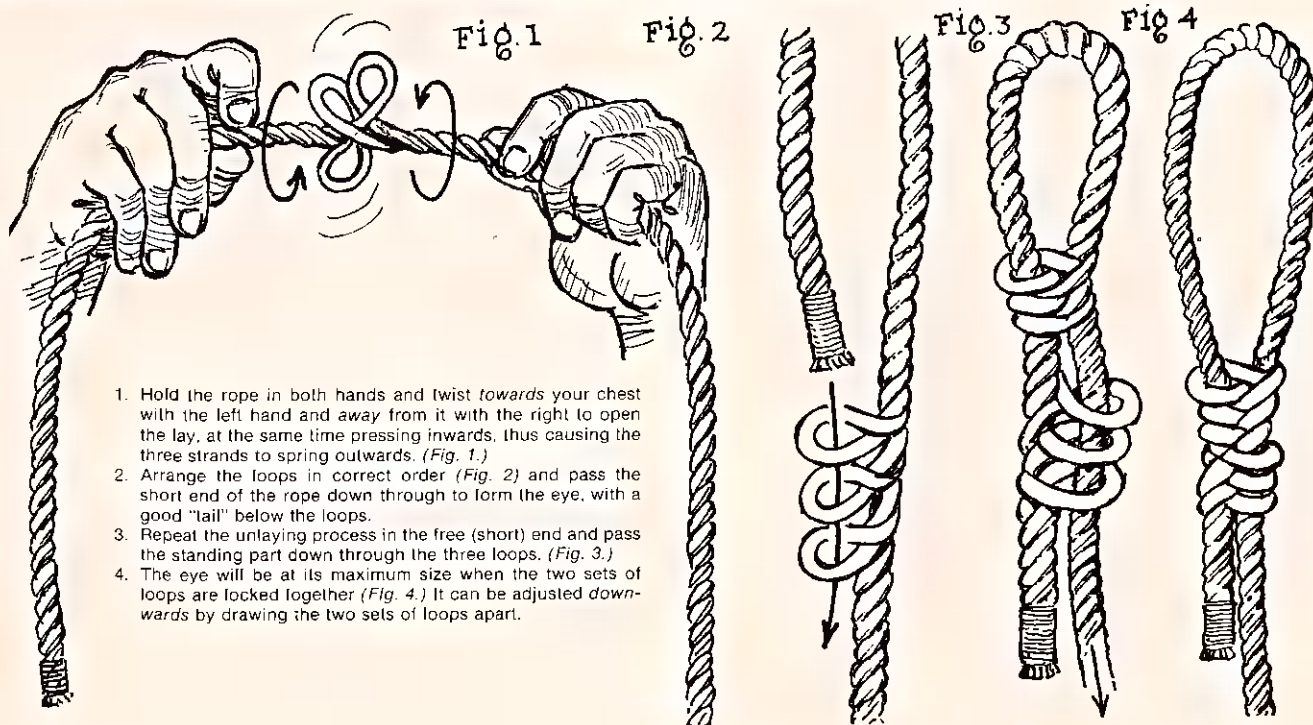
He was dead right about that, although to be honest it nearly sent me round the twist, trying to work the thing out without actually dismembering the splice in the process. In the end I rang up Wimbledon (in the middle of the International Tennis Tournament, at that!) to consult my good friend Eric Franklin, who is our acknowledged expert on knots in the U.K. From my description he at



once recognized the Indian splice as a souped up version of our own Tucked Eyesplice. Thus prompted, I got to work and soon got the better of it.

The distinguishing feature of this eyesplice (which is much easier to make than may be apparent from the diagram) is that it provides you with an *adjustable* eyesplice. The eye is only locked, of course, when the two sets of loops are drawn together but even when they are pulled apart (to reduce the size of the eye) the splice seems to withstand any strain put upon it. It takes no longer to make than the orthodox Tucked Eyesplice and in my view is much to be preferred. All pioneer specialists should lose no time in adding it to their repertoire.

Meanwhile we have written to Ian Cox, asking him to give us a name for it — *inventing* one if necessary. Look out for a further announcement.



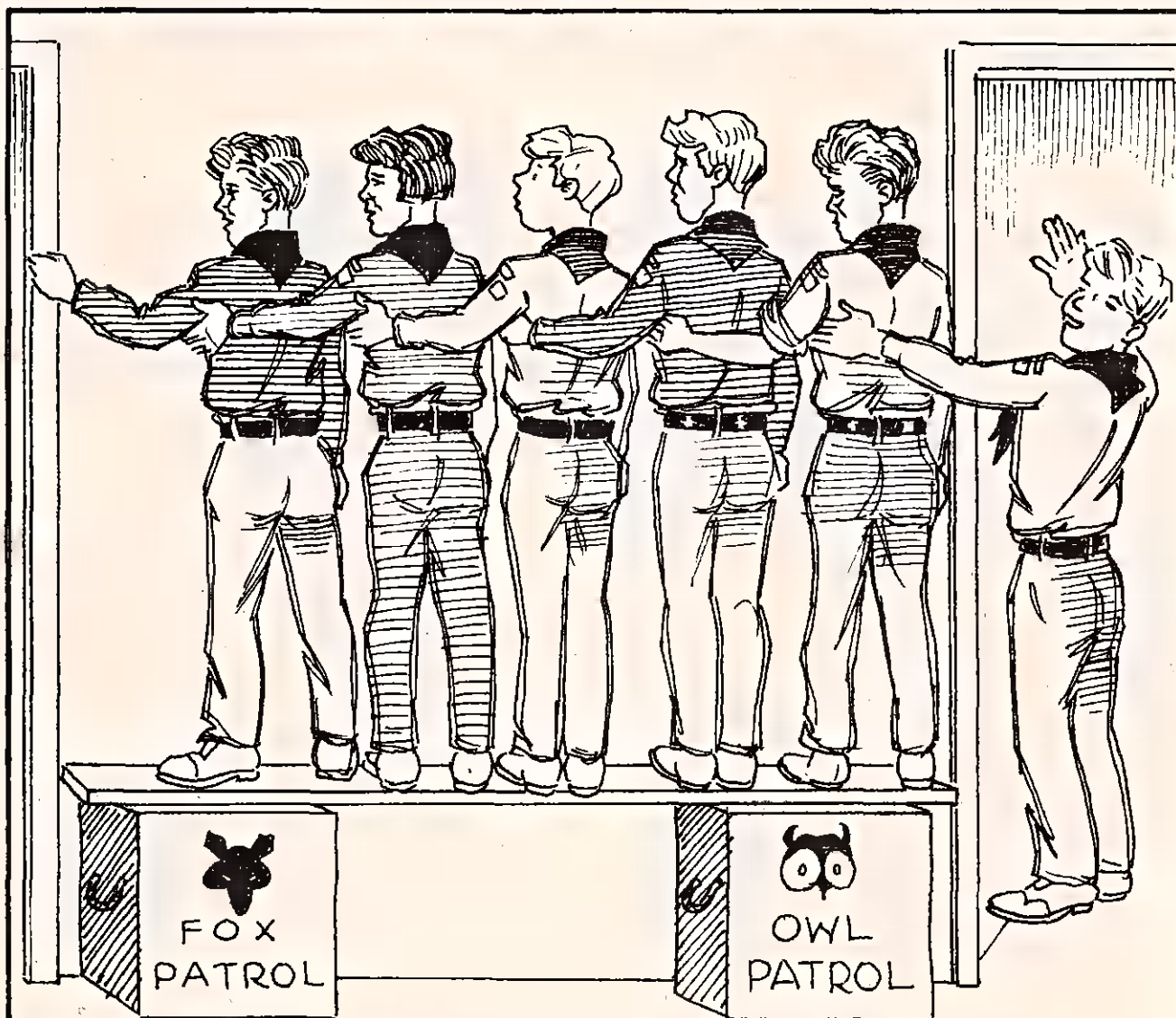
Small Group Activities

1. Scouts in pairs. For each pair a hank of twine 10 metres in length and a roll of sticky tape. (On a wood floor, drawing pins — thumb tacks to you, mate — can be used in place of tape.) The task: To lay out on the deck the profile of a given constellation, the position of the stars being indicated with tape or drawing pins and the twine stretched tightly between them. The proportions of the constellation must be reasonably accurate. Every

last mm. of twine must be used. No cutting or doubling will be allowed.

2. Scouts in threes. For each team two garden canes, a hank of light twine and sticky tape or drawing pins as before. The task: To erect the outline of a small hike tent in competition with other teams.

3. Scouts in threes. The story is that one of their number is unable to walk. All they have to do is to improvise a conveyance of some sort which will enable them to



THE STORY: The Foxes are trapped in a burning building. Their only means of escape is along the narrow ledge on the outside wall. The risk of falling backwards is extreme, but (as you see) their ever resourceful Patrol Leader has thought of a way of minimizing the danger by giving his men moral — and physical — support.

THE ACTION: Re-create the situation in the Troop Room and carry out a feasibility study to prove (or disprove) the P.L.'s theory — bearing in mind that all hands must be brought in safely along that narrow ledge... including the anchor man.

transport him in reasonable comfort across the floor of the troop room without damage to the beautifully polished floor. Have available plenty of light cordage, plastic or hessian sacks and a selection of light spars.

4. Scouts, roped together in threes, attempt to traverse a series of off-the-ground "pitches". The only rule: At any moment, two men must be stationary while the third moves.

5. Scouts in threes. The Task: To camouflage one of their number so that he cannot be detected at a distance of 50 metres with no cover in front.

Troop Night Diversions

- With chalk lines (or by any other means) mark out a no-man's-land across the floor of the troop room, with a narrow strip of "safe" ground on each side. Patrols on safe ground at one side, with access to the quartermaster's store and the Great Outdoors. On the other side, opposite each patrol, a pile of booty, which might comprise such desirable objects as coins of the realm, bars of delicious nut-and-raisin chocolate, bags of chips, bottles of pop or what-have-you. The task: to recover as much of the booty as possible without entering no-man's-land. Patrols improvise their own tackle from anything they can scrounge and are allowed to keep or otherwise dispose of everything they win.

- Each patrol compiles a 24-article "Kim's Game" in its own corner. Patrols do a tour of inspection, spending (say) one minute at each corner, then retire to their own base. Barricades are built round the articles and each patrol in turn demands a (named) article from each of the others. If correct, articles are surrendered. If incorrect, challengers are themselves challenged which in effect would give the other patrol an extra turn. Patrols with most articles in their corner at the end of the game are the winners.

- It is now a matter of history that at the "Royal Command Children's Party" in Hyde Park in this Year of the Child, a record-breaking sausage, two miles in length as the crow flies, was successfully cooked on a fire of charcoal.

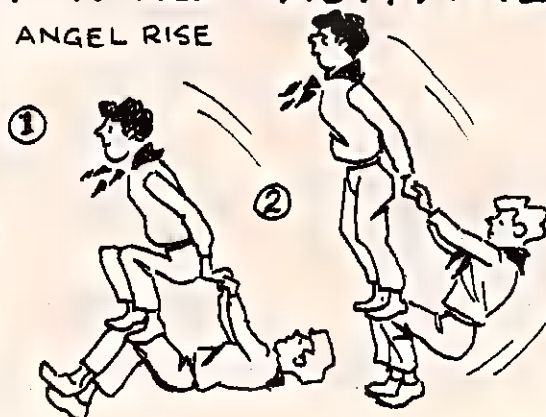
Inspired by this great achievement — although I still maintain that some of us who could not be there in person were entitled to receive a small piece of sausage in a wedding cake box after the event — inspired, I repeat by this g.a. it has just occurred to me that the making of charcoal in lab. conditions in the troop room would make an excellent diversion for a wet night in winter. Patrol leaders should be told in advance to bring with them a large baby-food tin (or equal) and a handful of hardwood twigs about the size of a pencil. Cover the bottom of the tin with a fairly thick layer of fine, dry sand. On top place a few twigs. Cover with another layer of sand and repeat the process until the tin is full, with a final layer of sand on top. Pierce a small hole in the lid. Place the tin over a pressure stove and leave for about an hour.

- Call up the patrol leaders and address them thus: "Gentlemen, I read in a magazine the other day that it is quite possible to put a tight bowline round an inanimate object from a distance of 8.5 metres by remote control. The method is to loop the rope round the distant object and then send up a travelling lever hitch, retaining both ends of the rope. I am told that if you keep the strain on one end and give the other a series of sharp tugs or jerks to break the lever hitch, it will change itself miraculously into a bowline. Go and find out if this is true — but on no account must you do any of the executive work yourself. Pass on the instruction to your a.p.l. then stand back and let him get on with it".

Thought for the Month: The trouble with the game of British Bulldog is that there are no rules, so that it becomes impossible to break any. This reduces its character training value. Hence its universal popularity with boys, who have no wish to have their characters trained, least of all by adults.

PARTNER ACTIVITIES

ANGEL RISE

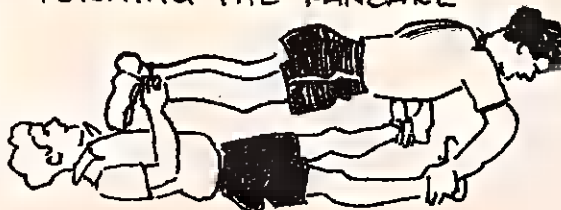


① One player lies on the deck with knees raised. Partner stands on knees. ② Both throw weight forward and try to maintain balance.

SPINNING THE TOP



TURNING THE PANCAKE



Partners lie one atop the other and grip ankles. Stretching arms, lower man lifts upper. He is then lowered and the pair roll over, locked together and repeat the performance.

A Challenge For '81



by Bob Milks

Lieutenant-General A. Chester Hull, (Ret.), C.M.M., D.F.C., C.D., National Commissioner of Boy Scouts of Canada, has been appointed Camp Chief for the 5th Canadian Jamboree by the National Council. General Hull has called for 20,000 Scouts, Venturers and Scouters to join him at CJ'81 which will be held in Kananaskis Country, Alberta from July 1 to 10, 1981.

The Jamboree site is in the foothills of the Rockies — about 80 km west of Calgary. It is readily accessible in that it is just off the Trans-Canada Highway. For those who would like to locate the jamboree site on a map, it is immediately adjacent to the Bow Valley Provincial Park.

It is a beautiful location for a Jamboree — the campsite is surrounded on three sides by mountains. The open side, to the east, faces Calgary. The Kananaskis River, a fast-flowing, glacier-fed stream, is adjacent to the Jamboree site. Upstream, a nice hike away, is Barrier Lake.

Park people tell us that the Jamboree site is where two glaciers met and that the soil on the site was deposited when the glaciers receded. The result is that the soil has a lot of cobbly gravel. This means that we will be checking out types of tent pegs to determine which would be best for lightweight tents. (It is expected that lightweight camping and cooking gear will be used.)

Because of our concern for the environment, we have checked the site with experts. It is a dry area — with a brittle vegetation. We will be developing information for participants on how to protect this vegetation during the Jamboree.

The Jamboree is being planned and will be operated on the basis of Jamboree units of 5-9 Scouts or Venturers with their Scouter. As in CJ'77, there will be separate sub-camps and programs for Scouts and Venturers.

Committees are already meeting to develop programs for CJ'81. They have toured the site and are now designing programs and activities that will be suitable to the area and will be a challenge to those involved. More details will be published later in **The Leader**.

One program activity that is now known is a visit to the world famous Calgary Stampede. In fact, with the Stampede being held from July 3 to 12, it is expected that there will be a representative group of Scouts and Venturers in the Stampede Parade on July 3. So — the Stampede can expect a visit from some 20,000 Scouts, Venturers and Scouters.

On the other hand, hundreds of thousands of people visit the Calgary Stampede each year. This means that, with CJ'81 just over an hour's drive away, we can expect to see many of these visitors at the Jamboree.

There has been close co-operation with the Government of Alberta from the time that they invited Scouting to hold CJ'81 in that province. As an example, Alberta Parks personnel showed the CJ'81 Planning Committee around the Jamboree site during a recent meeting in Calgary.

Yes — the Jamboree Committee has started its planning. Watch **The Leader** for future articles on CJ'81.

START YOUR PLANNING NOW!

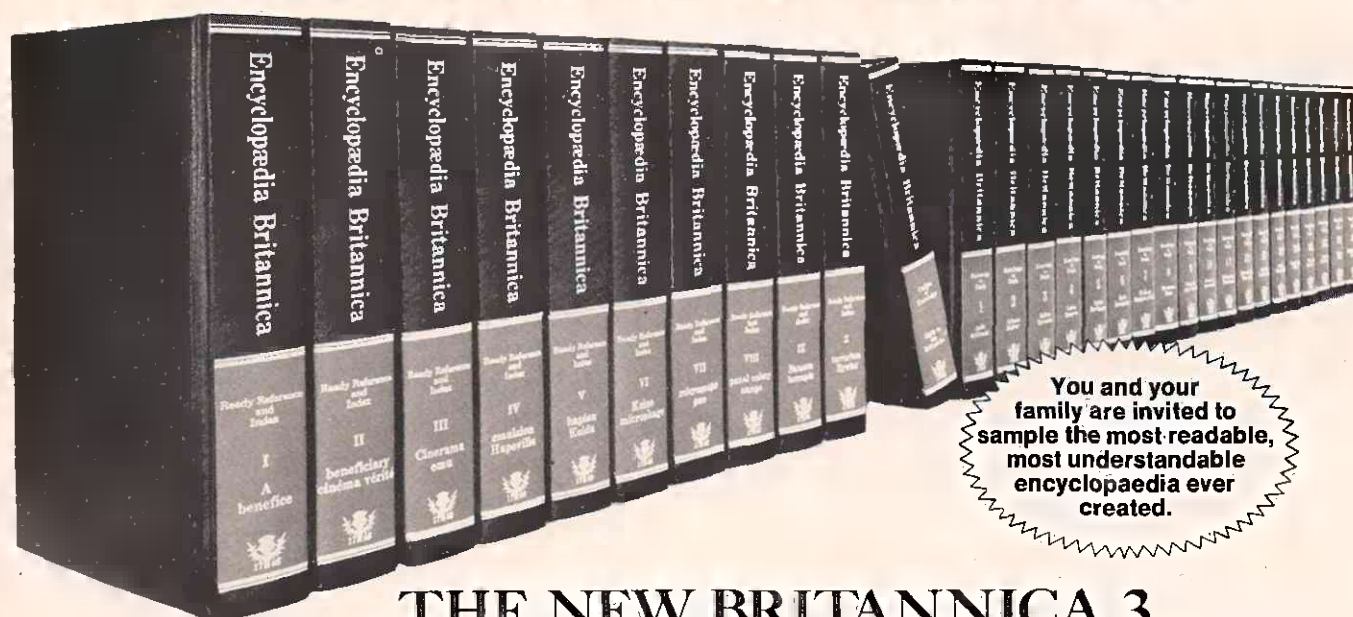
Not only the Jamboree Committee needs to start planning early. Scout Troops and Venturer Companies should start their planning as soon as possible. In fact, we have heard about some groups who have already decided that they will be attending CJ'81 and who have planned fund raising projects to help them defray the costs of the trip.

The January issue of **The Leader** will feature a CJ'81 poster. Extra copies will be available through Scout offices. Use this poster to start promoting participation in CJ'81 in your troop or company.

CJ'81 LOGO

The jamboree logo features the prairies, foothills and mountains from Alberta's coat-of-arms. This stylized version has CJ'81 imprinted on the foothills to indicate where the camp will be located. The Scout and Venturer symbols indicate that there will be two distinct Jamborees on one site. The colours are blue, green and gold — the colours associated with Scouts and Venturers.

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PATROL CORNER

by Phil Newsome

The following material was taken from the Feb., 1966 edition of "The Scout Leader". The ideas provide three simple electrical projects that can be completed by any

aged patrol and may twig the interest of the patrol to explore this fascinating electronics world a little deeper.

LEMON BATTERY

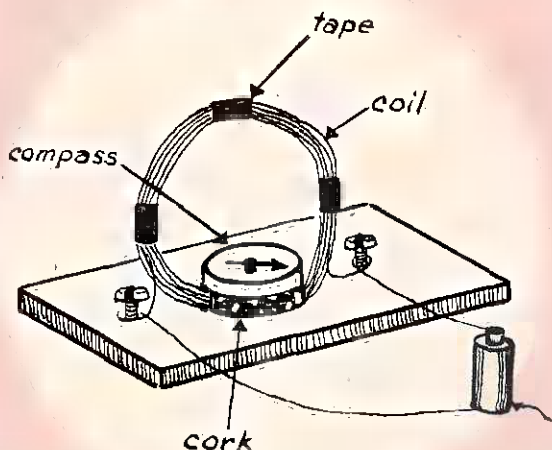


Make an electric battery from a lemon. Get two strips of metal (3" x 3/4") — one copper and one zinc. Copper is easy to find. Get zinc from can of a used dry cell battery. Roll lemon on table to break up inside tissue.

Clean metal strips and push into lemon about 1/4" apart. Make sure they do not touch. Connect to galvanometer and observe compass needle.

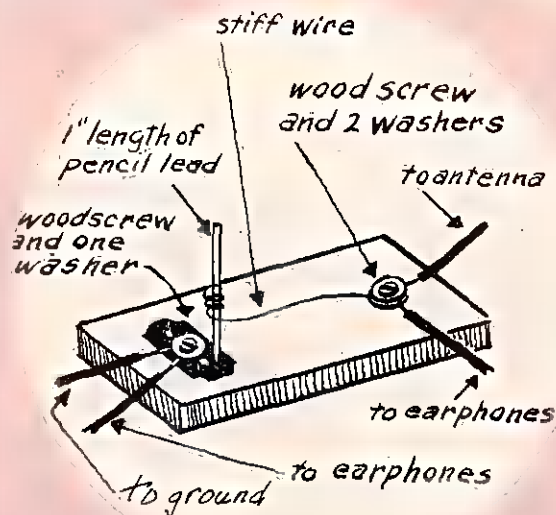
SIMPLE GALVANOMETER

Wind 50-60 turns of covered bell wire around a glass to make a coil big enough so that a compass can fit inside. Leave eight inch lengths at each end of coil to serve as connectors. Slip coil from glass and tape so it will not unravel.

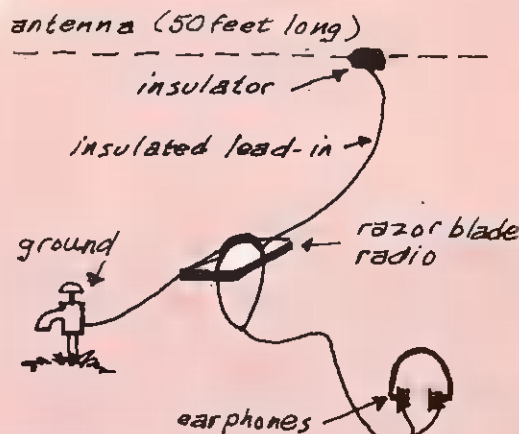


Mount coil upright on a board. Cut a slot in a cork and place over coil. Glue in place. Set compass on cork. Turn coil to line up exactly with compass needle. Touch connectors to battery. What happens? Why? You now have an instrument to show electric current.

RAZOR BLADE-RADIO



Move pencil lead, which should be tight against razor blade, around on blade to find a sensitive part. It may be necessary to scrape a little blueing off blade.



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	MIXED NUTS - 7 OZ BOX	2 DOZEN	1.50	10.80	7.20	
CANDLES	CHRISTMAS TREASURES 6" Wax Candles	5 DOZEN	3.00	24.00	12.00	
	LITTLE DARLINGS Candles in Glass	4 DOZEN	4.00 3.00	32.00 24.00	16.00 12.00	

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- 3- Fast 2 week delivery.
- 4- Minimum order: Personalized chocolate • 96 dozen
Candles, nuts, general label bars • 48 dozen

Please include your name, address, phone number, area code, organization, date of drive, signature, name of group and message to appear on chocolate orders of 96 dozen or more.

CAMPOREE IN THE SNOW

by Don Swanson

Want to involve your boys with another group? Looking for action, fun and a chance to learn and utilize new skills? Trying to find "adventure in the mud puddle," as B.-P. stated? Looking for a way to keep your gang outdoors now summer's over? I'd like to suggest that all of these questions and many more can be answered in two words — winter camporee.

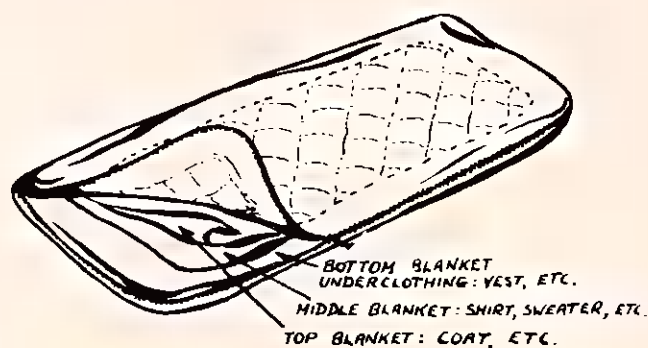
Obviously, temperature is a key consideration. Research in the Arctic indicates that, as the temperature drops, the body uses increasing amounts of energy just to keep warm. Temperatures above freezing create the problem of keeping gear and clothing dry. As a rule of thumb, ten to twenty degrees Fahrenheit seems to be a nice range. (Don't overlook the wind chill factor.)

Two sleeping bags and a blanket will usually provide a warm bed. Make sure there is sufficient insulation between you and the ground. An air mattress is not a good choice but foam mattresses are very effective. A waterproof ground sheet with several layers of newspaper can also be used. Do not, under any circumstances, wrap yourself in plastic. The body gives off approximately two pints of water during the night and this moisture will condense on the plastic. Result: a wet sleeping bag and a cold night.

TO READ THE WIND-CHILL TABLE: Locate wind speed in left-hand column and read right to column for thermometer reading or forecast temperature -- number will indicate effective equivalent temperature.

WIND CHILL ON DRY BARE SKIN (Read as equivalent temperature at 8 mph.)

Estimated Wind Speed in mph)	Actual Thermometer Reading (°F.)										
	50	40	30	20	10	0	-10	-20	-30	-40	
	EQUIVALENT TEMPERATURE (°F.)										
calm	50	40	30	20	10	0	-10	-20	-30	-40	
5	48	37	27	16	6	-5	-15	-26	-36	-47	
10	40	28	16	4	-9	-21	-33	-46	-58	-70	
15	36	22	9	-5	-18	-32	-45	-58	-72	-85	
20	32	18	4	-10	-25	-39	-53	-67	-82	-96	
25	30	16	0	-15	-29	-44	-59	-74	-88	-104	
30	28	13	-2	-18	-33	-48	-63	-79	-94	-109	
35	27	11	-4	-20	-35	-51	-67	-82	-98	-113	
40	26	10	-6	-21	-37	-53	-69	-85	-100	-116	
Wind speeds greater than 40 mph have no additional effect.)											
	Little Danger (to properly clad person)				Increasing Danger				Great Danger		
	Danger of Freezing Exposed Flesh										



Clothing should be warm, windproof and, while not necessary, water repellent. For those who don't own special winter camping footwear, over-shoes — the kind that buckle or zipper — can serve just as effectively. Two pairs of heavy wool socks and a felt sole keep feet snug and warm. The winter activities section of the *Canadian Scout Handbook* can assist in this whole area, (available through your Scout supply dealer or Supply Services, National Headquarters).

Now let's look at activities. A winter camporee is a time for fast, vigorous pursuits.

Snowshoes, toboggans, skis, skating and even snowball fights can and should play a part in a winter camporee.

Concern regarding the need for special equipment or personal gear can create some real blocks to conducting a winter camporee. Because of this, let's take a quick look at this area.

And although the snow may not be settling yet down your way, it is never too soon to start checking equipment and being prepared for all the fun to follow.

Capture the Flag (with a winter twist)

Allow each patrol or company one hour to build a snow fort. Mount a pennant on each fort. At the end of the hour, each team will attack the opposing fort or forts and endeavour to capture the flag. At the same time, they must protect their own fort and flag. If there are more than two teams involved, the first team to lose its flag must join the team which has captured its flag and assist in the attack on the other forts.

Race for the North Pole

Each team is provided with a map showing the location of the north pole (how about a barber pole as a marker?) and a toboggan. Teams must race to the pole and back. One member of the team must be on the toboggan at all times. Fastest team wins. The map and the route to the pole can be as simple or as complicated as you wish to make them. Keep in mind, to be fun, the boys must find the north pole.

Reflector Fires

Have the boys build reflector fires using aluminum foil and award points for the most efficient fire. Fires must be restricted as to size. Use a thermometer and rate temperature at various distances from the fire.

Courier du Bois Race

The *courier du bois* were hardy men who sometimes carried packs ranging up to three or four hundred pounds. Their day was long — 12 to 14 hours — and their food minimal.

To stage this event, the following items are required:

- A supply of sand or similar weighty material;
- A scale and scoop or shovel;
- A number of large paper bags to put the sand in;
- A method of checking or determining each participant's weight;
- A pack for each participant;
- A pair of snowshoes for each participant;
- A small jam-can bucket for each participant;
- One tea bag and three lumps of sugar for each participant;
- A well-marked route over a course one mile in length. Ensure that the mile point is well marked;
- Score cards for each participant.

Participants are weighed at the beginning of the course. The weight of the pack each will carry shall be no more than 20% or 1/5 of their body weight.

Sufficient sand is placed in a paper bag to equal one half of intended pack weight. The boy's weight, starting pack load and the judge's signature are entered on the score card.

Participants are then provided with the jam-can bucket, one tea bag and the sugar. These items are placed in their pack.

The start of the race can be done on an individual basis, with each participant starting down the trail as soon as he is ready. If this method is used, be sure to mark the starting time on the individual's score card.

Upon arrival at the one-mile marker, participants will build a small fire and prepare a cup of tea.

After preparing and consuming his hot beverage, the participant will report to the judge. The judge will mark the time on the score card carried by the individual.

The judge will then note the pack weight and add sufficient sand to bring the pack weight up to the full 20% of the individual's body weight.

The participant will report to the starter judge and begin the journey back to the starting point. Upon arrival, the time is noted on his card and the card is given to the score keeper.

The team or individual with the best time wins.

SAMPLE SCORE CARD

Boy Scouts of Canada			
Any Place District/Region			
Courier du Bois Race			
NAME			
TROOP			
INDIVIDUAL'S WEIGHT			
COMPUTED PACK WEIGHT			
OFFICIAL'S SIGNATURE			
	Detail	Individual's	Official's Signature
OUT TRIP	Pack weight
	Time out
RETURN TRIP	Time in (After preparation of beverage)
	Return Weight of Pack
	Time out
END	Final Time In

A number of people are required as officials. The actual number will vary according to the number of boys participating. Better too many officials than too few with the resultant slow-up of the event.

Tasks to be performed which will require people:

- 1) Chief Factor: responsible for the operation of the Courier du Bois Race. In the event of a dispute, his decision is final.
- 2) Pack checkers: weigh individuals, compute pack weights and enter on score cards.
- 3) Supply Clerk: places correct amount of sand in pack and provides beverage materials. Supply clerks are required at the starting point and at the mile marker.
- 4) Post Guard: starting judges and score keepers. This position is required at both the start and the mile marker.
- 5) Route Observers: primarily to assist any participants who encounter trouble they can't cope with.

Just a few final comments before we launch our camporee. Allow for several "beverage" breaks during the course of the day. Hot broth, either chicken or beef, provides nourishment and heat. It also replaces body fluids lost through perspiration. Try to avoid over-heating as chilling is usually the result. Meal should be high on proteins and fats.

Winter's just around the corner, the fellows are champing at the bit and high adventure beckons. See you at the camporee in the snow?

EDITOR'S NOTEBOOK



by Bob Dutcher

From the World Scouting **NEWS-LETTER** we have learned of a contest open to every member of the World Scout Brotherhood; "from Cubs to former Scouts, Chief Scouts or world Scout leaders". (Presumably Canadian Beavers would be included.) Since World Scouting is observing 1982 as the 75th anniversary of Scouting and the 125th anniversary of B.-P.'s birth, they are looking for a theme for this year, which will enhance our worldwide image and raise funds for international, national and local Scouting. The theme may be a sentence or only one word. The winner will receive a free round-trip ticket with all expenses paid for the next World Jamboree or, if he prefers, to visit the World Scout Bureau. An example of such a theme suggested by Dr. Laszlo Nagy, the Secretary-General of the Bureau, is "The world's biggest family". You might want to suggest to your boys that they enter this contest and you might consider sending an entry yourself.

Entries must be mailed in time to reach the World Bureau by March 31, 1980. Send them to:

**World Scout Bureau,
Public Relations Service,
Case Postale 78,
1211 Geneva 4,
Switzerland.**

National Headquarters received a letter from **Health & Welfare Canada** recently that has information applicable to Cub leaders. On page 210

of *The Cub Leaders' Handbook* is a suggestion that leaders can write to the National Division of Health & Welfare to obtain menus which are made up for camping. The chief of that office informs us that this information is no longer available and requests that we ask leaders not to write to her office until they are able to announce that a revision of this material has taken place.

Many leaders in Scouting may have taken first aid courses either through their work or through their connections in Scouting.

Some may even be familiar with a relatively new course designed to teach trainees how to keep a victim alive in the event of a heart failure.

The accompanying photograph shows **Richmond, B.C. Scouters Bill Moffat, Margaret Robins and Gordon Robins** receiving training in these techniques from **Instructor Terry Dobson**. For the first aiders in your group, this type of instruction might be worth exploring. The courses are not usually long and they provide truly worthwhile life-saving skills. The Richmond, B.C. course was a 3-hour program known as **HELP — Heart Emergency Lifesaver Program** and was offered by the Richmond General Hospital. I am aware of a similar course here in Ottawa known as **C.P.R. — Cardio-Pulmonary Resuscitation**, offered by the local community college, which lasts 14 hours and is given either in two days or a series of evenings. You might enquire at your local hospital or college to see if such courses are given in your community.

At last the World Scout **NEWS-LETTER** shares with us some encouraging news from Iran.

"In spite of the fact that some of the top leaders have had difficulties, Scouting seems to be continuing without setback in Iran. The Ayatollah Khomeiny has just addressed the Scouts of Qum — exhorting them to do their duty to God and the country. Two years of toil to create a spectacular World Jamboree site out of a desert will not be wasted. The several million dollars and thousands of hours of volunteer labour have produced water, electricity, trees, gardens and roads, which are benefitting the country. A Jamboree will probably be scheduled there when stability returns, although the World Conference resolved to arrange with Iranian Scouting to postpone the 1983 invitation."

Scouter Richard Snyder recently wrote to **The Leader** describing how the **41st Edmonton Pack** was engaged in the building and launching of model rockets. Richard writes that it is difficult to capture the actual launching in a still photograph but he was able to share with us several photos showing the rockets themselves and the equipment required for launching them. The launch took place on Jackfish Lake, Alberta, in March of this year. About 15 Cubs and one Scout, plus leaders and interested parents, were present. Approximately 60 launches took place. Each rocket reached a height of 300-500 feet before a streamer was deployed and the rocket returned to earth.



Photo Courtesy — Richmond Review



Last month in the *Notebook* I announced that at the **27th World Scout Conference**, Reg Groome was elected to the World Committee. Now that more detailed reports of the Conference are being circulated, I thought I should share with you the major resolutions of this event.

1. The Conference urged the World Committee to formulate a policy in collaboration with the World Organization of Girl Guides and Girl Scouts to permit all members of joint or merged Scout Associations to participate in international events hosted by any Member Scout Organization.
2. In honour of the 75th Anniversary of the Scout Movement and the 125th birthday of Baden-Powell, the Conference declared 1982 "The Year of Scouting" and asked the World Committee and the World Bureau to encourage celebrations at world and regional levels.
3. The Conference resolved that all Member Organizations urge their postal authorities to issue national postage stamps for the benefit of Scouting in 1982.

In a letter sent to **The Leader** by **Deputy Regional Commissioner Donald Boyd** of the **Greater Toronto Region**, we have learned of an event that was both a public relations exercise and an unplanned fund raising venture. On July 1, as part of the Scarborough Canada Day celebrations, the Venturers of the East Sub Region put on a pancake brunch in

the Ab Campbell Square which is part of the Civic Centre. A local restaurant supplied all the ingredients and a gas company loaned the portable gas grills. There was a steady line-up of the public from the time the first pancake was turned until the grills were shut off. The event started off as a free affair, as part of the Canada Day celebrations but in the end, due to the unsolicited generosity of the public, the Canadian Save the Children Fund benefitted to the amount of \$113. As the people lined up, one of the Venturers pinned a Canadian flag on everyone and passed out recruiting cards which read "Scouting is fun — join us". The event was so well received that the Canada Committee want the Venturers to do it again. Donald concludes by stating "The people of Scarborough knew Scouting was alive and well".

The Leader has received a few letters recently suggesting that what the magazine really needs is a letters page. In fact one writer went so far as to suggest that we were doing our readers a great disservice by not having one. On exploring this matter with my predecessor, I discovered that the last time such a page was introduced, it struggled along briefly, then died from lack of input from the readership. I discovered also, that when the last readership survey was conducted, "Letters to the Editor" was not one of the higher priority

items that readers wanted to see more of. Nevertheless, a letters page seems to be a frequent, if not standard, feature of many magazines — Scouting publications included. For this reason I have chosen to raise the question again here in my *Editor's Notebook*.

Would a letters page be a useful addition to **The Leader**? Would this be a welcome vehicle for readers to take issue with what appears in our pages? Would it provide an opportunity for Scouters to air some of their personal concerns or a means for them to seek clarification of Scouting matters? Send your opinions to the editor. If you have any concerns or questions to air, let us have them. If sufficient interest is shown we will consider the re-introduction of such a page.

If not, then we will continue to use the *Editor's Notebook* to deal with some of our readers' letters, particularly those of an informative nature. Others, especially those relating to a specific program, may be dealt with in our program columns.

We thank **Bill Ironside** of *The London Free Press* for the accompanying photo of the Beavers, Cubs and Scouts of the 11th troop in the London, Ontario, area. This group raised about \$500 for camping equipment by collecting and cashing in about 2,000 bottles.





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(Include area code)

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Province _____

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(Adult official or sponsor in charge)

Title _____

Age _____

(If under 21)

Address _____

Telephone (_____) _____

(Include area code)

City _____

Province _____

Postal Code _____

Signature _____

(Adult official or sponsor in charge)

Date Sale is Scheduled to Start _____

TERMS: 30 days from receipt of merchandise, or your scheduled sales date, whichever is later. All orders subject to approval. Prices subject to change after May 30, 1980.



by Bob Butcher

In the January 1979 issue of **The Leader** we introduced our readers to **PROJECT '79 — A Cub Conservation Activity**. In my May Paksak column I shared with you some of the projects sent in by pack leaders and Cubs. As we begin to draw near the end of 1979 I want to share some more submissions with you and to remind you how to participate if you have not already done so. We will continue to make the award pennants and the individual certificates available as long as leaders and Cubs send in entries.

Cub Leader May Braden of Portage la Prairie, Man., describes how her pack was visited by Dr. Jones of the Delta Waterfowl Research Station. He showed slides and spoke of endangered species of birds and some of the things they are doing to increase the population. Then, using plans supplied by Dr. Jones, the Cubs built bird houses which they put up on fence-posts in the area of their Scout grounds. The Cubs were keeping them under observation and keeping records of their "tenants". An annual clean out of the houses is planned as a late fall activity!

Cub Leader Bill Douglas of Stratford, Ont., describes his pack's litter campaign devised to show the public how much garbage is thrown on the floor at a local shopping mall even though lots of containers are available. Cubs picked up the litter on three different evenings and

displayed it on a table with signs telling the public when it was gathered and suggesting they use the containers provided. It was picked up on a Wednesday, Thursday and Friday evening and, surprisingly, the pile on Friday seemed smaller than Wednesday's and Thursday's, even though there were more people. Bill felt that they had got the message across to a few people.

PROJECT '79 — HOW TO JOIN IN

1. PROJECT '79 is open to individual Cubs and to packs.
2. We want to know ideas on ways in which Cubs can *personally contribute* to Conservation.
3. There are two categories:
 - Things that Cubs could do (or have done) as individuals to promote Conservation.
 - Things that packs could do (or have done) as a group to promote Conservation.
4. "Conservation" should be interpreted in the widest sense.
5. Fund raising activities (e.g. bottle drives, paper collections, *Trees for Canada*) are not eligible.
6. Each Cub or pack who submits an idea will receive a certificate.
7. A special award pennant will be presented to packs which actually put their ideas into practice as program items or projects.
8. Send your ideas on a *postcard* (to conserve of course!) to:

PROJECT '79
Program Services
Boy Scouts of Canada
P.O. Box 5151, Station F
Ottawa, Ontario
K2C 3G7

Λ



by Bob Butcher

One of the important things in Scouting that has been around for a long time has been the good turn, which often takes the form of service to the community or a community charity. Beavers too, can learn about and practise community service because this is part of "sharing" and "helping to take care of the world". An example of such sharing was outlined to me in a letter from Beaver Leader June Holmes of La Salle, Quebec. During the past season June's Beavers visited La Salle's new fire station and enjoyed an ex-

tensive tour given by the firemen. While visiting the firefighters' resting quarters, they noticed many of the men busily engaged in counting and rolling coins. Naturally the boys wanted to know what the firemen were doing, and so were told that the La Salle firefighters collect donations to aid the Muscular Dystrophy Association by placing collection boxes around the town.

At the next Beaver meeting, the boys discussed this at great length and asked if they too could help the firemen to aid the association. To show their thanks for the wonderful tour of the new fire station, the boys donated one week of their dues to the Muscular Dystrophy Association.

Bruce Bonikowsky, president of the Bruce North District Council in Port Elgin, Ontario, shared the poem with us which he wrote for his wife who is a Beaver leader. Does any of this sound familiar to some of you?

Ode to a Reluctant Beaver Leader

*She says "No way am I coming back,
 This year I'm going to sidetrack.
 I'm quitting and I shall be stern,
 After six years, I've done my turn".*

*When August nights turn bright and clear,
 She thinks "Who'll look after Beavers
 this year?
 I hear there is servicing to do;
 If I don't do it — then who?"*

*The phone rings ominously on the wall.
 "Hi, I'm the D.C. — just thought I'd call.
 Gee, we've got lots of important work to do,
 Sure glad we have someone as skilled as you."*

*A silent pause greets the D.C.'s ear.
 Then — "Okay, for just one more year."*

Λ

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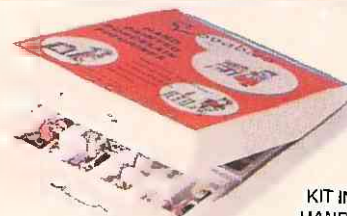
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SCOUTER'S 5 MINUTES & GAMES



Here is an extract from B.-P.'s own scrapbook of his 1910 visit to Canada.

"... The encouragement of thrift is another prominent and excellent feature of the Boy Scout programme — to put it in the words of General Baden-Powell, 'Less wasters will reach manhood'.

"Now in these days we are giving great attention to the conservation of natural resources. Our ablest and most public-spirited men are addressing themselves to this necessary and rather difficult work, for in a country so prodigal of natural wealth as is our own the temptation to waste is almost overpowering.

"Once let the idea of thrift take firm root in the individual of the up-growing generation, and conservation of resources will follow almost as a matter of course ..."

— from *The Canadian Military Gazette*,
Ottawa, September 13, 1910.

METHOD

He strove with devotion in his work with youth

To show them joy and beauty and truth.
He toiled and labored, but his work seemed
in vain,
He sensed in his soul there was little to gain.

He wondered why, as he tried to review.
Had his plan been faulty, his bases untrue?
Finally it came like a dawning light,
He then saw clearly his faltering plight.

He'd been trying his best, unwisely no doubt,
To pour goodness in, instead of drawing it
out.

Walter MacPeck.

TURTLE RACE

This game requires muscle and stamina. It is begun by any number of players sitting in a row, each grasping his right ankle with his left hand and his left ankle with his right hand. (If you do not think this is a difficult position to hold, try it.) At a given signal, the players leave their mark and move as fast as possible toward another mark, a short distance away. The boy who crosses the goal line first, without removing his hands from his ankles, wins.

— from Don Dafoe, Sarnia, Ontario.

BADMINTON BASEBALL FOR BEAVERS

To make the bat, bend a wire coat hanger into a circular shape. Stretch a pair of old pantyhose over the hanger and tie a knot to hold in shape. Pad handle with remainder. Instead of a ball, use a birdie. Mark out triangular pitch using two bases and a home plate. Batter stands at home plate, two Beavers at each base. Each boy gets one turn at bat. After 4 outs, change teams. Make sure every boy has a turn before the game ends.

— from Denise Pelletier, B.L., 34th Huron
Division, Hamilton District, Ontario

OBSERVATION GAME

How well do your boys know their surroundings? A number of drawings are made, (or photocopies of pictures from local guide books might be used) of things to be observed in the immediate neighbourhood. Or, if you have a photographer available, get him to take black and white pictures of the locality. The chosen subjects must not be too obvious — views down side alleys, skyline shots, interesting architectural features showing just

To THE CANADIAN LEADER Magazine
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a part of your local church or famous building. Some of the pictures can be of more obvious things such as bus stops, fire hydrants, etc. Send small groups out with a copy of each picture to spot where they are. Set a time limit.

THE GARBAGE GAME

Sixes line up in relay formation at one end of hall. About 30 feet (ten metres) in front of each six place a bag in which there are six pieces of paper, each with name of a type of garbage (oily rag, broken light bulb, cooking grease, etc.) and each set colour coded for appropriate six. Beyond the piles of "garbage" are five paper plates with signs designating them as different types of garbage containers (waste paper basket, plastic garbage bag, ash-tray, etc.). Boys plunge into bag and find themselves faced with problems they have never thought of before. Points are awarded for both speed and accuracy, with five points given for each correct match and a bonus five, three or one for first, second or third. The payoff is that, after this game, the boys are anxious to know if they were right and this can lead to very good discussions, with examples given of dire consequences of incorrect garbage handling. Choose examples of garbage and containers which are familiar to them and of particular safety and social importance. For example, should cooking grease go down the toilet? Or should a broken light bulb go in the waste basket?

— from J. Patrick Wohler, 99th Ottawa B Pack.

THE POPLAR FIELD

by William Cowper (1731-1800)

The poplars are fell'd; farewell to the shade
 And the whispering sound of the cool colonnade;
 The winds play no longer and sing in the leaves,
 Nor Ouse on his bosom their image receives.

Twelve years have elapsed since I first took
 a view
 Of my favourite field, and the bank where
 they grew:
 And now in the grass behold they are laid,
 And the tree is my seat that once lent me a
 shade!

The blackbird has fled to another retreat
 Where the hazels afford him a screen from the heat;
 And the scene where his melody charm'd me
 before
 Resounds with his sweet-flowing ditty no
 more.

My fugitive years are all hasting away,
 And I must ere long lie as lowly as they,
 With a turf on my breast and a stone at my
 head,
 Ere another such grove shall arise in its stead.

The change both my heart and my fancy
 employs;
 I reflect on the frailty of man and his joys;
 Short-lived as we are, yet our pleasures, we
 see,
 Have a still shorter date, and die sooner than
 we.

The Ouse in line four, is a river in England, and this poem was written way back in the eighteenth century, but the sentiments expressed will be shared by all of us who love and care for our environment.

Scouter's Five Minutes — page 458

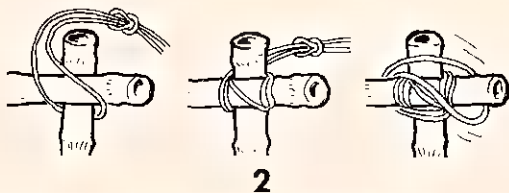
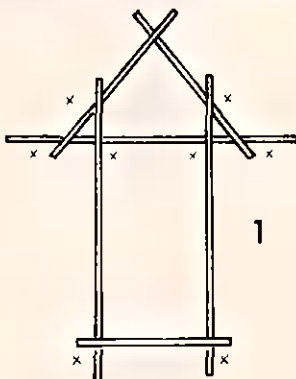
John Sweet's CRAFTS FOR CUBS

A MINI TREK CART

You will need:

- a. six long canes
- b. one short cane
- c. five empty washing-up liquid bottles (plastic)
- d. eight elastic bands
- e. gumstrip
- f. one split cane
- g. one cotton reel
- h. a large cardboard carton

1. Lay out five of your long canes and one short one, as shown.
2. Join your elastic bands together in pairs and lash the canes at the points marked X in diagram 1.

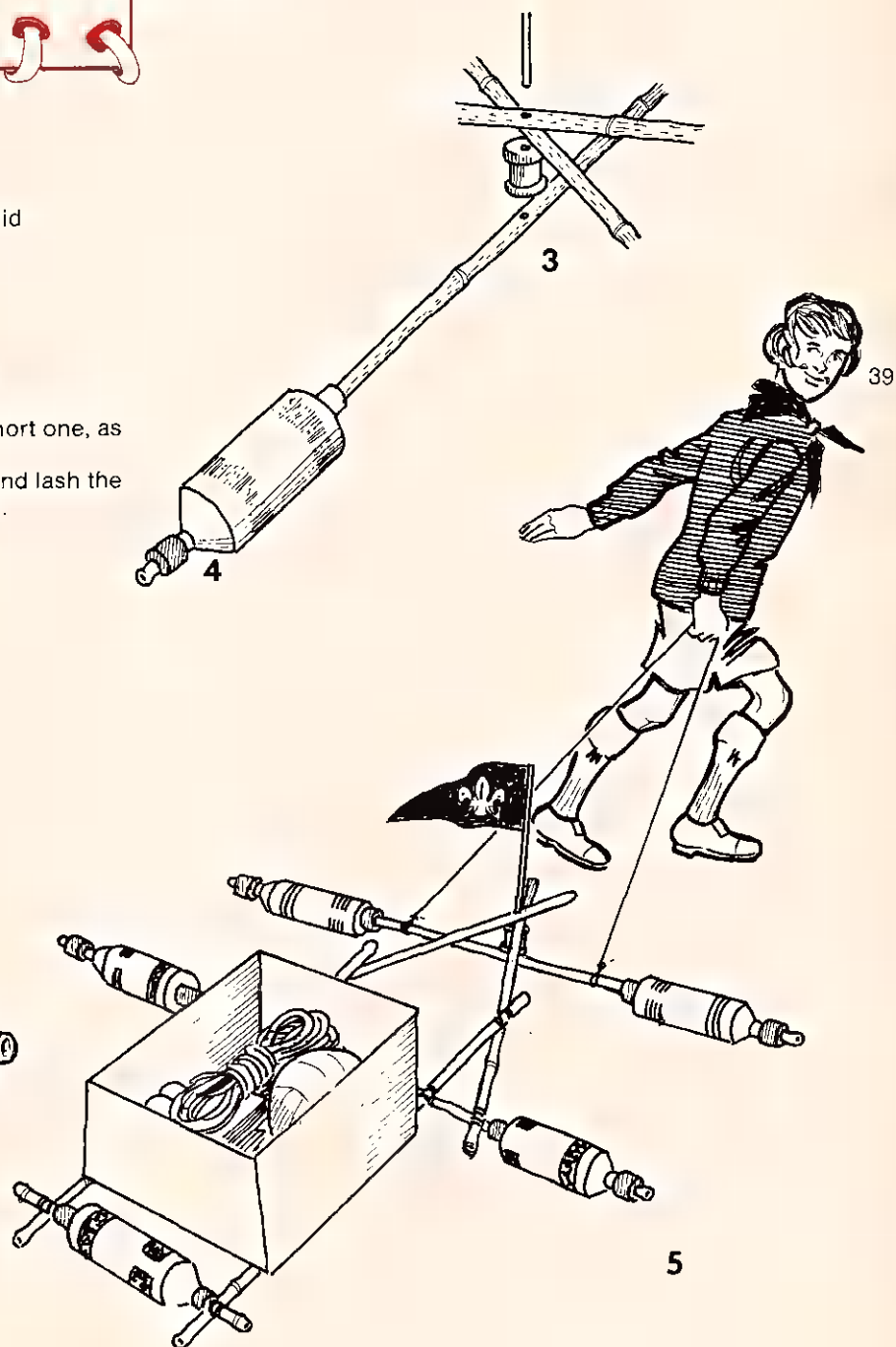


2

SAFETY FIRST!

When using any hot equipment, or matches, make sure there is a grown-up around. Just in case . . .

3. With a red hot steel skewer (a job for the leader), bore holes through the two canes where they cross at the top of diagram 1. Re-heat the skewer and push it down through the holes you have already made, then straight through the hole in the cotton reel below and into the middle of the last of your six long canes.
4. With the hot skewer, make a hole in the bottoms of each of your plastic squeeze bottles, just big enough to take the ends of the canes comfortably. Push the canes right through the plastic bottles and wrap "collars" of gumstrip round the canes at both sides of the bottles to stop the "wheels" from moving on their axles. Make sure, however, that the bottles turn freely.
5. Put a Scout pennant on your split cane and drop it down through the holes you have made in the canes, with the cotton reel in between. This will enable you to steer the "trek cart" round even the sharpest corners.
6. Finally, put your large cardboard carton on to the frame of the trek cart and use it to carry your Six gear around.



5

GIFTS

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