



the leader

August/September 1997

VOLUME 28, NO. 1

Ready
for Fall
Camping?

NATIVE THEME • WATER BASICS • SHOOT THE STARS

Tips to Make You a Better Leader

by Leslie Forward

"Help! I'm a leader and I don't know what to do!"

These were probably your thoughts when you were a brand new leader. Fortunately, you can depend on other Scouters, various handbooks, training courses, and the **Leader Magazine** to provide dynamite program ideas. The following story tells how one person faced the leadership challenge in her early Scouting years.

Nearly twenty years ago my son joined a Beaver colony. Every week I dropped him off and picked him up. Frequently I remained through the entire meeting. Soon I found myself on the group committee and wearing a colony leader's uniform.

At first I thought, "Why not?"

As a primary school teacher, I felt I had lots to offer. Then my ego got in the way. I already knew everything necessary, I figured. Leading a colony would be very easy with all my experience. It wasn't long before the 'ship' ran aground.

I didn't even know the Scouter's Promise. I also didn't know how to conduct an opening or closing ceremony. As well, I was used to a really structured teaching environment with only one age of child, not an unstructured play atmosphere with ages five to seven.

What happened?

We Have Lift Off

Help arrived quickly in the form of other colony leaders. I didn't just read the *Beaver Leader's Handbook*, I devoured it. When the region offered a Woodbadge training course, my name was at the top of the registration list. (What a fun experience!) The learning didn't end here. Soon I was going to Scouter sharing sessions, and regional and district meetings, building up a store of skits, jokes and crafts. The more I learned, the happier my Beavers seemed. It was really inspiring!

Next, take as much training as possible. Visit your local Scouting headquarters and find out the resources available. Read the **Leader Magazine's** *Fun at the Pond*, flip through books in your Scout Shop, and try out some fantastic JUMPSTART programs.

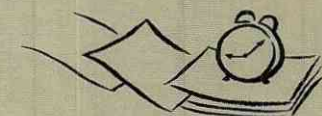
The more you learn, the easier and more pleasurable this Scouting task will become. It's good for young people to enjoy themselves, but you should have a good time too. After all, Scouting fun is for everyone. ^

— Leslie Forward is an active Beaver leader and National Program Committee member from Newfoundland.

There's
plenty of
help for
new
leaders.

Starting Points

If you are beginning as a leader, here is some advice. Read your section handbook from cover to cover several times. Talk with other Scouters. Gather program ideas from everyone. Ask the kids what they want to do, and find out how to give them their wishes in a safe and dynamic environment.



Send Us
Your Best
Ideas, But...

Our files are overflowing with great program ideas. (What an unusually wonderful problem for an editor!) Don't get discouraged if you've already waited a long time for your story to "hit the press." It will still take many months for us to work through the backlog.

Keep sending in your great ideas and articles, but please have patience.

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the leader

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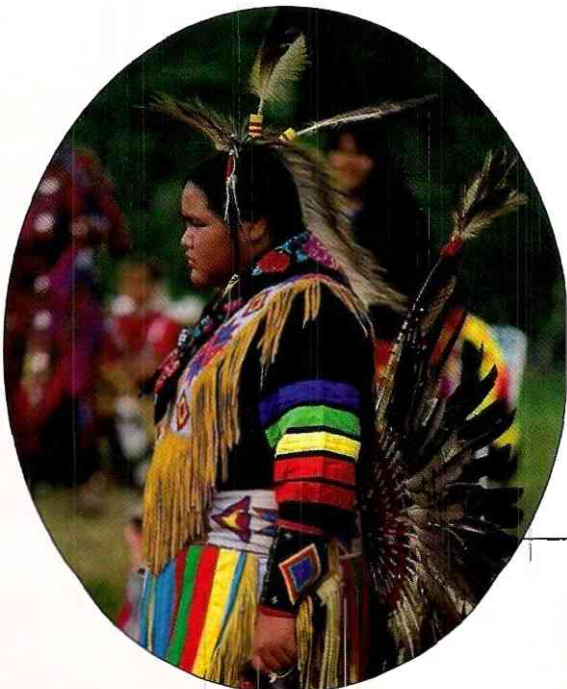
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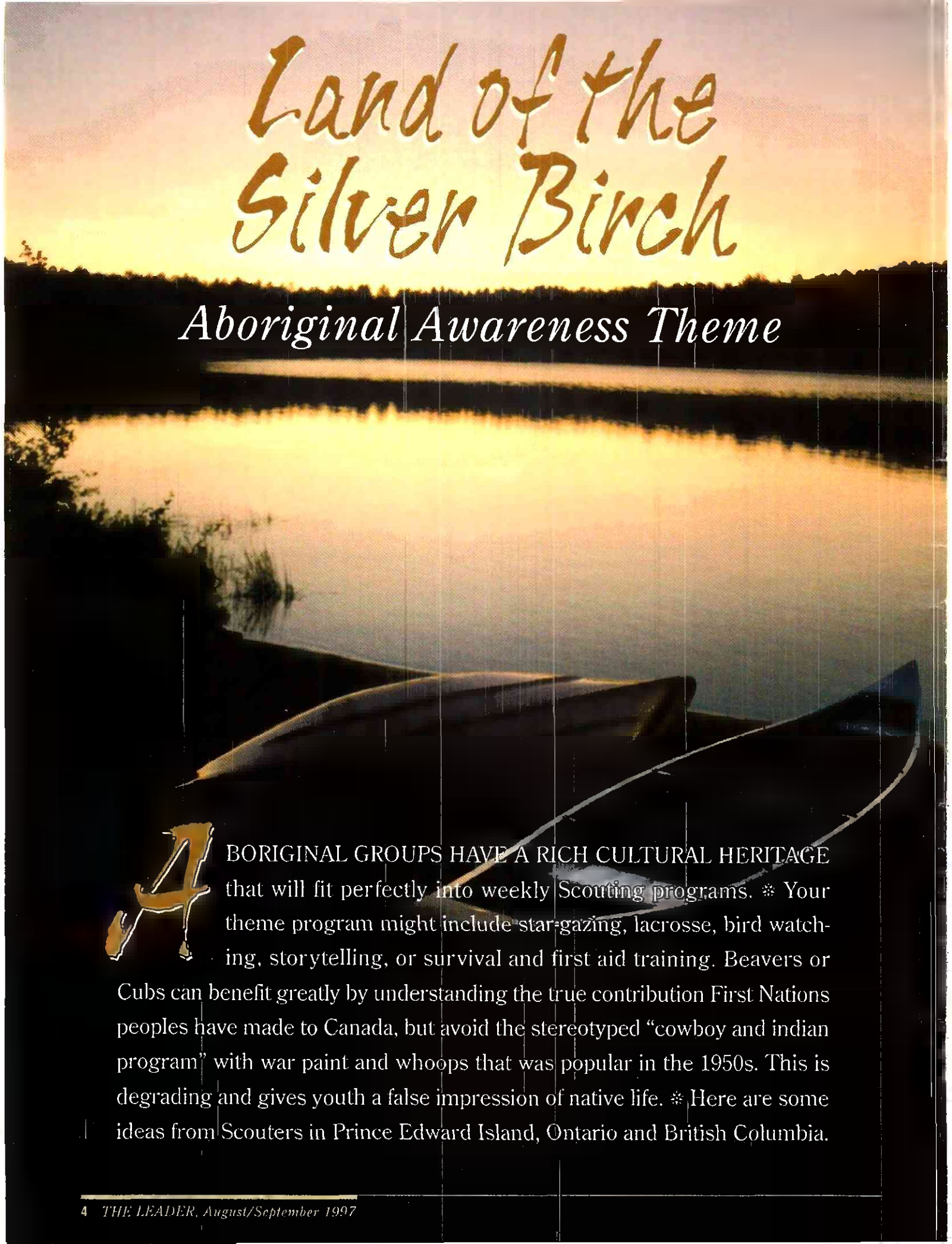


Home and Native land...

page 4

Land of the Silver Birch

Aboriginal Awareness Theme

A photograph of a canoe on a calm lake at sunset. The sky is a mix of orange, yellow, and pink, with the sun low on the horizon. The water reflects the colors of the sky. The canoe is dark and positioned in the lower half of the frame, pointing towards the right. The background shows a dark silhouette of a forested shoreline.

ABORIGINAL GROUPS HAVE A RICH CULTURAL HERITAGE that will fit perfectly into weekly Scouting programs. * Your theme program might include star-gazing, lacrosse, bird watching, storytelling, or survival and first aid training. Beavers or Cubs can benefit greatly by understanding the true contribution First Nations peoples have made to Canada, but avoid the stereotyped “cowboy and indian program” with war paint and whoops that was popular in the 1950s. This is degrading and gives youth a false impression of native life. * Here are some ideas from Scouters in Prince Edward Island, Ontario and British Columbia.

First Nations Fall Camp

by Linda Thomas and John Peters

Cubs from Spring Park Charlottetown, PEI, were enthralled with an aboriginal awareness camp that involved a special sunrise ceremony, making and racing travois, creating friendship sticks, and much more. Leaders prepared by asking a local native council to help plan activities. An elder attended the camp several weeks later to explain native beliefs and customs.

Beating drums woke the Cubs on Saturday morning at 6 a.m. — the first full day of camp. This special sunrise ceremony involved singing, dancing and drumming, all carried out by local aboriginals. This activity launched our camp with incredible enthusiasm. (Micmac people especially emphasize beating drums at dawn.)

Friendship Sticks

First Nations people used to bring friendship sticks to gatherings. They sometimes added important items from the meeting to the stick. A friendship stick might include an eagle feather, beads, tribal markings, oak leaves, claws, and other significant objects.

Each friendship stick should be about 55 cm (straight or crooked) and could have short branches (2-10 cm) protruding from it. You could make a lizard design from a twisted branch with small branches (legs) jutting out from it. (See diagram) A snake design could be whittled and painted black, vermilion, and jade-green. Cubs and Scouts might want to carve a moose or caribou head from the end of a stick,

then decorate it. Let your kids create their own design. They might want to use ribbons or other colourful objects found around the home as decoration.

Each stick should be sharpened at one end so it can be stuck in the ground around a campfire.



Canada's aboriginal people have more to offer than just bright clothing and rhythmic dances. Speak with a native elder or band council.

Travois Racing

Natives made travois to move tents, sick or young people, and heavy objects from one camp to another. Using various knots, make several travois from two long sticks. Lash two more shorter sticks together at the other end. Though natives didn't use travois for competitions, get a Cub or Scout to sit on one and have her friends carry her around a marked course, racing with others.

Flood Protection

Natives sometimes tied poles together to keep clothing, food and people dry in areas of light-to-moderate flooding. Lash together three long sticks at the top, spread the legs into a teepee form, and lash three long sticks across the bottoms. This will form a strong pyramid. Build several and let your Cubs or Scouts make a platform with lumber, but using no nails). Perhaps you could tie this into an "off the ground" program? Join several platforms together and conduct your entire program above the earth.

Finger-Licking Good

So Cubs could gain a better understanding of early native life, each child cooked at least one meal over a campfire. Usually the food was wrapped in aluminum foil and placed in the glowing coals, but some Cubs thought up more novel ideas. Try making cornmeal muffins with wild blueberries, or bannock, or wild rice. The blueberries, rice and other add-ins could be obtained during hikes or paddles around your camp.

A native theme could involve a wide range of Scouting activities, everything from canoeing and kayaking instruction, to pottery making and even fishing. Let your imagination loose, then tell **the Leader** about your successes so others can benefit.

— Linda Thomas and John Peters are active Beaver leaders in Charlottetown, Prince Edward Island.

Friendship Sticks

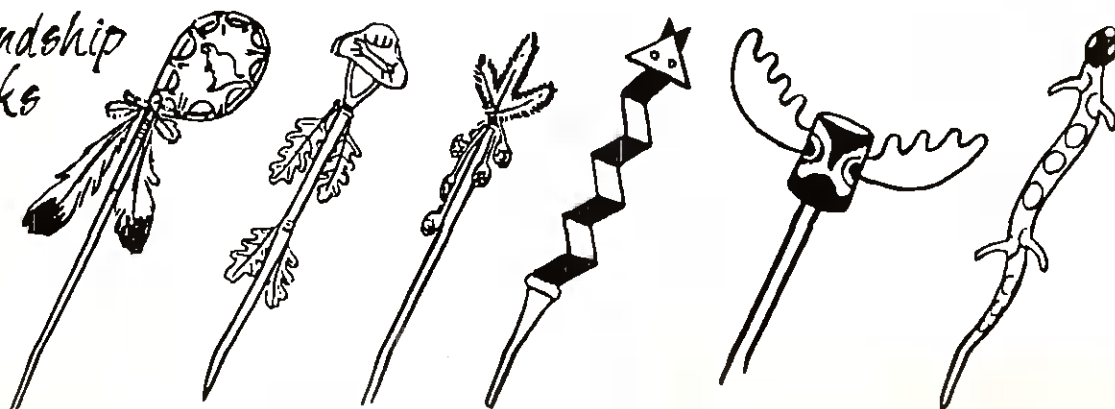


Photo: Wayne Barent

Photo opposite page: Allen Macatney

Introduction to Native Culture

by Ruth Dubeau

Our colony's weekend camp concentrated on introducing the Beavers to traditional native Canadian culture. We started by asking everyone to bring in native crafts they had at home. Setting it all out on a display table at camp, everyone had an opportunity to view the incredibly gifted art found in sculptures and paintings, and intricate bead work. Is there a native artisan in your area who would be willing to demonstrate her craft?

Headband Craft

Many native groups used colourful headbands in ceremonies. The best hunters and most respected leaders had eagle feathers in their headbands.

Each of our Beavers made a headband using a leatherette band and feathers. Get your feathers from either dusters or a craft store. You might also use ribbons. (If feathers aren't available, your Beavers could make them from construction paper.) Simply staple the feathers to the leatherette and put tape over the sharp staple ends so no one gets scratched. Some headbands could just have a string hanging from the leatherette, with several feathers dangling from it.

Recycle Hunt

Aboriginal Canadians lived off the land and used everything they could find to better their lives.

Take your Beavers on a scavenger hunt through the woods. Have a list of ten or twelve items to find and bring back to camp to make crafts from, later in the day. These items might include birch bark (found on the ground), interesting stones, twisted branches, bird feathers, pine cones and acorns. Have popsicle sticks and straws to supplement your craft supplies for those wanting to make a fishing village or canoe.

Trackers Extraordinaire

Native hunters were expert at identifying animal signs and noticing forest activity. They would walk through the woods silently, looking and watching. The quieter they were, the more they saw.

Break your Beavers or Cubs into small groups; an adult should go with them as they walk along a forest path, looking and watching for animal signs and life. Each group should make



A canoe lesson, an overnight canoe trip, even a water fight would be popular with your Cubs or Scouts.

Photo: Paul Ritchie

up a list of different birds and other creatures they see during their walk. Their list might include three bird types (chickadee, robin, blue bird), two groundhogs or gophers, a jumping fish, a mouse, wolf droppings, a porcupine quill, woodpecker holes in trees, deer tracks, a toad.

For older Cubs, leaders could lay out a track with trail markers for the kids to follow to a final destination. Markings might include sticks in the shape of pointing arrows, stones put in little piles, or direction arrows in the mud.

Make a Totem Pole from Boxes

Totem poles were important for many west coast aboriginal groups; not only did the poles tell family and tribe history, but they provided a creative outlet for the artistic talents of some members. Today everyone appreciates the artistry and colour found especially in Haida totem poles.

Totems are easy for Beavers to make from various sizes of cardboard boxes. They'll also need masking tape or glue, markers and white paper. Can they tell the story of their afternoon's adventure by using totem pole images?

Cubs might wish to carve small, individual totem poles from balsa wood. Let them paint their creations with bright colours. A six or pack might wish to make a larger totem to stand outside their tent. Their totem should tell a story if possible.

Spear Throwing Competition

Like Robin Hood, some aboriginal people depended on archery or spear throwing skill every day of their lives. Set up an archery or spear throwing range at your camp. (Make sure you supervise this closely.) An alternative might involve tossing frisbees through hoola hoops suspended in the air or placed on the ground.

"This is great!" all our Beavers agreed. Yours will too. A native theme program combines the outdoors with camp living and adventure — everything Beavers and Cubs seek. ^

— Ruth Dubeau is a highly creative and dedicated Scouter with the 1st Ferris Colony in North Bay, ON.

**** The Leader would like to thank Terry Leblanc, Manager of Aboriginal Programs at World Vision in Manitoba, for providing excellent direction.**

Program Links

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

Resources

- Olive-Patricia Dickason's, *Canada's First Nations*, (McClelland & Stewart) will help leaders answer cultural questions with sensitivity. An excellent resource.
- Looking for crafts, games and cultural insights? *North American Indians*, by A. Haslam and A. Parsons (Stoddart Publishers) is outstanding.

Help from the Web

The following web sites will help you when planning your aboriginal theme program. They will also provide plenty of information for youth interested in finding out more about native life and culture.

<http://ayn.ca>
Aboriginal Youth Network

www.schoolnet.ca/ext/aboriginal/index.html
First Nations SchoolNet

www.autochtones.com
A French language site called
La piste amérindienne



The World Jamboree

Take Your Place in History!

by Dave Mowatt

IN A YEAR AND A HALF, history will be made at the World Jamboree in Chile. Over 20,000 young people from every corner of the world are getting together in December 1998 at this, one of the largest peacetime youth gatherings ever.

Venturers and older Scouts — including those from countries where war and conflict are a way of life — will sit down with each other in peace and brotherhood. Together, they will share incredible experiences that they'll remember warmly for the rest of their lives.

You Qualify!

Youth in your section are lucky enough to qualify to go to this incredible World Jamboree. Have you told them about it yet?

They'll get a real taste of foreign cultures, then return home more mature with a deeper understanding of life. An unforgettable experience.

Our Canadian contingent will travel to Santiago where members will spend several days with Chilean young people at a private school in one of the nicest parts of the city. The school is just a short walk from the subway, shopping areas and a variety of delicious eating places. These few days in Santiago will give each youth time to learn about this great city, and the Spanish culture of South America.

Christmas Eve will be an amazing experience. Each participant will spend it sharing the happy festivities with a Chilean family.

Jamboree Fever

As we move on to the Jamboree site in a beautiful valley of the Andes Moun-

tains, we'll be able to share our life experiences with Scouting members from almost every culture and country on the planet. No other event can create opportunities for growth and learning on such a magnificent scale!

towering Andes Mountains in the background. Together over 20,000 young people will join as one, bound by new bonds of friendship and respect. The affect on many people's lives will be immeasurable.

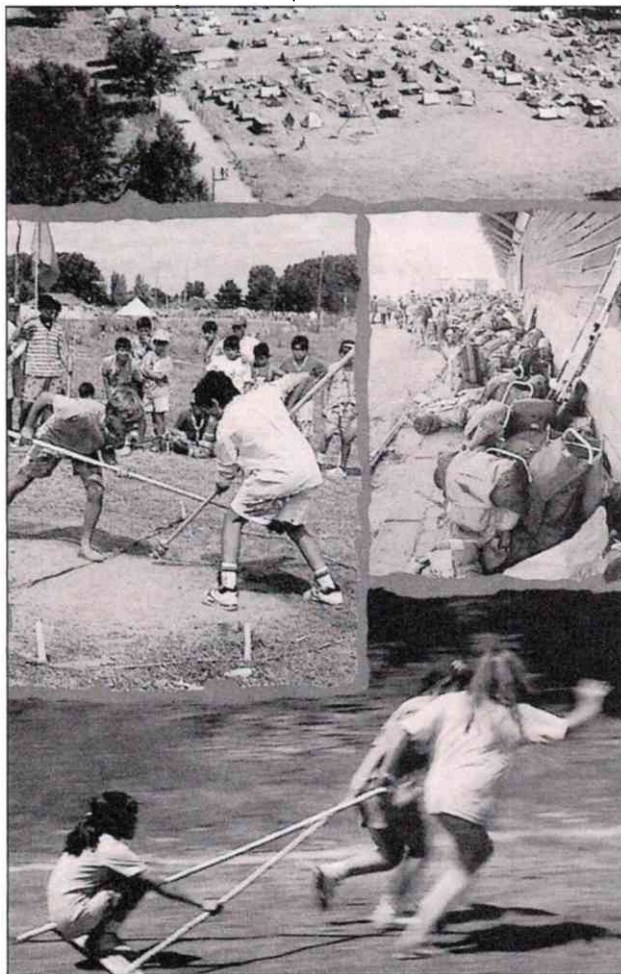
You'll find much more information about the World Jamboree in past issues of **the Leader**. Dig this out and share the exciting story with your group.

Give them the Chance

Sometimes busy leaders find it impossible to schedule a trip like this into their own timetables; consequently, they write it off as a "no go." But what about the youth? Often they are able financially, and very enthusiastic to embark on a once-in-a-lifetime adventure like a World Jamboree. Please, give them the choice.

Individuals may register for 19WJ even if their Scouter does not. Will you give them that chance? You may be surprised how many can participate and are eager to go. Wouldn't it be great if two or three Venturers represented your group at this rare event?

Most Scouts and Venturers are willing to help their peers raise funds for such an opportunity. Probably groups in your area would be willing too.



A world of fun awaits!

Courtesy of Guías y Scouts de Chile

Along with experiencing new challenges and meeting new friends, we'll all spend a few hours in a rural village and participate in a development project there to improve facilities. This will have a long-lasting impact on Chilean children living in the village; it will also build good feelings between the peoples of our two countries.

The closing ceremonies at WJ will be spectacular as the sun sets over the

Write a short note to all your Venturers' parents to ensure they know about WJ. The effort will be worth it even if only one young person gets to see Chile.

Who knows.... with their support, you may be able to go too! ^

— Dave Mowatt is the deputy leader for the 19WJ Canadian Contingent to the World Jamboree.

Think about it. Our bodies are 75 per cent water. Several vital components, like the brain, blood and digestive fluids, are comprised of 85 per cent, 92 per cent and 98 per cent water, respectively.

Our bodies use water as a solvent to dispose of toxins, regulate concentrations of complex chemicals, and adjust body temperature. An average adult human loses approximately three litres of water a day through perspiration, respiration, urination and defecation — even more when active.

Unfortunately, many campers and hikers forget the importance of maintaining adequate water levels in their body. They let themselves dehydrate, and suffer needlessly. Others will drink from any stream or lake they come to regardless what lies upstream.

Fact vs. Fiction

Some people think having a dry mouth is the first sign of *future* dehydration in their body.

Fact: A dry mouth symptom means you've waited too long. A dry mouth means your body is already seriously dehydrated.

Compounding this problem is the false belief held by some that if you flavour your drink, you're better off because you'll drink more.

Fact: Many additives, such as tea, coffee, and drink crystals, contain enough dehydrating substances and salts that your body will need *both* the water in the drink *and* reserves held in the body to dilute and eliminate it. Remember the statement: a good cup of black coffee in the morning is good for two trips to the tree? Your body is actually using other fluids to dilute and flush the chemical out of your body. That's okay as long as you have plenty of water reserves in your body and an abundant source of pure water nearby.

Many Scout leaders have started a hike with an enthusiastic patrol, only to find that after several hours, their energetic group no longer feels good. The youth have become tired, complaining and lethargic. Their leaders are astonished with the rapid metamorphosis.

Fact: Fatigue, lethargy and whining are all symptoms of dehydration. What these Scouts need is a regular drink of water. In no time at all, they'll be bouncing down the trail with their old vigour.

ing water may contain four dangerous health risks:

- Protozoan parasite cysts
- Toxic bacteria
- Toxic chemicals
- Viruses.

The most common parasitic cysts in Canada are *Cryptosporidium parvum* and *Giardia lamblia* (sometimes called "Beaver fever"). Both are caused by animal feces washing into water by heavy rainfall or spring run-off. These cysts vary in size from 3-12 microns (millionth of a meter) — so small that they're invisible.

Cryptosporidium usually makes itself known within 1-2 days after drinking the infected water, and lasts 1-2 weeks. Its symptoms include cramps, diarrhea and gas, and fever and fatigue. In most cases the luckless human must just wait out the discomfort. Needless to say, the patient doesn't feel like strenuous hiking or paddling.

Giardia's symptoms (similar to *Cryptosporidium*) usually appear 5-10 days after infection and last 1-2 weeks (with medical treatment). On occasion, the sickness becomes chronic, lasting months and years.

The most common forms of bacteria found in water are *Klebsiella terrigena* (causing stomach-flu), *E. coli* and *Salmonella* (food poisoning). These attain a size of 0.3-0.9 microns; some filters are effective against them.

Rivers, lakes and streams may also contain toxic chemicals. These could include heavy metals (e.g. lead, mercury and cadmium) as well as agricultural or forestry pesticides and herbicides.

Bottled water often contains some of these contaminants. A 1990 study by the Consumer's Association of Canada found that 12 out of 16 domestic and imported bottled waters tested contained potentially harmful contaminants at concentrations above acceptable levels. Bottled water is not regularly tested for many pollutants, including pesticides, because it is considered a "food"; it's not bound by drinking water guidelines.

The Pure H²O Challenge

by Jim Pound



Water is so plentiful in Canada that we often overlook its impact on our lives. But when planning your summer or fall wilderness adventure, never under-rate its importance. In fact, a ready supply of good clean water is *more* important than food.

A Bottle of the Best?

Not just any water is good enough to quench thirst and stave off the symptoms of dehydration. Unpurified drink-

Purification

Are we entirely at the mercy of dangerous microbes and molecules found in water?

Not really. They're all present in our lives, but we must swallow them before they can do harm. The type of 'human home' they like best is a tired, worn out, dehydrated body. Also they hope that we won't wash hands, so we can introduce them to our friends.

Strengthening our Defences

Water treatments such as boiling and iodine are effective water sterilizers, but they have little or no affect on toxic chemicals. Chlorine and filtration are good in most cases to provide safe water.

A recent scientific study concluded that *no* hiker-available chemical water disinfecting method was more than 90% effective after being mixed for only 30 minutes. After 8 hours, iodine-based products did achieve a 99.9% kill rate against cysts.

Boiling

People have sterilized water by boiling for at least a thousand years. The reason: it works! Boiling kills *Cryptosporidium*, *Giardia*, and most bacteria and viruses in about five minutes. Add a *minimum* of one minute for each 300 m (1000 feet) you are above sea level.

Often boiling isn't a great sterilization method. Why not? Time, fuel and the impatience of youth. The clock does *not* start at the strike of your Cubs' match — though it's hard to convince them. (Have you ever heard the old saying: "A watched pot never boils"?) For backpackers on extended trips, it's very difficult carrying enough fuel to boil your daily water needs of 4-6 litres per person.

Iodine

Iodine has been used to disinfect water for almost as long as boiling, and for good reason. Iodine is usually effective (if used properly). It's also convenient. A variety of tablets, solutions and dispensers are available. But remember your basic science classes: chemical reactions slow down in cold environments, and reactions often go amiss when "other" things are also present in the bottle (such as dirty water). At room temperature and in clear water, 30 minute contact time is adequate. For cold stream water with some organic material mixed in for 'flavour', use the double-up rule: double the iodine and double the time.

Be sure to check the date on the iodine capsule bottle to make sure the tablets are still potent.

Caution! Both iodine crystals and iodine solution are toxic. Keep them away from children.

Chlorination

Though some people chlorinate water as a disinfectant, it's a poor choice in the field. Like iodine, chlorine loses its effectiveness with time, only at a faster rate. It's also slower acting.



Don't pick a filtering system based on its colour. Know what it will do and understand your wilderness needs.

Under certain conditions (e.g. water that is extremely cold, alkaline or full of organic matter), it may not be effective.

Filtration

For centuries people have used cheese cloth to filter out floating particles in the water. Manufactured filters are a recent alternative that are excellent for hikers. In theory, the water passes through pores, that can range from 0.1 to 1.0 microns in size. These filter pores are made from polypropylene, ceramics or charcoal; some filter systems also have metal membrane filters and pre/post-chemical "dusting" for added insurance. The resulting filter will provide the parched hiker with pretty good "purified" water.

Research your various filter options before going to buy one, otherwise, when faced with a plethora of choices, your decision might be based on whether the colour matches you pack!

Where should you start?

Begin by defining clearly what you want the filter for, and where you plan to use it. There are many advantages and disadvantages to different systems. Consider these points:

- ☐ How long does it take to filter a litre of water?
- ☐ How easy is the filter to use?
- ☐ How much energy does the filter require?
- ☐ How easy is it to do field maintenance? (The smaller the pore size, the quicker the filter gets clogged.)
- ☐ How available and expensive are replacement filters, membranes, cartridges and pumping mechanisms?

Let's Get Practical

Here are some points to consider when using your filter.

1. Is your filter working phenomenally well? Beware. Water under pressure will follow the path of less resistance and will sometimes "channel" through large pores.
2. Bacteria will flourish in a water filter sitting in your unpacked equipment bag from last month's trip. But will it kill, or even hurt, you? Probably not. But why take the risk?

DID YOU KNOW...?

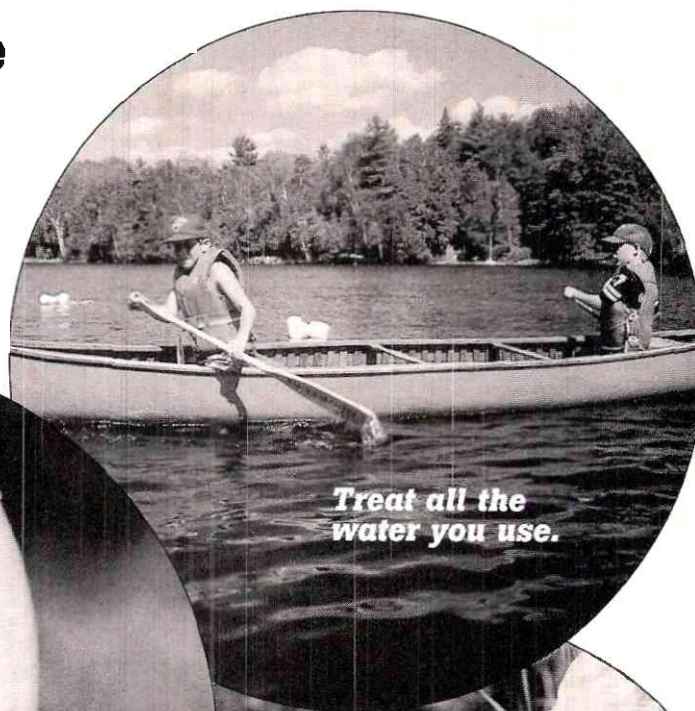
- We have the same amount of water today as we did when the Earth was created.
- Only 1% of the Earth's water is available for drinking.
- The water you used to brush your teeth this morning could be the same water used by dinosaurs millions of years ago!
- Though Canadians use about 340 litres of water daily, people in developing nations can use only 3-8 litres. Part of this is due to poor water management, and part to the lack of water.

**It's so easy to take
water for granted.**

**After all, it's
everywhere
you look.**



**Water. Take a
good close look at
it this summer.**



**Treat all the
water you use.**



**Will this be a
"bottle of the
best" or the
prelude to
sickness?**

Photo Credits, clockwise from left: Paul Ritchi, Paul Ritchi, Allen Macartney.

3. Charcoal not only removes dirt and some viruses, but also elemental minerals like iodine and chlorine.
4. During cleaning or replacement of a filter, make sure you don't contaminate the filter's "clean" side. Don't rinse the dirty side of the filter, that's been filtering potentially contaminated water from three lakes and four streams in the past week, in that pristine river at your feet. It might not be as pristine when you leave.

The Bottom Line

Never take water for granted when on a hiking or camping trip. A quick drink from a clear, but infected, stream might just ruin your long-anticipated backpacking adventure.

Though many water purification methods are available, none are guaranteed 100 per cent effective. Know the risks, take reasonable precautions, then enjoy Canada's incredible outdoors.

Resources

- *Wilderness Water - A Guide to Wilderness Drinking Water.* Available free from Health Canada by calling (613) 954-5995.
- WaterCan, 323 Chapel Street, Ottawa, ON, K1N 7Z2, (613) 237-5969. This organization has posters and activities suitable for youth.
- Canadian Water and Wastewater Association, 45 Rideau Street, Suite 402, Ottawa, ON, K1N 5W8, (613) 241-5692. Web site: <http://www.cwwa.ca/>.

• Interesting facts and program ideas are available on Environment Canada's web site: www.ec.gc.ca/water.

— *Jim Pound is a Scouter in BC and active with the 40th B.-P. Guild.*

Read More About Water

Ross Francis wets your appetite with the *Outdoor* column, p.22. It's sure to satisfy your thirst for more water-related information and program ideas.

Thoughts to Share with Potential Recruits

by Glen Cameron

If you're thinking of volunteering, get ready to receive probably more than you'll ever give. Scouting will open your eyes to the continuing goodness of Canadian youth. They're alive and full of zest, willing to share their love of life.

What's In It for Me?

Plenty! For starters, you'll help build young people in your neighbourhood — perhaps your own children — into well-adjusted, balanced, responsible youth. Together, you'll learn to love the healthy outdoors and experience it in every season. You and your family members will meet good kids trying to help those around them.

If the news media has given you a negative view of young teens, you'll be pleasantly surprised to find most Cubs and Scouts are very conscientious and trustworthy citizens, seeking the best for their society and community.

Most adult-child relationships are conducted on an authoritative adult level. In Scouting you'll help Beavers, Cubs, Scouts, Venturers or Rovers discover the world through guided learning. As they make their own informed decisions, they'll gain confidence and self-esteem by hiking, camping and canoeing in the outdoors. They'll feel a true sense of accomplishment that will last a lifetime.

Travel Opportunities

Have you ever paddled a canoe? Built a quinzhee? Slept in a tent? Scouting gives you the opportunity to teach someone else your special skills. You'll also learn what others have to offer you. Don't be surprised if you find yourself climbing a cliff, exploring a cave, or kayaking through boiling rapids. As well, Scouting is a worldwide Movement so there are many occasions to travel to international camps and jamborees.

Develop Leadership Skills

By teaching young people how to be even better citizens and by helping



*Want to learn how to rock climb?
Become a Scout or Venturer
leader and your dream might
come true sooner.*

Photo: Allen Macartney

them to express themselves clearly, you'll improve your own communication and leadership skills. By dealing with community groups, calling parents to tell them about the pack's or troop's latest planned adventures, you'll enhance any existing communications skills you already have. Scouting can use leaders with specialties in every field: photography, first aid, art, outdoors, drama, public relations — almost anything.

Do you want to start giving something back to your community? Scouting is where your effort can score big dividends. As you work with young people, helping them grow, you'll find that you're putting two cents in, and getting three back. ^

— Glen Cameron is an active Scouting recruiter. He works with the 3rd Widdifield Group in North Bay, ON.

Advice for New Leaders

by Randy Whitten

Some thoughts to share with brand new leaders.

1. You should have patience and understanding when Scouting youth don't perform as you expect them to. Be flexible within boundaries. Some children might have learning disabilities; others might not understand rules or requirements. As well, new members have the same anxieties as new leaders.
2. Never yell at children or talk down to them. No one likes feeling put down.
3. Check your ego at the meeting hall door.
4. Crouch down to the level of the child you are speaking to. This puts both of you on the same footing and helps you concentrate and focus on what the child is saying. It also shows respect. If you show respect, you'll get respect.
5. Be organized and flexible in your planning. A rigid leader will discourage fun. Adaptable leaders will have more fun and generate a light-hearted attitude in the colony, pack or troop. Don't take your role too seriously.

— Randy Whitten is APC-Beavers. He lives in St. John's Newfoundland.

A Sixer and Second Training Course You Need One!

by Ali Eason



OUR SCOUTING DISTRICT in Manitoba usually plans a morning training course for Sixers and Seconders every fall or early winter. It really helps prepare young leaders for their new responsibilities. Here's how we run the course.

At 9:30 a.m. we meet and give each child a colour or animal name. This mixes everyone up into sixes for the day. Our gathering activity involves a game that asks Scouting questions. (These we hang up on the walls.) Each Cub gets a pencil and paper to write down the answers.

When 10:00 a.m. arrives, everyone gathers in a circle where the leaders introduce their Cubs to the crowd. The day's schedule is laid out, then we check the Scouting quiz answers. Winning Cubs earn a crest or another small prize.

Shortly after, we have a discussion about the Grand Howl. We answer questions like: What is it? How do you do it correctly? What does it mean? An experienced leader shows how to fold, hoist and break the Canadian flag, then we hold our own Grand Howl and correct any mistakes.

Steam-Off Game

A great action game helps burn up some energy. Try this one. Number your Cubs off 1-5, so you have several kids with each number. (They must remember this number for future games.) Sit them in a circle and call out a number. Those with the number must jump to their feet, run around

the circle and into the centre where the first one gets a candy. (Make it nutritious, but good.) The winner then must answer a question about B.-P. or *The Jungle Story*.

Back to Business

At about 10:45 we split into sixes and, with a leader, discuss the responsibilities of a Sixer and Second, and the importance of wearing a neat uniform. With a buddy, each child checks her friend's uniform for neatness. (Adults must set a good example here or face embarrassment.)

Twenty minutes later we play a game like Knotting Baseball. How do you play it? Set up for regular baseball, but the "batter" must throw a rope to any fielder and tell him to tie a specific knot. The batter also has a rope and must tie the same knot, then run the bases before the fielder ties his and tags him. If the batter's knot is *wrong*, but the fielder's is *right*, the batter is out; if the batter's is *right*, but the fielder's is *wrong*, the batter scores a home run. The next batter then comes on with another knot. The team that scores the most runs, wins.

Plan Ahead Cubs

Before having lunch we sit in a circle again and discuss how to plan an outing. By using a flip chart, the Cubs offer their ideas about what must be thought out before a trip. These might include: plan program (have alternative activity for bad weather), permission slips from parents, pack food and drinks, arrange transportation, have the right amount of



Make your course fun. It can include just about any activity that helps Cubs learn leadership skills.

Photo: Kathy Bagu

adults, check weather forecast, take spare clothing.

Lunch (usually sandwiches from home) follows. Before heading back to 'work', we make a delicious dessert that the Cubs love. (Substitute "Banana

Boats" or "Smors" if you wish.) Collect 500 mL of freshly fallen snow in an ice cream pail. Bring it inside. Mix in 500 mL whipping cream, 30 mL sugar, a pinch of salt, and 3 mL of vanilla. Pour this mixture over the snow and eat it immediately. You may wish to substitute chocolate syrup for the vanilla.

"We're Sinking!"

You'll need a really active game to jump-start everyone after lunch. We play this one; everyone runs around until the ship's captain calls out, "We're sinking! There's only room for 3 (any number between 1-5) in the lifeboat." The Cubs must find others in their number group, and sit down in a tight cluster (lifeboat). The last group to sit down is "lost" and may help the captain. The game continues until only one boat is left.

Campfires

Sit everyone in a circle and talk about campfires. A campfire is a "get-together" where people gather around a fire and sing, tell stories or discuss life. It usually has a planned program from beginning to end. A campfire is meant to be fun, a place to relax and enjoy yourself. Your campfire program should be very relaxed and flexible, just in case it needs to change in mid-stream.

Tell everyone that a campfire represents an unbroken circle of friendship. Review campfire etiquette and safety. Don't allow anyone to poke the fire or

throw anything into it. Keep a bucket of water close-by.

Try organizing a campfire with the Cubs. Ask one six to decide what songs to sing, ask another to plan 2-3 skits, and yet another to tell a story or two. Give them 10 minutes to practise their contributions.

If you have extra time at your Sixer and Secondar course you could make an indoor campfire from coloured lights, logs, nails, a fan, and red and orange streamers.

Spiritual Input

Explain why we emphasize spiritual development in Scouting programs. After some coaching, ask several young members to present a Cub's Own. Variety is important. A Cub's Own might include an ecology or friendship theme; it may even involve methods to improve communication skills, or ways to resolve conflict.

Life is stressful for many young people. Family problems are widespread; these often lead to high anxiety and tension that might not always be

evident in outward behaviour. Perhaps a child feels he or she can't speak to anyone about a personal problem because it's too painful. Help your Cubs to learn to chat with God. Avoid formal prayers full of thee's and thou's. Teach children to understand that if they need or want to talk with God, all they

Make a Cub's Own as interesting, creative and practical as possible.

have to do is start talking. It can happen while riding a bike, when sitting in school, or even while swinging in the park. Tell your Cubs that God is like a parent who cares deeply about everything in their life.

A Cub's Own doesn't have to be dull and boring. Make it as interesting, creative and practical as possible.

Conclusions

Try to include all the different elements of the Cub program in your course. Close it with a Grand Howl, then give out a graduation certificate to each child. Not only will your Cubs enjoy this Saturday program, but leaders will find their packs run much smoother. It's well worth the effort. After all, we're building tomorrow's leaders! A

— Ali Eason Scouted in Manitoba for years, and now lives in Elliot Lake, ON.

What
comical games
can you think up
to teach good
messages?

Photo: Paul Ritchie



Notice of Annual Meeting Boy Scouts of Canada

Saturday,
November 22, 1997
4:45 p.m.
Citadel Inn,
Ottawa, Ontario

Purpose:

- (1) Consider the annual report
- (2) Consider the annual financial statements and auditor's report
- (3) Elect officers, members, honorary members, committee chairpersons, and others of National Council
- (4) Appoint the auditor, who shall be a chartered accountant

CAVE EXPLORERS: SCOUTS

by Jim Featherstone

AS I STOOD UP TO MY knees in the centre of the small stream and looked around, a thought entered my mind. My mother had always told me to stay out of the mud; but did she mean the thick brown stuff found 25 metres underground?

It was a strange thought as we, the 47th Windsor Ontario Troop, worked our way through subterranean passages and prepared to climb a small waterfall. Looking around, I could tell our Scouts were having a great time slithering, crawling and clambering through the rocks and mud. Here we were, deep underground in southern Indiana.

Our troop was fortunate to know Don Swartz, a leader and cave rescue instructor, from Scout Troop 605 of Rising Sun Indiana. The adventure began the night before, when we arrived at the Bent Arrow Cave Shop outside Bloomington, Indiana. Next morning we awoke to a perfect crisp morning. When breakfast and clean-up were finished, Don spent time explaining cave safety rules, and answering questions.

Manageable Danger

Caving can be very dangerous, but if you follow some common sense rules and are led by an experienced caver, you can explore for hours underground safely. Don't cut corners here; spend as much time as your Scouts or Venturers need to feel comfortable. Don't push anyone; some might not want to tell their friends that dark, enclosed places make them feel sick or claustrophobic.

Link the activity to your regular program activities. First aid training has a natural tie-in, but so does survival kit building and other emergency preparations. You might even try light or whistle signalling.

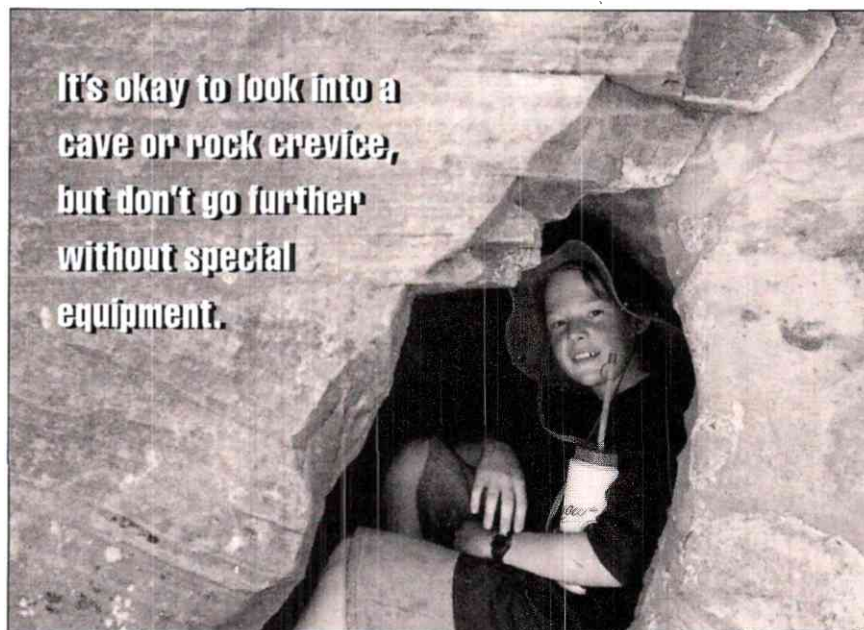


Photo: Mike Corpe

Encourage questions. Here are some you might encounter: Will it be totally dark down there? What if all our batteries go dead at the same time? What if the ceiling caves in on us? But *how do we know* there aren't any deadly snakes or animals down there? What if we get lost? Are there bats? I've heard some are poisonous. What if we step into quicksand in an underground pool?

Make sure everyone in your group knows what they'll be doing, where they'll be going, and what to do in case of emergency. An experienced caver should take the lead, while another should be at the tail end of your group. Each should carry a complete first aid kit, as well as a rope.

We insisted that all expedition members wear climbing or hard hats and coveralls. Each person was also equipped with:

- three light sources (at least one mounted on the hat)
- spare batteries
- high energy snacks
- candles
- garbage bags
- first aid supplies.

Gloves would also come in handy in many places. Dressed for our underground adventure, we looked awesome.

Conservation

Before squeezing down through the first opening of the cavern, Don explained the importance of conservation in cave management. "Take nothing but pictures; leave nothing but footprints; kill nothing but time."

In your preparations, talk about some rock formations your underground explorers might encounter. Ask each to bring back interesting rock samples. Tell them how to recognize the difference between a stalagmite and a stalactite. (Both rock formations

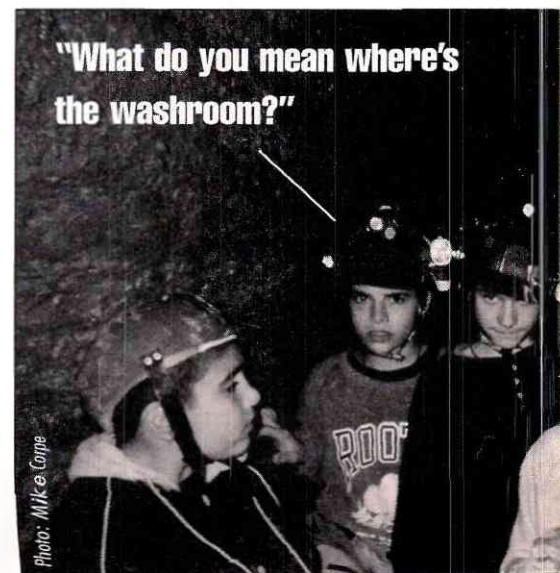


Photo: Mike Corpe

ting to the Centre of the Earth

are caused by dripping water holding concentrations of calcium. A stalactite is a rock column resembling an icicle hanging from the roof or sides of a cave. A stalagmite 'grows' from the floor.) Both are very fragile and take many years to form.

Down Under

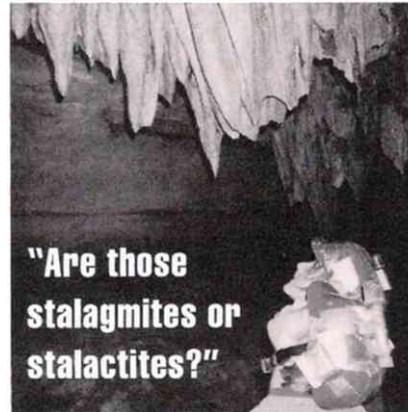
The entrance to our cave system was through a crevice about one and a half metres high. Then we needed to crawl three metres to a larger opening. As we were led from rock chamber to chamber (some of it on our stomachs), we noticed many different mineral crystals and formations.

We discovered bats in one cavern with stalagmites! Fortunately bats avoid humans; we only saw a few flying around. After several hours of exploring, we crawled topside covered head-to-toe in mud, but feeling totally satisfied.

"Did you guys like it?" asked Don. "That was a starter cave."

After lunch, a change into dry clothes and a rest, we were ready for our next challenge. Before starting out, we held a team meeting to discuss the difficulties we encountered and to assess the actual skill level of our Scouts. Though Don had planned to do some vertical work with ropes and technical equipment, we decided our group wasn't ready for it. We'd wait for another

weekend after the troop had prepared more. Common sense is the better part of valour.



"Are those stalagmites or stalactites?"

Instead, we decided to tackle a longer cave system with small streams, water falls, and deep water pools up to our chests. Before starting, we checked our gear and put a complete change of clothing in plastic bags for when we exited the next cave system. Then off we set.

"That's amazing!"

At the caves, we hiked along a dry stream bed to a large culvert. It felt like a scene from the movie "The Fugitive", except there was no giant drop at the end — just a narrow path cut through limestone hedrock. After 50 metres we had to crawl up a two metre waterfall, slither through a narrow gap at the top, and down the other side. In this system we wandered for the next five hours, walking, crawling, sloshing through water, and squeezing through holes and passages that appeared incredibly small.

Excitement lit everyone's face, especially as we explored new passages or caught glimpses of racing salamanders. We also experienced total darkness when we turned off all our lights. Scary!

Once we sloshed through the underground streams and climbed out into bright daylight we felt both elated and disappointed: glad that we made it out alive, yet yearning to go back to explore more. But we were wet, covered in mud, and very tired.

Debriefing

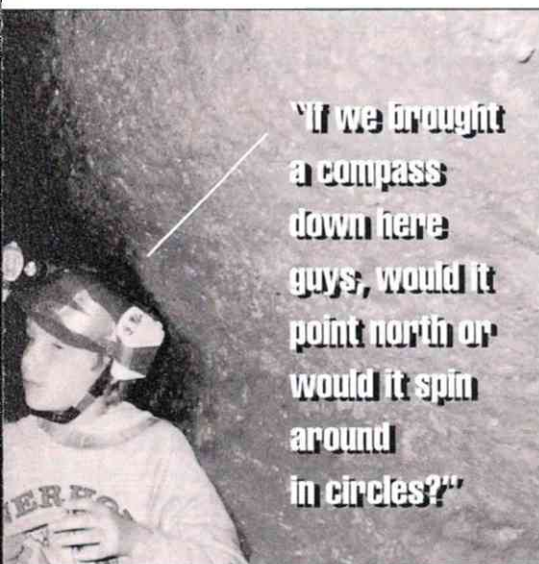
Around the campfire that evening, Don explained that a dry cave system

is one where the water does not come past your waist!

The fire crackled and the flames danced in the shadows behind us as we relived our experience and discussed how each cave we visited was formed. Next morning, Don and several other experienced cavers presented a demonstration of vertical cave work. This included moving up and down a hanging free rope. It just whetted our appetites for more.

Driving back home, we made plans for our next caving adventure. We would build on the experience we had gained, and push ourselves just a bit harder. Can't wait! ^

— Jim Featherstone of the 47th Windsor Troop, Ontario, goes absolutely "batty" in dark caves.



"If we brought a compass down here, guys, would it point north or would it spin around in circles?"



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Shoot the Stars!

by Dave Jagger

HOW MANY TIMES HAVE YOU STOOD outside at night looking at the stars and thought to yourself, "Wow! I wish the troop could see this"? Or perhaps your Cubs or Scouts have studied star and constellation charts only to go outside, look up and feel lost.

One way to help young members learn the constellations and feel comfortable with the night sky is to take pictures of it. You might even challenge *them* to take the pictures. The task isn't as hard as it might sound.

Equipment Needs

Most people will either have or be able to borrow the equipment. Here's what you'll need:

- 35 mm camera (which can be set to keep the shutter open indefinitely).
- normal lens (50-55 mm) with several "f" stops.
- "fast" print or slide colour film (400 ASA/ISO or higher). Black and white film isn't as useful as colour for star-gazing.
- tripod.
- piece of cardboard.
- pen and paper.

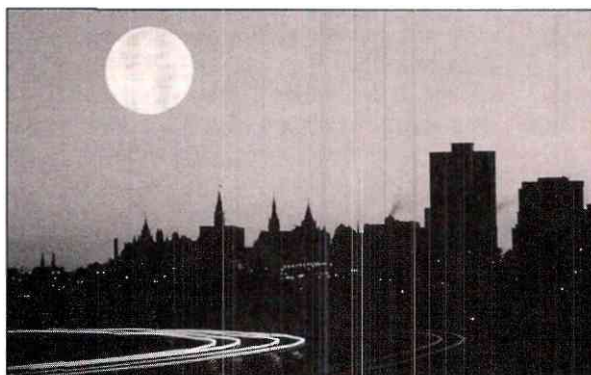
You may also want to get a shutter release cable which will keep your lens open without jiggling the camera.

How to Do It

With film loaded and your camera attached to the tripod, go outside on a dark, clear night. Set up somewhere away from all lights — a place with an excellent view of the sky. Aim your camera at the section of sky you want to capture. Open the lens all the way to the smallest "f" stop setting you have (e.g. 1.8 or 2.8). Hold cardboard in front of the lens to block light from entering. Open the shutter and hold it open with your finger or the cable release. Remove the cardboard blocking the lens and start counting the seconds. When you have exposed the film for as long as you want, block the lens again with the cardboard and close the shutter. Write down what you shot and the length of the exposure, so you can tell what you are looking at once the film has been developed. It's that easy!

Exposures

Finding the right exposure can be the trickiest part of your shooting. Trial and error is the rule. To shoot constellation portraits, expose the film long enough to get an image, but not so long that the stars "smear" from



Experiment with your shooting. The image above is a double exposure. The moon was shot through a 500 mm lens, while the sunrise over Ottawa was a 10-second time exposure.

the Earth's rotation. (Exposures lasting many minutes change the point of starlight into streaks called "star trails.") As you know, stars rise and set because of Earth's spinning. If your picture includes the North Star in it, the star trails or smudges from shorter exposures will be less evident; a 25-second exposure will probably be fine. But, if you take the same exposure while shooting south, you'll get a noticeable smear. Adjust your exposures appropriately to get the effect you want.

Bright stars require less exposure than dim ones to capture an image on film. If you are only trying to photograph the brightest stars in a constellation, then you don't need as long an exposure.

On the whole, an exposure of 10-15 seconds will give good results with bright or medium stars. If you're shooting faint stars or trying to capture a nebula or other deeper space objects, then you will need a longer exposure. Try shooting 15-25 seconds.

More Ideas

Here's an interesting experiment. Aim your camera towards the North Star at the tip of the Little Dipper, leaving the lens open *all night*. You **MUST** close the lens an hour or so before dawn to avoid any sunlight ruining your shot. After developing, many concentric star trails will be visible, proving to everyone that we really are spinning through space.

Try making a double exposure with the moon in it. First shoot the moon — perhaps with a powerful telephoto lens — then expose the film again with Scouts around the campfire.

Don't 'Hold Your Fire'

Shoot lots! Film is cheap. Try shooting a 5-second longer exposure each time. For instance, take 3 pictures of the same constellation at 10, 15 and 20 seconds. The final result will let you see the brighter stars. Start by showing everyone the shortest exposure. This will help everyone identify the constellation; then show the next photos with the fainter stars evident. Remember to write down the order you took the pictures to help you shoot better shots later.

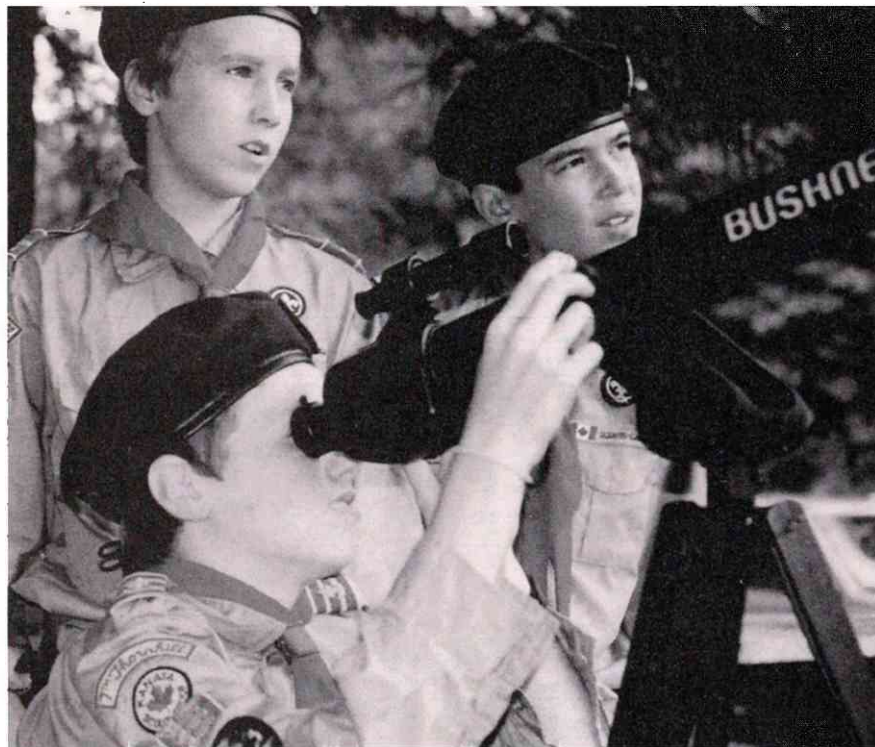
When you take the film in for developing make sure you tell the clerk that there are star pictures on the roll and

Photo: Allen Macatney

Nighttime is an excellent time for shooting pictures. It just requires experimentation and practice. Fire off several rolls this fall and see what creative shots you get. ^λ

Scouts: Science Badge, Photography
Badge, Gold Exploring 5a

— Dave Jagger takes his camera wherever he goes, especially to meetings of the 1st Hawick Scouts, Fordwich, ON.



*Some telescopes let you mount
a camera to them.*

Photo: Paul Ritchie

the leader

Index

ANNOUNCEMENT

Leader Index

Volume 27

August/September '96
to June/July '97

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Recent National Council Decisions

NATIONAL COUNCIL made some significant decisions at its meetings last May. In particular, these included the volunteer screening process, changes to the uniform, adoption of the revised Scout, Venturer and Rover programs, and the definition of a member, and others.

Volunteer Screening

The Council decided to implement its Adult Volunteer Member Screening Process as soon as possible, complementing the policy passed in November 1996 that requires all adult members to undergo a screening process. By September 1, 1998, all provinces, regions, areas and districts will be complying with and implementing this Process. (Get a copy of the Process at your local Scout office.)

The Adult Volunteer Member Screening Process was amended to include the following motion:

Step 8. Police Record Checks may be requested at any time, but not less than every five years.

Uniform Changes

A great deal of debate and discussion has occurred over several years regarding headgear. While many Scout Associations no longer have headgear as part of their uniform, Canada's climate requires some form of protection from the sun and foul weather.

Because the beret does not meet adequate requirements for outdoor activities, it has been deleted from the official dress of Scouts Canada, effective September 1, 1997. (Youth members and the National Youth Committee were particularly involved in discussions regarding this issue.)

A field hat and toque, as supplied by Scouts Canada Supply Service, will be the only authorized headgear for wear with the uniform when conditions warrant.

Program Changes

The revised Scout, Venturer and Rover Programs were approved with full implementation expected by September 1998. These changes came as a result of program reviews and extensive consultation with volunteers across Canada.

Membership

To better identify those people who constitute our members, National Council decided that registered members are individuals who:

- are active in the Movement
- pay a membership and national insurance fee (or have their fees paid for them) and,
- fall into one of the following categories:
 - any youth active in a program section,
 - any activity leader or Scouter-in-training,
 - any adult leader, service team member, or commissioner,
 - any member of a group committee, section committee, or auxiliary,
 - any member of a provincial, regional, area or district council,
 - any member of a council standing committee,
 - any member of the National Council, or of a B.-P. Guild not otherwise registered in an active capacity with Scouts Canada.

The following are also registered members, but membership fees are optional:

- National honorary members on the basis that they have been invited to retain an affiliation with Scouts Canada.
- Executive staff on the basis of their being employed by the Movement.

Funding Principles

For years Scouts Canada has needed guiding principles relating to funding. Volunteers have long discussed this issue at various levels. An appendix (L) was added to our Funding Principles document during the May National Council meetings. Get the appendix by contacting your local Scout office, or

by writing to the National Office. (P.O. Box 5151, Stn LCD-Merivale, Ottawa, ON, K2C 3G7. Phone: 613-224-5131; fax: 613-224-3571)

Structure Revisions

For three years members have discussed structural changes to Scouts Canada. National Council approved a motion regarding recommendations that will primarily affect the operation of the National Management Board. Get your copy of the recommendations by writing to the National Office.

Other business

The Amory Award winners were announced. First: 83rd Calgary, Venturers; second: 21st Nepean Venturers tied with 144th Lake Bonavista Venturers; third: 1st Port Moody Venturers.

The Council approved several other points of business. These included:

- Acceptance by the Chief Scout that Sam Elsworth, from Bridgewater, Nova Scotia, be appointed as the next National Commissioner effective, November 21, 1997.
- Acceptance of a personnel report that introduced a revised short term sick leave policy for employees.
- Approval of new or revised by-laws for the British Columbia-Yukon Provincial Council and the Saskatchewan Provincial Council, along with amendments to the Quebec Provincial Council.
- Approval that the next Canadian Jamboree (in 2001) will be held in Prince Edward Island.
- Presentation to National President, David Rattray, of the Silver Acorn.

Notices of Motion

National Council will vote on the following motions at its November 1997 meeting:

- That a (National Council) membership fee increase, not exceeding \$2.00, be approved effective September 1, 1998, and that a fee increase, not exceeding \$1.00, be approved, effective September, 1999.
- That National Council approve a new by-law for the Manitoba Provincial Council. A

Tenderpad Field Day

by David Swan

LOOKING for an interesting way to get your Tenderpads up and running quickly in the Cub program?

This is it!

Each year we run a Tenderpad field day camp that packs the first few weeks in Cubbing into one active day. It teaches the Promise and Law, the handshake, the salute, and a bit about B-P — everything necessary to become a Tenderpad.

The pattern for the day is familiar to all: teaching classes conducted around a fire pit, together with exciting steam-off games. Usually we set up three large tents just outside the campfire circle in case of bad weather. Throughout the day we use *The Jungle Book* theme and teaching stories to introduce Cubbing ideas. We talk about sixes, Sixers and Seconders, teamwork, as well as differences between the Beaver and Cub programs.

We have at least one Kim present for every six Tenderpads; more if possible. They lead the games as well as a jungle hike. During the hike, the Tenderpads learn to identify different kinds of trees, bushes, animals and birds.

They learn to really observe what is happening around them in the forest.

Mid-way through the afternoon, our Scouts demonstrate how to build a fire,

answering questions and explaining every step as they go. Shortly after we all enjoy a campfire, discuss campfire blankets and campfire manners.

After the field day we have a formal Swim-Up ceremony with all the Beavers and Cubs together. Here we invest the Tenderpads into the pack, and have

**A terrific linking event
that builds anticipation
for moving up.**

One or two leaders teach some action songs and cheers.

"Scoot!"

Here's a game that is particularly effective when teaching the Promise, Law and handshake. Sit everyone in a circle. One child walks around the outside and tags another Tenderpad on the shoulder. Both of the children must now run around the circle in opposite directions. When they meet, they salute each other, recite the Law, Promise, and shake the other person's left hand. They then race back to their position in the circle. The last person back continues the game.

Step "A"

Before Step "B"

Run this field day before you accept any new Cubs into your pack. It gives inexperienced

members a chance to learn about the program, and it helps leaders evaluate new Cubs before putting them in a six.

a boisterous Grand Howl. Not only is it a terrific linking event that builds anticipation for moving up in Scouting, but it's also great fun! ^

— David Swan is a howlin' Cub leader with the "Mang" 2nd Eastern Passage Pack in Dartmouth South, NS.



A Tenderpad Field Day can really light the spark of enthusiasm among Cubs.

Photo: Eric Harkonen

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Fun at the Pond

by Lena Wong



Welcome back to another fun-filled Beaver year! It's time to get the thinking caps on and start coming up with some good ideas for your colony's activities in the next few months. Let's start with warm-up games and crafts to get everyone back on the Beavering track.

NAME TAGS

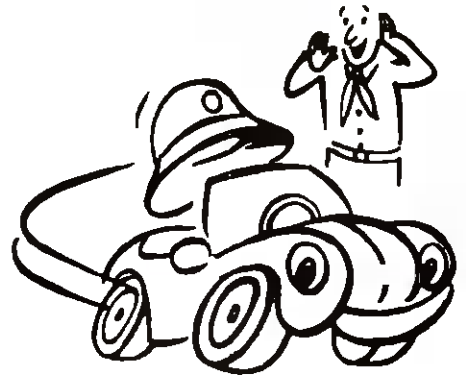
Cut out a large number of squares 4 cm x 4 cm before the meeting, and punch a hole in the top corners. Give each Beaver enough blank squares to spell their names. Put these squares in an envelope — one for each child — with the Beaver's name printed clearly on them. The children should print one letter of their name on each square (encourage them to use the spelling on the envelope to help). Ask them to keep the holes at the top of the square.

Now place all the squares in a large box or bag, and shake it well. Beavers must take out as many letters as found in their own names and start swapping letters with other Beavers until they have their names spelled out correctly. When finished, Beavers can thread their names on to shoe laces, tie a knot and wear the name tags around their necks for the first three meetings.

NAME GAME

Sit your Beavers in a circle around a leader. The adult should call out the name of a child, pairing it with the name of an animal or thing. The Beaver whose name is called moves around the circle

mimicking the movement of the animal or thing (e.g. a bear lumbers on all fours, a car races around the circle). The Beaver returns to the starting point and another name is called and paired. Make sure each child gets a turn.



GROSS-OUT CUPCAKES

On your investiture evening, serve your Beavers this little goodie; they'll enjoy the gross look. For each serving you'll need one cupcake, chocolate frosting, chocolate cookie crumbs, and two gummy candy worms. Frost the cake, then sprinkle on the cookie crumbs which represent soil. Make two small holes and stick in the worms so they are poking out of the cake. Yummy! Yuck!

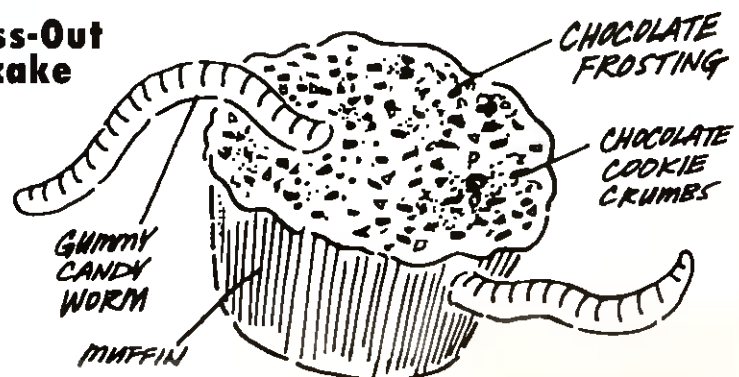
PLAY DOUGH HANDS

For a lasting memory of Beavers, arrange for the colony to make these play dough hands some time during the fall. (This recipe comes from *The Australian Women's Weekly Children's Arts & Crafts* book.)

Uncooked Salt Dough

500 mL flour
250 mL salt
15 mL cooking oil
250 mL water
powder paint or food colouring
bowl
spoons

Gross-Out Cupcake



Mix the powder paint with flour and salt. (If you are using food colouring, add it to the water.) Put in the oil and water, kneading well. The dough can be stored in plastic bags in the fridge for over a week, but it does tend to crumble. Shapes made from the mixture can be baked in a 350°F oven for 45 minutes to make them hard. Form your hand prints on the day the dough has been made. This recipe will make 4-5 hands.

Hand Plaque

Each Beaver needs a piece of waxed paper or a small paper plate, a lump of play dough and a large paper clip. Place the dough on the wax paper or paper plate, and flatten it out with a rolling pin. Press the paper clip into the back of the dough at the top of the plaque. This will provide a hanger. The children press one of their hands into the play dough, leaving a clear imprint. If you have an oven available to bake the "hands", do so right away. If not, the Beavers should take their hands home with written instructions to treat them carefully. Their parents should bake the plaque in the oven that evening.



Ask your Beavers to bring their hand plaques to the next meeting to finish them by painting the hands. Put a sticker with the child's name and the date of completion on the back of each plaque.

COMMUNITY PROJECT

Start the Beavers out early with a community project. Pick a Saturday morning to go to a public park or playground to pick up litter and place it in litter bins. Bring along some large garbage bags in case there are no litter bins. Tell your Beavers not to pick up broken glass or other objects that might hurt them. Let adults in the group pick up these items wearing heavy work gloves. This will set a good example. If you see broken fences or play structures, write the information down, then later, help the Beavers compose a letter to the municipality asking them to make repairs. Talk to the children about improvements that can be made to the area, and include the most reasonable ones in your letter to the municipality.



Finish off your cleaning spree with a picnic and some active games. Sing this song after you have eaten to reinforce the good job your Beavers have been doing.

Picking Up Litter

("I've been working on the Railroad")

I've been picking up the litter,
All the live long day;
I've been picking up the litter,
Just to have a place to play;
Can't you see the litter basket
Sitting on the sidewalk there?
Every little bit will help us,
If you just show you care.

Won't you pick it up?
Won't you pick it up?
Won't you pick it up today, today?
Help us clean it up,
Help us clean it up,
Help us clean it up today.



STORY TIME

Make sure one of your first meetings includes a story-reading session. Read chapter one of *Friends of the Forest* ("Meeting New Friends"). After you've finished, talk about how it feels to make new friends and how to enjoy the experience. Use the chapter guide at the end of the book to expand the

discussion. Make sure all Beavers express themselves. You'll have to encourage the more timid and quiet children to speak out, but it's worth the effort.

Complete the session by asking your Beavers to pick names for the leaders from the names chosen for the Jones family. Make a name card for each leader and get leaders to wear them for the first few meetings.

NATURE AWARENESS

September and October are great months for introducing nature awareness to your colony; the leaves are turning colours and falling off trees. Busy birds practise flying in formations and eventually take off for warmer places. Other birds come to winter in your area from further north. Ponds and streams grow quiet as insects and other creatures disappear for the winter, plants grow dormant, and the water somehow seems to change in character.

Take your Beavers out to a nature area or large park to observe some of these changes first hand. Point out obvious examples yourself and encourage the Beavers to look for as many signs of fall as they can find. Make a log and use it to draw a mural at a later indoor meeting.

Have the Beavers pick up objects they can use for crafts, and bring a bagful home. Choose interesting pine cones, stones, nuts, twigs, different kinds of seed pods, empty snail shells and other fascinating goodies. Next month we'll explore how some of these things can be used.

Enjoy these first Beavering months as you keep your eyes and ears open for good program ideas. A

Water Water Everywhere, But Is it Safe to Drink?

by Ross Francis

YEARS AGO OUR GREAT GRANDFATHERS COULD SIMPLY DIP THEIR CUPS into a bubbling brook for a cool, refreshing drink. Unfortunately, times have changed. Backpackers now realize they must treat the water they encounter on a hike before enjoying its refreshing taste.

Health Canada encourages all people in the outdoors to boil, chemically treat, or filter all water. In the department's words: "No surface water can be considered safe for human consumption without treatment." Take these words as a caution, not a scare tactic.

Backpackers and day hikers should carry drinking water from home or have the means to treat water they use. Disease-causing elements, including bacteria, viruses and cysts, can turn a fun, relaxing hike into a pretty miserable trip.

The Enemy

Giardia and *Cryptosporidium* are two dangerous cysts caused by animal feces washing into the water. Varying in size between 3-12 microns wide (millionth of a meter), these cysts reproduce in your body, building up their numbers, until there are enough to make you sick. (*Giardia* is sometimes called "Beaver Fever" because it's found in water where beavers live.)

Giardia's symptoms include stomach cramps, diarrhea and gas, and fever and fatigue. These symptoms generally appear about one week after drinking the contaminated water. *Cryptosporidium*'s symptoms are similar to *Giardia*, and might include a low fever.

Bacteria and viruses may also be present in water. They can cause anything from stomach flu, food poisoning and hepatitis.

Everyone should practise good hygiene around water because someone with either of these illnesses can pass it on to others.

The Full Treatment

Hikers or campers are able to ensure clean drinking water using many methods. The most popular include boiling, chemicals, and filters. Chemicals can often be very effective, but in Canada, because bacteria and *giardia* are our main drinking water enemies, boiling and filters are our best clean water options.

Boiling

Boiling water for at least five minutes (ten is better) will kill bacteria, viruses and cysts. It is also somewhat effective against some toxic chemicals in the water. Boiling is good for a base camp where you have plenty of fuel — it's hard for backpackers to carry enough fuel to sterilize their daily water needs.

Chemicals

Chlorine and *iodine* are the two most frequently used chemicals for disinfecting water. Hikers can use chlorine



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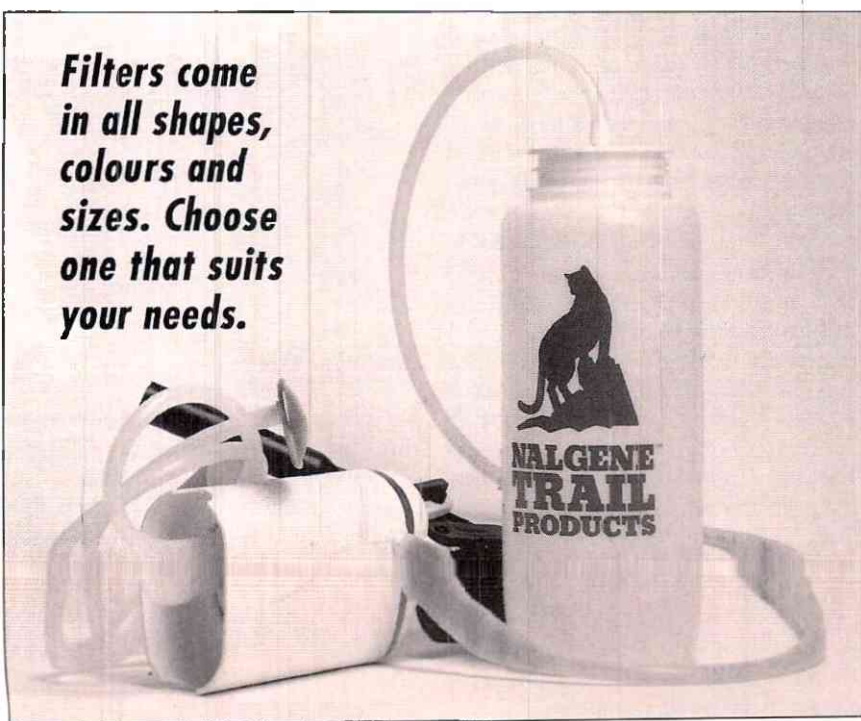


Photo: Anthony Scullion Photography

bleach by adding it to the water — two drops of bleach for one litre of water. Shake the solution, then let it stand for thirty minutes before drinking. For chlorine tablets, follow the instructions found on their container. Make sure the tablets have not reached their expiry date. With bleach, choose some that is no more than several months old.

Iodine. Eight to ten drops of 2% tincture of iodine or one iodine tablet will disinfect one litre of water.

Health Canada does not recommend anyone using iodine for more than three weeks per season. Don't let young children or pregnant women use this method, as they are particularly sensitive to iodine.

Chemicals may leave an unpleasant taste in the water, but you can mask this by adding juice crystals. (See **The Pure H₂O Challenge**, p.8 for more information.)

Filters

Filtering systems physically remove dirt, dust and dangerous elements by pumping water through a canister containing a screen. A wide variety of excellent models are available; just make sure the smallest hole in the screening filter is 0.5 microns or less. Also, follow instructions properly! If you don't, your filter will not protect you.

Don't Leave Home Without It

Backpackers should start a trip with two litres of water from home, and

It's Your Choice				
This chart shows which purification method is effective against which water risk.				
	Boiling	Chlorine	Iodine	Filters
Bacteria	YES	YES	YES	YES
Viruses	YES	YES	YES	SOME FILTERS
Cysts	YES	NO	NO	SOME FILTERS*

* Filters must have an absolute pore size of 0.5 or less.

TAKE THE PLEDGE!

Here's a neat pledge that your Beavers, Cubs and perhaps young Scouts will find interesting. It's called the 'thumb print pledge.'

Simply print up this form on a piece of paper the size of a small recipe card. Each child should get one. You'll also need ink or a dark marker to make the thumb print.



Thumb Print Pledge

'I pledge to do my best to conserve water around my home.'

Name: _____
(child's name)

Thanks to Duncan Ellison of the Canadian Water and Wastewater Association for this idea.

then either filter or boil the rest from a suitable source. Try to carry 1-2 litres at all times, especially when travelling in unfamiliar territory. Some backpackers carry a small, collapsible water bag with them to gather water in, then they filter the water into their water bottle at a convenient location.

No filtration method will absolutely guarantee pure water, but you will be

protected well if you keep your water bottles and pumps clean, and in proper working condition.

As tempting as that clear, bubbling little stream on your trail may be, don't risk drinking from it directly. Grandfather lived to a ripe old age partly because he drank clean water. Take a few minutes to make yours safe. λ

MAKE A SOLAR STILL

In hot weather when your water is running dry, a solar still can produce water almost magically. All you need is a thin piece of plastic and a container. This makes an interesting emergency survival project.

A solar still can distill up to 1/2 litre of water in three hours from soil and plant matter. Here's how to build one.

1. Dig a hole about 1/2 metre deep and 1 metre wide, and set a wide-mouth bottle at the bottom.
2. Fill the area around the bottle with any green plant material you can find (e.g. leaves, grass). Tear or shred the leaves as much as possible. (See diagram)
3. Cover the hole with clear plastic and weigh down the sides.
4. Put a light rock in the centre of the plastic over the bottle's mouth.

Water will drip from the plastic into the bottle. The heat "cooks" the plants and causes condensation which collects on the plastic and drips down into the bottle. It takes about two hours for the dripping to begin.

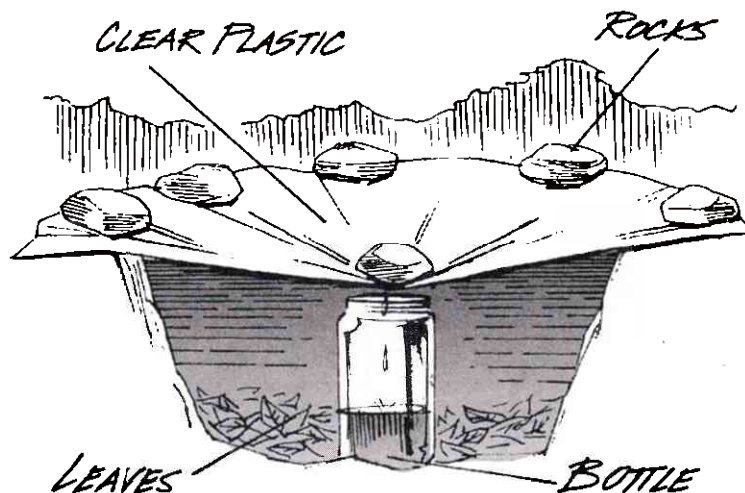


Illustration: Richard Petschke

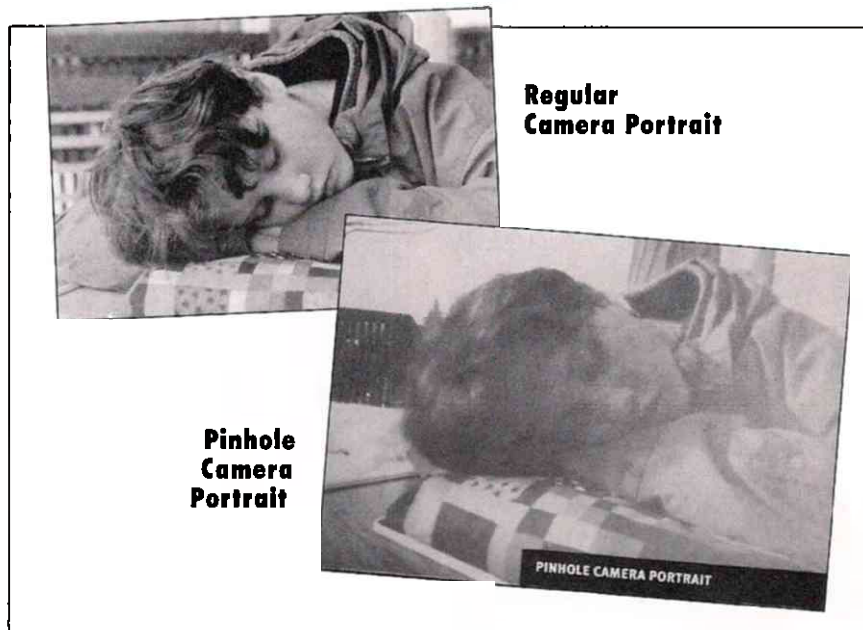
Picture this: Your Cubs or Scouts Can Build their Own Cameras

by Ross Francis

Does your group have any "shutter bugs." If yes, then this idea will capture their interest, and probably everyone else's too. The project involves making a pinhole camera.

Building and using this pinhole camera will be an excellent way for your group to explore photographic principles from start to finish.

Here's what you'll need: 1 shoe or boot box, heavy duty aluminum foil, duct tape, black spray paint or black construction paper, #8 or #10 sewing needle, small piece of cardboard, photographic paper (resin coated multi-grade paper with a pearl finish), Scotch



Interesting results can be achieved with your own home-built pinhole camera.

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tape, tape measure and a pencil. You will also either need access to a dark-room, or a large closet.

How to Make the Camera

Pinhole cameras work best when made from a box. An old boot box provides lots of space for your film and enough room to move your hands when loading and unloading film. Once you've chosen the box, measure the top and locate the centre. Cut a 2.5 cm square hole in the centre, then tape heavy duty aluminum foil over the hole. (See diagram)

Now you must make the inside of the box totally black. Do this by either spray painting or covering the inside with black construction paper. Once again locate the centre of the box's top; it should be in the centre of the aluminum foil.

Using your #8 or #10 sewing needle, puncture the aluminum foil with a clean round hole. This hole serves as your camera lens.

Now, cut a 5 cm square piece of construction paper. This will serve as the shutter. Using duct tape, fasten one edge of the shutter onto the top of the box so no light enters when the flap is closed. (See diagram)

Stand Back! It's Loaded!

You're now ready to put the film in the camera. For this, you will require a dark room. (A closet will do if you take special care to block out any light.) Red light will not harm your prints so you might decide to buy a red light bulb to put in a lamp for use in the closet.

Tape your photographic paper onto the bottom of the box so it's centred underneath the pinhole. Once the film is taped inside the box, you're ready to start shooting. Because the pinhole is so small, each exposure will take *two or three minutes*. For this reason, you must choose subjects that remain *totally still*.

Select your subject, then place your camera on its edge with the pinhole lined up on your 'target.' Carefully open the flap, exposing the film for approximately three minutes, then carefully close the flap to end the exposure.

Developing

You must develop your film in a dark room; the process will require more materials, including,

- five developing trays or shallow pans large enough for you to lay the pho-

- tographic paper on the bottom and fully immerse in solution,
- multigrade developer solution,
 - water.

When developing your pictures, you'll again require a dark room (or closet) with enough room to place the trays on a table (or floor), and add the solutions and some water.

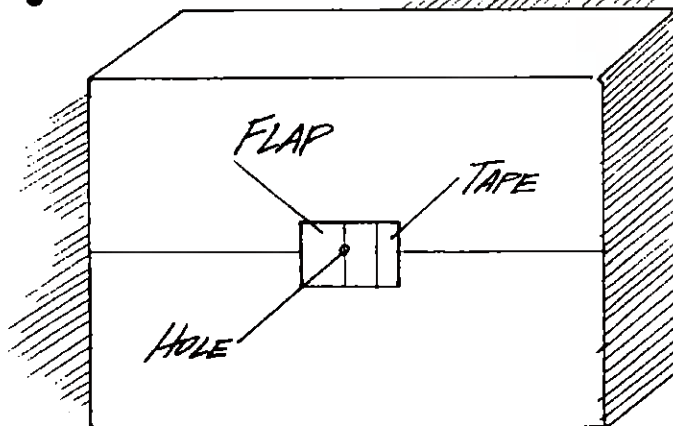
Once safely inside your dark room, remove the film from the back of the camera and begin the developing stages. Pour enough multigrade developer into your tray so you can fully immerse your picture in it. Put the photo paper in the solution for about one minute.

Take the paper out of the tray and place in the next tray containing the "stop bath" solution. Leave the photo paper in this tray for about two minutes. (You may choose to use water

for this step to keep costs to a minimum and to avoid the solution odour. Water will work fine, though professionals use the stop bath solution be-

to improvise here. Try placing the tray on a shelf with the back end elevated enough to allow water to spill out the front, then, using a watering can, add water to rinse the photo and catch the water with a pail. Do this for approximately five minutes. Once completed, hang the photos to dry and clean up your mess.

Pinhole Camera Diagram



Move over Ansel Adams

Now that you have a camera, use it to document as many Scouting activities as possible. Enjoy! ^

Special thanks to Howard Osterer and his daughter Nina (Ottawa, ON) for this program idea.

Program Links

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Scouts: Photography Badge, Troop
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“Where do all the garbage trucks go?”

“What happens to all the trash?”

HOW MUCH TIME does an average Beaver spend pondering these great questions? Probably not too long. They have other more important issues on their minds.

But if you ask this question to them, you can see the interest and concern on their faces. The importance of “taking care of the world” is a major responsibility — one that even young Beavers will enjoy.

Learn more about what that role can involve by contacting a local solid waste company or your provincial/territorial ministry of the environment. Ask if they have an education program geared for Beaver-aged children. Most companies will send a speaker with videos, pamphlets and many program ideas; it'll be great for teaching Beavers how they can help at home or at school.

Here are some activities your group might enjoy.

Colony Recycle Box

Find a good sturdy cardboard box half a metre square. Decorate it with pictures of objects you use for crafts, such as small plastic containers, broken crayons, odd pieces of string/yarn, buttons and old magazines. Encourage your Beavers to collect some of these objects from home and bring them to put in the recycle box. When the box fills, have a “recycle” craft night where you empty the contents, and the children make useful crafts from the items.

Car Litter Container

Each car needs a litter bag or con-

sure you wash the milk cartons thoroughly before using. Cut them to whatever size the children wish. Let your Beavers decorate them with their own paintings, or with cut-out pictures from magazines. Using a small needle, get a leader to punch two holes about 2.5 cm apart and 2.5 cm down from the top.

then get them to bring the smaller objects to the next meeting. Let them guess what each object may have been before it was recycled, or ask them what could be made from the recycled product. Example: Polar Fleece clothing was once plastic pop containers.

“It's not really junk.”

Bring a bag of clean, dry ‘garbage’ from home and spread it on the floor for your Beavers to sort. Include plastic containers, pop bottles and cans that have been rinsed out, old toys, glass containers, clothes that no longer fit, books and magazines, and any other items that may be reused or recycled. (Parents will love this. They could tie it into a fall clean-up day.) When the children bring the material to your meeting, get them to sort the items into two different piles: one for recycling, the other for re-using. Now decide where you can donate these piles. Many churches offer used clothing, toys and books to unfortunate people.

Landfill is Wonderful

Bring in old picture books, magazines, crayons and cardboard to make a huge poster showing what a landfill site looks like. You may even want to arrange a visit to a landfill site or watch a video first so the Beavers know what they look like. Draw pictures of the big garbage trucks as they unload the garbage, bulldozers as they plough garbage into the ground, and huge tractors as they drive over the garbage crushing it with their huge steel wheels. Once the Beavers have completed their project, ask them to identify all the items that could be recycled, reused or reduced. Afterwards, visit a recycling plant to see how materials are recycled, and what “new” items are made from the old “garbage.”

CLEAN UP YOUR ACT

by Ross Francis

Thread yarn through the hole and tie it off leaving a loop to hang the litter container. Now the Beavers can take them home for their car.

Reduce, Reuse, and Recycle

Introduce your Beavers to the “Three R's”: Reduce, Reuse, and Recycle. Discuss the meaning of each and draw the recycle symbol, explaining

tainer. Here's how to make one. Collect cardboard milk cartons of various sizes; each Beaver should have one. Make

what it means and where it can be found. Ask your Beavers to look around their homes for items bearing the label.

Composting

Though many Beavers are probably composting at home, take time to ex-

plain it again so everyone understands how it helps the world. Start by explaining how nature recycles leaves, grass, and dead plants and trees. Perhaps your Beavers could collect large ice cream containers to decorate as a kitchen compost collector. When filled with scraps, your Beavers could empty the collector in their composter. Explain what should and shouldn't be included. (Don't put fish, meat, bones or dairy products in the composter; these will attract animals.)

"That lunch is garbage!"

Teach the Beavers how to prepare a garbageless lunch.

Before your next outing, ask the Beavers to bring a lunch from home. When they have finished eating, place all the trash on a piece of plastic on the ground. Examine each item

and figure out how to eliminate it. For example, buy juice in crystals or in large containers instead of purchasing many smaller containers. Pour the juice from the larger container into reusable

bottles. Save the empty milk bags, wash thoroughly with hot water, and use as sandwich or cookie bags. Wash these after each use and continue to reuse.

Look for items using wasteful or excessive packaging and explain how buying products in bulk or in larger quantities can cut down on garbage. Identify items such as apple cores, as well as banana and orange peels that can be taken home and composted. When you're finished examining the garbage, place it in a container, compress it, then weigh it. This will clearly show everyone how much garbage they have generated with just one lunch, how much it weighs and how much space it will take up in a landfill.



A recycle box can be a beautiful thing to a Beaver.

Photo: Allen Macartney

"Where do all the garbage trucks go?"
"What happens to all the trash?"

Now your wondering Beavers will know the answers to these questions before they even ask. ^



Photo: Amy Harding

"Don't litter. Plant trees instead."



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CHILDREN LOVE LEATHERCRAFTS

From the Awards File

by Rob Stewart

This column has featured many awards recipients over the past years. The purpose was two-fold: (a) profile a small sample of dedicated Scouters who help make this Movement great, and (b) inspire others to identify deserving Scouters in their own midst. Do any Scouters in your area deserve similar credit?

Bar to the Silver Acorn Dean Lovell

Dean was awarded the Silver Acorn in 1982 for his service to Scouting which spanned many decades. South Waterloo District Scouting in Ontario benefitted from Dean's dedicated service, which included Scoutmaster, ADC Scouts, District Commissioner, ADC Beavers, and Woodbadge trainer.

Since being awarded the Silver Acorn, Dean has continued to provide outstanding service, and was awarded the Bar to the Silver Acorn in September 1996. Some activities he has dedicated himself to include: ADC Beavers '80-'86, Regional Venturer Coordinator '86-'88, Regional Training Coordinator '88-'90, member of the South Waterloo Executive, hundreds of service hours to Scout House and Blue Spring Scout reserve, course leader on Colony Woodbadge Part 2 in '93, and Pack Woodbadge Part 2 in '92. Dean also served as the Venturer advisor for 26th Cambridge, and travelled with them to CJ'93. He's on the staff of CJ'97. For 50 years Dean has provided great service.

Silver Acorn Ray Crowther

For over 20 years Ray has worked hard for the Fraser Valley Region, BC. Since joining, Ray has served as a Pack Scouter, Troop Scouter, Service Scouter, ADC Scouts, ADC Training, Committee Chair, and Trainer.

Ray took advantage of a variety of training events offered by the region and province to develop his skills as an instructor. He has worked on many Woodbadge Part 1 and Part 2 courses over the years. In addition, Ray has dedicated hundreds of hours to the local camp. He played a key role during provincial jamborees and served at CJ'85 and CJ'89. His previous honours include a 20 year pin, a Certificate of Commendation and the Medal of Merit.

Bar to the Medal of Merit Reiko Takeyasu

Reiko Takeyasu, from the Southern Alberta Region, is an example of a leader who continues to perform outstanding service at the Medal of Merit level. Since being awarded the Medal of Merit in 1991, Reiko has repeatedly shown her commitment to Scouting through a variety of roles related to the Group Committee and the local Honours & Awards Committee. She also continued taking training to further develop her skills and knowledge, including the Service Team Woodbadge, Trainer 3, Jungle Atmosphere Workshop, and others.

Reiko makes sure every committee in the region gets visited at least twice a year to ensure the group gets adequate support. In the past three years she has inspired other Scouters to submit over 50 honours and awards recommendations for fellow Scouters.

Medal of Merit Duncan MacMaster

Since the start of his adult service in 1962, Duncan has worked in a variety of roles at all levels of the Movement in Nova Scotia. His early service to Scouting was at the troop, company and crew level, and continued even during his studies as a student of theology. After Duncan was ordained to the priesthood for the Roman Catholic Church, he served as the chaplain for a number of groups and districts. He also served as chaplain for the Nova Scotia contingent to CJs '89, '93 and '97.

During the past ten years Duncan has served at the provincial council level; he is a member of the provincial Honours & Awards Committee, and the Organization & Expansion Committee. Duncan is also Vice Chair of Armview District, and Chair of the district's Organization & Expansion Committee.

Conclusion

Have these very brief descriptions inspired you? Look around. You'll probably see members in your own Scouting group who deserve recognition. A



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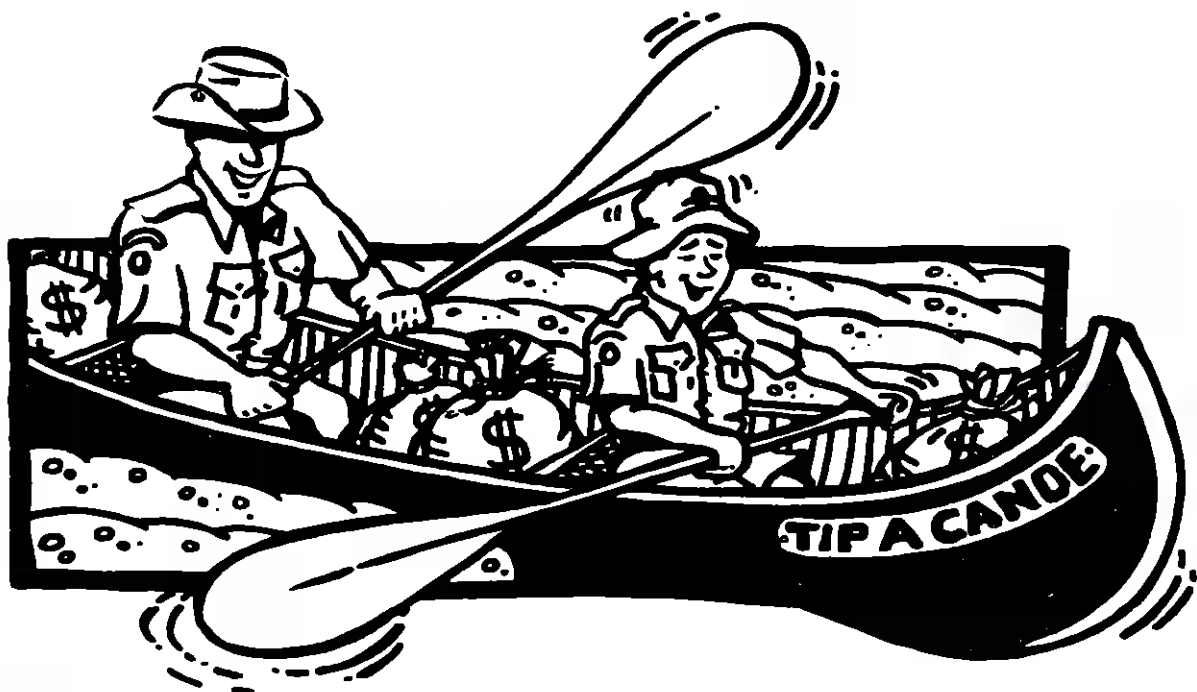
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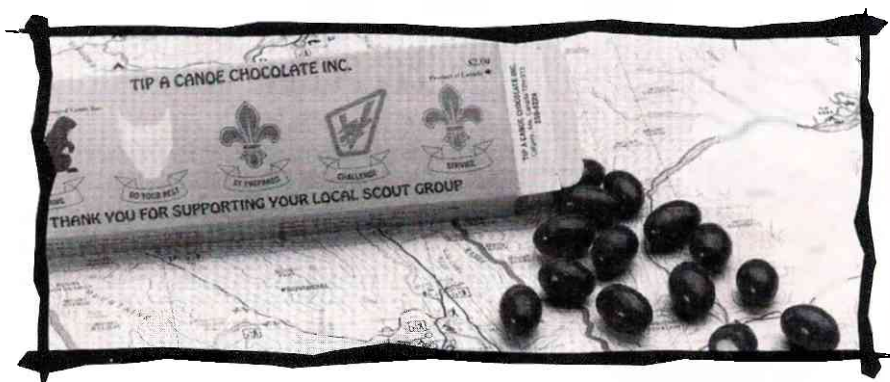
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"What We Have Here Is a Failure to Communicate"

by Bruce Gilmour

Scouting is a "people" Movement, and people, no matter how well trained, can mishear and misunderstand. This happens particularly on the telephone.

Someone once said the telephone is only good for hiding behind. Have you seen the cartoon with a secretary talking on the phone?

"I have a little note here telling me to call you about your proposal," she says. "I've been instructed to tell you to go to.... A kinder, gentler formal letter to this effect is in the mail."

It's a little extreme perhaps, but the point is the secretary wouldn't have said those words to a person's face.

Here's another example.

"I read about your youth drug program and I'd like to offer my help," the caller said. Ed thanked him and proceeded to take down information.

Everything went well until they reached the question of the caller's age. "Thirty-two?" Ed spluttered. "Oh, you're too old, but thanks for calling. We appreciate your interest." Click!

Put yourself in the position of the caller — a highly qualified person with years of experience.

Never in Scouting!

We'd like to think this couldn't happen in Scouting, but it does. Perhaps it happens more often than we'd care to admit.

Here's another example. A leader had been heavily involved in Scouting but wanted a change from section leadership. He called the group committee representative to offer his help. No, he wasn't a parent of a youth member in the group, he told the person on the other end.

After waiting weeks without a response, the potential group committee member called again to check on the situation.

"Oh yes, we still have your name here," the person assured him. "We're waiting until registration night. Then if we can't get enough parents to help, we'll give you a call."

The caller was insulted. "I've got years of experience!" he said. "If that's how you feel about involving people who aren't parents, fine." Fortunately, he persevered. He ended up working with the group committee on volunteer recruitment. Of course they wanted volunteers. They had simply wanted to make sure they had space for any parent who wanted to volunteer. But their communication was all wrong. If only they had taken the time to fully explain their needs; a face-to-face talk might have helped.

Get Connected!

When a person wants to volunteer, she often contacts us by telephone first. If you know her well, you probably won't experience a communication problem, but if you don't know the person, there's a greater chance for misunderstanding.

Handle It Like This

Here's another way to handle telephone calls from people wanting to volunteer. Ask for only three bits of information on that first call:

- who is calling?
- why does the person want to help?
- how can you get in touch again with the caller?

Make no commitments. All potential volunteers must be screened. Tell callers you'll be in touch, then follow through!

This practice has two benefits: it provides time for all offers of service to come in, and it gives you a chance to arrange meeting times.

As part of the screening process, it's vital to personally interview everyone who offers service. A face-to-face interview will give you a much better sense of the potential volunteer's strengths; he or she will also have a greater chance to tell you about past experience. As well, a face-to-face meeting could raise some warning flags.

After you've interviewed a potential volunteer (and completed reference checks and other screening elements) and know better what she has to offer, you may still not have a place for her. Point the person to someone else who might be able to use their skills.

Effective communication is difficult at the best of times. Let's try to minimize avoidable pitfalls. That way we'll keep volunteers happy, and coming back year after year. X

— Bruce Gilmour serves Scouting in Calgary Region, Alta.

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- c) Sell **any 3 of 5 types** of fully biodegradable, fully photodegradable, recyclable compost bags:

TYPE	SIZE	NO. OF BAGS PER ROLL	COST TO GROUP PER ROLL
♦ Grass & Leaf Bags	30" x 36"	6	\$ 2.50
♦ Kitchen Food Waste Bags	14.5" x 19.5"	15	\$ 1.50
♦ Kitchen Food Waste Bags	20" x 22"	12	\$ 1.60
♦ Degradable Waste Bags	24" x 30"	10	\$ 2.00
♦ Degradable Waste Bags	30" x 36"	6	\$ 2.50

NOTE: Taxes and freight are not included in the above costs.

- d) Help **preserve our environment** and **save our landfills from toxic waste!**

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- ♦ Order pads, a master order sheet and contest information will be provided for your Group.
- ♦ Your Group will sell **3 out of 5 rolls** of compost bags for the price of **\$ 10.00 plus taxes** to individual consumer households - each order may be comprised of any combination choice for a total of 3 rolls of bags per \$10.00.
- ♦ Individual household orders will be recorded on order pads, transferred to the master order sheet and sent to **SAVE OUR CANADA - 88 Queensbury Bay, Winnipeg MB, CANADA R2N 3E9.**
- ♦ Delivery will be within 4 weeks to the address specified on your master order sheet. All orders in Eastern Canada are FOB - Toronto ON / Western Canada are FOB - Winnipeg MB.
- ♦ Your Group will be invoiced by **SAVE OUR CANADA** at time of delivery. The freight bill from Toronto OR Winnipeg to the shipping address will be added to your invoice.
- ♦ Orders will be shipped in bulk and should be packaged by your Group before delivery to households.
- ♦ Compostable delivery bags with **"Thank You for Your Support"** - printed on the front of each bag - will be supplied for each individual household order.
- ♦ Payments from consumer households will be collected when orders are delivered to them.
- ♦ Payment terms of 14 days after receipt of shipment will be provided to your Group.

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The Big Snack Attack

by Ian Mitchell

Snacks! It's the one subject all Venturers love. Just mentioning it to them brings images of stampeding horses, ravenous vultures or frenzied piranhas. To quench their desire for snacks, Venturer-aged youth will seemingly climb the highest mountain or cross the driest desert.

With this desire hidden not so deep inside, it's essential that the beasts within are kept satisfied. But at the same time, you must maintain the nutrition levels needed by their active bodies.

"Snacks? We have gorp," someone will say. "It's easy to prepare, easy to pack, nutritious and won't go bad no matter what happens." However, there is life beyond gorp. Here are some alternatives to try out on your Venturers.

Walking Salad

This is a refreshing snack that provides quick energy on hikes. You'll want to pack it in a plastic bag.

Cut around the top of an apple, and remove the core and seeds. Mix raisins or other small bits of dried fruit with 5-10 mL of chunky peanut butter. Fill the apple cavity with your mixture.

No Bake Chocolate Cake

Mix batter as directed on the package of 1 cake mix, using a bit less water. Add nuts, mini marshmallows and coconut. It turns into instant pudding. This treat can also be served in ice cream cones.

Mixed Fruit Balls

Chop the following ingredients together finely in a blender: 120 g of raisins, 120 g of dried prunes, 240 g of dates, and 60 g of dried apricots. Now mix together 10 mL of lemon juice, 15 mL of orange juice, 60 mL of sunflower seeds, 60 g coconut, and 90 g of finely chopped walnuts. Combine and shape into balls. Dry until firm. Wrap individually.

Orange Peppermint Drink

Roll an orange on a hard surface to loosen the juice, then cut out one end. Slide the blade into the centre cutting the meat portion of the orange in several places. Insert one end of a peppermint stick as you would with a straw. Suck juice through stick. Squeeze the orange periodically to loosen the juice.

Dried Apple/Apricot Balls

Mix together 240 g finely chopped dried apricots, 240 g finely chopped dried apples, and 60 g instant non-fat dried milk. Then mix together 30 mL

orange juice, 4 mL cinnamon, and 30 mL honey. Add all the ingredients together in a large bowl. Roll into balls 2.5 cm in diameter and cover with powdered sugar. Dry until firm at 70°C (150°F).

Snack Experiments

Before your next trip, let your Venturers experiment with a new snack while at home. (This offers mom or dad the chance to help.) Give them only a few guidelines, but tell them their creative snacks must be nutritious, high energy, as well as easy to pack and store. Plan a taste test meeting so everyone can put the final touches on their snack and decide which ones will be used. (Always be aware of youth with allergies.)

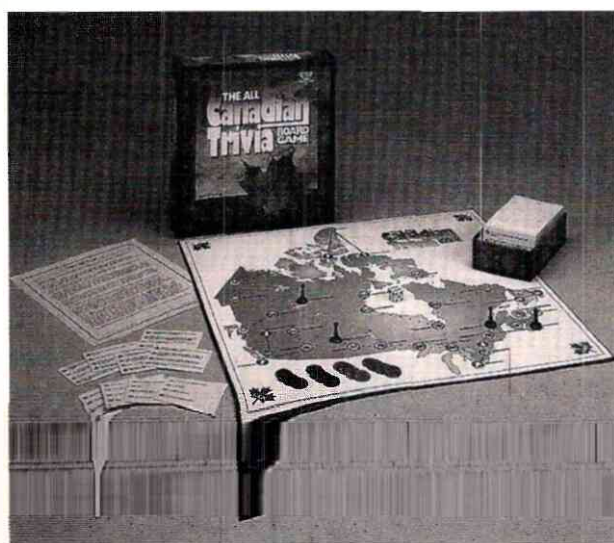
"Snack time!"

When your Venturers hear these words, we know what happens. But afterwards, they'll be much more content with their bellies full of good tasting and nutritious food. X

WANT TO SHARE A RECIPE?

Send the Leader your favourite recipes. I'd love to hear about your best field-tested ones.

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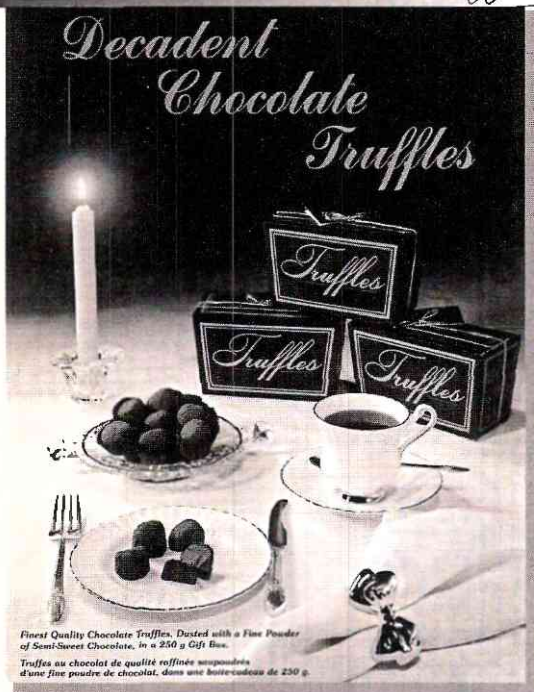
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Great Fundraising Ideas

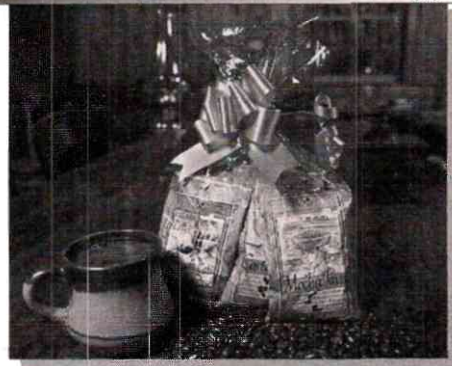
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40th Jamboree on the Air

A Special International Event for Fall

by Lena Wong

THE 40TH JAMBOREE on the Air will take place on October 18-19, 1997. The World Scout Bureau promises that it will be a special jubilee celebration. Make sure your group participates.

Start preparing your members with some hands-on experience from August 27-31. It's easy; just try reaching the radio station at the Japanese National Rover Moot '97 in Hyogo, Japan. The call sign is JAIYSS.

Beginning the month of June, the World Scout Bureau will post JOTA circulars on the WOSM web site (<http://www.scout.org>). Check it out.

For all the information we've received from the World Scout Bureau, call or e-mail me at (613) 224-5131, or lwong@scouts.ca. Write or call for your copy of *Jamboree on the Air: How Canadians Can Participate*. We also have a number of JOTA graphics available for use with Word-Perfect. To receive your copy, send us a 3 1/2" high density diskette. Our address is Scouts Canada, P.O. Box 5151, Stn. LCD-Merivale, Ottawa ON K2C 3G7.

Have a great 40th JOTA and send us your report *no later than November 30, 1997* so it can be included in our national report to the World Scout Bureau.

Monitor the following JOTA frequencies on a shortwave receiver with sideband reception if you're not able to visit or set up an amateur radio station.

80 metres:.....CW - 3.590 MHz
Phone - 3.740 & 3.940 MHz

40 metres:.....CW - 7.030 MHz
Phone - 7.090 MHz

20 metres:.....CW - 14.070 MHz
Phone - 14.290 MHz

17 metres:.....CW - 18.080 MHz
Phone - 18.140 MHz

15 metres:.....CW - 21.140 MHz
Phone - 21.360 MHz

12 metres:.....CW - 24.910 MHz
Phone - 24.960 MHz X

Get some first hand experience by contacting these Scout Nets.

Scout Nets

Country	Contact Day	Time	Frequency	Net control
Australia	1st, 3rd, 5th Sunday	02:00 GMT	14.290 Mhz	VK6SAN
"	2nd Sunday	02:00 GMT	21.190 Mhz	"
"	4th Sunday of month	02:00 GMT	28.590 Mhz	"
Brazil	Saturday	18:00 GMT	14.140 Mhz	PY2EUB
"	Saturday	16:30 GMT	7.090 Mhz	PY2GMR
Denmark	Saturday	13:00 GMT	3.740 Mhz	
European Scout Net	Saturday	09:30 GMT	14.290 Mhz	PA3BAR
France	1st Sunday of month	10:00 GMT	2.743 Mhz	FF1SDF
Germany	1st Wednesday of month	21:00 local	3.678 Mhz	DH6DAO
Italy	Saturday, Sunday	14:00 local	7.090 Mhz	
Japan	3rd Saturday of month	23:00 local	21.360 Mhz	JAIYSS
Netherlands	Saturday	19:00 local	3.740 Mhz	PI4RIS
Norway	Saturday	15:30 local	3.740 Mhz	
Sweden	Saturday, even weeks	15:00 local	3.740 Mhz	
United Kingdom	Saturday	09:00 local	3.740 Mhz	G3BHK
United States	Sunday	20:30 GMT	14.290 Mhz	K2BSA
West Africa	Sunday	07:00 local	7.070 Mhz	9L1AM

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SCOUTER'S 5

Prayer Craft

- Each year we get our Beavers to print a short closing prayer on thin cardboard the same size as the Scouts Canada Registration Card. Then we cover the card in mactac. Our Beavers keep it in their uniform pocket, and when it comes time for closing, we all stand in dam formation, take out our cards and read or recite the prayer together.

Many of our Beavers are too young to read, but holding the card gets everyone concentrating on the prayer and standing still.

- Here are two examples of prayers we've used:

Thank you Lord for this good day,
Help us to please you every day,
To love one another and learn to share,
Like busy Beavers everywhere.

Bless all the Beavers everywhere,
Help us to remember our Promise to share.
Guide us all safely home today,
And watch over us while we work and play.
— Linda Benz, Caroline, AB.

- **Plastic Clay**

I took a piece of plastic clay
And idly fashioned it one day.
As my fingers pressed it still
It bent and yielded to my will.

- I came again when days were past
The bit of clay was hard at last.
The form I gave it still it bore
But I could change that form no more.

- I took a piece of living clay
And gently formed it day by day.
And moulded it with power and art
A young child's soft and yielding heart.

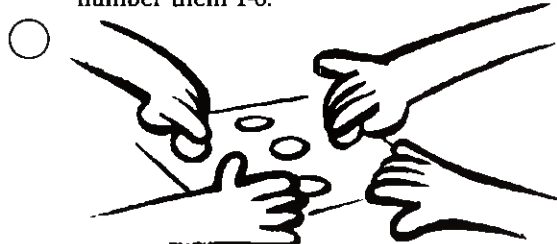
Scouter's 5 Minutes, p.785

Aug./Sept. '97

GAMES

Steal the Coin

- Divide your Cubs or Scouts into no more than *three* even groups. Assign each group to a place in the meeting hall. Make sure all are equally spaced around a centre point. Place five coins in the middle of the hall on a small piece of cardboard (called home plate). Put a similar piece of cardboard in front of each group (called team home plates). Now number the Cubs off; if you have six kids in each group, number them 1-6.



- The leader calls out a number, and the Cubs representing that number race into the centre to grab *only one coin each*, before racing back to their team's home plate where they put the coins and race back to the centre to take another. Once all five coins have been taken from the centre home plate, the teams can start stealing *one coin per trip* from the individual team home plates. The team that collects three coins in its home plate wins. If a Cub tries to hide or touch the coins in his team's home plate, the team loses a point. When a team calls out, "We've got three coins!" they win a point. The game starts again with the leader calling out another number.

This is a very active and exciting game that will burn off lots of energy. A favourite of all.

— Darryl Dacombe, West St. Paul, MB.

Games, p.319

Aug./Sept. '97

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Fruit Basket

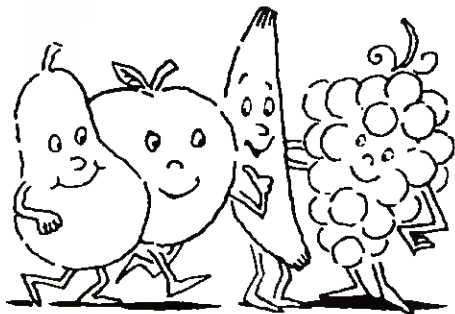
Here's a very exciting and wacky game for Beavers. Run it as part of a nutrition theme or just to blow off some steam.

Divide those in your colony or lodge into four groups. Ask Beavers to stand in their group around a central point. Give each child a sticker to correspond to the fruit group she is in: apples, grapes, bananas or pears.

Now the excitement begins. Call out two types of fruit, like apples and bananas. The Beavers in those two groups must switch places remembering what fruit group to which they belong. If the leader calls out "Fruit Basket!" all Beavers run into the middle.

For older Beavers, put a picture of each fruit group on the floor and have the children representing that group start there. Call out two fruit types and get the Beavers to switch positions. Now call out another two fruit types, like apples and pears. The kids who are standing on the apple and pear position become that fruit and switch positions. When they reach their new position, they become that type of fruit so they are constantly changing and must keep track of who they are. If the leader yells out "Fruit Basket" everyone runs into the centre.

— Nancy Moore, East Scarborough, ON.



Games, p.320

It came again when years were gone
He was a man I looked upon.
The early imprints still he bore
But I could change him then no more.
— Author Unknown (Thanks to Hazel Hallgren,
Red Deer, Alberta)

Help Us Live Scouting's Mission

Father God...

We are like seeds, you are like the sun, the rain,
the rich soil. There are times when we hide from
your light. We are reluctant to change and grow.
Forgive us when we refuse to let you transform
us. Open our lives to your life-giving power. Help
us live the Scouting Mission and Principles
through your power.

What a Present!

Yesterday is history. Tomorrow is a mystery.
Enjoy today; it's a gift. That's why we call it
the present!

— Scouting Magazine

Are We Like Sheep?

Soul of man why will you scatter,
Like a crowd of frightened sheep?
Foolish hearts why will you wander
From God's love so true and deep?

— Frederick William Faber

Scouter's 5 Minutes, p.786

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Reducing the Costs of Scouting

by Ben Kruser

Some members think Supply Services makes huge profits. This is incorrect. Let's take a look at some general figures so you can understand where revenues go from Supply Services and Scout Shops.

Starting Point

People shouldn't consider "profit" a dirty word in the nonprofit business. The more operating surplus an organization can generate, the more programs and services it can offer to members.

How much profit does Supply Services make?

Our gross profit for 1996/97 (the difference between our wholesale price to Scout Shops and our cost of goods) is approximately \$1.6 million. From this we pay \$1 million in fixed operating expenses.

These figures may sound high, but let's put them in perspective. In most years, Supply Services handles over 40,000 Cub books, 50,000 shirts, 1,000,000 badges and crests, and hundreds of other items. We carry over 2,100 stock items.

Last year, Supply Services trimmed costs by reducing its staff by 6 people, started a drop shipment program to cut inventory costs by \$400,000, initiated in-house catalogue production for another \$15,000 in saving, and lowered its inventory purchase loan by over \$40,000. The \$600,000 net profit forms less than a third of the total National Council operating budget; the remainder of funds come from membership fees and donations.

Cost Price

Should Scouts Canada sell its products at cost?

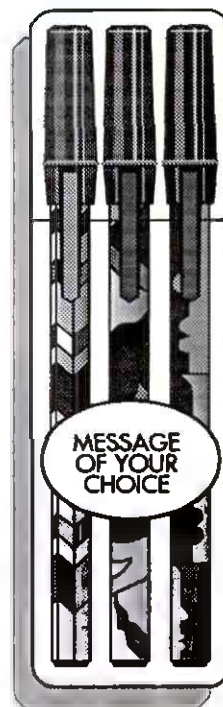
If we did, it would probably shut down every Scouting camp in Canada — definitely not something you want.

We share the sale of licensed products with local councils. Supply Services sells products from cost to wholesale, while the Shops sell from wholesale to retail. Just as the profit raised by Supply Services supports the National Council, the profit raised by Shops supports their local councils. As much as we would hope that everything in Scouting could be free, it isn't possible. Suppliers all expect us to pay our bills, whether it is for heating, shipping expenses or new camp shingles. Volunteers expect certain services (e.g. administrative help), payment for meeting expenses, and camps for a group wanting to go outdoors. The cost of our uniform is an easy target, but it's only one small expense in the total Scouting program.

Concerned with the cost of Scouting? Here are some tips.

Start by demanding accountability. The national membership fee is \$6.50. Do you know and approve how the remainder of fees are being spent in your area?

Handling millions of dollars of organizational money is serious business that must be done professionally and according to generally accepted accounting practices. Supply Services is not gouging members, nor are the Shops. We're trying to provide the best quality products at the most affordable prices, while also supporting the financial obligations and program objectives of the Movement. Your purchases really do help keep the cost of Scouting down.▲



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Reference Checks Are Vital!

by Bryon Milliere

"Would you be willing to have Dave work one-on-one with your child?"

This is the most important question to ask a reference when you're screening adults who wish to volunteer.

Personal reference checks are now an essential element of Scouts Canada's Adult Member Volunteer Screening Process. Each new applicant *must* provide *three* personal references to interviewers. Be sure to follow up on these references.

Calling All References

Who can be a reference?

Potential Scouting volunteers for leadership roles (like Dave) should provide references who know them and can give some indication whether they are suitable. References might include close friends, a relative (no more than one), or a current or former employer. Excellent references would be familiar with Dave's involvement in similar roles with other organizations or related employment.

Plan your reference interview carefully. Refer to the job description and your checklist for characteristics of acceptable candidates. The following are essential to most roles: (a) ability to work effectively in a team, (b) ability to work with children ages eight to ten, and (c) shows a good example.

After the interview with Dave you may have identified some information or questions about his past or behaviour

that you felt warranted confirmation or further pursuit. Decide what you really need to know about Dave.

When you call the reference person, be sure to introduce yourself in your Scouting role. Some people may be surprised by your call. Others may be nervous at first to give their opinion of someone they know. Relax.

Tell the reference how long the call will take (about ten minutes) and describe the role the volunteer will have in Scouting. Be positive about the prospect of having Dave involved, and remember to keep questions relevant to the volunteer role. Here are some questions to consider:

- "How long, and in what capacity, have you known Dave? What is your current relationship with him?"
- "Can you picture Dave working with eight- to ten-year-old children in an active program?"
- "Can you describe how Dave works as a member of a team?"
- "What strengths do you believe Dave has for this role?"
- "Dave mentioned that he coached baseball with you. How did he interact with children? How was he with parents?"

Listen for the traits and behaviours that match those of a suitable leader. As a coach, was he patient, encouraging, and dependable, or was he harsh to players when they made mistakes? Were parents kept informed and supportive of the coaching team, or were they constantly concerned with the coaching style?

Ask open-ended questions that require more than just "yes" or "no." Keep asking clarifying questions until you understand the answers the reference is giving. Encourage both positive and negative feedback about the individual.

When calling former employers or organizations, ask whether they would hire or use this person's services again? If you get a negative or confusing response, feed it back or summarize the answer to probe further. Advise them that information will be kept as confidentially as possible, but that you may be required to release the information by law to the applicant or a law enforcement agency.

For the Record

You must keep a written record of the telephone interview. Be as objective and as factual as possible when writing the information down. The responses you get from the three references together with your notes from the interview will provide the basis for your decision regarding Dave's suitability.

We are not looking for "perfect volunteers," but we are concerned about ensuring suitability and aptitude for a role. Most skills and knowledge can be taught, but attitudes are fairly fixed. What have you learned of the applicant's attitudes regarding Scouting's Principles, Duty to God, Duty to others, and Duty to self? His attitudes towards children? Discipline? The outdoors for recreation?

Your final question should be the key question identified earlier: "Would you be willing to have Dave work one-on-one with your child?" End the conversation by saying "thank you."

Scouting needs more caring, dedicated adults. As a recruiter, your job is vital to ensure new members are well matched to their roles. λ

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Most new groups earn over
\$2,000 their first year and
double that amount their
second year.

This complete program offers
training videos, publicity kits,
incentive prizes and every-
thing else you need for a
successful sale.



The highest quality products
and packaging have been
developed exclusively for
Scouts Canada.

To find out how you can take
part in this year's fall sale,
call your local Council, or call
Trail's End at...

1-800-782-4255

...for more information.



Beaver sweatpants
Great for all your
Beaver activities
and everyday
wear.

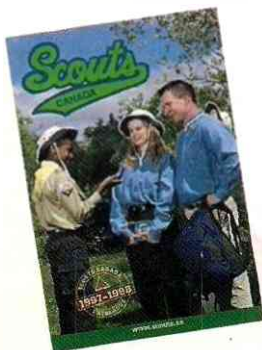


Beaver t-shirt
Exciting new
design that
can be proudly
worn anytime.

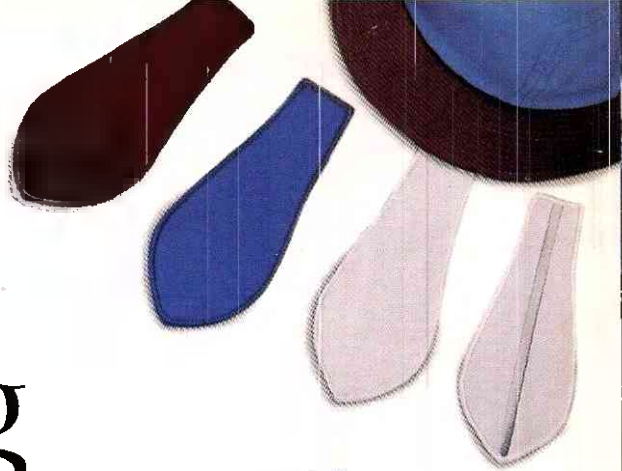
Beaver pencils
You won't be leaving these
guys at home! Three styles
to choose from.



Comet compass
A key chain, thermometer, and
compass all in one..



We're busy building new products for today's Beavers!



Beaver tails
Finally a beaver tail that will not rot, fade, or
tear. Definitely a campfire blanket souvenir.



Beaver toque
We have you
covered with
this polar
fleece
product.



Water bottle
Quench your thirst with this
new 650 mL "official" Scouts
Canada bottle.



Beaver day pack
A backpack big enough
to fit your Beavers "back
to school" supplies.



**Hand/Head
flashlight**
Tough and durable. Almost "Beaver proof."

Your new 1997/98 Scouts Canada Catalogue and all products shown
above are available at Scout Shops today!

To find your closest Scout Shop call **1-888-SCOUTS NOW.**

