

the

VOLUME 24, NO. 10

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SLEEPING BAGS • WATER GAMES • BOAT SAFETY

Thanks for a Great Year!

by Garth Johnson

The end of another volume year gives us an opportunity to look back on an exciting year of **Leader** magazines, while we also think ahead to the fall.

This past year in particular gives us a chance to say special thanks to the hundreds of Scouters who contributed by sending terrific material, photos, crafts, games and songs for use on our pages. **The Leader's** third ever photo contest made it easy for some; over 200 readers took their best shot at some great prizes from Supply Services. More than 120 readers re-

sponded to our T-shirt offer (January issue) by sending us their most successful program ideas. We ended up with bags of excellent material. Watch our pages!

We heard about a Teddy Bear sleepover from Marie Brookings, Melitta Foote and Cindy Cooper of 1st Old Perlican Beaver Colony, Nfld. (April '94 issue); a Boatwise Camp came from Mary MacMillan in Dartmouth, N.S.; a great wolf theme month arrived from Jennifer Code, Strathroy, Ont. (One wolf licked the face of a Cub!); Bubblemania

(May '94 issue) was submitted by Marilyn Moore, 1st Eastport Cubs, Nfld; Hazel Hallgren of Red Deer, Alta., sent a pet show theme night idea.

Most of your submissions also contained some kind words about **the Leader** and its usefulness to you. We thought the best way to say thanks for a great year is to share your words and praise on our letters page this month. *Take a bow*; it's *your* material that makes it happen.

Keep sending your great ideas.
Have a great summer!

FAREWELL MAPLE LEAF REGION

from Herb Pitts

In September 1993, I enjoyed the pleasure and privilege of helping to launch Maple Leaf Region's last year of Scouting. While youth and adults exhibited energy, enthusiasm and anticipation at the ceremony, an unmistakable background of nostalgia also existed. Inwardly, many people reflected on Scouting's past forty years accomplishments.

From the early 1950's to the 1990's Scouting enjoyed a prominent place in Canadian communities near our Armed Forces Bases in France and Germany (and a few smaller European detachments). Many families regarded Scouting as a terrific way to keep in touch with their roots when far from

home. My family did: two of our children started in Cubs while in Germany.

Scouting helped us interact with our German and French host communities. It helped us learn more about Europeans and better appreciate the importance of international Scouting. Also, the Maple Leaf Region's contri-



At the November, 1993 meetings of National Council, MLR Commissioner Gilles Mallet and President Jim Thexton presented Herb Pitts with a plaque commemorating "The End of an Era: Maple Leaf Region".

bution (in the name of Scouts Canada) to the International Scout Centre at Kandersteg, Switzerland, has been as significant as it has been generous. The Canada Room will attest to that!

A travelling set of museum display cases, a generous donation to the Boy Scouts of Canada Trust and permanent fixtures at Kandersteg, Switzerland, will help perpetuate the legacy of Scouting in the Region. Less tangible, but perhaps more significant, will be the very real legacy of youth development, as well as the international understanding and national pride which all past members have brought home to Canada over the past four decades.

To all Scouters who have devoted time, talent and energy to young Canadians in Maple Leaf Region, I say "Thank you and well done." Collectively much was accomplished. While an era is ending, the story is not. The Region's legacy will see to it!

— *Herb Pitts is our National Commissioner.*

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Photo: Garth Johnson

the leader

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June/July 1994

Volume 24, No.10

FEATURES

Auf Wiedersehen! Goodbye to the Maple Leaf Region	4
Pictou District Silver Canoe Course	6
Amory Waterfall Adventure Hike	8
Light Cooking For The Trail	9
'Round The World Beaverree	10
Summer Water Games	11
Book Talk	12
Miscellaneous PR	13
Sleep? It's In The Bag! Turn Your Nighttime Home Into A Snug Castle	14
1st Hong Kong Canadian Scout Group Big Plans For The Far East	18
King's Ankus Orienteering Game: A Cub Adventure!	22
ScoutWorks Update	25
Canada Remembers	31
Summer First Aid	34

REGULARS

Swap Shop Make A Sleeping Bag Liner	16
Fun at the Pond End Of The Year Ideas	20
Outdoors Two New Publications	24
Sharing Take Your Beavers Dragon Hunting!	28
For Volunteers What's In It For Me?	29
Paksak Cub Badges For The Fall	30
Patrol Corner Building Responsibility Through Youth Leadership	32
Network Do Volunteers Need Time Off?	33

ALSO

Editorial Page	2	Supply News	37
Cross-Country Photos	26	Letters	38
Scouter's 5 & Hints	35		



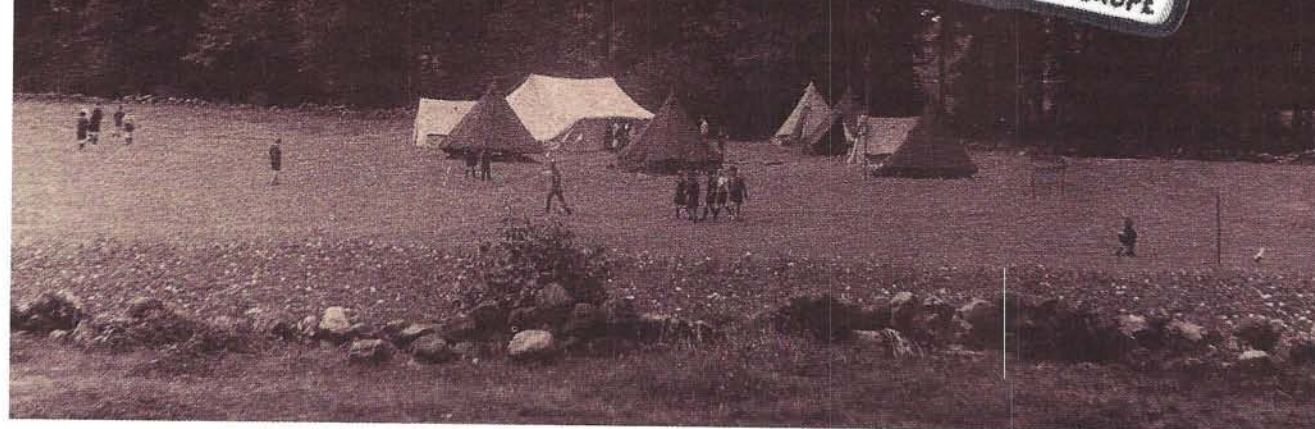
Water: Summer's splash hit!

page 11

Auf Wiedersehen!

Goodbye to the Maple Leaf Region

by Garth Johnson



BELIEVING A PICTURE IS WORTH A THOUSAND WORDS, WE LEAVE OUR FINAL FAREWELL TO THE MAPLE LEAF REGION TO A FEW IMAGES REPRESENTING OVER 40 YEARS OF EXCITING SCOUTING IN EUROPE.

May '94 marked the final Scouting season for remaining Canadian Forces families stationed at CFB Lahr, Germany. (For the complete story: **the Leader**, June/July '93.) Active since the early 1950's, the Region was Canadian Scouting's home away from home for thousands of Forces families stationed in France and Germany. These images are a tribute to the value of service, indi-

vidual respect and community spirit shared by those who ensured the healthy existence of Scouting overseas.

A small Cub pack will continue to operate in Geilenkirchen, Germany under Canadian leadership, but the Region will cease to exist.

Farewell! \



Metz, France. Scout Robert Willie receives his Queen Scout certificate from AVM Larry E. Wray in the historic Chateau de Mercy.



Pink Panther Cubs pose proudly at Camp Langenhard with fishing rods and tackle they made themselves. Photo: *Der Kanadier*, June 1981.



Queen Scout presentation, June 1969.

B.C. SEEDLING, GILWELL PARK

September '93 was the last opportunity members of the MLR had to attend the Gilwell Reunion held at Gilwell Park, England. To commemorate the visit, a small maple tree was planted in an area of the park. The tree was grown in Zeist, Holland from a seedling brought from the Vancouver Coast Region, B.C., ten years ago by



Scouter Gerry Jansen. After planting, Regional Commissioner Gilles Mallet remarked that the tree would be ready for tapping in 20 years. Pancakes and syrup!

Our photo shows several Maple Leaf Region Scouters posing with the sturdy maple. Family members and two Scouts display the Scouts Canada flag.

Photo: Norma Janssen.



Scout Matthew Higel helps out at a Christmas tree sale, December 1986.



◀ *Santa's helpers. Scouts work to repair toys in Baden, 1955. Photo: R.C.A.F. photograph.*



Participants from first Canadian Overseas Woodbadge Course, St. Avoild, France, 1961. Photo: R.C.A.F. photograph.



The remaining leaders of the Maple Leaf Region pose for a photo at Camp Langehard near Lahr, Germany. Farewell!

Pictou District Silver Canoe Course

from Don MacDonald

For the past ten years Pictou District (Nova Scotia) Venturers and Scout leaders have organized a highly successful, four-day weekend canoeing course. Your district may wish to copy our success.

The course teaches flat water canoeing skills to Scout and Venturer youth. Instructors cover all bronze and silver canoeing badge requirements regardless what experience participants have had previously. No one becomes an expert canoeist during the weekend, but it does give students a comfortable "feel" on the water, making them safer and wiser.

Recently instructors (experienced Scout leaders) have added the C.P.R. heartsaver course to the weekend.

Each year we organize our canoeing course over the first weekend of August. This allows the water time to warm up and it ensures the greatest number of student participants. Because often people take holidays during this time, many leaders willingly donate their time.

Several things set our weekend off from others. Because this is a course, staff volunteers provide the Scout and



Photo: Don MacDonald.

Ready to take to the water, Scouts and Venturers of Pictou District learn safe and fun canoe skills.

Venturer students with their meals. However, the youth must keep their cabins (or tents) clean and wash their own dishes.

"Man your paddles!"

Meeting at the camp, the weekend begins on Thursday night. After brief introductions, the Scouts have free time on the water. This lets instructors observe each youth and gain a sense for their strengths and weaknesses. An optional video ("Path of the Paddle") follows mug up.

Day one begins early the next morning — 6:45 a.m.. Youth gather at the waterfront for a one hour paddle *before* breakfast. After breakfast the teaching begins in earnest.

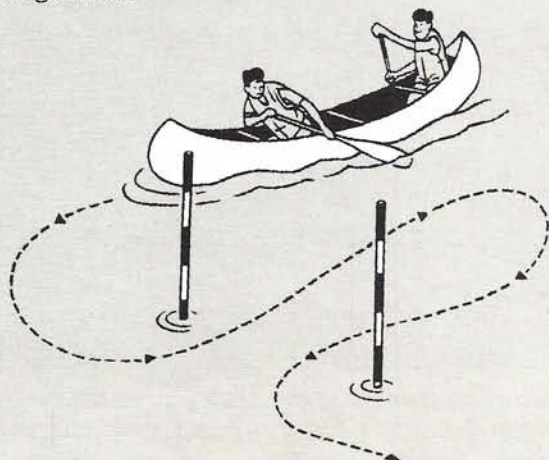
For the next two days the kids learn about parts of a canoe and paddle, lifts and carries, how to get out and into a canoe, balancing, and canoe-over-canoe rescue.

Soon youth are practising the J-stroke, bow power stroke, bow draw, solo sweep, pry, cross bow draw and straight course paddling. When we

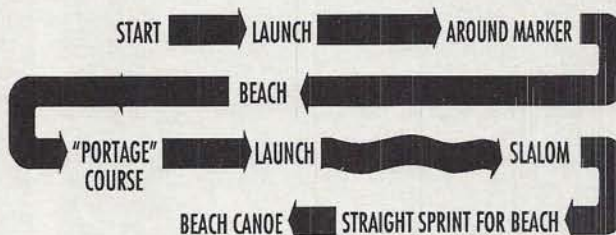
SET UP A CANOE OBSTACLE COURSE

An obstacle course will help both new and experienced canoeists fine-tune their skills.

Set up two sets of markers in the water: one forming a zigzag slalom course, the other consisting of a single float.



Have canoeists start on the beach, launch their craft in the water, paddle to the single marker 100m away, then return to the beach where they "portage" their canoe around a rock or dock, relaunch their canoe and paddle through the slalom course, then sprint back to the beach.



Teach your youth
safe canoeing
practices.



Photo: Allan Dallery.

aren't paddling on the water specially trained C.P.R. instructors teach their course, while other teachers test for swimming requirements (though some Scouts are non-swimmers). Each evening we enjoy a campfire and sometimes a canoeing video.

Sunday is our "prove it" day — a 10km canoe trip to hone techniques and use all newly-learned skills.

When Monday arrives, everyone is bone tired. We sleep in to 7:30 a.m.. After breakfast we practise solo paddling, race through a timed obstacle course, and swim. Awards follow supper and campfire.

Years of experience running this course has taught us several lessons.

- Split up youth into different camping teams so Scouts and Venturers mix and make friends with new people, rather than sticking in old familiar groups.
- All students must provide their own approved personal floatation device, paddle and canoe (one canoe for each two kids).
- Because this course involves quite a few volunteers (cooks, canoe and C.P.R. instructors) organize them early to avoid surprises.

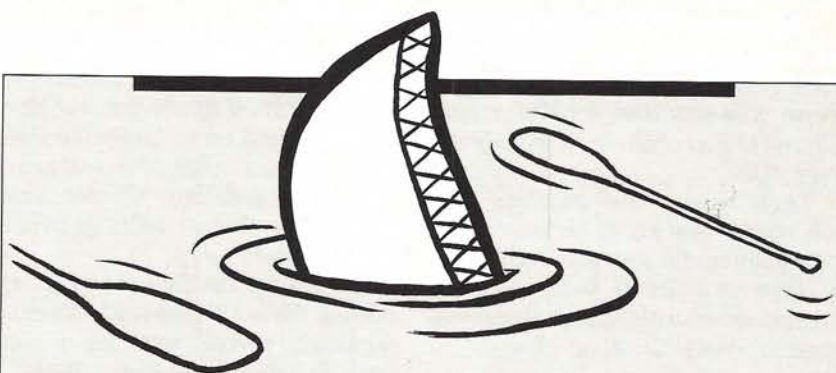
You could plan a similar canoe course geared for Cubs, but involve a higher percentage of parent-volunteers. Make your program appropriate for the children's age, coordination and strength. X

— Don MacDonald is an advisor with the 9th New Glasgow Venturer Company, Nova Scotia.

Program Links

Cubs: Swimmer Badge, Watercraft Badge (new for 1995).

Scouts: Paddling Achievement Badge.



WHEN A CANOE CAPSIZES

Make sure your Cubs, Scouts and Venturers know what to do if their canoe capsizes. Show them how to handle emergencies, then let them practise these skills on their own. Try these drills in shallow water.

Once the youth have started feeling confident with their newly-learned abilities, they may start challenging others to racing competitions.

If you're alone: The capsized canoe will usually turn upside down. This traps air inside it, causing it to float high in the water. Whether it is upside down or right side up, don't try to change its position unless it is lying sideways.

1. **Don't let go of the canoe.**
2. Try to put the paddle back into the craft.
3. Do not try to retrieve the paddle if it floats away.
4. Move to the bow of the capsized canoe and, if close to shore, try to swim it to shallow water and the beach.

If you're paddling with others: Wait for the others to come to your aid. If you are in the rescue canoe, **do not** let people in the water climb into your canoe; they could capsize your craft. Stay back from the capsized canoe until you know those in the water are not panicking.

If the shore is near, one canoe can tow the capsized craft ashore, while another canoe can tow the people in the water. Near the beach, rock the overturned canoe back and forth to break the air lock.

If you're far from shore: Lift the bow onto one of the other canoes, letting as much water as possible drain away. Then lift the stern out and onto another canoe, draining the water out. Turn the canoe over and climb back into it over the stern while other canoes steady yours. Attempt this only if experienced at over-the-gunwale rescues!

AMORY WATERFALL

ADVENTURE HIKE

by Allen Macartney

Venturers Sherrie Schreiber, Sirena McCullough, and Mike McKenzie from the 174th Calgary (Alberta) Company were seeking an exciting summer adventure to test their wilderness skills. Supported by advisor Henry Schreiber, they soon identified their goal.

"We wanted a challenging hike, but not an impossible one," said Sherrie. After pouring over maps, the group chose a spectacular, ten-day waterfall trek to Twin Falls in Yoho National Park, B.C..

Their reasons for choosing this trip varied: "the joy of backpacking", "win badges and awards", and "I had to" (parents insisted). Experience levels also varied widely from absolutely none to several weekend trips.

Step number one

The youth and their advisor prepared for the adventure by reading all they could about the trail, studying first aid, as well as working out and fine-tuning light-weight menus.

Two dehydrating stoves worked 24 hours a day for almost a week preparing beef, chicken, fruit and banana slices. Other food included beef jerky, trail mix, ravioli and pancakes.

Certain questions reappeared: Should everyone carry a space blanket? What first aid problems will we encounter? Do we all need a survival kit? How many water purification tablets will we use?

The hikers worked on these questions, tested out equipment, and honed their backpacking skills during a weekend survival camp and a two-day hiking trip.

The hike

The trip began in mid-July at Takakkaw Falls, B.C.. Over the next ten days the three Venturers and their advisor hiked up to Laughing Falls, then climbed 240m to spectacular Twin Falls and Yoho Glacier. From here the trail rose 400m to Whaleback Summit.

"When we reached the top it was raining. We were exhausted." Donning raincoats, several went for a silent walk to admire the view. Below, a small river flowed under a glacier. A mountain goat picked its way over the ice. Indian Paintbrush and other wildflowers danced on a clear mountain breeze.

"The beauty was breathtaking."

The lush landscape appeared "as a page out of a fairy tale book." Everything looked deliciously green, smelled green, and felt green! The air was fresh and wonderful.

Wildlife abounded: elk, pack rats, birds, and furry mountain goats.

"I was so close to the goat I could have kissed it!" Sirena said excitedly. When it started to make strange noises, she backed away quickly.

Though most camping areas along the trail had metal poles to hang food from, the hikers encountered no bears.

Lessons

"One of the most important lessons I learned during the trip," said Sherrie, "was to trust our advisor. He let us make our own decisions and mistakes, but when he offered advice, it was always worthwhile." They also practised orienteering skills, worked together as a team and planned an award-winning adventure.

The Venturers learned one last lesson: A dill pickle tastes beautiful three days into a wilderness hike! X



Watch October's
Venturer Log where
we will announce the
**1993 Amory Adventure
Award winners.**

*Hiking through dramatic
scenery like this was
incredible.*



Light Cooking For The Trail

from the 17th Ottawa (Ont.) Venturer Company

Tired of carrying heavy food packs on your wilderness hikes?

When 17th Ottawa Venturers were planning their Amory Award winning hike through Auyuittuq National Park on Baffin Island, they had to solve the problem of carrying a lot of food.

What a challenge!

Their arctic food needed to be easy to prepare, light-weight, and satisfying. No one liked the idea of living on tasteless, commercially-bought, dehydrated rations.

After careful study and preparation, they developed their own high-energy recipes that provided twice a normal person's daily calorie intake. Here are some of their most delicious, field-tested recipes. Prepare as many as possible before you leave; pack them in convenient plastic pouches.

Why not dehydrate your own vegetables (onions, carrots, celery, peppers, turnip)? Simply grate them in a cheese grater, then lay them out on a cookie sheet in the oven overnight at a temperature of 140°F.

This summer treat your hiking youth to these light-weight yet tasty, culinary delights.

ERIE STEW

Stew is an easy, popular meal with all campers. Before your trip, mix together the ingredients in convenient plastic bags so you just need to add water and cook over a fire on the trail. An excellent tasting meal, Erie Stew serves five people.

Mix 1 lb. lean, dehydrated hamburger meat, 1 cup dried vegetable flakes, 1 batch of Basic Tomato Sauce (see recipe below), and one cup tiny pasta shapes. Add additional dehydrated vegetables if you wish.

Cook over medium heat for fifteen minutes. (Calories per serving: 518; shelf life: 14 days; weight per serving: 4.4 oz.)

BASIC TOMATO SAUCE

This tomato sauce recipe makes an excellent base for pasta, stews, soups

or even Kraft dinner. Prepare it before your camping or hiking trip.

Thoroughly mix 2 cans of tomato paste (6 1/3 fl. oz.), 1 tbsp. olive oil, 2 garlic cloves (minced) and 1/3 cup onion (minced).

Extend it's shelf life by spreading the mixture to a thickness of 1/4 inch over a greased cookie sheet. Dry about 18 hours or until the paste has a leathery consistency. Roll in wax paper.



BLACK BEANS AND TACO BEEF

Here's a tasty and nutritious meal that serves three.

Combine 1 lb dried beef, 1 package taco seasoning, 1 package instant re-fried beans, and 1 tbsp. margarine. (Shelf life: indefinite; calories per serving: 678; weight per serving: 5.4 oz.)

Mix ingredients with water and cook over medium heat for seven minutes, stirring constantly. Yum!

RUSSIAN TEA

Russian Tea makes a delicious treat either hot or cold. Remember to drink plenty of fluids when hiking, especially in hot weather. Avoid dehydration.

To make nine servings you need 1 cup Tang (orange), 1/2 cup sugar, 1/2 cup instant tea, 1 quart lemonade mix, ground cinnamon and cloves. Mix ingredients together, then add water to taste (some might like it sweeter than others).

Prepare the dry ingredients before your camping trip; it will last indefinitely. (Weight per serving: 2.4 oz; calories per serving: 269)



ENERGY BALLS

Nothing re-charges the body and encourages tired hikers faster than a quick snack on the trail. Try these "energy balls".

Mix together 1 cup chopped dates, 1/2 cup peanut butter, 1 3/4 cups chopped figs, and 1 cup chopped apricots. Roll into balls. Recipe should make about 33 servings, each weighing 0.9 oz. (Calories per serving: 72; shelf life: 14 days.) X

COOK DEHYDRATED FOOD SUCCESSFULLY

What works at home often fails on the trail. Follow these useful hints when cooking dehydrated foods.

1. Many pre-packaged meals come in three packages: noodles or rice, dried meat, and spices. Do not cook them all at once.
2. Add spices to cold water to prevent it from forming into glue-like lumps.
3. Start with a little bit more water than printed instructions call for.

Bring water to a boil then turn down the heat letting the mixture simmer.

4. Small burners in backpacking stoves heat pots unevenly. Stir your food constantly to assure even heating and prevent food sticking and burning to the bottom of the pot.
5. Start dehydrated meat in cold water and then cook until it is tender. This helps prevent it from toughening.
6. Add plenty of water to stew. You're making stew not glue!

'Round The World Beaveree

from Linda Gosselin

Beavers love to travel. What better way to teach them about other people and cultures than by taking them around the world?

Last summer Beavers from Fort St. John, Chetwynd and Fort Nelson (B.C.) gathered together for a fun-filled, overnight Beaveree with an international flavour.

The day began after lunch with a parade of brightly-coloured flags from Britain, Canada, Australia and as many other countries as we could find. The children loved it!

But hold on.... No one can travel without passports. At the registration desk (travel agency) every child received a coloured passport book for leaders to stamp at each of the activity stations.

Great fun.

With an enthusiastic "Bon voyage!" Beavers raced outside to begin their cosmopolitan adventure.

Each station featured a game and craft from the host country, and often a yummy snack. (Local Venturers helped prepare and supervise food cooking.)

Globes and maps were set up everywhere. Leaders dressed in traditional native costumes when possible. At each station a national flag flew surrounded by bright balloons, all of the colours found in the flag.

Boomerangs attracted everyone's attention at the Australian station. After Beavers learned how natives once used them to hunt for food, the children enjoyed tossing plastic boomerangs themselves and dashing after them.

SSShhh! Can anyone hear *Waltzing Matilda*?

With its windmills, dams, and tulips Holland excited everyone's imagination. Then an alarm sounded! The sea was about to flood the country. Working quickly Beavers filled miniature sandbags, built a dam across a small wading pool and saved the day!

"Is this how real beavers build dams?"

Windmill (or pinwheel) crafts are easy for Beavers to make from con-



Photo: Linda Gosselin.

Viking madness greeted Beavers at Sweden's theme station.

struction paper, an unsharpened pencil with an eraser, scissors, and a straight pin.

In England we learned all about birds. A special guest taught bird calls to the children. For the next five minutes everyone practised tirelessly. With paper towel tubes Beaver birders made and decorated binoculars to spy on brightly-feathered bipeds. Before leaving the shores of England everyone made bird mobiles to swing in the breeze.

Castles? England brims over with stately castles. Sand castle building would make a wonderful activity for future engineers near a beach.

Sweden too has many ancient castles. It was also home to marauding Vikings. Dressed up as these sea-going pirates, leaders helped little Vikings make Nordic gingerbread cookies. A big hit!

Next came France. Mounted on tricycles, our happy world travellers toured its quiet, rolling countryside and vineyards, tasting French bread and cheese. Delicious.

In Kenya they learned about African life and heard a native language spoken. Try the following central African game at your international Bea-

veree. Standing in a circle holding hands, the lodge forms a cattle stockade. Two Beavers stand in the middle, pretending to be cattle. Holding their hands on their heads, the cattle try to dodge under the arms of Beavers forming the circle. If they succeed, the Beavers who let them out become the cattle. The first pair joins them in the stockade too and the cattle make a rush for freedom again. In no time the stockade is filled with cattle who make a final, grand exit!

By mid-late afternoon all Beavers had circulated through the stations. With flags in hand we formed another parade and headed down to the pool under full police escort! After a swim, supper, campfire, songs and skits the sandman started creeping in among our well-travelled, contented group. Bed followed a story. Next day all our happy Beavers headed home to their own ponds.

Looking for a fun Saturday afternoon and overnight event for your Beavers? They'll enjoy a 'round the world Beaveree! ^

— Linda Gosselin (ADC Beavers) works with Beavers from Fort St. John, British Columbia.

Summer Water Games

Make a real splash at camp with these fun water games.

Play these games in waist or chest-deep water so even beginner swimmers can take part. Adjust them to suit the age and swimming abilities of your Beavers, Cubs or Scouts.

Balloon (or aluminum plate) race

Beavers or Cubs will enjoy blowing balloons across the water. Try this game when winds are calm. (Use a small ping-pong ball for windy days.) Establish a start and finish line. Blow up one balloon for each child and let the fun begin.

Try substituting aluminum pie plates for balloons. Children can blow or splash them toward the finish line. Place several pebbles on the plate for added stability and to make the game more difficult. If a plate sinks, the Beaver or Cub must retrieve it and go back to the start line.

Make this a competitive game for Cubs. Set up relay positions around the water area. Cubs must swim/wade, blowing the balloon or plate to the next team member.

Anyone who touches the balloon, ping-pong ball or plate with a hand must return to the start.

Porpoise race

Anchor inflated inner tubes to the bottom of the pool or lake along two or three lanes. Each swimmer must dive down and through each tube in his lane like a porpoise, continuing to the finish line.

Candlelight relay

Cubs and Scouts will love this game. Each team consists of two people.

The first person jumps into the water carrying two matches and swims (or wades) to where the other team member waits with a matchbox and candle. The swimmer (hopefully with dry matches) lights the candle, hands it to his partner, who then swims back to the start with the lighted candle.

If neither match lights the candle, the first swimmer must go back to the start for two more matches. If the candle goes out, the second swimmer must go back to the first swimmer, who relights the candle (if he has a dry match!), then continues.

The first team across the finish line with a lighted candle wins.

Underwater Kim's game

Place a number of non-floating objects close together underwater at the bottom of a pool or at the beach. For Beavers, place objects in water about waist-deep — deeper for swimming Cubs and Scouts.

Each swimmer must wade, jump or dive into the water, look at the objects (without touching them), come to the surface, return to the leader and report what he can remember.



Water soccer

Play this game in shallow water (about waist deep) with a plastic soccer or beach ball. Using floating markers set up goals at each end of the playing area. Players must not grasp, hold or throw the ball. They may only push or kick the ball on the water surface.

Underwater treasure hunt

Distribute fifteen or twenty "treasure" items on the bottom of a pool or lake. Treasures should be shiny objects (metal washers — gold pirates coins), marbles, etc.. Avoid breakable objects or those with sharp corners.

Mark the general area of the treasure by a floating marker.

On a signal, a single member from each competing team dives into the water with a bag to search for the treasure. Allow each diver several minutes before another diver from his team replaces him. The team scoring the most points wins. (You might score "1" for a washer, "2" for a smooth stone, etc..)

Shark and sea serpent

Gather your Cubs in waist-deep water. All but one (the shark) forms a sea serpent by standing one behind the other, each putting his hands on the hips of the child ahead. The youth at the front of the line is the sea serpent's head.

Facing the sea serpent, the shark must try to dart past the hungry jaws of the sea serpent and touch the back of any child behind. The child forming the sea serpent's head must move around waving his arms to protect those behind. Anyone touched by the shark must drop out of the game. X



Water offers many opportunities for fun.

Photo: Paul Ritchi.



Book Talk

by Dave Jenkinson



Dinosaurs!

Beavers, Cubs and Scouts (in fact everyone!) love these prehistoric creatures. Colin Caket's *Model a Dinosaur* offers some great program ideas. Its subtitle, "Making Dinosaurs from Everyday Materials," is most apt for Caket offers clear, illustrated directions for producing dinosaurs from such varied materials as plasticine and modelling clays, sand and snow, pipe-cleaners, cooking-foil, corrugated-cardboard, coat hangers, papier-mâché, paper, and balsa wood.

The book's 60-plus projects offer something for every age group's interests and abilities. Caket also shows how to make mock, plaster fossils — great paper weights! Caket's dinosaur ideas also include shadow puppets, tea cosies, and kites. Looking for next year's halloween costumes? Create a four-legged Diplodocus; others might choose to become a two-footed T-Rex or Diatryma. Finally, for those who prefer their dinosaurs served up on a plate, Caket offers a half dozen dessert dinosaurs. (**Cubs: Tawny Star A2, 5&9, Handicraft 8; Scouts: Artist, Modeller**)

Speaking of food, Dr. Oetker's *Let's Cook* is a good introduction for beginning Cub and Scout chefs. While some of the food items, such as the "Wake Up" Breakfast Ke-bobs and the Banana-Ham or Herbed Cheese sandwiches, require absolutely no cooking at all, most dishes do call for the novice cook to make use of kitchen utensils and appliances. Mouth-watering full-colour photographs of finished products should motivate the hungry to follow the book's step-by-step instructions. Perhaps Sixes or Patrols might each make a different dish and prepare a potluck meal for the group or their parents/guardians.

Those who are really serious about desserts should explore *Let's Bake* which contains almost two dozen delicious attractions. Future pastry chefs, however, should master the techniques called for in *Let's Cook* before attempting *Let's Bake's* more sophisti-

cated contents. (**Cubs: House Orderly 2, Tawny Star B1; Scouts: Cooking 5**)

Wondering how to recycle some household objects? Why not complete one of the seven dozen projects described in Phyllis and Noel Fiarotta's *Cups & Cans & Paper Plate Fans*. Using "trash" (bags, cans, cartons and plastic bottles), the very simple projects range from the pragmatic (such as cereal boxes converted into magazine or comic book holders) to the decorative ("Sun Catchers" made from foam plates). At the next Beaver overnight, create "Glowworms" from paper bags and flashlights or modify the idea for Halloween. Devise glowing Jack-o'-lanterns or ghouls. A quick skim of the book's illustrated contents will reveal many ideas you can readily incorporate into Beaver and Cub programs. (**Cubs: Tawny Star A6, B13, Handicraft 1**)

Since we're making things, two books from the "Make It Work!" series also merit examination. While *Machines* and *Insects*, both by Wendy Baker and Andrew Haslam and both illustrated with full-colour photographs, are really about science, the books' hands-on approach yields activities with Scouting applications. *Machines'* catapults, for example, should be a hilarious event at a fun fair or summer camp. As a supplement to Kub Kars, run your own mini winter olympics with balsa wood bobsleighs that utilize marbles as runners. A hot summer day at camp would be a fine time to recycle some plastic bottles and corrugated cardboard boxes by converting them, with the help of water and a bicycle pump, into high flying rockets. Steam boats, pneumatic flying men who parachute to earth, roadsters and catamarans powered by rubber-bands are just four other projects offered by *Machines*. (**Cubs: Handicraft 2; Scouts: Modeller**)

Insects invites readers to explore the world of bugs by making models of various insects, or playing the bee game. The book describes how Bea-

vers and Cubs can better understand insects by donning "insect eye glasses" or by using a "Velcro-tipped party whistle proboscis" to obtain food. The book also provides directions on how to build a caterpillar box (to observe metamorphosis), create an ant colony, capture moths in a garbage can moth trap, or collect insects using homemade pit traps or pooters. In keeping with Scouting's environmental focus, the book constantly stresses the "examine-and-release" concept. (**Cubs: Black Star B11, Scouts: Modeller; Observer 5, World Conservation 4**)

Finally, another science book offering many possibilities is *Light Magic and Other Science Activities About Energy* by Trudy Rising and Peter Williams. Create hovercraft from the lids of plastic margarine containers, empty thread spools and balloons. At camp, get drinking water from simple solar stills, or produce noisy "croakers" from yogurt containers and string. And dazzle your Beavers and Cubs on a hot, clear day this summer or fall by roasting marshmallows on solar cookers constructed from plastic bottles, tin foil and unpainted metal clothes hangers. (**Cubs: Tawny Star A4&5, Handicraft 1&2; Scouts: Modeller; Scoutcraft**)

Book Details

Baker, W. and Haslam, A., *Insects*, (Make It Work! Series), Scholastic, 1993: \$15.95.

Caket, C., *Model a Monster: Making Dinosaurs From Everyday Materials*, Sterling, 1986: \$10.95 paper, \$19.95 hardcover.

Dr. Oetker, *Let's Bake*, Sterling, 1992: \$7.95.

Dr. Oetker, *Let's Cook*, Sterling, 1992: \$7.95.

Fiarotta, P. and Fiarotta, N., *Cups & Cans & Paper Plate Fans: Craft Projects From Recycled Materials*, Sterling, 1994: \$12.95.

Rising, T. and Williams, P., *Light Magic and Other Science Activities About Energy*, Greer de Pencier, 1994: \$9.95 paper, \$16.95 hardcover. A

Miscellaneous PR

by John Rietveld

The role of a PR Scouting representative is difficult to define because it involves so many tasks. This article contains a pot pourri of subjects of interest not only to those working in PR, but also in Council and Service Team positions.



Direct Mail Fundraising

In the January *Leader*, we shared plans for Scouts Canada's first direct mail fundraising campaign. The "pilot" mailing in March involved 50,000 pieces; a second mailing (in April) involved 75,000 pieces. We plan a third mailing for July.

The major challenge of our direct mail program is to develop from scratch a list of donors — we are unable to use the *Leader* or ScoutWorks mailing lists.

Early results are encouraging. By next year we will be able to solicit annual donations from "known donors" and continue prospecting for new donors.

Direct mail is exciting from a PR perspective. We now have a vehicle to reach hundreds of thousands of Canadians each year with Scouting messages. While only 1% of those who get our mail will make a donation, many more will see and read about Scouting activities. This results in increased donations to local fundraising such as *Trees for Canada* and popcorn sales.



Cross-promotional Advertising

Each year many companies seek permission from Scouts Canada to use our logo in their advertising. You may

have seen advertising including our logo on bottles of Pine-Sol, Pizza Pizza cartons and boxes of Janes Family Frozen Foods. These companies, having met strict criteria set out by Scouting, make a financial contribution to our *Trees for Canada* program. In addition, the *Trees for Canada* program and Scouting's logo are seen by millions of Canadians.



The Scout Calendar

By September, the 1995 Scout Calendar will have been shipped to districts and groups. A long time favourite fundraiser, all levels of the movement share in calendar profits. More importantly, the calendar reminds everyone that Scouting is alive and healthy. Our 1995 calendar features artwork drawn by Scouts and Venturers at the CJ'93 Enviropark display last summer. Calendars are a great PR device; when given as a thank-you gift to supporters and media, they often appear on office walls for all to see.



Radio Spots

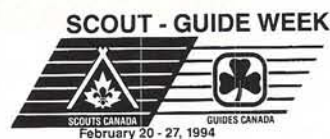
In mid-August we will mail a 30-second Public Service Announcement (PSA) to all radio stations. To help guarantee use, district PR personnel should contact their local radio station(s) and ask the PSA manager to place the spot in rotation for September airing. When planning your next Annual Meeting why not recognize your radio station with a plaque? Appreciation helps maintain and even increase their local Scouting support.



18th World Jamboree

Next summer 1,500 Scouts Canada members will join 30,000 Scouts in Holland (gathered from 150 countries) for the 18th World Jamboree. Until then, most Canadian participants will be very actively raising support to pay their fees. PR can help your kids get to Holland.

Why not consider a speaking tour of local service clubs? This was a highly successful fundraising method for CJ'93. Ideally the speaker should be a World Jamboree participant. Before your Scout or Venturer goes in front of an audience, offer to help them with their speech; also plan a dress rehearsal. With a well written speech and proper presentation (including full uniform) few service clubs will resist an appeal for support. Our youth will be representing both Canada and their home towns. A brief presentation to town or city councils by a Jamboree participant will net a donation, in some communities.



Scout-Guide Week 1995

Mark your planning calendar now for Scout-Guide Week, February 19-26, 1995. If shopping mall displays are part of your Scout-Guide Week activities you should contact mall management now and book space. Each year competition increases from organizations wanting to promote their service or conduct fundraising in shopping malls. Assuming a local mall would remember Scouting's needs, last February several districts were caught short when other organizations put in their request first and took their spot. When did you last publicly recognize the mall manager for his/her support of Scout-Guide Week activities? ^

Sleep? It's In The Bag!

How To Turn Your Nighttime Home Into A Snug Castle

by Colin Wallace

You're a new camper. You've just spent a cold, sleepless night in your new sleeping bag. You feel terrible. Is it time to quit camping?

No.

Keeping warm involves more than just a good sleeping bag. Do a little homework before your first camp and save yourself a lot of grief.

Better yet hold a sleeping bag clinic for your Cubs, Scouts, or Venturers. Then, when you take them camping, they will have all the answers already!

Back to basics

Lesson number one: A sleeping bag does not *generate* heat, it only *retains* your body heat and *slows down* heat loss.

Most first-time campers forget that the ground below them is much colder than the air above. If it's cold at bedtime and they have an extra blanket, they put it on top of them, thinking they have solved the problem.

Wrong.



Remember the Second Law of Thermodynamics: heat passes from something warm to something cooler. If you hold an ice cube in your hand, your body heat passes to the ice. It melts the ice by raising its temperature. If you hold a glowing coal, the heat from the coal will burn your hand by raising its temperature.

If you have an extra blanket, put it between you and the ground.

Dry, still air is a great insulator. The more you have between your warm body and the cool ground (or air), the less heat will pass from one to the other. That's how a sleeping bag works: it holds dry, still air around

your warm body to reduce heat loss from your body.

You may have heard some wizened camper tell you to sleep in the nude on a cold night. Fairy tales like these started in the days when people only owned one pair of clothes. Forget these stories; wear pyjamas. Remove clothes you have worn all day. Wear a hooded sweatshirt over your pyjamas to keep your shoulders and head warm, when necessary.

If you crawl exhausted, hungry and cold into your sleeping bag don't expect to warm up quickly. Remember, your bag retains the heat your body gives it. Food is the fuel your body burns to stoke up its internal furnace. Before bed eat a hot snack, enjoy a steamy mug of hot chocolate, and go for a short, *leisurely* stroll to warm up. Don't drink too much; a half litre of warm liquid before bed is like a guaranteed early morning wake-up call!

On cold nights, put a warm hot water bottle in the bottom of your sleeping bag half an hour before bedtime. Aaahhhh.... what a decadent luxury! But don't get too warm or



Mummy sleeping bags are cosy but they get damp when lying on the bare ground.

you'll start sweating; that creates dampness which cools your body. Find a steady comfort zone between being too hot and too cold.

Psychological warfare

Expect to sleep well. This is one of the main ingredients guaranteeing a good night's sleep. Anticipate comfort. Develop a positive attitude of expectation; somehow it usually works.

If you expect and anticipate a cold, wakeful night followed by an early morning and aching back, somehow the fear turns into a self-fulfilling prophesy.

Imagine yourself purring happily in your toasty sleeping bag, a contented grin spread across your face.

The bag: outside and inside

In most cases an inexpensive sleeping bag (\$39.00 on sale) is adequate for summer and fall camping.

For cold weather camping, look for a mummy bag. Its form-fitting shape not only has fewer cold spots than a large rectangular bag, but is also lighter to carry. Buy one with a bucket bottom (for extra foot room) and a quilted baffle in the shoulder area (to stop drafts blowing down your back).

Zippers. As a young Cub did you ever feel trapped inside your sleeping bag? When camping monsters are lurking nearby in the trees you need a faster means to exit your bag than the small zipper pull most manufacturers provide.

Get your Cubs to loop and knot a short piece of cord (or broken shoelace) through the zipper pull. With this easy-to-find-in-the-dark device, the Cubs can be off and running through the bush in moments if the need arises.

Store your bag at home loosely rolled up, not crammed into its stuff sack. The insulation will retain its loft (fluffability) longer, and will keep you warmer.

Sew what?

Have you ever rolled over onto a cold zipper in the middle of the night? What a shocker!

Hear's how to avoid that nightmare.... With a needle, thread and strip of cloth sew a small flap inside the bag along the zipper. Presto! Next time you innocently roll over in the night, the flap will come between you and the zipper.

Increase your comfort factor during spring and fall camping by making

STAY TOASTY-WARM DURING COOL SUMMER NIGHTS

Sometimes staying warm in a tent is as simple as knowing a few easy rules. Make sure your Cubs and Scouts know these ones. Why not turn this into a true and false questionnaire for one of your last meetings this season?

1. Always sleep on at least one sleeping pad. Put as much insulation under you as over you — the ground is usually much colder than the surrounding air.
2. Keep your torso warm. It will then send its excess heat to less well insulated extremities.
3. Bring a winter toque to wear on really cold nights. (50% of your body heat escapes through your head.) Light cotton gloves help too. These will keep your extremities warm and force heat into your central body.
4. If you are still cold with your head covered and sleeping bag closed, strain one muscle against another to increase metabolism.
5. Avoid sweating in the late afternoon and evening before you

get into your sleeping bag. Body sweat can cause chills in the cool of the night.

6. Keep your sleeping bag dry at all times. Carry it in a waterproof sack (especially during canoe trips!). A plastic garbage bag works well.
7. Advertisements boasting "warm when wet" only have *relative* truth. All bags feel cold and dreadful when wet.
8. Air your sleeping bag out every morning to keep it as dry and sweet-smelling as possible. A large, sun-baked boulder makes a great place to drape it.
9. Keep a small vent open in your tent to minimize condensation, even on cold nights.
10. Always dig or scrape a rain runoff trench around your tent. It doesn't need to be deep. All it must do is catch the rain dripping off your tent fly and carry it away from your tent. The trench must also stop rain water lying on the ground from flowing through your tent.

a sleeping bag liner. The liner (a single bed sheet) will trap another layer of warm, insulating air in the bag. Sew the liner loosely into a long envelope shape. Don't sew it directly to the bag. Anytime the liner gets dirty you just slip it out and wash. (See *Swap Shop* for a fuller explanation.)

While you have your needle and thread out, stitch a pocket (the cut-out leg of a pair of old jeans works well) onto the inside of your sleeping bag at the top. What a great place for your flashlight. Then sew a small loop at the foot of the bag so you can hang your bag up to dry or air out.

Tips For A Comfy Sleeping Bag

- As soon as you set up your tent, unroll your sleeping bag and let the fibres spring outward as far as possible. This may take several hours. A compressed sleeping bag is never as warm as it could be: insulation needs air spaces to reach its full potential.

- Never put wet clothes on your bag unless you want a cold, wet sleep. Hang up all wet clothing during the day. At night hang them on a clothes line running from corner to corner at roof level inside your tent.
- Store your sleeping bag in a dry area when not using it (never in a damp basement!).
- Wash or dry clean your sleeping bag when it gets dirty or at the end of the season — at least once a year.

A sleeping bag can be cold and clammy, or a wonderfully warm and inviting nighttime home — perhaps even a castle! Learn how to make and keep it comfortable. ^

— Colin Wallace is a trainer in Greater Toronto Region, Ontario.

Program Links

Cubs: Woodsman, Green Star.
Scouts: Campcraft.

Make A Liner For Your Sleeping Bag

PRESTO! Instant All-Season Snoozing Comfort

from Arnold Appelton

This year we completed a very successful winter camp. Part of our training involved encouraging everyone to adapt their present equipment to winter's needs.

But how can Scouts make a summer sleeping bag into one they can use for winter, spring or fall expeditions? Mission impossible?

Our Scouts made inexpensive sleeping bag inserts (or liners) for about \$30 each, including the zipper. What a great way to acquire a year-round sleeping bag.

A liner is better than buying a separate, winter sleeping bag because it's cheaper, it can help keep your summer sleeping bag cleaner, and it's fun to make.

Before our camp we bought enough Polartec Fleece fabric (\$13/metre) for

all our liners — about 2 metres each. You can use thick flannel cloth for spring and fall liners for less demanding temperatures.

The fabric comes 150cm wide. Simply fold this in half lengthwise to fit into most sleeping bags.

To make a liner you need a piece of lining cloth (150cm x 2 metres), thread and needle, a sewing machine (a great option), fabric scissors, a zipper, a draw-string (at least 170cm).



Instructions

1. Fold the fabric in half so it is 75cm wide and 2 metres long.
2. Sew all the way across the bottom (75cm) and up the side for about 90cm. (See diagram)

3. Sew across the top (75cm) and down the side for about 25cm.

4. With scissors make a 75cm cut across the side of *only one fold of fabric* 25cm from the top. (This is where you will make a hood for added warmth.)

5. Fold the material over and sew a channel into the fabric where the draw-string can fit.

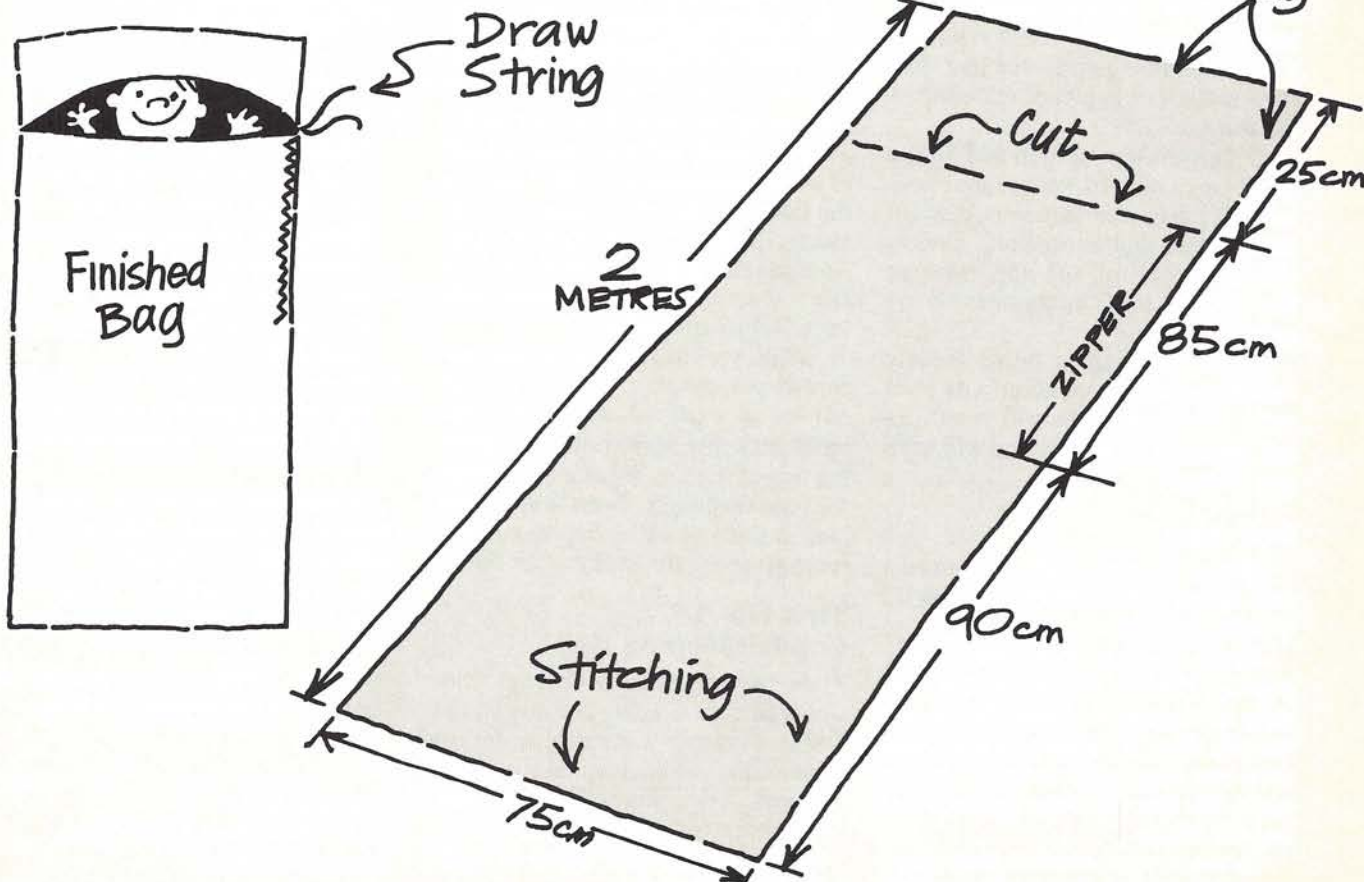
6. Sew in the zipper along the open side of the liner.

That's it!

It's amazing how warm a liner makes a sleeping bag. Puurrr-fect! Try it. Your Scouts will love the project!

— Arnold Appelton, 7th Thornhill (Ont.) Scouts.

Liner Construction



TRY MAKING THIS "WANTED!" RECRUITMENT POSTER

from Yvette Pilon and Cheryl Goulet

Last year we were looking for new leaders not just for our colony but also to re-start a local Cub pack. After brainstorming we came up with a creative "WANTED!" poster.

Was it effective?

It sure was! Four people volunteered. Several were former Beaver and Cub leaders wanting to get back into the Scouting Movement.

Here's what our WANTED! poster looked like. (If you improve our wording, try to make it comical. Humour always helps.)

— Yvette Pilon and Cheryl Goulet work with the 110th St. Margaret Mary (Ont.) Beaver Colony.

WANTED!!!

by 110th St. Margaret Mary Scouts

Job placement — early September

ONE ROLE MODEL ABLE TO: KNOT TIES AND UNKNOT SHOE LACES, RUN FASTER THAN A SPEEDING 9 YEAR OLD, LEAP TALL PILES OF LAUNDRY AND CAMPING EQUIPMENT.

THE SUCCESSFUL APPLICANT MUST BE WILLING TO WEAR FUNNY HATS AND SAY NEAT THINGS LIKE "dyb dyb dyb, dob dob dob", COUNT TO 6 AND HOWL, REACH FOR THE STARS OR CAMP UNDER THEM, BE A KID AGAIN — FREE OF CHARGE.

BE ENVIRONMENTALLY FRIENDLY — RECYCLE OLD BEAVERS, CUBS AND SCOUTS — RE-USE OLD BUT CREATIVE IDEAS — REDUCE WASTED LINES OF COMMUNICATION — GIVE YOURSELF BACK TO THE COMMUNITY.

— REJOIN SCOUTING NOW —

Contact:(your name).....

Nature Hunt Checklist

by Tom A. Trottier

All of us need help to "see" both the common and unusual objects around us. Our Beaver leaders find this clipboard idea really helpful. Simply get your Beavers or Cubs to check off the details they notice.

Cub packs could use this checklist competitively by just adding up the points. Some packs might want to race against the clock. Expand it to suit your own local geography or special natural attractions. ^

— Tom A. Trottier works with the 26th St. Matthew's Beaver Colony in Ottawa, Ontario.

** NATURE HUNT **

Team name:(example: "The Tall Oaks").....

Find the following:

- A stream, river or lake
- A pine or spruce cone
- Three different types of leaves
- Animals: squirrel, ground hog, dog, raccoon.
- Animal tracks
- Animal fur
- Birds: a sparrow, a blue coloured bird, a crow or raven.
- Feathers
- A bird house or feeder
- A yellow and a red road sign
- People: a jogger, fisherman, bicyclist, walker, bird watcher.
- Litter
- A green-roofed building

Use the nature walk to explain how we can help keep the environment clean.

1ST HONG KONG CANADIAN SCOUT GROUP

Big Plans For The Far East

from Paul Lam

Canadian Beavers, Cubs and Scouts are loose in Hong Kong!

For the past year and a half the 1st Hong Kong Canadian Scout Group has thrived in the Far East. Presently the Group includes 29 Beavers, 20 Cubs, 24 Scouts and 13 leaders.

Hong Kong residents now regularly see Canadian Beavers with their blue, white and brown felt tails, and Scouts with the crisp, red maple leaf design on their neckerchiefs, going to colony, pack and troop events.

In May his Excellency the Right Honourable Ramon Hnatyshyn, Governor General of Canada and Chief Scout of Canada, inspected the 1st Hong Kong Canadian Scout Group on a visit to the territory. Partly because this is only Hong Kong's third 'imported' Scout group, it was an exciting event for everyone. (Other foreign groups include the Boy Scouts of America and an Indonesian troop.)

Beginnings

In 1992 the Parents Association of Hong Kong's Canadian International School perceived a need for a Scouting

group with a distinct Canadian flavour. (Over 350 Canadian children attend the school from kindergarten to grade eleven.)

The Association approached Paul Lam, a long-time Scouter, with the idea. Supported by the Hong Kong Scout Association, leaders began training courses.

Many parents began with the basics. "What did you say a woggle was?" and "Is Gilwell Park in Vancouver?"

The leaders worked hard and with great enthusiasm. In January 1993 Scouts Canada formally accepted their application for group recognition.



Enthusiastically the 1st Hong Kong Canadian Cubs demonstrate the Grand Howl for Mr. John Higginbotham (Territorial Commissioner for Canada in Hong Kong) and Mr. Neil Reeder (First Secretary and Consul).



Beavers at the opening ceremony.



Mr. Cham-son Chau (Chief Commissioner of the Scout Association of Hong Kong) presents the Group Colour to the 1st Hong Kong Canadian Scout Group.



The Polar Bear patrol performs a first aid demonstration.

Over 100 parents, teachers, and members of the Scouting community attended the Inauguration Ceremony on November 27, 1993. Mr. Neil Reeder (First Secretary and Consul representing the Territorial Commissioner for Canada) and Mr. Cham-son Chau (Chief Commissioner for the Scout Association of Hong Kong) officiated at the ceremony. Mr. Reeder presented the Charter on behalf of Scouts Canada; Mr. Chau presented the Group Colour.

Until parent leaders gained experience and training, membership remained fairly low. Then, after launching an active recruiting campaign Beavers, Cubs and Scouts started enrolling in larger numbers. On the date of the inauguration ceremony, the Group totalled 86 members. It's still growing.

Similarities and differences

The Beavers, Cubs and Scouts wear Canadian uniforms and use Scouts Canada programs and badge systems. All sections are co-ed and work in English. Parents must take a leadership role.

The group follows similar skills-oriented and community-oriented objectives as other Scouting groups, "but what distinguishes us is our citizenship training program," said Paul Lam.

The children could have joined existing Hong Kong Scout colonies, packs and troops but organizers wanted the youth to experience a distinctly Canadian culture and lifestyle.

"We teach the youngsters about the flag, the federal government structure and the provinces they come from," said one leader. It helps children feel a sense of one-ness with their distant homeland and will help them culturally re-adapt when they return to Canada.

Quality programs and training

Leaders stress creativity.

"We ask Cubs to make up their own games and teach them to others," said parent leader Tina Chan.

The Scouting program enjoyed by the Hong Kong Beavers, Cubs and Scouts is similar to that experienced by children throughout Canada. Games, guest speakers and trips all form part of the fun. One outing included a Cub visit to the Tree-Top Cottage Farm in nearby Tai Po.

Next year the Hong Kong Scouts plan a genuine Canadian camp: a winter skills experience in the snowy Laurentian Mountains, north of Montreal, Quebec.

Anticipating a great future, Scouting leaders are completing Woodbadge courses and enrolling in other training courses.

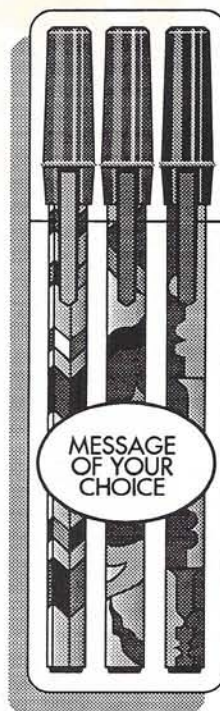
Future plans

With the imminent closing of the Maple Leaf Region in Lahr, Germany, the 1st Hong Kong Canadian Scout Group represents a rare overseas registered Scout unit.

As Hong Kong Scouters fine-tune their programs and hone leadership skills they expect membership to grow significantly. (Approximately 100,000 Canadians live in Hong Kong today.)

"We hope more Canadian Scout groups will form in Hong Kong to serve the large Canadian population here," said Scouter Paul Lam. X

— Group committee chairperson Paul Lam has over thirty years Scouting experience.



Your Problem:

FUND RAISING

The solution:

PEN PAK

You only pay for packs you sell



If you are planning a fund-raising campaign, the Carrier Pen Pack, model P3Z is your answer. The model P3Z consists of **3 MULTICOLOURED BARREL BIC** pens (medium point, blue ink) inserted in an imprinted vinyl case. You pay only 85 cents per pack. Price includes imprinted message of your choice on vinyl case,

GST and shipping charges. Suggested sale price of \$2.00 per pack leaves you a profit of over a 100%. There is no risk involved since 6 weeks after date of invoice you pay only for packs sold and return any left-overs to us. Minimum order is 600 packs.

Also available:

3 BIC white barrel pack medium point: includes 2 blue ink and one red ink. You pay 72 cents and sell for \$1.50

4 BIC white barrel pack medium point: includes 2 blue ink, one red ink and one black ink. You pay 96 cents and sell for \$2.00.

To order simply complete the coupon and mail or fax to Carrier Pen.

Please ship usCarrier Pen Paks (600 minimum)

☐ P3Z pack ☐ 3 Bic pack ☐ 4 BIC pack

Six weeks after date of invoice, the buyer agrees to pay for the packs sold and to return the left-overs to:

CARRIER PEN CO. LTD,

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copy to be imprinted

Fun at the Pond

by Lena Wong



Last month we promised to make suggestions for marking the end of this season and planning ahead for the next.

Before your end-of-year party, ask your Beavers what they really liked about the program. Which games, crafts and field trips did they enjoy? Which didn't they like? Use the feedback to guide your fall planning.

Talk to your Beavers about their summer plans. Encourage them to send post cards if they go away for holidays. Discuss what activities they hope to do at home. Use these additional insights when planning for next fall.

During one of the last meetings of the season leaders should take individual photos of each Beaver in their lodge. Also take enough colony photos so each Beaver has his or her own group picture. (This is cheaper than multiple prints from one negative.) Use these photos at your final meeting for an end-of-year craft.



Memory Card

Memory Cards: Provide each Beaver with a pre-cut and folded blank card. Glue a colony photo to the front. Help your Beavers print the colony's name below. Glue each individual Beaver's photo inside the card then ask the children and leaders to sign all the cards. It may be easiest to get the signatures at your end-of-year party.

If the card and photograph exceed your colony's resources, provide each Beaver with paper and ask them to draw and colour pictures of all the things they enjoyed doing during the past season. Use the drawings to make a scrap book for your Beaver displays.

If you find your numbers reduced because some Beavers are busy starting other summer activities, make sure your end-of-year party includes all Beavers. How? Call the parents of your children who are not showing up regularly; send home written invitations with Beavers still attending meetings.



PARTY TIME

Plan a summer theme for your party. Hold it outdoors in someone's backyard or a park corner.

Food (always an important attraction for Beavers) should be easy to serve and eat and involve a minimum of waste. Stick to proven favourites like carrot and celery sticks, sandwiches and perhaps barbecued hot dogs, and fruit. Try this pineapple arrangement for an edible centre piece and dessert.

Quarter a pineapple lengthwise, cutting through the leaves. Don't cut the leaves off — they make a great decoration. Core each quarter; separate the flesh from the rind in a single piece. (Leave in the rind.) Cut through the flesh once lengthwise and crosswise as many times as required to make bite-size pieces. Decorate each bite with a toothpick topped with a miniature marshmallow or grape.

Beaver Cake: Bake your cake in a 9" x 13" pan. While it bakes, cut a Beaver shape from cardboard — your pattern to shape the cake. Make the pattern 8" x 12" to allow for shrinkage during baking. Cover the pattern with aluminum foil. Decorate with chocolate icing and use blue icing for a hat, vest and scarf.



GAMES

Try these energy burning games to prepare your Beavers for their meal. Both come from Australia's Joey program games book.

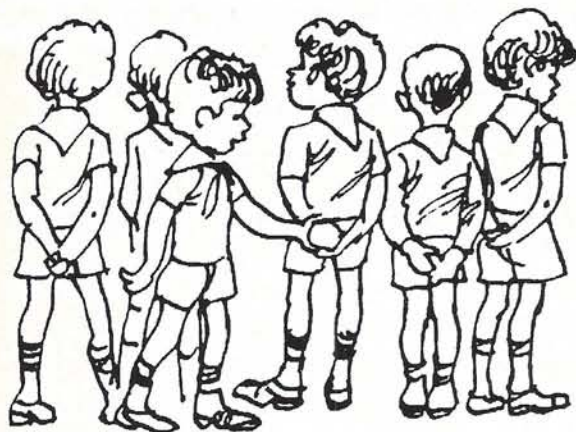
Return the Ball: Keeping their hands behind their backs, Beavers stand shoulder to shoulder facing a line drawn five to fifteen metres ahead of them. Taking a ball, a leader runs along behind the players and places it into a Beavers' hands. The child then breaks away and tries to cross the line holding the ball while other Beavers give chase. To add to the excitement

(and confusion!), the Beaver receiving the ball may choose to hold onto it for a moment while the leader runs back and forth behind the players before sprinting for the line. For the next round, the Beaver who received the ball drops it into someone else's hands.

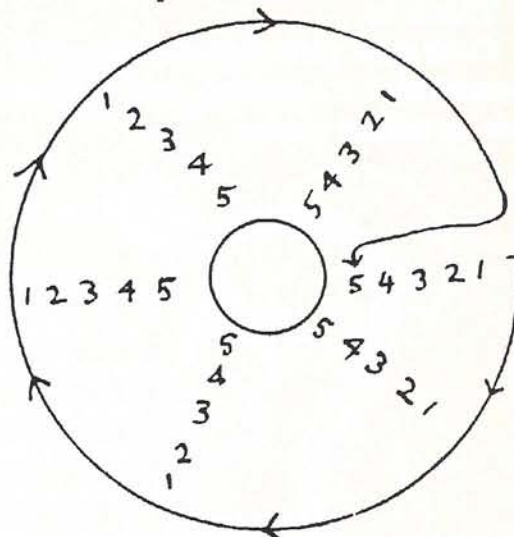
Wheel Relay: Each team consists of five players. Teams line up in a spoked wheel shape extending outward from the centre (see diagram). The Beavers in number 1 position of each team take a baton (a paper towel cardboard tube) and run clockwise around the other

teams. When he reaches his own team again, he falls into the number 5 position then passes the baton down his team line to the Beaver in number 2 position who makes the next run. Continue until all teams have completed their runs.

Return The Ball



Wheel Relay



For fall planning it is good to know which Beavers and leaders hope to return in September. Identify the leaders during a leaders' meeting. Create a list of questions to send home with your Beavers for parents to answer. Include these thoughts:

- Is the Beaver coming back? If not, why?
- Are any parents or guardians willing to become leaders?
- Will any agree to volunteer on an occasional basis with their name on a helpers schedule? Explain the responsibilities of a Beaver leader or parent volunteer. How much time will it take? Be realistic.
- Identify parents who are willing to speak or demonstrate an interesting hobby or skill.
- Ask questions to find out more about each Beaver's interests and favourite activities. Focus some fall activities around this information.
- Tell parents why you are asking these questions and how you will use the information.

Organize a meeting with returning leaders during the summer to plan the first few weeks of the new Beaver year.

Looking for some good ice breaking games useful for an early fall meeting? Try these....

Beach ball name game: Form the Beavers into a circle around a leader who holds a beach ball. Throw the ball to each Beaver in turn. On catching the ball, the Beaver calls out his or her own name before throwing the ball back to the leader.

Name tags: Before the meeting, print a set of individual labels with the names of all the Beavers. Mix the names up in a box; after the opening ceremony each Beaver picks a label. Anyone who picks their own name should put it back and draw a new one.

When all the Beavers have a label they should walk around finding out other Beavers' names (and giving their own) until they find the person whose name label they have. At the end of the game, each Beaver should wear a label with their own name.

Do you have any theme nights or specific activities you would like to read about? Tell me about them. *Write to me about your successful program ideas* so we can share them with other Scouters. (Scouts Canada, International Relations & Special Events Services, P.O. Box 5151, Station "F", Ottawa ON, K2C 3G7.)

I hope all Beaver colonies had a successful year and are looking forward to an even better one in the fall. Have a great summer!!



Beach Ball Game

King's Ankus Orienteering Game: *A Cub Adventure!*

by Drew Huffman and Terry Colgan

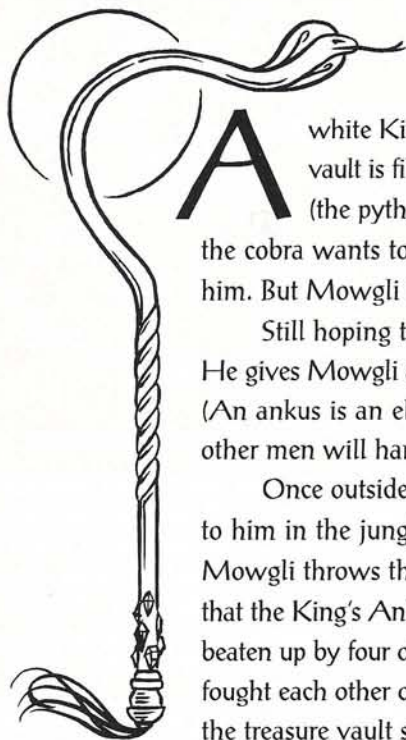
Looking for a terrific orienteering game for your Cubs at camp?

This is it!

Cubs must pick their way around a marked course with a compass, fight off bandits and use up a lot of energy.

King's Ankus: the story

The name of this adventure game comes from the King's Ankus story in the *Second Jungle Book*. Set the stage for your Cubs by telling them this story....



A white King Cobra guards a treasure vault at the abandoned city. The vault is filled with precious jewels, gold and silver. The cobra asks Kaa (the python) to bring Mowgli to see the treasure. When they arrive, the cobra wants to "make great sport" with Mowgli by chasing and hurting him. But Mowgli is fast and subdues the cobra. The "sport" ends in a flash.

Still hoping to win, the cobra sets Mowgli up to be hurt by other men. He gives Mowgli a marvellous jewelled ankus that is worth a "king's ransom". (An ankus is an elephant prod shaped like a boat hook.) The cobra believes other men will harm Mowgli so they can steal the ankus.

Once outside, Mowgli looks at the ankus in the sunlight. It is of no use to him in the jungle and he doesn't know the value of the gold and jewels. Mowgli throws the ankus into the jungle. The next morning, Mowgli finds that the King's Ankus is gone. He trails the thief and finds that the person was beaten up by four other thieves. He trails these thieves and finds that they have fought each other over the ankus. Finally, Mowgli returns the King's Ankus to the treasure vault so it won't cause any more harm.

Game outline

Cubs must return an ankus to the vault along a trail that leaders have prepared. Following compass headings, Cubs find their way to 16 stations marked by numbered and coloured flags.

An instruction sheet tells them what heading to follow and the number of paces to walk to find each flag. When they find a flag, Cubs must sight the next heading on the sheet and walk the required number of paces to the next flag. Usually, they have to search around the end point in ever-increasing circles to find the flag. This continues until they arrive at the vault.

During this time, bandits (two leaders and a few senior Cubs or Kim) try to "steal" the ankus. If a bandit touches the ankus, the team has to sit and wait for two minutes before continuing.

Setting up the trails

Prepare two trails. Send a team of 10 Cubs down each. Two leaders work together to set up the trails through the woods as follows:

1. Make flags in advance using a different colour of bristol board for each trail. Flags should be approximately 6cm x 30cm and have a piece of twine about a metre long threaded through a hole in the end. Number the flags 1 to 16. (Use biodegradable materials; sometimes Cubs don't find a flag.)
2. Choose a starting point at the camp site. Discuss the general trail routes to bring the Cubs back to the starting point.
3. One leader stays at the starting point; the other proceeds to the first flag position, counting his steps as he goes. When he finds a good flag

position, he signals back to the person at the start who takes a compass reading and writes it down on the instruction sheet (see sample). Then, he walks to the flag counting the steps. The leaders compare their step counts and write down the average on the instruction sheet. Next they tie the flag to a tree out of direct eye sight from the start point. (This makes the Cubs do a bit of searching.)

4. Repeat step 3 until all 16 flags are in place for trail 1.
5. Repeat steps 2-4 for trail 2.

The diagram shows a bird's eye view of a trail. Try to use different compass headings for each flag, so Cubs don't follow a straight line. You don't have to follow existing trails all the time. Use as much of the terrain (its valleys and hills) as possible.

Remember to keep the trail away from poison ivy, hornet nests and natural settings that shouldn't be disturbed.

It takes leaders 45-60 minutes to set up each trail. Cubs complete the game in anywhere from 20-60 minutes.

Instructions For The Cubs

We usually set up the game on a Saturday morning and run it (rain or shine) during the afternoon. When it comes time to start here is what we do:

1. Divide the Cubs into teams — one per trail. Make sure each team includes a good mix of experienced and new Cubs.
2. Review how to use a compass, taking readings and sighting a direction. Provide several compasses per team.
3. Each team finds their ankus (often a gnarled branch about the size of a walking stick).

4. Assign an adult leader to carry the ankus for each team. This helps with Cub control and safety. The adult, pretending to be a blind cobra unable to speak, cannot help the Cubs unless they have a major problem finding their way.
5. Give the Cubs these instructions:
 - Work together to find your way around the trail.
 - Leave one person at the last flag with a compass to keep everyone going in the right direction.
 - When you have walked the number of paces shown, look for the flag by walking in circles.
 - Get the person from the last flag to join the group, then remove the flag.
 - Bring all the flags with you and turn them in at the end.
 - Return the compasses.
 - Beware of bandits. If one touches the cobra or ankus, you must sit

where you are for two minutes. If a Cub touches a bandit, the bandit must leave the scene for at least 5 minutes.

6. Launch the teams 5-10 minutes apart. Give them the instruction sheet for their trail.
7. Have plenty of snacks and drinks ready for the returning teams.



We all have fun

Cubs love this orienteering game. They run around practising compass skills, finding flags, constantly looking out for bandits, and having a great time!

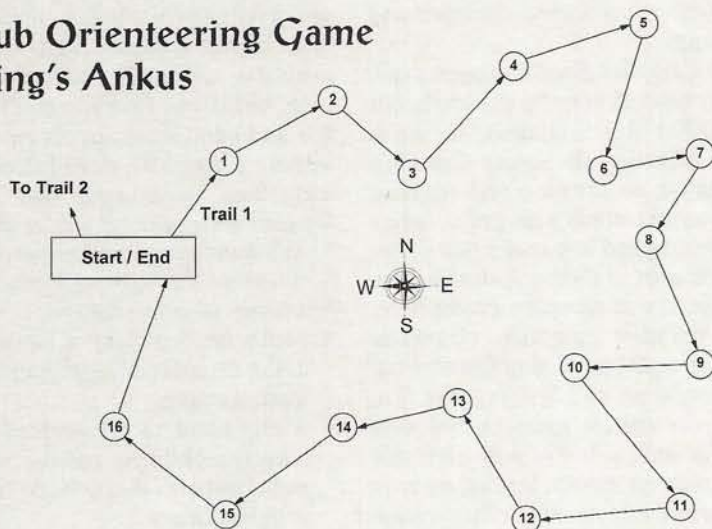
Why don't you let senior Cubs try the orienteering trail backwards? Some of ours did; they had a fantastic time and found all the flags! X

— Scouters Drew Huffman and Terry Colgan, of the 105th Cub Pack, Toronto, developed the King's Ankus game.

Program Links

Cubs: Woodsman Badge,
Green Star B12.

Cub Orienteering Game King's Ankus



Sample King's Ankus Instruction Sheet

Flag Number	Compass Heading (degrees)	Number of Paces
Start to Flag 1	20	70
2	50	100
3	120	80
4	30	130
5	75	120
6	195	145
7	80	65
8	205	80
9	160	120
10	265	100
11	145	160
12	260	145
13	335	110
14	255	105
15	225	130
16 to Finish	20	160

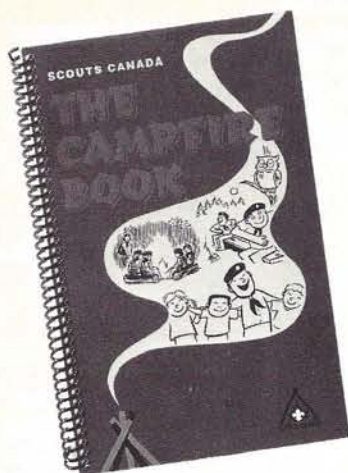
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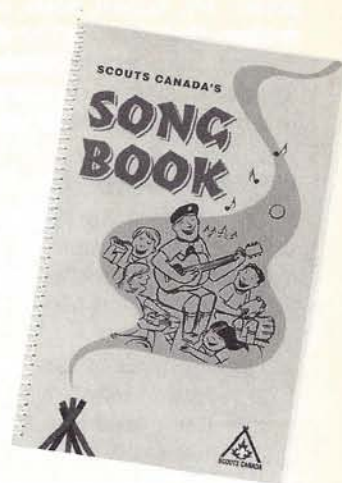


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Two New Publications

by Ben Kruser



Looking for outdoor program resources for camping trips or next year's activities?

If yes, you'll be sure to enjoy Scouts Canada's long-awaited *Campfire Book* and *Song Book*. Field input showed that our old *Campfire Song Book* was clearly out of date; it also showed the resource needed expan-

sion. The National Outdoor Network reviewed draft copies of both books last year for suitability, content and format. The results are sure to please those who enjoy a good campfire and sing-song.

The Campfire Book has been available for several months in local Scout Shops. For the first time, we have pulled together all Scouts Canada's information on creating and running a successful campfire program, campfire practices and lore under one cover. The first part of the book details how to create a good campfire atmosphere. This includes campfire etiquette, choosing a site, protecting the environment, building and lighting the fire, safety precautions, and program planning. As well, you will find tried and true tips for success in leading a campfire, sound effects and other campfire trade secrets. Of course, the book includes a great selection of openings, cheers, songs, skits and closings, plus sample programs to try out.

Considerable mythology surrounds the topic of "formal campfires". Except for an informal group of campers talking around a fire, all campfire programs should follow some sort of plan. How elaborate the plan becomes is up to the participants and organizers. We need to stress good etiquette and manners by all. Also, we need to both encourage and support leaders who really enjoy putting in the extra mile to create a memorable campfire experience.

We should resist the temptation to put a campfire program on the same level as a religious sacrifice. Unfortunately, too many examples exist of well-meaning leaders who become so involved in a campfire — over-using

tradition and ritual — that they create a stifling and exclusive event.

A good campfire leader makes campers feel at ease and welcomed, not privileged for being in the presence of the campfire high priest or priestess. Schmaltz and pizzazz is nice, but if you find you can't light a fire and conduct a campfire program without a hardware store full of chemicals, then let someone else do it — for your own safety if not for others.

What makes campfire memories?

The secret of making a good campfire focuses on two things:

- youth need to take a central role in the campfire planning and participation stages,
- adults need to be present to ensure the children get the support and cheers needed to build budding self-confidence.

Scout Shops across Canada will have copies of the *Song Book* by fall. What makes this book particularly exciting is again, for the first time, Scouts Canada has finally captured on print what had been left to oral tradition. The National Outdoor Network shared the draft manuscript with local leaders who, in turn, shared their own versions of songs and personal songbooks. The result: many songs you have heard at Scouting events are now recorded for your future reference.

Many leaders asked for songs that formed part of Canada's history, a selection of tunes that create a feel for various regions in our land. In response, this book includes a group of Canadiana songs.

Liven up your program with these new resources, available in your local Scout Shop. X

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ScoutWorks Update by Tom Obright

Many individuals, groups and councils sent in their comments and questions about ScoutWorks version 1.0. We have used your input to make improvements to ScoutWorks. As a result, version 2.0 has arrived!

Here is some Scouting feedback we received, and improvements you will notice in version 2.0.

1. The program runs really slowly if I include a lot of data.

Version 2.0 includes a wide range of performance improvements including speeding the program up. Getting to a record and displaying it on the screen is now quicker than ever.

2. When I print a report, I want just one section, not the whole group.

We have completely rewritten the reporting section of ScoutWorks for version 2.0. The new module uses an award-winning report writer program to format and select records that appear in a report. This means that you can print reports by lodge, six or patrol, section, group, council, or any other way a user might want. Though you cannot change the report format, we made it easier for major councils to add reports to the reporting section without sending out a new copy of ScoutWorks.

3. When I print a report, the program does not offer enough printers to choose from.

The rewritten reporting section of version 2.0 supports virtually all popular printers on the market. Also, it can be customized to meet many of your specific needs.

4. We really had a hard time getting a registration disk that our council would accept.

Many people experienced this problem. As a result, we have completely rewritten the data transfer section. Now ScoutWorks automatically handles the decision whether your council has been sent a piece of data, including modifications to existing data.

5. Is it possible for ScoutWorks to indicate if a person has paid a membership fee more than once?

Version 2.0 now checks every registration entered against registrations already entered. If a person has more than one registration record, the only fee type it will accept is "duplicate". The same check occurs when data is imported from diskette.

6. When I try to choose a position by pressing "F9", ScoutWorks displays the whole list, not just the positions for a section or council.

Version 2.0 will allow only positions that are appropriate for each section, for both youth and adults.

7. The installation process for version 1.0 does not provide enough information. As well, it's not automatic enough for my liking.

Version 2.0 includes a brand-new installation process that offers on-screen instructions, ensures enough hard disk space exists to install the program, checks the CONFIG.SYS and AUTOEXEC.BAT files, and offers corrections if necessary. The new version works for both new installations and upgrades. For those areas that the installation process could not check, the program displays an improved "readme" file as part of the installation process.

8. We need more power and flexibility than you can build into a program running on an IBM PCXT (the original IBM personal computer introduced back in 1985).

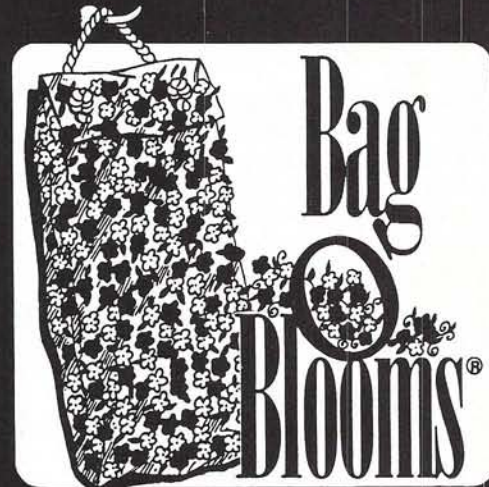
Many owners of newer computers expressed this comment. Responding to their concerns, we built in the power and flexibility improvements they wanted. However, these improvements adversely affect performance on IBM PCXT and similar computers. How? Version 2.0 runs very, very slowly on these machines. Version 2.0 is adaptable enough to accept version 1.0 data files; users can still operate version 1.0 on older machines.

9. Why was the feature to create a copy of the installation disk (program) made part of version 1.0?

We built into the program the ability of ScoutWorks to create a copy of itself to allow group committees to give a copy of ScoutWorks to their sections without having to order additional copies from their council. As you can imagine, with all of version 2.0's improvements, the size of installation diskette programs has grown significantly. To further conserve disk space on your hard disk, the option to create an installation disk will not be available in version 2.0.

ScoutWorks version 2.0 will be a great success. We invite your comments. Reach ScoutWorks by mail c/o the National Office; by phone at (613) 224-5131; and by electronic mail on Bell Canada's "The NET" electronic mail network at SCOUTS.NATIONAL. We are currently exploring other ways to get onto the electronic highway and would be pleased to hear your ideas. X

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EYEWITNESS BEAVERS

113th Ormsby Beavers, Edmonton, Alta., enjoyed a fascinating visit to local television station, CFRN. Questions abounded. Beavers especially liked standing behind the news desk. "Is my woggle straight for the camera?" Thanks to Denise Drouin.



ROVERS BUILD INTERNATIONAL FRIENDSHIP

Last year three members of the 53rd Halifax Fire Rover Crew (Nova Scotia) attended Jamboree Cymru '93 in Wales, United Kingdom, to work on the service team. This cosmopolitan photo includes Rovers from England, Canada, and Spain. Thanks to N. Peter Service (Captain).

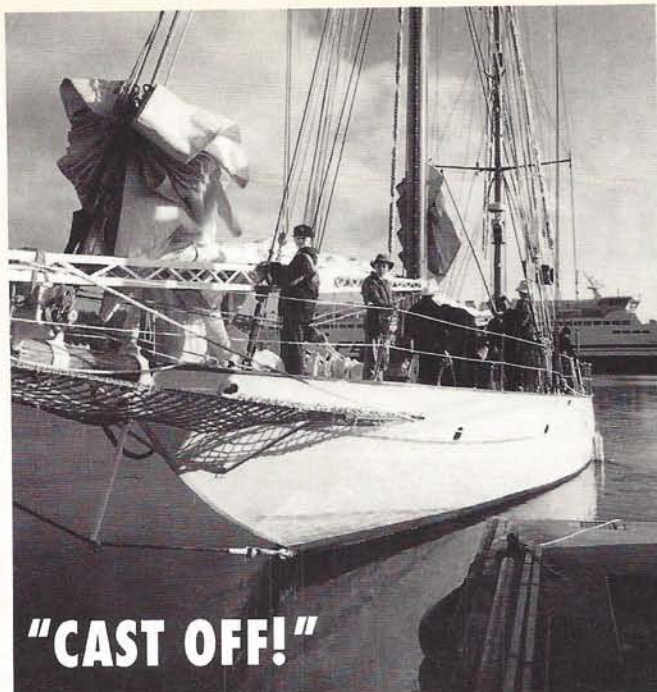


TAKING CARE OF THE WORLD During a dinosaur theme camp, Beavers from Bonavista, Grand Bank and the 24th S.A. St. John's colonies, Newfoundland, participated in a recycling project. They enthusiastically gathered every can they could find at Camp Starigan (near Musgravetown) and learned how to keep their planet clean. Thanks to G. Vaughan Paul.

☆☆☆☆☆ FIVE STAR CUBS

Four Beamsville, Ont. Cubs each received a plaque for earning all five stars at a Baden-Powell banquet in February. The high achievers were Andrew Hipwell, Steven Beauchamp, Michael Bedford and Adam Pont. The thrilled Cubs will display their plaques with pride. Thanks to Don Hipwell.





"CAST OFF!"

SEA SCOUTS SET SAIL FOR ADVENTURE Last year the 1st Garry Oak Sea Scouts (Victoria, B.C.) started their fall program with a weekend sail along the west coast gulf islands in H.M.C.S. ORIOLE. Built in 1921, this vessel is the only commissioned yacht in the Canadian Navy. "Weather conditions were ideal," said parent Bob Whitelaw. "Each Sea Scout was hoisted in the bosun's chair to the top of the main mast." What a view!



"SO THAT'S HOW THEY PURIFY WATER!"

After a morning of tree planting, Cubs and Scouts from the National Capital Region (Ont.) toured a nearby water purification plant beside the Ottawa River. Cubs and Scouts saw what unpurified water looked like ("YUCK!") and learned how trees actually help keep water clean. Photo: David Townsend.

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Take Your Beavers Dragon Hunting!

by Ben Kruser



When the weather is so pleasant that you just hate keeping your Beavers inside, why not split up the colony into lodges and take them out for a neighbourhood walk?

What would you do?

Why not hunt for dragons?!

Now you might say to yourself, "Golly, I haven't seen a dragon in this part of town for ages!" or "Aren't dragons sort of an endangered species?" Well, many dragon species still live in Canada; but like all wildlife, they are quite shy, so you have to know a bit about their habits and be able to spot signs they leave behind.

For those less experienced dragon hunters, here are some tips to help you and your Beavers search for these elusive beasts.

Food

All dragons breathe fire, so they need a wholesome diet to keep the internal flame well stoked. Dragons often dine at gas stations or can be found lingering near chimneys, barbecues and other sources of smoke. Of course, dragons also like spicy food. Perhaps a local pizza shop has hot peppers that a dragon might like to munch on.

How many dragon feeding places can your Beavers find?

Water

In order to make smoke, dragons need to drink plenty of water to mix with their fire. (Ugh... talk about heart burn!) Keep a sharp eye out for water sources. These can be fire

hydrants (dragons use them like straws, you know!), storm drains and sprinklers.

Dragons don't like to get wet, so they avoid lakes and rivers. It's good to remind Beavers not to play around open water, so watch for other water sources. Look for metal plates on sidewalks or on telephone poles that indicate underground water pipes. Dragons sometimes sniff along these pipe routes to a fire hydrant or outdoor house faucet.



How many different water sources can your Beavers find around your neighbourhood?

Shelter

Dragons tend to be fussy sleepers since they rest mostly during the day. They like to fly up to the top of a big tree and flop themselves down. Being

mostly green in this part of the world, dragons blend in nicely with the leaves, making them hard to spot. Walk over to a few trees and look up along the trunk. Can you see the top of the tree? While you're looking for the dragon, you may want to explore the tree. Why would a dragon choose this one to sleep in? How big is the tree, its branches and its trunk? Could it hold one dragon or lots of them? Are the leaves soft or are they spiky?

If you don't have any trees where you live, look for evidence of smaller, garden-size dragons. These land on large flowers and other plants. Look for plants that are bent over or appear as if they have been dried out by a dragon breathing fire as he snores.

Space

Dragons like wide open spaces for lots of fancy, free-style flying. Parks, community centre grounds, school yards, and other green spaces are a perfect place for dragon watching. Be careful! Dragons don't like staring humans, so let your Beavers play an active game while they look around.

Other Dragon Signs

Dragons leave many signs because of their size. What might first look like a crack in the road or a pothole could in fact be a dragon footprint. Cut grass often indicates a dragon had rolled on its back for a good itch. Its scales can slice up long grass really quickly.

With a little imagination, you and your Beavers will see lots of dragon signs around your neighbourhood. And who knows, maybe you'll even see a dragon or two! X

What's In It For Me?

by Colin Wallace

You're a busy Section Scouter.

Each week you spend time helping to run your section meeting. You also attend Group Committee meetings and your monthly Scouters' Club. You spend several weekends every year on hikes and camps with your section; then your commissioner asks you to attend a training session.

"I'm busy. What's in it for me?" This might be your first thought; a valid response from anyone who seems to be giving, giving, giving, without getting, getting, getting.

Think again; training sessions offer many benefits.

"Like what?" you say.

Just like an apprentice at trade school, training helps you learn new skills and hone rusty ones. It lets you gather and update source material that supports your group activities: training notes, reference sources, and other volunteers. You learn the tricks of the trade that make it easier to run your program; tricks like maintaining discipline with silent signals (or maintaining silence with self-discipline).

Training helps expand your knowledge and experience. It helps you gain a fuller understanding of Scouting's goals and objectives so your program activities are always well focused. As you brainstorm with Scouters, you can gather their best ideas and examples

that will keep your program interesting, challenging and successful.

Training lets you establish new friendships with other Scouters eager to share their experience and expertise. It lets you renew old ones. It gives you a broader Scouting perspective; it helps remind you that you aren't alone when facing the demanding problems of running a successful section program.

Training offers a chance to challenge yourself; it lets you showcase your best ideas and, through exchanging ideas with others, improve your program.

Feeling run down and dry?

An energy-filled weekend training session can recharge your batteries,

and renew your vision and commitment. The infectious enthusiasm of other Scouters may bite into you deeply. Who knows what positive affect this might have on your program?!

A good training session helps you sound off and test the validity of some of your most cherished opinions. You might even change your mind about a long-held belief.

Training even offers a great opportunity to hear some local rumours. (You can even start a few new ones of your own!)

Next time your commissioner asks you to attend a training session, don't say no. Think about it. There is definitely something in it for you. ^

From The Awards File

Last May 29th, Dave Jones and Ron Draper were camping in Sasquatch Provincial Park, British Columbia, when a woman hurried to their campsite asking for help. Two men had capsized their canoe on the lake. Being nighttime, minutes passed before Dave and Ron found the overturned canoe and struggling men. Both were cold and tired and needed help to get into the rescue boat. Making the rescue considerably more difficult, both victims were

under the influence of alcohol. This combination — extremely cold water and consumption of alcohol — would have resulted in a real tragedy if it wasn't for Dave and Ron's rapid response.

Both Dave and Ron have been awarded the Medal for Meritorious Conduct for their quick action. Ron received his medal November 1993 and Dave will receive his in November 1994.

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More New Badges: Try These Activities

by Ben Kruser

While the new and revised Cub badges found in the Wolf Cub Review will not be available until September 1995, you can still use the activities to plan this fall's pack program. Critical issues identified in the Cub Review included safety awareness and support to the family. Use these new and revised badges to start building really practical and meaningful programs.

FAMILY SAFETY BADGE

With the help of an adult, complete the following:

1. Help reduce the risk of fire and burns in the home by checking that:
 - a) matches and flammable liquids are stored properly and out of reach of small children
 - b) paint, paper and rags are away from heat
 - c) pot handles are turned toward the back of the stove to prevent being knocked or grabbed by small children
 - d) your hot water tank is set below 54°C (130°F) to help prevent scalding.
2. Show how to test and care for a smoke alarm.
3. Help reduce the risk of poisoning in the home by checking that:
 - a) poisons, cleaners and medicines are out of reach of children. Show how to find poison information on household products labelled as poison.
 - b) food containers such as pop bottles are not being used to store poisonous products
 - c) food is stored safely and handled properly.
4. Know and draw the following hazardous products symbols for poison, flammable, explosive and corrosive items. Find some products that are labelled this way.
5. Show how to lock and secure all windows, doors and other entry ways into your home.
6. Tell or demonstrate what to do if:
 - a) the lights go out in your home
 - b) a fuse blows or circuit breaker trips
 - c) there is a broken water pipe
 - d) there is a smell of natural gas
 - e) the drains back up.
7. Help reduce the risk of falls in the home by checking that halls, stairs, and walkways are clear of objects.

8. Do one of the following projects.

- a) Make a poster or display that shows the dangers of playing on or near train tracks, trestles, crossings and/or train yards.
- b) Make a poster or display that shows the dangers of touching power lines with a stick or ladder, climbing on electrical power poles, towers and substations, poking electrical outlets and/or pulling toast out of a toaster with a knife or fork.
- c) Make a poster or display that shows the dangers of playing around storm sewers, construction sites, garbage dumps or dumpsters, ice covered water or water areas, vacant buildings, farm machinery, quarries, old wells and/or unfriendly animals.

Family Safety Badge Resources

- *ChildSafe, A Parent's Guide to First Aid and Safety*. The Canadian Red Cross Society. Excellent reference and practical first aid book.
- *Before You Step On Ice*. Canadian Red Cross Society.
- KidsCare National Program, 50 Victoria St, Hull, PQ, K1A 0C9. National awareness program on child safety relating to consumer products sponsored by Consumer and Corporate Affairs Canada.
- Public Utility safety officers for power (hydro), gas, water/sewer sanitation, etc..
- Public transportation safety officers for train, bus and air travel.
- The Railway Association of Canada, 1117 St. Catherine Street West, Suite 721, Montreal, PQ, H3B 1H9. Information on railway safety programs available.
- Provincial Safety Leagues.
- Emergency Preparedness Canada, 141 Laurier Avenue West, 2nd Floor, Gillin Building, Ottawa, ON, K1A 0W6. Information on natural and manmade disaster planning and preparedness, plus Provincial contacts.

FAMILY HELPER BADGE

With the help of an adult, do any seven of the following:

1. Show how to use the kitchen stove or microwave oven safely, then make tea, coffee, soup or cook an egg.
2. Set a table for a two course meal for your family.

3. Know how to load and operate a dishwasher, or show the proper way to wash dishes by hand.
4. Clean windows and mop a floor.
5. Make a bed, and clean and tidy a room.
6. Vacuum a rug.
7. Show the correct way to answer callers at the door and on the telephone, and show how to pass on a message.
8. Wash and dry a load of laundry, and iron your neckerchief.
9. Show how to recycle, compost and dispose of household garbage.
10. Sew on a badge and a button.
11. Discuss how to properly dispose of household toxic waste such as paint, oil, paint thinner, old medicine, cleaners and batteries.
12. Wash an automobile.
13. Keep an entrance to a home clear of snow for one month.
14. Water a lawn or garden for one month.

Family Helper Badge Resources

- Children's cook books.

HOME REPAIR BADGE

With the help of an adult, do any seven of the following:

1. Show how to turn on and off the electric power supply and the water supply in your home. Explain how to turn off the gas supply if your home uses gas.
2. Replace a light bulb in a socket.
3. Replace a tap washer.
4. Lubricate a door hinge and/or lock.
5. Finish a wood surface and stain.
6. Properly prepare and paint a piece of wood or metal.
7. Help keep work areas, such as garage or basement, clean and tidy for one month.
8. Resod or reseed a worn out part of a lawn.
9. Tell or show how to clear a stopped up sink or toilet.
10. Replace a doorknob or install any kind of door or window lock.

Home Repair Badge Resources

- Sunset books for home repair
- Hardware stores and sales people
- Home renovation and repair tradespeople. ^

Did Your Pack Or Troop Help The War Effort?

Scouts took an active role on the home front during World War Two. As the 50th anniversary of the war's end approaches, Scouts should feel proud of their efforts to restore world peace.

As part of nation-wide *Canada Remembers* celebrations planned for next year, tell us what your Scout troop did during the war to make things easier for civilians at home or soldiers overseas.

Did you plant a garden to make more food available? Did your Cub pack save money to buy victory stamps? Tell us.

Did your troop learn to knit so it could make socks and mitts for soldiers. Perhaps you befriended homesick youth from Europe, as the 3rd Hamilton (Ontario) Rover Crew did in 1940.

Other Scouts contributed greatly, breaking records and selflessly helping where needed.

1940

300 North Waterloo (Ont.) District Scouts spent the summer of 1940 splicing and knotting more than 100,000 military lanyards — a summer well-spent.

1942

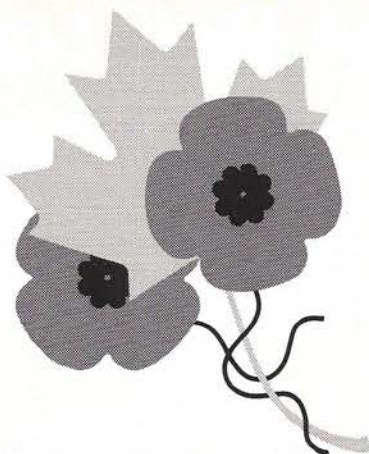
2,000 Winnipeg Scouts conducted the largest scavenger hunt in the city's history, gathering *25 tons of metal in one day!* The youth scoured vacant lots, river banks and alleys. At the end of the day they turned the metal over to the Patriotic Salvage Corps.

The Pouce Coupe Troop in B.C. collected over 1,000 lbs. of rubber.

1943

In 1943 a group of 15 Scouts from Sydney, Nova Scotia, answered a call for help from the Nova Scotia Department of Agriculture. For days they worked on local farms weeding weather-damaged crops.

Medicine Hat, Alta., youth formed a Boy Scouts Salvage Corps to collect fats and greases for recycling.



2,000 flags to make VE-day (Victory in Europe) celebrations more colourful!

What Scouting stories do you remember? Were your friends active? How did you and your Cubs or Scouts help out? How did you earn your War Service Badges? Tell us.

Send the **Leader** pictures, anecdotes and news clippings of your peace-building Scout efforts during World War Two. We will share some of these with other **Leader** readers in a feature article in our February 1995 issue.

Let's contribute to the *Canada Remembers* celebrations. λ

1945

The Lethbridge Boy Scout Association (Alta.) lent their city more than

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The phone has finally stopped ringing and we can join our kids doing a little canoeing and backpacking. Our first few months in business have been most rewarding. Many thanks to all the groups who gave the new bar a try. Your feed back has been most appreciated and heartening. Thanks for your support and good luck in the new year.

Bingo and Rusty

Building Responsibility Through Youth Leadership

by Ben Kruser

Scouts Canada is committed to involving more youth in program planning and decision-making. This might seem like a radical idea to some, but youth leadership is both historically and fundamentally a Scouting cornerstone. In order to better understand how to help Scouts take responsibility for their program, let's review the development path for building youth leadership.

The chart below clarifies the inter-relationship between activities and youth participation in planning age-appropriate programs. At the early childhood level, Beavers are just developing group social skills, such as sharing, cooperation, and teamwork. If Beavers don't acquire these skills

at an early age, the child will experience great difficulty working with people throughout life. Because of their age and ability, Beavers can voice ideas and interests to the leaders, but they depend heavily on adults to take responsibility for actual program plan-

A child experiences fun by attempting a challenge, not just by reaching the end goal.

ning and delivery. As children grow, their maturity and personal drive to pursue interests permits more involvement in planning and running programs. Cubs can experience leadership roles by being a Sixer and Second for their Six. As well, Sixer's Councils offer opportunities for older Cubs to work directly with leaders suggesting and taking some responsibility for running part of the program.

In their early teens, youth need (often demand) greater independence from adults. The patrol system and the role of patrol leader provides a means

for youth to sound out opinions, argue points and reach a group consensus within guidelines set by leaders. At this age, individual Scouts or patrols can choose a program path to follow and work with leaders to take responsibility for planning and running some (or even all) of the program. Adults are often tempted to become quasi-patrol leaders, especially when same-age patrols are used. This can impede older youth from growing into leadership roles; it can also make the whole troop depend on adult abilities.

How can we encourage more youth leadership and responsibility?

Adults must give up some decision-making authority and let them learn at their own level and speed without fear of failure. A child experiences fun by attempting a challenge, not just by reaching the end goal.

Adults should let Venturers and Rovers conduct their own meetings and plan programs with only minimal help from their "advisors".

As each child moves through the sections, he is successfully fulfilling Scouting's Mission and Principles for his age and abilities. The final step comes when the youth becomes an adult, accepts greater responsibility and applies Scouting's Mission and Principles in daily life. X

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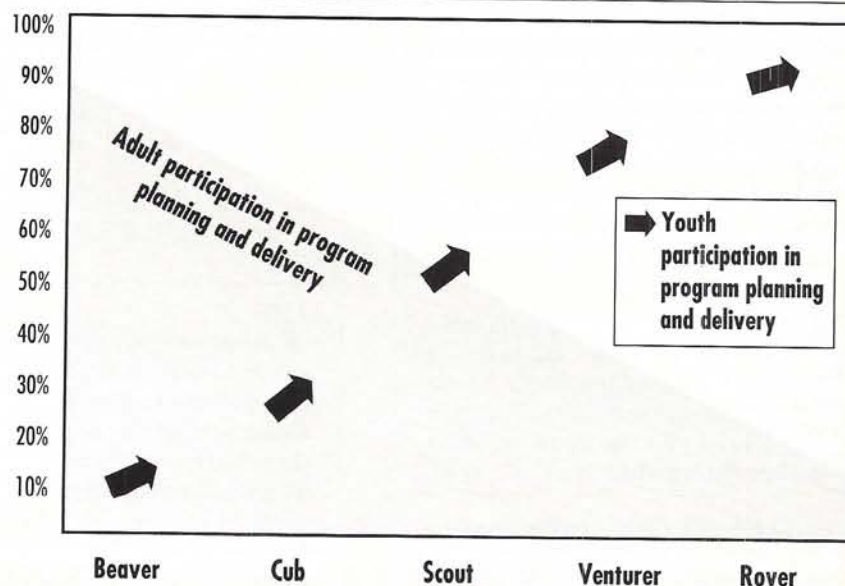
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1990	February; November
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Youth Involvement in Section Program Planning



Do Volunteers Need Time Off?

by Warren McMeekin

How was your Scouting year?

Did you do all the things you wanted? Are your youth members excitedly ranting and raving about their year? Are you satisfied that you planned and conducted the best Scouting program ever?

Are you tired, exhausted? Are you ready for a vacation?

When I was Cub I could never understand why our Akela wanted to take the summer off. Was she tired of having FUN with us? Was she going off to some exotic land to plan our next years' program? I never realized that she needed a rest. Expressions like "Volunteer Burnout" naturally meant nothing to me.

To begin, I thought being Akela was her full time job. It must pay enough money to live happily, I thought. I didn't know our Akela had another job. I could never figure out why she was not home at lunch time when I phoned, until my mother explained it to me.

Volunteering can place huge demands on people.

Why do volunteers burnout?

Let's look at some warning signs.

Volunteer burnout is a mental, emotional and physical condition that expresses itself in a variety of symptoms. Most notably, the volunteer's perspective shifts or changes. The eager leader who began the year bubbling over with energy and enthusiasm changes noticeably. His or her commitment level drops significantly from September to June. Positive excitement slowly gives way to cynical negativism.

Does this sound like some Scouting leaders you know?

People volunteer for many reasons — many tie in directly to their emotions. The organization's mission attracts most people. Many start with very unrealistic, idealistic expectations of what they will get from the work. Volunteers most prone to burnout are those who feel connected to the mission but have no clear, realistic sense of what others expect of them.

Other common burnout causes include: lack of reward, too much

work, lack of training, inadequate supervision and direction, lack of funds to accomplish goals, and too many difficult tasks.

What's the answer?

Scouts Canada developed a Volunteer Recruitment and Development strategy that addresses many volunteer burnout concerns. The strategy focuses in four areas:

Selective Recruitment

- Right person for the job
- Accurate job description
- Honest time commitment
- Acceptance of the Aim and Principles.

Orientation, Servicing, Support

- On the job training
- Mentoring and coaching.

Training and Development

- Skills and knowledge
- Identify and meet needs
- Self development.

Recognition

- Awards
- Public thanks
- Appreciation
- Job enrichment, other challenges.

Pay attention to these key areas. It can pay dividends when looking after volunteers. By making use of the following list, you may help volunteers avoid burnout.

- Set realistic goals
- Work smarter — not harder (watch your organizational and time management skills)
- Try doing similar tasks differently
- Break away (it's okay to take time off!)
- Take things less personally
- Take care of yourself physically and mentally
- Accentuate the positive
- Get lots of rest and relaxation
- Learn how to deal with different people
- Improve your interpersonal skills
- Learn how to handle conflict.

To those who recruit, manage or train volunteers on a regular basis, make sure you are honest and realistic about what you ask from others. Volunteers are priceless. X

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8. The right to order Girl Guide cookies
9. The right to have FUN
10. The right to have time off.

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Summer First Aid

by Chris Ellsay

Looking forward to summer activities like adventure hikes, camping and canoe trips? Injuries will occur even after the best planning. Here are some tips to protect yourself.

CUTS AND SCRAPES

When knees meet dirt and gravel, the most common summer accident occurs. As long as the wound is not bleeding profusely, clean it with water, wiping *away* from the edge of the damaged area with a clean cloth.

Do not use a disinfectant; this kills the body's natural system for repairing the injury.

After cleaning the wound, cover with a bandage or dressing and apply direct pressure to control bleeding. Never use paper or cotton batting for a dressing; these leave particles in the wound. If the cut will not stop bleeding or if it appears deep, see a doctor. A cold compress, or ice wrapped in a cloth then placed in a plastic bag, soothes a cut and helps stop bleeding.

BURNS

"Careful that pot's hot!"

Campfire cooking is fun but first-time campers seem to attract burns.

Immediately submerge minor burns in cold water. Cold water will draw the heat out of the skin, easing the pain and speeding recovery. Don't cover burns with ointment or butter. This seals the heat into the wound and keeps the air away from it, making the injury worse.

Serious burns (when skin is blistered or blackened) are very dangerous. Cover the burn loosely with a clean cloth and see a doctor quickly.

Reduce the chances of burns at camp by demonstrating to your Cubs and Scouts proper stove use, fuel storage, and fire safety around tents.

SPRAINS

Running games on a ground hog's field can lead to sprained ankles.

What is a sprain?

It occurs when bones at a joint are forced beyond their normal range of movement, causing stretching and tearing of supporting ligaments. In most cases the pain, swelling and discoloration of a sprain cannot be distinguished from a fracture.

Treat a sprain like a break, with several modifications:

- * Support, immobilize and elevate the injured joint.
- * Apply ice (if possible) for 15 minutes on and 15 minutes off to control swelling.

- * Apply gentle pressure with bandages (compression) to the sprain to decrease swelling. Loosen the bandages if it causes pain or restricts circulation below them.

The mnemonic "ICE" makes it easy to remember the steps in caring for a sprain: Ice, Compression, Elevation.

SUN PROTECTION

Ultra-violet (UV) radiation reaching the earth's surface can cause serious sunburn, eye damage and sunstroke.

On sunny days wear 100% UV-absorbent sunglasses. Avoid cheaper glasses which may not give the protection they claim. Look for glasses that filter out UVA, UVB and/or UVC.

Follow this advice:

- * Wear a wide-brimmed hat.
- * Avoid the sun between the hours of 10:00 a.m and 3:00 p.m.. If this is not possible, cover exposed areas with clothes or sunscreen — especially face, neck and hands.
- * Drink lots of water.

The Sun Protection Factor (SPF) indicates how much longer one can stay in the sun after applying sunscreen before burning. For example, if you get a burn after 10 minutes in the sun, a sunscreen claiming an SPF of 10 should protect your skin for 100 minutes. Look for sunscreen offering a minimum SPF of 15.

Apply sun screen lotion at least 20 minutes before going out into the sun. Re-apply it every two hours and after swimming or heavy activity.

HEAT INJURIES

Heat injuries occur when your body's cooling system is working too hard. You can avoid most overheating problems by drinking lots of water, staying covered and wearing a hat.

Heat cramps, caused by a lack of water and salt in the body, may be the first warning sign. The cramps should subside after drinking one glass of *slightly* salted water (5ml salt to 1L of water).

Don't ignore your body's warnings or heat exhaustion and heat stroke will follow. Symptoms will include a sick feeling, headache, and possibly chills. Get out of the sun, drink *slightly* salted water, and sit quietly in a cool place.

Summer is a great time to hike, boat or play outdoors. By taking a few precautions, you can avoid many injuries. X



Photo: Barbara Jasper.

*Learn how not to get hurt
around campfires.*

— Chris Ellsay is a regional field executive in the National Capital Region, Ont.

SCOUTER'S 5

A Quiet Time To Listen

- Summer is a superb time to shift gears from high speed to slow; a good time to take your colony, pack, troop, company or crew into the forest for a silent walk.

- Let them experience total silence for an hour. Point out the delicate, early morning mist hanging over lake water; teach them to listen for the soft, beautiful crunch of their footsteps on the forest floor. Intentionally try to walk in slow motion. It's hard!

- Our society encourages a hyperactive pace. An ancient Hebrew writer taught something dramatically different: "For everything there is a season, and a time for every matter under heaven...." (Eccl. 3:1)

The Lord God would probably agree that there is a time to work and a time to rest. That's why he made a day of rest. As an act of love to us, he didn't just ask for rest, he *ordered* it!

Perhaps we're marching too closely to the frantic beat of society's drum. Listen. SHHH. Can we hear God's drum?

- Summer is an excellent time for us to help our Scouting youth establish healthy, balanced, restful spiritual practices.

- Take several children canoeing into a swamp. Quietly watch for ducks and beavers. Can you see large green frog eyes peering up at you curiously from the edge of lily pads? Listen for the gentle bubbling sound your paddle makes as it slices through the water.

- Take a late evening walk at camp. Bring several Cubs or Scouts along. Look up. Listen for the soft rustle of the northern lights. It's there! Why haven't we heard it before?

Scouter's 5 Minutes, p.723

June-July '94

HINTS

Keep Your Tent Area Dry

- Dry campers mean happy campers. Follow these rules:

- Don't set your tent up on wet or marshy ground. Wet ground under your tent means damp sleeping bags. A damp sleeping bag is a cold one.
- Never set your tent up in a ground depression. If it rains this low area will collect rain like a bowl.
- Always dig or scrape a small trench around your tent even if it doesn't look like rain.
- After circling your tent with a trench, dig a trough away from your tent so water can escape.
- Set up a large tarpaulin so it forms a slant roof shelter (See "The Zen of Tarps", **the Leader**, January '94). This will give overhead protection from rain, sun and snow, while also making a central place to meet, eat, or just hang out.

Tent Etiquette

- Tent etiquette is not merely a quaint Victorian-era nicety. Thoughtfulness is a basic necessity when Scouts are packed into a small tent elbow-to-elbow!

- Follow the ancient Asian custom of taking off your shoes before entering your home. Sand and grit will destroy nylon tent floors faster than a violent summer storm.
- Don't bring wet rain gear, shirts, hats or socks into your tent.
- Put your loose clothes into a packsack beside your sleeping bag.
- Most tents have built-in pockets. Designate one pocket for each inhabitant.

Hints, p.655

June-July '94

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the **leader**

Take Care Of Your Tent

- Sweep your tent out each morning. This helps save the nylon floor from grit and sand damage. It also gives everyone an opportunity to put loose clothes away.
- Hang your tent up after every trip to both air and dry it out. Even after a dry week-end trip your tent can collect condensation easily.
- If your tent gets dirty while camping, hose it off when you get home. Use mild detergent on stubborn stains, then wash off the soap and hang the tent upside down to dry.

Tent Common Sense

- Avoid cooking inside a tent; do it under your tarp shelter.
- Use flashlights in a tent, never a candle. Tents, sleeping bags and nylon jackets are all inflammable and very susceptible to fire damage.
- Does someone feel ill? Let them sleep near the door. Here they can breathe fresher air and quickly leave if necessary.
- Does anyone feel chilled? They should sleep in the middle between the warm bodies of other campers.

Hints, p.656

This summer help your children to capture the beauty of wild flowers. Get right down on your hands and knees with them to explore the detail of the creator's colours. Look for the sparkle of that tiny Twinflower glistening in the morning dew. Have you ever smelled the sweet aroma of wet moss? Amazing!

Deep silence can teach great lessons. A silent afternoon's walk or paddle can bring a re-awakening of the natural beauty surrounding us.

After your quiet time, ask the children what they learned. Was it pleasant? Can they see God's hand moving in nature? Can they understand better why we must look after the forest and animals who live in it?

Some of the best lessons are taught in silence.

— *adapted from an article by David Allen, Canada Lutheran magazine.*

Quiet meditations

"Be still and know that I am God."

— *Psalms.*

"Since I learned how to enter the forest of quiet meditation, I have received sweet dew-like drops from that forest."

— *Toyohiko Kagawa.*

Scouter's 5 Minutes, p.724



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Learn The Ropes

by Bob Bareham

Learning the ropes (knot tying) has a long Scouting history. It's fun for all ages. Successful knot tying means using the right knot (tied correctly) at the right time. The wrong knot may work loose, slip off when you apply a weight, or jam so hard you cannot untie it.

The *Campers Knot Tying Game* (catalogue #20-501) helps you avoid knot tying difficulties — making it a game. Another resource is Scouts Canada's *Fun With Knots* (#20-603).

Once you and your Cubs and Scouts learn how to tie all these knots, you might want to tackle John Sweet's books *Scout Pioneering* (#20-606) and *Pioneering In Town And Country* (#20-610). Order these by mail or visit your local Scout Shop.

Better Than Ever!

A brand new edition of the official 1994/95 Scouts Canada Catalogue will be available soon; make sure everyone gets a copy. This full colour, 64-page bilingual catalogue

includes over 60 new products, including a new and exciting edition of the Beaver handbook *Friends Of The Forest* and a Scouts Canada *Song Book*. Look for these on the shelves of your Scout Shop or dealership in September.

We are also introducing a 3-in-1 duffle/sports bag — custom made exclusively for Scouts Canada. This unique bag comes with a durable fanny pack, a day pack that is tough enough to be used as a school bag, and a main bag almost big enough to carry the kitchen sink to camp!

Looking for a really unusual craft activity? Try our new "18 Wheeler" (tractor trailer) kit, suitable for ages 5 and up. (This tractor trailer kit *does* fit on a standard Kub Kar track.)

If you like collecting activity crests, get ready for our new line-up coming out this fall for Beavers and Cubs.

What A Deal!

Last year we asked people to suggest improvements for our official

calendar. The Calendar Task Group listened. You will notice many new improvements. The calendar will feature 14 months (instead of the usual 12), and run from December 1994 through January 1996. We have simplified the monthly "grid" with large write-in squares for each day backed on white paper.

A major design change based on excellent, environmentally themed posters drawn by Scouts at the C.J.'93 *Enviro-Park* activity has also taken place. The result is one of the nicest looking calendars we have ever produced!

The best news is.... you can return up to 20% of unsold calendars for a full credit on or before December 1, 1994. But the days are numbered! Place your order *now*! Your sales are almost unlimited!

Remember — the profit from every calendar sold stays within Scouting. Δ

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Scouting In Eastern Europe

I enjoyed Mr. Macartney's article in the February and March issues on Scouting in Eastern Europe. I would like to add several of my own thoughts.

A great many Scouts in those countries have something which we lack. Through the long years of suppression and underground existence Scouting became for many a way of life. In most free countries (e.g. Canada) only a few accept Scouting as such. For most of us Scouting has become a mere youth Movement competing with a great many other organizations. Here is an example of how some East Europeans have made Scouting a way of life....

Some time ago representatives of World Scouting met with delegates from Scouting in the Balkan nations. Gathered together were members from Croatia, Serbia and Bosnia — countries actively at war with each other. Yet, at this meeting, they were friends and brother Scouts, working together and planning the future of their Movements in true friendship.
— *Wim d'Isendoorn, Duncan, B.C.*



Over the past several months we received many letters from readers who enjoy the articles, crafts, and columns that *you* submit for publication. Congratulations to everyone who contributes their work so others may benefit. What a great way to inspire other Scout leaders!

Below we list comments by some **Leader** readers.

The January 1994 issue encouraged us to send in articles and ideas to receive a **Leader** T-shirt. After years of thinking about sending something to you I have finally done it. I want to start giving something back for all the ideas **the Leader** has given me over the years.

I have enclosed plans for a special pin collector case that our Cub pack leaders developed from a **Leader** arti-

cle. (Most of our program ideas come from your magazine.) I hope you like it.

Now that I have written once, I've already started working on future submissions. Let me see... What about an article on our first annual winter camp? Or what about a woggle craft idea?

You'll be hearing from me again soon.

— *Ron Schmiedge, Regina, Sask.*

My purpose in writing at this time is simply to say to you and your colleagues that while you inherited a good magazine, you have achieved a level of excellence in **the Leader** that none of us foresaw even in recent times.

As National Commissioner from 1972 to 1977, I remember when **the Leader** was struggling for survival. Many didn't think it could continue for much longer. Over the years, however, the magazine has made great strides due to hard work and professionalism. **The Leader** has emerged to become a superb, interesting and unmatched publication in the field.

The March '94 issue epitomizes what I am saying. It is easy to read, devoid of jargon, extremely well organized and optimistic.

A "well done" to you and your experts. Canadian youth, and we one-time youth, thank you. Keep going in the direction you're heading.

— *General (Ret) Bill Carr, Stittsville, Ontario. (National Commissioner from 1972 - 1977)*

Thank you for a wonderful magazine packed full of articles to share, words for the wise and challenges for all who serve!

— *Carol Andrews, D.C., Queen Charlotte Islands.*

Thanks for a great resource! We found the December '93 and January '94 issues of **the Leader** particularly useful, informative and interesting.

— *Mitch Saulnier (Bagheera), Toronto, Ont.*

Being a Cub leader with the 1st Armstrong (B.C.) Pack, I really enjoy reading your magazine. Keep up the good work.

— *Lois Huband, Armstrong, B.C.*

Thank you for sharing Scouting experiences through **the Leader**. It is very good reading and genuinely an excellent resource.

— *Lynda Koudys, 1st Grimsby Venturers, Ont.*

Thank you for the wonderful magazine you print each month. As a Cub leader I appreciate the ideas and motivation it gives me in my Scouting calling.

— *Kathy Ord, Edmonton, Alberta.*

For the past eleven years I have received **the Leader**. I enjoy it fully. Thank you.

— *Eric Harkonen, Vancouver, B.C.*

As a Cub leader (and having filled several positions on our district council and at two jamborees) I have read almost every issue of **the Leader** for a long time. Not only have the articles inspired me, but also its photographs. Thank you.

— *Linda Grant, Lethbridge, Alberta.*

I love your magazine!

— *Brenda Bachle, Bolton, Ont. X*

Ed's Note:

Do you have an opinion on articles appearing in the magazine? Tell us about it.



Pen Friends

The following British Cub leaders are looking for Canadian Cub packs for their youth to write to:

- Rachel Strong, 1st Sawbridge-worth, Essex.
- Judith Yandell, 8th Bitterne, Hampshire.
- Alison Elliott, 1st Charmouth, Dorset.
- Jo Mander, 31st Brighton, Sussex.

Cubs from the 2nd South Lambeth Pack (London) and Beavers from the 2nd Urmston (Manchester) Colony would also like to write to Canadians.

Contact these leaders or groups through Roy and Joan Walker, International Links Scheme, Waybrook, Ewing Close, Reepham, Norfolk, England, NR104JQ.

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