

# the leader

DECEMBER 1997

VOLUME 28, NO. 4



# Happy Holidays

# PEACE ON EARTH

by John Pettifer

**I**t's time again to wish you all "Season's Greetings."

This phrase has many different meanings. For some, Christmas is a spiritual occasion with deep significance; to others, it is a secular time that brightens the midwinter.

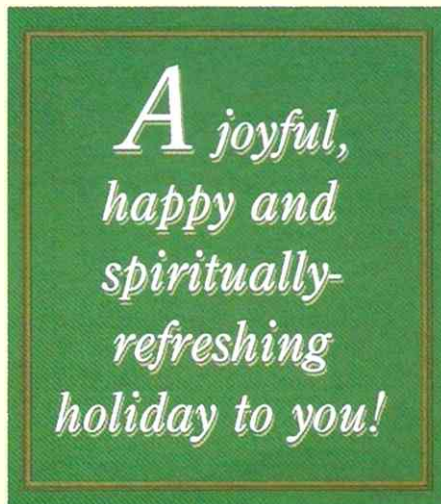
As members of a Movement with a strong spiritual principle and an inherent belief in God, the spiritual elements of the season should not be overlooked. While Scouting does not define God in a specific way, this season is an excellent opportunity to celebrate faith in the Creator. The season is also one that is filled with customs and traditions.

## Come Celebrate!

December brings the season of Hanukkah — the Jewish Festival of Lights. This commemorates the rededication of the ancient temple in Jerusalem following its desecration by those opposed to religious freedom. At that time, the sacred oil of the temple's eternal light burnt for over a week on one day's supply. Today, it is a tradition for Jewish people to light candles to remember the miracle. Hanukkah is also a time for family customs. Why not ask Jewish members to share some family or religious traditions with you?

December is also the season when Christians celebrate the birth of the Saviour, the Christ Child. For them,

Christmas conveys a message of peace and reconciliation with God. God's "gift" to the world, and the "gifts" to the Baby Jesus by the Wisemen, have been perpetuated in the custom of giving presents at this time of year.



However celebrated, customs and traditions have played a special role in the season through the centuries. Some of these traditions, such as the yule log, bells, mistletoe, and figgy pudding, originated in ancient European cultures. Brought into the spiritual celebrations, they add a brightness that enhances the season of peace and goodwill. Unfortunately, the joy of these customs is sometimes lost or forgotten in today's commercial culture.

## Ideas for Your Group

Want an interesting program?  
Ask someone to come and talk about

December's many traditions; you can combine it with a suitable craft activity, songs, playacting and skits. Celebrate these traditions that play such an important role in our heritage.

A more modern tradition that seems common to all who celebrate the season is that of exchanging greeting cards. Why don't you get members of your group to make their own cards, and send them to older folk in your community who might need a December "pick-me-up"? Identify several shut-ins who don't get many greeting cards. This could become a new tradition for your group! Whether your greetings are secular or represent an act of faith, this custom would add a very special touch to the season.

While we may each celebrate the year-end in a different way according to our own faith, one of the common threads we share is the warmth and joy of remembering friends. To each of you, from all of us at the National Office, we wish a joyful, happy and spiritually-refreshing holiday.

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**The Canadian Leader Magazine** is produced 10 times a year by Canyouth Publications Ltd., an arms-length publishing company.  
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Ottawa ON K2C 3H4  
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Web Site: <http://www.scouts.ca/leader.htm>

Yearly subscription:  
registered members of Scouts Canada \$8  
non-members \$8  
outside Canada \$18

**The Leader** assists Scouters and other adults who work with young people through the publication of timely articles on Scouting's programs, resources and objectives.

Canyouth Publications gratefully acknowledges the assistance of Scouts Canada in publishing **the Leader**.

Editorial contributions are made on a voluntary basis. Unsolicited submissions welcome.  
Advertising Policy: Advertisement of a product or service does not indicate endorsement by publishers.

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

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

Publications mail registration #2405.

ISSN 0711-5377

Cover illustration:  
Richard Petsche

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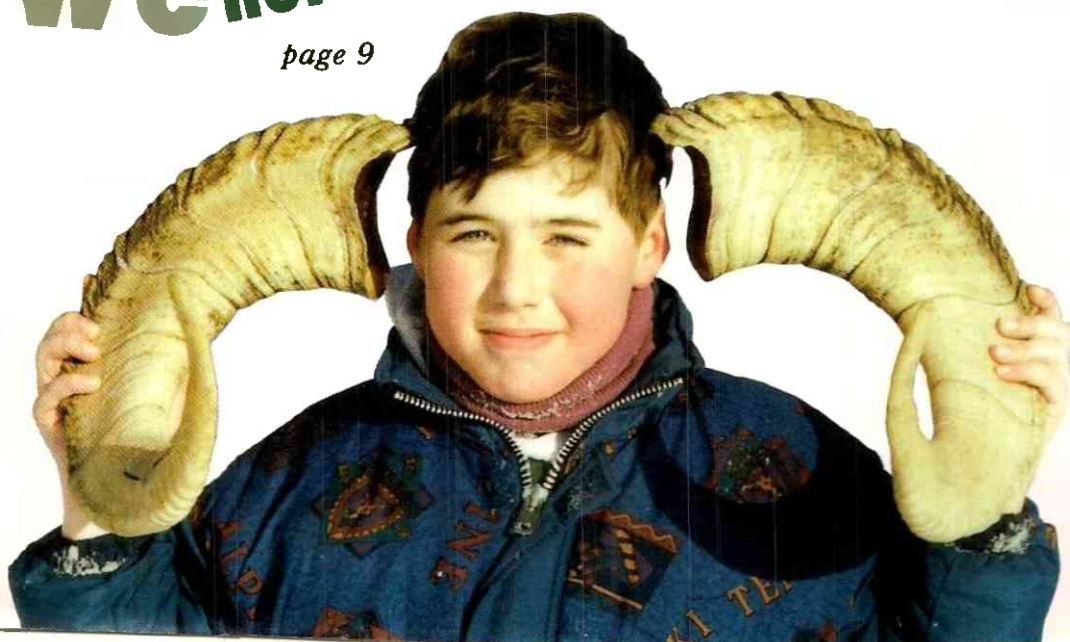
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**Fannin  
Stone  
Sheep.  
What  
Weherd.**

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# FREEZE DRIED!

## The "How-Tos" of Winter Camping

by Steve Delahey

**W**hat should you do when the weather at your winter camp turns bitterly cold?

That's the question leaders of the Beddington 199th Scout Troop in Calgary, AB, faced last year. For weeks our 24 youth had prepared for the camp: it was all they could talk about. But the forecast called for biting cold temperatures and heavy snow.

We started by almost cancelling the camp. If the weather turns unusually ugly, call off the trip. Don't take unnecessary risks with young people. Your caution may teach them invaluable lessons.

After recruiting several additional parent volunteers and getting more equipment, we set off for our camp in the Rocky Mountain foothills. The Scouts were bouncing with energy, particularly as they looked forward to playing in the 45 cm of fresh snowfall on the ground.

We always plan our winter camp in a place that provides heated cabins for younger members — just in case we need them. When we arrived at our destination, the older Scouts fuelled and lit their lanterns, grabbed their tents, assembled into patrols and set off making camp. The snow was crispy dry, light and deep; the night was inky dark; the temperature hovered at -28°C. Several younger Scouts had that "are we nuts" expression on their faces, but the skill and confidence of their patrol leaders convinced them everything was okay.

Soon our camp was set up, a fire lit, and hot chocolate steamed in the pot ready for mug-up. After an hour by the fire, all Scouts wandered off to bed sporting dry wool socks, long johns and toques. Leaders checked everyone before lights out, and again just after midnight.

braved that first rush of cold air into their sleeping bags, made a quick jog to the cookhouse, and detoured to the outhouse. By the time we had devoured a hearty, warm breakfast to stoke up our internal furnaces, the outside temperature had soared to -32°C. It was program time!

Most activities focused around cold weather survival; the conditions were perfect. Our program included a talk on cold weather camp equipment and clothing, and a discussion about the importance of staying dry and well fed. Though we had grilled everyone about these topics in the weeks leading up to camp, the extreme cold brought everything into perfect focus.

Breaking into pairs the Scouts demonstrated how to look for frostbite on a buddy, then we practised

some winter first aid. Ice rescues are perfect. You can tie them into relay races or orienteering games.

Snowshoe hiking came next. What a treat! The snow hung heavy on the tree branches, making a winter wonderland. Before heading out, leaders



Photo: Paul Ritchie

**Before setting off on a winter hike, make sure you've checked the weather forecast. You don't want to get stranded and lost in the bush.**



### The Definition of Bitter: -39°C

Saturday morning dawned extremely cold (-39°C). One young Scout tumbled out of his sleeping bag, stepped into the cookhouse and announced, "The rest of the guys aren't coming out until summer!" But soon everyone had

made sure everyone had layered their clothing and knew what to do if they started over-heating.

Rope lashing, emergency rescue techniques, axe sharpening, outdoor cooking, and choosing a suitable campsite: all these proved popular activities despite the cold. (Quinzhee building would also be great.)

For supper, patrols made their own hot meal over an outside fire. (Patrol members had planned their menus and bought groceries before the trip.) A roaring campfire, skits, games, and stories capped off a terrific day. Everyone headed to bed well contented; besides, it was only -31°C now!

### Thrill of Victory

Sunday too dawned cold, but this time everyone felt like seasoned Arctic experts. A Scout's Own and more outdoor wilderness experiences topped off the morning. When we packed up our gear and broke camp, every Scout was beaming with pride. This satisfaction didn't just happen on its own. It resulted from weeks of careful preparation.

Why don't you use the cold weather quiz on the next pages to prepare your Cubs, Scouts or Venturers for a winter survival camp? They'll love it!

— *Steve Delahey is a warm-hearted, winter camper from Calgary, AB.*

## DO IT RIGHT

- Be prepared to cancel your camp at any time if it isn't safe.
- Recruit extra parent volunteers.
- Watch your Scouts closely. Make sure everyone can recognize frostbite and hypothermia, and knows what to do about it.
- Build your camp around cold-weather survival and living skills.



## Would You Survive a Cold Winter's Night? Take the Test!

by Dave Western

**W**inter can be the most dangerous time of year for those who are unprepared. Yet, almost anyone can enjoy a weekend of camping, hiking or skiing with a little preparation.

Here is a quiz to make your Beavers, Cubs or Scouts ready to experience the best a Canadian winter can offer. Discuss each question before going out on a winter hike

or weekend camp. (The answers appear at the end of the quiz.) Remember: Common sense is the first rule of winter safety.

Are there any other questions that should be included in this quiz? In sixes or patrols, get your Cubs or Scouts to make up more questions. Then spend time discussing these. With forethought, your group can stay warm and safe during the winter.

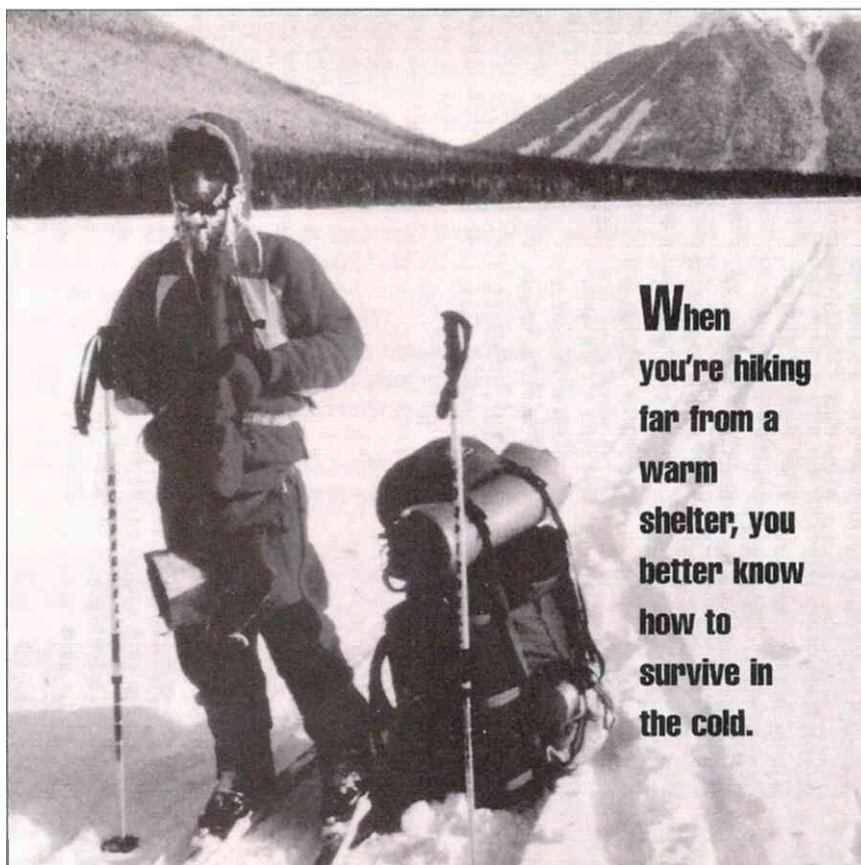
### Part A: True or False?

1. Camping is a three-season sport (spring, summer, autumn). No one should bring youth outside to camp in a Canadian winter.
2. Proper clothing and equipment is the key to a safe and enjoyable winter camp.
3. You should dress in the same way for all outdoor winter activities.
4. A hat is the least essential piece of winter clothing.
5. The best clothing material for winter is natural fibres, such as cotton.
6. Ear muffs will keep you as warm as a toque.
7. A good pair of gloves is every bit as warm as a pair of mitts.
8. If you're wearing a heavy coat, it doesn't matter what you have on underneath.
9. If your clothing is wet, you'll get cold faster.
10. You can dehydrate in winter faster than in summer.
11. It's dangerous to eat snow on a bitter winter day if you're cold and thirsty.

### Part B: Find the Best Answer

12. To help you stay warm,
  - a) your clothing should wick the moisture away from your body. (Wicking is when moisture passes from the inside to the outside of fabric.)
  - b) your clothing should keep your warm sweat next to your body.
  - c) you have to keep moving constantly because your clothing will not help.
13. If you get wet and cannot get back indoors quickly,
  - a) it is better to keep your wet clothes on than to strip down and change because you will catch a cold if you take your clothes off outside. You might even get frostbite.
  - b) you should quickly strip off the wet clothing and put on something dry.
  - c) you should try to build a fire. If you can get it going, the fire will dry out your wet clothes; if you can't get it going, the work involved in collecting and stacking the wood will keep you warm.
14. The greatest dangers in winter are,
  - a) getting lost.
  - b) breaking a leg while skiing.
  - c) hypothermia and frostbite.
  - d) hypothermia, frostbite, dehydration and snow blindness.
15. Frostbite occurs:
  - a) when your skin gets really cold.
  - b) when a snowman bites you on the nose.
  - c) when part of your body freezes.
  - d) when you start shivering from the cold.
16. Hypothermia occurs.
  - a) when your skin gets really cold.
  - b) when you drink so much hot chocolate that you go hyper.
  - c) when part of your body freezes.
  - d) when your core body temperature drops below its normal temperature.
17. Snow blindness occurs,
  - a) when the sun is so bright you cannot see the snow.
  - b) when the day is so dark and gloomy that you cannot see the snow.

- c) when blowing winds create a white out condition.
  - d) when you lose your vision for a while due to bright snow.
18. Items needed for winter camping include,
- a) sun screen, sunglasses and lots of drinking water.
  - b) extra socks and mitts.
  - c) warm hat, warm underwear and a good winter sleeping bag.
  - d) all of the above.
19. The "What me Worry Award" went to,
- a) I.P. Nightly for stating that it is not necessary to worry about human waste in the winter because it will all go away when the snow melts.
  - b) I.M. Frozen for hoping that his summer sleeping bag would be warm enough for a winter camp.
  - c) As Fixi A. Ted for his statement that with so much crisp cold air around, there was no reason to worry about the carbon monoxide gas being spewed out by his defective tent heater.
  - d) All of the above.



**When you're hiking far from a warm shelter, you better know how to survive in the cold.**

Photo: 31st St. Cyprans Ventures

## Quiz Answers

### Part A: True or False

1. **False.** Winter is the best time for camping, in my opinion. Because the ground is frozen, you can go almost anywhere. Skis and snowshoes let you penetrate further into the unexplored wilderness, toboggans make it easy to move heavy loads, and best of all, there are no bugs!

2. **True.** The secret to safe winter camping is having appropriate equipment. Proper clothing and an adequate sleeping bag aren't luxuries in winter, they're necessities.

3. **False.** Your winter clothing needs will vary according to the type of activity you undertake and the amount of energy being expended. The clothing needed to keep someone safe and warm on

a snowmobile at  $-40^{\circ}\text{C}$  is considerably different from that required by a cross-country skier in hilly terrain at the same temperature.

4. **False.** Seventy percent of the heat lost by your body leaves through your head. A toque or warm hat is vital for warmth. Use your toque as an effective thermostat to regulate your body heat. Getting too warm? Take your toque off. Getting too cold? Put it back on. Why not carry several toques? A heavy woolen toque is great at the end of a long day on the trail but may be too warm to wear while you are underway. A lighter nylon one will prove useful when it's too cold to uncover, but too warm to wear a heavy toque.

5. **False.** While wool is a good insulator, even when wet, the same is not true of silk or cotton. When it comes to winter activities, cotton is perhaps the most dangerous fibre on the market. Cotton absorbs water and holds on to it, thus permitting it to freeze on your body.



Photo: Paul Ritchie

**A good meal helps stoke your internal furnace!**

Not all man-made fibres are made equal either. Polypropylene and some of the other newer synthetics are excellent. They will quickly wick body moisture away from your body, while remaining relatively dry to the touch. They also retain some of their insulation value even when wet. When it comes to sleeping bags, synthetic insulation is excellent. Unlike down, when wet synthetic insulation will retain much of its insulation value; it will also wick moisture to the outside.

**6. False.** Ear muffs may keep your ears warm, but they won't prevent heat from escaping from your head.

**7. False.** Thinsulate™ gloves are particularly good for high energy activities such as cross-country skiing but for really cold days, you cannot beat a pair of leather mitts for warmth. If you need to use your hands for fine-motor activities (such as cooking), consider using a pair of light gloves as mitt liners. And remember to keep an extra pair of mitts in your pack in case your first pair gets wet.

**8. False.** A heavy coat won't be nearly as warm as a number of layers of clothes that will trap pockets of air underneath. Also, as the day goes on, and you heat up from the exertion of hiking or skiing, you can peel off one or two layers, but you can't peel off a heavy coat.

**9. True.** Wet clothing is cold clothing. When accidents happen, dry off and change into the dry socks or mitts you have in your pack. If your boots are wet too, slip your foot into a dry plastic bag and then into the wet boots. The plastic bag won't wick moisture away from your foot, but your foot will still be warmer than it would be in a wet boot.

**10. True.** Winter air is dry air. That's why your lips crack in winter. Your body moisture may evaporate so quickly in winter that you might not even know

you're sweating. That's why it's particularly important to drink

a 1/2 litre of fluid every hour during strenuous activities.

Here's a quick test that will warn you about moderate dehydration. How dark is the yellow colour of your urine? The darker the yellow, the more important it is to get additional fluid into the body.

**11. True.** A cold, thirsty person who eats snow on a bitter day can die. The snow will rob heat from a person's body and actually lower his or her core temperature.

#### Part B: Find the Best Answer

**12. A.** Dry clothes will keep you warm, while wet ones won't. The more vigorous your outside activity, the more your body produces heat and sweat. Moisture absorbed by your clothes will cool down and eventually freeze. But when you stop

— unless there is a warm shelter nearby — you're going to cool down very rapidly if your clothes are damp. It won't be long before you're shivering.

**13. B.** The best way to get warm is to get out of your wet duds quickly — preferably while your body is still warm. Before you strip down, put your clothes nearby.

**14. D.** The dangers most commonly encountered in winter are hypothermia, frostbite, dehydration and snow blindness.

**15. C.** Frostbite occurs when a part of your body freezes. Usually, frostbite affects your ears, nose, fingers and toes, but in severe cases your hands, feet, legs and arms might freeze. Warm, dry clothing, mitts, scarves and toques will help you avoid this



Water doesn't run well at -39°C!

Photo © Steve Delaney

problem. Take a first aid course to learn how to treat frostbite, and how to avoid it.

16. **D.** Hypothermia occurs when your core temperature begins to drop. If left untreated, the condition can quickly lead to coma and death. If you're properly dressed and equipped, the chances of falling victim to hypothermia are greatly reduced. Leaders must make sure they bring all necessary equipment to protect their group.

17. **D.** Snow blindness occurs from the reflected glare of the sun on the snow. Symptoms range from swollen and itchy eyes to a total (but usually temporary) loss of sight. As with hypothermia, a first aid course will teach you how to deal with this condition. Use good sunglasses or goggles to protect your eyes on bright winter days. When selecting your glasses, look for ones that block both kinds of UV rays. And don't forget to put sun block on your skin. A sun burn is a sun burn, even if you got it at -20°C.

18. **D.**

19. **D.** Solid human waste does not go away when the snow melts. It's "the gift that goes on giving" well into the next summer. If there are no toilet facilities avail-

able, don't just bury it. Pack it out! Carry an unbreakable, waterproof, resealable container on the outside of your pack, for both waste and used toilet paper. Dispose of it safely when the opportunity presents itself. Otherwise, you'll just contaminate spring run-off water. Fortunately, frozen waste doesn't smell much, provided you keep it frozen.

A summer sleeping bag is not suitable for winter camping. Winter camping demands a good mummy bag rated to the lowest temperature you're likely to encounter. Rent one if you can't afford to buy one. Also, don't forget to bring at least one insulated pad.

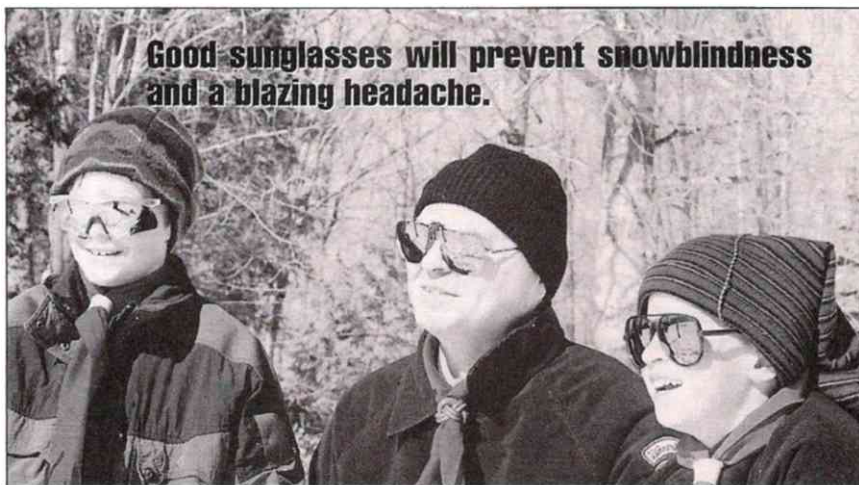
Tent heaters are not worth the risk of carbon monoxide, nor are they required in most circumstances. Plan ahead with the right equipment, and you won't need heaters.

If you cut off all liquids after supper, you won't have many campers needing to pee in the middle of the night. To ensure a good sleep, just take a warm hike before bedtime. Then get back to the tents, strip down, towel off if necessary, slip into dry PJ's, and skip into bed. The fresh air and exercise, combined with no extra drinks, will encourage sleep. As well, the exercise warms up the body and gets it producing heat.

#### Program Links

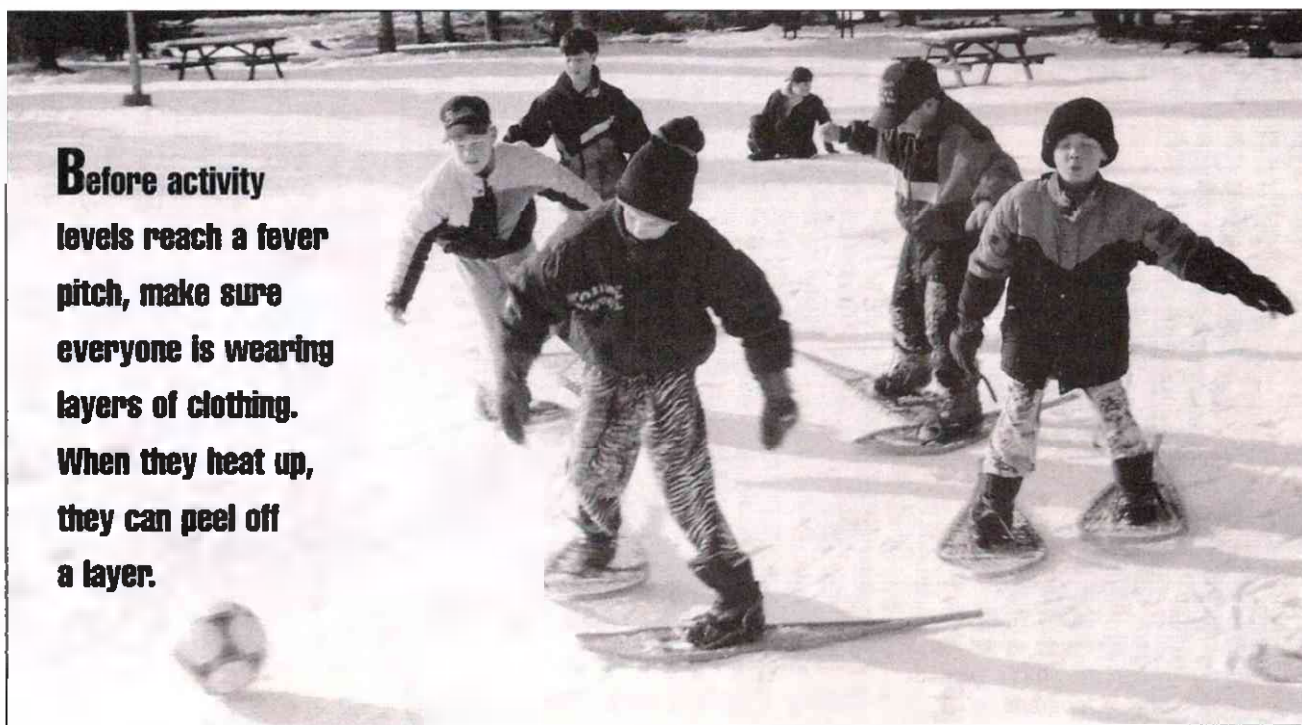
Cubs: Green Star A #9  
Winter Cubbing Badge  
Scouts: Winter Scouting Badge  
Venturers: Exploration Activity Award, Outdoorsman Award

— *Dave Western ("Skipper") likes bringing his 3rd Kanata Venturers from Ontario on cold weather camping trips.*



**Good sunglasses will prevent snowblindness and a blazing headache.**

Photo: Allen Macatney



**Before activity levels reach a fever pitch, make sure everyone is wearing layers of clothing. When they heat up, they can peel off a layer.**

Photo: Mark Biagi

# Yukon Sheep-Watching Camp

*An experience worth 'bleating' about*

by P.J. Thompson

**F**or over 30,000 years relatives of the Fannin Stone Sheep of the thin-horned Dahl species have grazed, migrated and wintered in a remote valley 10 kilometres east of the central Yukon community of Faro.

When geologists and miners located a rich lead and zinc ore deposit in 1969, hundreds of people moved into the region. Why 10 percent of the Yukon's 3,000 Stone Sheep remain in this region is of particular interest to not only Yukon wildlife biologists, but also Cubs of the First Faro Pack. Last year's winter Cub camp highlighted the habitat, social activities and lives of these beautiful animals.

The adventure weekend began early one Saturday morning when the pack left home in a convoy of five snow machines and sleds. Loaded with equipment, provisions and Cubs, the group headed for Blind Creek, a tributary of the Pelly River, just 20 km from Faro. An hour after setting out, the Cubs arrived at camp — a log cabin built for viewing the south side of Sheep Mountain. The rustic cabin also had an old-fashioned barrel stove. We needed this to keep the -35° winter chills *outside*, as long as the firewood lasted *inside*!

One of our first planned activities involved a visit by Yukon Conservation officer, Ken Frankish. He introduced the subject by telling us some amazing stories about the Fannin Stone Sheep herd. His hands-on talk included lots of photographs, as well as real horn and jaw bone exhibits. Not only

did Cubs learn about the grazing habits, ages, and general health of local



*"Okay, let's go see those sheep."*

animals, but we found out about sheep predators too. Spotting scopes were set up, and focused on several areas of the mountain. With these, Cubs could see over 35 animals grazing in the clear winter air. What a thrill!

## Fresh Air Experience

After a hearty lunch of hot soup and sandwiches, Mr. Frankish lead the pack to a nearby calving area. In only a few short days female Stone Sheep would birth here. Next we visited the banks of a prehistoric flood plain, 70 metres above Blind Creek. This area had clay banks which contained minerals and salts which the sheep found very appetizing. Mr. Frankish explained how the minerals were deposited, and why the sheep require those minerals to

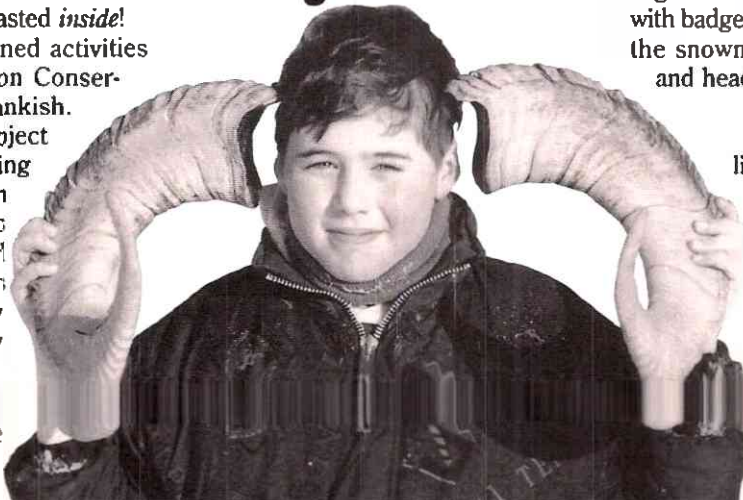
supplement their winter diet. Our Cubs saw many hoof prints and teeth marks in the clay. (If only we had brought along plaster!) Later that afternoon, we went on a snowmobile trip to a sheep blind perched atop a rocky knoll. This had been damaged by high winds during a winter storm, so we decided to fix it up as a community service project. It didn't take too long.

Back in our cabin, the fresh air had its affect on our tired Cubs. Card games and hot chocolate attracted some, while others stood outside, admiring a passing comet. Bedtime arrived soon after.

Next day, the Cubs were tested for their snowmobile safety badges. Bill Rivers, another special visitor, helped all Cubs successfully complete their achievement badges.

The weekend passed very quickly. Soon it was time to break camp and go. But before our closing ceremonies and flag lowering, the youth were presented with badges and crests. Then we loaded the snowmobiles and sleds, piled in, and headed home.

***"These horns weigh a ton!"***



What interesting wildlife live in your area? Find out, then structure your entire winter camp around them. Birds, foxes, squirrels, rabbits: all these make interesting animals for study. ^

— P.J. Thompson is a sheep-enthusiast and Cub trainer from Faro, Yukon.

# Build Them UP with Praise!

by John Griffiths

**C**hildren today need more praise and encouragement in their lives. This is especially true when many of their families are places of stress.

Yet why do some people withhold praise from our Scouting youth?

Often, it's because they want better performance, and think criticism is the surest way to get it. These leaders believe praising youth will breed complacency, or even vanity. The fact is quite the opposite: all of us need praise to reach our peak performance level.

## **"I'm improving!"**

Olympic athletes use positive praise (feedback) all the time to improve their performance. As long as the praise is completely positive, it will have some benefit. Praise helps us build on successes, overcome difficulties, and see the good in ourselves.

We all experience failure. But if these are repeatedly brought to the forefront by others, without being balanced by praise, we may gradually lose self-confidence. It might not take long for this to translate to a deeper level. We may start thinking, "I'm not good for much."

Leaders who know how to give praise hold themselves and others in high esteem. They find it easier to acknowledge mistakes and accept new challenges because they do not perceive mistakes and uncertainty as evidence of unworthiness.

It is very important that the words and the intent of the praise be honest and sincere, with no hidden agenda. Never load up an encouraging compliment with a negative twist. All it will do is negate your commendation. (An example of praise with a negative twist might be: "Ryan you did it far better this time, but you could still do better.")



Photo: Paul Ritchie

*A kind word here... a warm smile there.  
These are healthy building blocks.*

Praise should never be used by leaders to manipulate anyone. That's both dishonest and wrong. Use it to build your members UP (both youth and adult), to publicly point out their successes in life, and to encourage them onwards.

Here are some points to remember when giving praise to youth and leaders.

1. *Praise recognizes effort as well as achievement.* If you praise someone for the effort, it will encourage the person to stay at the task until it's mastered.
2. *Help leaders see how they are making a difference in young lives.* Tell a Scouter that group members seem really happy with their well-run program. This is better than simply saying, "You're doing a good job," or "Your program is well-run." People want to know that their hard work is directly helping other people.
3. *Put the focus on the child, rather than on you.* It's important not to confuse your pride and affection for the child with the person's accomplishment. Instead of saying, "... how proud we are of what you've done," put the emphasis on them: "That's something you can be proud of." Notice the subtle difference? It's the difference between telling someone, "Your dress looks nice," or "You look nice in that dress."
4. *Don't delay praise.* Acknowledge people doing good things immediately. Try to "catch" people doing good deeds.
5. *Praise publicly.* If someone deserves credit, do it publicly so others take

notice and so the person gains peer recognition. It might even encourage others to greater feats of excellence.

6. *Give fair and balanced praise.* For example, don't praise one person for an achievement with a pat on the back, then give another person a more tangible reward for the same accomplishment.
7. *Make your praise creative.* This will keep it from becoming mundane. Find ways to draw attention to individuals and groups in a fun-loving way. Get your Beavers, Cubs or Scouts involved perhaps by making a trophy for the most helpful child that month, or the kindest Cub, or the most sharing Beaver.

8. *Break the "yes, but" habit.* The word "but" cancels out all sense of accomplishment. It might even turn the entire conversation into a fault-finding exercise, when you really wanted to give someone credit. Instead of "but", try using the word "and." Here's an example: "Yes, you did well tying the reef knot, and I know you will do better with the clove hitch." When you say, "yes, but..." it only gives excuses; "yes, and..." is an agenda for action.

#### Encouragement Wanted Here!

Perhaps one of your most difficult children has never heard an encouraging word directed at him. Maybe that's at the root of ongoing problems. Look for opportunities to really build up his self-esteem publicly, so others can hear too. If you make a concerted effort to focus on good behaviour, while also working creatively on the negative activity, you're sure to register more success. Don't be surprised if his attitude changes over time, and he begins to work with others in a positive way.

Occasional praise is an important ingredient that will build healthy, self-confident teens. They'll be able to say "no" to drugs, pick better friends and make healthier life choices.

An old biblical saying directs us to, "Encourage one another and build each other up." If we applied this maxim more studiously, it would probably not only improve our own lives, but help us live our Scouting Promises and Mottos better.

There's power in praise! Power to encourage and build up others. Let's use it to its fullest. ^

— John Griffiths is an appreciative trainer who lives in London, ON.



Photo: Paul Ritchie

*Let's look for more ways to give each other a helping hand.*

## WORDS THAT KILL

If you must chide or discipline a child, do it when others are not around. That way you deal with the problem, not add to it.

On those occasions when you do get angry, never use the phrases listed below. They may sound like questions, but actually each one is a harsh accusation that wounds. Avoid them at *all* costs; they can only tear down, crush or bully others.

1. "What's wrong with you?" If you want to find out what's causing certain behaviour, think out your question and ask it in precise terms.
2. "Are you stupid or something?" No person — whatever the age or offense — should have to endure this ridicule.
3. "Don't you know any better than THAT?" Maybe it makes perfect sense from a child's point of view.
4. "You're really dumb for doing that." This doesn't address the problem, and only causes hurt.

Find something positive to say about every person in your group every week. Look for creative, dynamic ways to fill the emotional tanks of all members. Brainstorm with other leaders if you don't have any imaginative ideas. Then, watch for the difference it makes!

## FIRST AID FOR THE HEART

What does your leadership team talk about after a meeting? Next week, try organizing a short discussion using these points to focus attention.

- Be generous with encouragement. The results could amaze you.
- The best first aid kit is still unable to produce a better medicine than a few kind words.
- If you can't see the bright side, polish up the dark side and look at that.
- It requires very little ability to find fault; that's why so many of us are critics.

• Don't walk before me; I may not be able to follow. Don't walk behind me; I may not be able to lead. Just walk with me and be my friend.

# Peer Pressure

## *Your Kids Don't Have to Fall Victim*

by Colin Wallace

### What image does the term "peer pressure" conjure up in your mind?

Do you 'see' gullible teenagers on the brink of delinquency, caving in to the overwhelming influence of their misguided buddies? If you do, then Jerry Harvey's assertion (in *The Abilene Paradox*) that peer pressure doesn't exist will delight you. (Of course, if you believe in peer pressure only because all your friends believe in it, then maybe it does exist!)

Harvey certainly agrees that people behave "as if" peer pressure exists, but in reality, he claims, our peers exert no pressure, no coercion, and no force on us. Instead, we invent this pressure as an excuse for our behaviour to avoid being separated from our peer group. (This is especially true when our behaviour as group members differs from the behaviour we'd prefer to exhibit as individuals.) In other words, we use "peer pressure" as an excuse to justify the lack of integrity in our decision-making. But much of the time, we don't even think about it. We're so keen to conform with those in our group, that we just go with the flow — we go along to get along.

"No way!" Is that what you're thinking? Then try this activity with your Scouts or Venturers. Invite everyone

to clap their hands together exactly ten times after you give a signal to start, and without counting out loud.

When you call out "Start!", you'll probably find that everyone begins to clap in unison within the first few seconds. Point out the phenomenon and ask them to privately write down why they clapped in unison. Now discuss what they've written. Did they expect some consequences to happen if they didn't clap together? What consequences? Why did they believe that?

Getting youth to write down their motives allows them to think for themselves — they'll decide their own reactions before they hear anyone else's. If your group didn't clap in unison, it might be because one person deliberately tried to set himself apart from the group, and others followed that lead.

Write and discuss why that nonconformist felt he could act that way without fear of reprisals.

This exercise doesn't confirm the existence of peer pressure; it only demonstrates our perception of peer pressure and our deep fear of separation from others. (Only survival and security concerns outrank our need for social acceptance, according to Abraham Maslow's hierarchy of human needs. And only after our social acceptance requirements are met do we satisfy our self-esteem needs.)

Although Harvey says groups don't confront nonconformists directly, other researchers maintain that groups place subtle social sanctions on individuals who violate their expectations. For example, a group may not tell others what they're going to do, or let them join in. Gregarious creatures that we are, teenagers and adults usually succumb to these perceived pressures just to be part of the group.

### "On a Scale of 1-10..."

Here's another exercise to try. If your Scouts and Venturers need to burn off energy, change the scale (described below) to involve running to trees or around a large field.

1. Mark out a scale 0-10 on the floor with masking tape. Stretch your scale from one end of the hall to the other.
2. Think up a statement about some semi-controversial issue. Here's an example: "Scouts must wear their uniforms for all activities."
3. Ask your Scouts to secretly rate their support for the issue on a 0-10 scale (least to most). Provide paper for



Photo: Allen Marzitzky

*Good friends want the best for you. Do yours? Talk about it while working on an activity.*

them to write down their answers. Now ask them to stand on the floor scale at the number they chose.

4. Let them adjust their locations until everyone is satisfied.
5. Identify those people whose floor position and number don't match. Discuss why some Scouts changed their minds.

Now, pick another controversial issue. Use the same floor scale, and invite each person in the group to rate these statements:

- The last activity was really fun.
- I participated a lot during preparations for our last camp.
- I'm happy with the number of hours of mindless television I watched last week.
- I'm content with the number of good turns I performed last month.

#### **Mob Rule and Mass Hysteria**

Peer pressure gets a lot of bad press. Often it's lumped together with mob rule and mass hysteria, as if it's some irresistible force we must cope with or fight against. With varying levels of success, parents try to point out the folly of yielding to peer pressure. (Remember hearing this famous question: "If everyone else jumped off a cliff, would you?") However, their advice often falls on deaf ears. But look on the bright side; peer pressure, even when misunderstood, has some benefits. For example, leaders can maintain group discipline by peer pressure — think about

why silent signals work. So, even if peer pressure is self-inflicted, leaders can use it to their advantage.

Kids already recognize the benefits of peer pressure. Have you ever heard teenagers whine about the pressure they'll face if they don't get "the \$200 sneakers that all other kids wear"? They're trying to shift their perceived peer pressure onto your shoulders. The message: obviously no caring parent

Research shows that as children grow older, they are guided by peer pressure less and less on issues that appear clear-cut and unambiguous. However, in complex issues where kids don't know the correct response, they tend to agree with their peers more and more as they get older.

As group leaders, Scouters should recognize the line between team building and peer pressure; the more cohe-

## *Encourage both cooperation and individual initiative.*

would expose their much-loved child to this type of tyranny. So, kids "play" the peer pressure guilt card to get what they want.

If this doesn't work, kids might even try creating peer pressure for their parents. "All the other parents are letting their kids go to an all-night, head-banger concert. Why can't I go too?" In many cases, parents give in — but not always.

#### **Conformists Every One? Hardly!**

Here's a common misperception: children grow more conforming with age, and by adolescence especially, they stick closely to their peers' standards. This is a very simplistic, black-and-white argument.

sive a group, often the less tolerant it becomes of nonconforming behaviour. A very cohesive team becomes susceptible to what one researcher calls "group-think": the group seeks unanimity so intensely that individual members will reject realistic alternatives just to reach agreement. In effect, nobody dissents because they want the team to succeed.

#### **What If the Majority Is Wrong?**

If you're looking for evidence of "group-think", you'll find it in this fun experiment — a Kim's game variant. Your group must reach agreement on the number of dominoes lying on a tray.

Start by secretly telling everyone except two participants to claim that there are seven dominoes on the tray. Then, briefly (five seconds) show everyone six dominoes face up on a tray. Cover the tray. Announce that a prize will be awarded if everyone gets the correct answer. Make sure it's a prize everyone wants. Invite group members to write down the number of dominoes they saw. Now, ask everyone to call out their number, one by one. Make sure that the two uninformed subjects are last in the sequence.

If these last two members feel peer pressure, then they'll change their estimate from six to seven. Of course, if they've figured out the experiment, you'll get two very confident Scouts announcing their correct numbers. However, they still should feel pressured to change their estimate, just

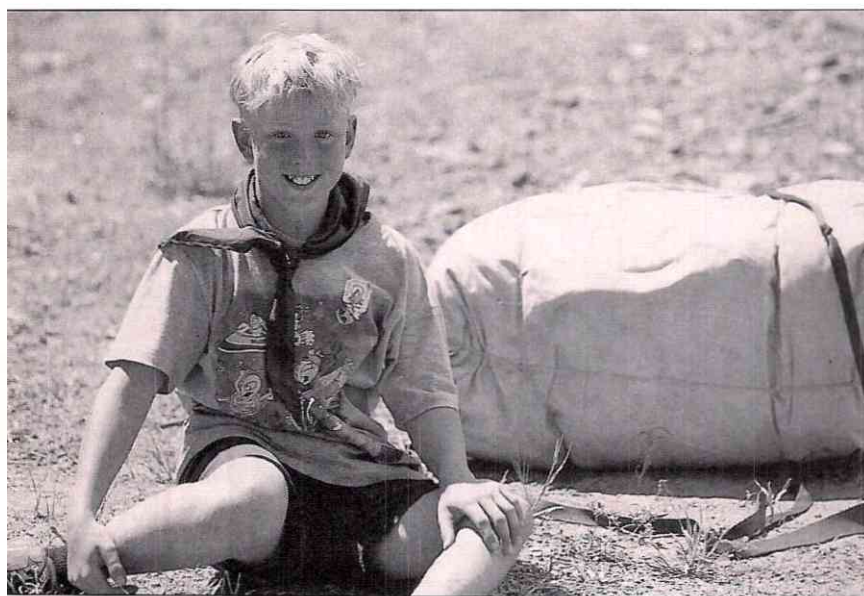


Photo: Wayne Barrett

*A healthy self image will do much to strengthen anyone's defenses  
against perceived peer pressure.*

*so the group can get the prize.*

Discuss why the two group members chose to reject their right answers, despite evidence to the contrary.

Teams can avoid situations like this by establishing (and examining frequently) the norms they expect their members to observe. Some questions they could discuss include: What rules will the team play by? Do we encourage members to voice their opinions, even if they conflict with the majority? Do we welcome new, unusual ideas? Are the group's norms explicit or implicit? Who sets the implicit norms?

If they "cave in" to negative peer pressure, they're letting other people make important decisions for them. Do they want that? Can they identify some important decisions that they definitely want to make themselves without any outside interference?

#### **The Old Marshmallow Trick**

Another related activity involves a clear plastic bag filled with a known

3. Invite them to make a second estimate (and keep a note of it). Calculate the average of these second estimates, and share it with everyone.
4. Invite them to make a third estimate (once more keeping a note of it), calculate the average, and share it with the group.
5. Lastly, invite the group to make a fourth estimate, then reveal the true number of marshmallows.

## *Kids will make the decisions they want to, when they understand peer pressure.*

Discuss the consequences of non-compliance. Are the consequences the same for each member? Why? How could a member thwart a norm deliberately, but escape the consequences? Be sure to talk about the limits and responsibilities of loyalty and friendship.

Talk about how peer pressure might be affecting their lives and actions. Is peer pressure "forcing" them to smoke? To date people they don't want to? To use coarse language? To act in ways they know are inappropriate?

number of marshmallows. You could even use a large glass jar filled with marbles (or pickled eggs if you prefer).

1. Invite participants to write down their secret estimate of how many marshmallows are in the bag. Each person should keep a note of the initial estimate.
2. Without showing anyone's guess, quickly calculate the average estimate based on everyone's input. Share that average with the group.

Discuss how their estimates changed each time. Were the final estimates more accurate than the first ones? Why? What made the members change their minds? Just because the group arrives at a greater consensus, does it result in a more correct answer? Finish, by munching the marshmallows, jelly beans or pickled eggs. This exercise shows that individual members can participate fully, yet still not conform absolutely.

Run the session again, but don't provide any "average estimate" feedback. Now see what happens when you provide wildly false averages. How do individuals respond?

Your various discussions might conclude that although teams don't necessarily apply direct pressure to conform, they do offer peer reinforcement (positive and negative). This can affect behaviour. Positive reinforcement includes



Photo: Wayne Barrett

*Dare to be different! You don't have to dress, think, walk and look like your friends.*

praise, encouragement, and affirmation; negative reinforcement includes criticism, rolled eyes, and derogatory comments.

### Positive Reinforcement

Close each meeting with some positive peer reinforcement. Don't allow any negative comments. As a leader, demonstrate how to offer positive reinforcement. Here are some ideas.

- Ask the group to offer brief but sincere praise relating to each member's behaviour during the meeting.
- Ask your Scouts or Venturers to preface their remarks with, "I really liked the way you..." or, "Thanks for..."

### Learning from Your Buddies

Another positive aspect of peer pressure involves peer tutoring: learning from each other in an instructional setting. Peer tutoring is particularly useful for training skills. It increases learner participation, eases the leader's workload, increases instructional effectiveness through practice opportunities, and makes it easier to pace instruction in groups with widely varying abilities.

Photo: Paul Ritchie

You can relieve peer pressure in your group by providing as many situational leadership opportunities as possible where your kids can practise



*Just because others are doing something doesn't mean you have to do it.*

decision-making and develop their planning skills. Encourage not only collaboration and cooperation, but also individualism and initiative. Do this by rewarding singular (not selfish) behaviour.

Help group members set personal goals and track their own progress. Create a team environment with clear norms, and also public, explicit, shared values. Identify instances of negative peer pressure and eliminate any obstacles to personal action. Offer group learning strategies that help your Scouts not only to recognize and handle peer pressure, but also how to use it to their advantage.

### The Good, Bad and Ugly

Peer pressure can blind group members to alternatives. It shows itself in the inertia of spectators at an accident scene. (No one acts because no one else is acting.) So, help Scouting youth identify those occasions when they simply go along with the crowd.

And by the way, if you think you're not influenced by your peers just look at an old photograph of yourself 15 years ago. Those wildly coloured pants and funny hairstyle should tell you something.

A slave to fashion? Not you! You were only keeping up with your... peers. ^

— Colin Wallace is an experienced trainer from the Greater Toronto Region who has been coerced into many roles and tasks by his Scouting peers.

## JUMP START TO THE RESCUE

**L**ooking for more peer pressure program ideas?

See the Scout JUMPSTART "Team Building" package in your local Scout Shop. You'll be able to adapt many activities from it. After you run a peer pressure program, share your creative ideas with **the Leader**.



Photo: Allen Macarthey

*"I don't think exactly like my buddies.  
That's what makes us all interesting!"*

# Make Your Trips to Camp Safer

by Bryon Milliere

**“W**inter camp, here we come!”

As a convoy of vans filled with Scouting youth pulls out of a parking lot, calls for a “Safe trip!” usually echo through the crowd of

parents. But what can trip planners do to ensure the safe return of their precious cargo? Anything can happen to transform the holiday camp into a horrible nightmare. A driver could fall asleep, a wheel might fall off, a van might get lost in the middle of the night.

Let's see how to stack the odds in your favour.

## Plan for a Safe Trip

Take care when mapping out your route. Consider traffic patterns so you avoid rush hour and vacation traffic. Stop every 60-90 minutes for nature breaks and a stretch. Not only will your passengers appreciate the break, but it will also restore your alertness. Allow enough time for some physical activity at meal times so young passengers can run off excess energy.

Try to always travel in a convoy, not alone. All drivers should be working from the same map with the route clearly marked. This will help ensure that everyone arrives close together. Discourage drivers from making unscheduled side trips, such as a stop for ice cream. Designate several spare drivers for extended trips, and let them ride in the last vehicle in your convoy.

They can take the wheel if one of the other drivers is too tired.

Arrange for a person at home to act as the main contact for the group. This person must be available 24 hours a day to relay messages to parents or help lost vehicles rejoin the group. Ensure this person has a copy of the schedule and a map.

## Be Prepared

Give each driver a check list to complete before leaving on the trip. Here are some points to include.

- Check all vehicles for general roadworthiness.
- Check fluid levels, belt wear, tire pressure and condition, lights, and safety equipment.
- Are all seat belts working?
- Are the vehicles designed to carry or tow the loads you are anticipating?

- Is there a first aid kit on board, and accessible?
- Does the driver have a valid license and sufficient insurance? (Car owners should carry at least a million dollars liability insurance.)
- Trade spare keys with another driver to prevent being locked out of your vehicle.
- Each convoy should have a cell phone.

Trailers require maintenance to ensure roadworthiness, so don't forget to check their axles, tires, hitch, and lights. A trailer that has sat unused for a year may cause road problems.

## Drive Defensively

Leave plenty of room between vehicles. This gives you an extra safety cushion. Watch for impaired or fatigued drivers, especially after meal times and in the evening. Drive with your headlights on all the time. This will serve two purposes: it will help you see, and it will help others see you sooner. Vehicles with headlights appear closer, which discourages oncoming drivers from risky passing. Don't try to catch up if you fall behind. It's better to be a bit late, than have an accident.

Use good quality sunglasses; they reduce eye fatigue. Wear comfortable clothes, and remove bulky sweaters and parkas that will impede movement.

Interesting radio programs, mystery books on tape, singing, chatting to passengers, and brain teasers can help keep the driver alert and the passengers engaged in positive activities. A driver should never use a cell phone while operating the vehicle; it might distract him long enough to lose control.



Photo: Allen Macarney

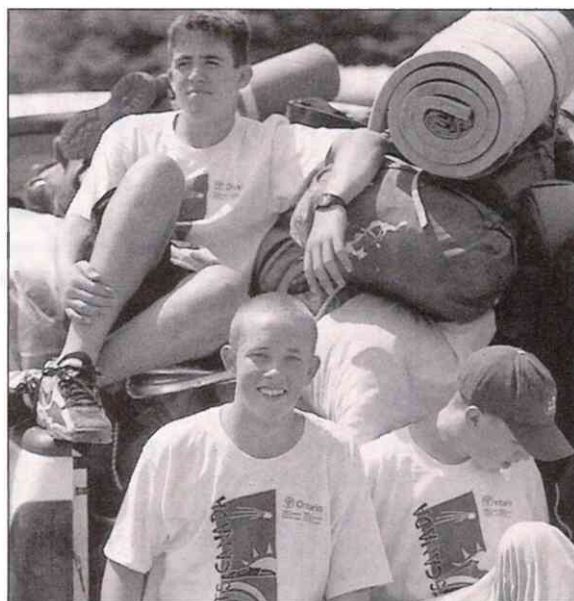
*Before you can enjoy camp, you have to get there safely. Plan ahead to avoid problems.*

## Stay Awake!

Every year impaired or sleepy drivers kill hundreds of Canadians. Recently the penalties for impaired driving have increased sharply. Victim's rights groups are clamouring to include fatigued drivers in a similar category.

Getting sufficient rest on weekend and week-long Scouting activities is sometimes difficult, but responsible drivers need to know their limitations. When your eyelids feel heavy, or when your head starts nodding, it's time to switch drivers.

What you eat and drink affects your alertness. We've all experienced the energy drain that follows a full meal. It's caused partly by your body redirecting blood to your stomach to help digestion. When driving, avoid heavy meals with lots of meat, gravy and fried foods. Instead, choose something less starchy, like soup, salad, and a sandwich, with water. Your body will have to work less to digest this than a foot-long sub and a large cola. Sugar provides an initial sensation of increased



energy, but after the energy peak comes an even bigger valley. Pace your caffeine consumption so its stimulating affects last longer.

Whether travelling with your Scout-ing group or taking one of those great

Canadian driving vacations with your family, use these tips to improve your chances of a safe trip. Bon voyage! ^

### Program Links

Scouts: Safety Badge

# AIR BAGS – SAFETY FEATURE OR HAZARD?

by Bryon Milliere

**S**ome people believe vehicle air bags are threatening their lives. Here's what the Canada Safety Council (CSC) says about this issue.

1. Air bags save lives. They are an excellent supplemental restraint system. But seat belts are the first and primary defence in any accident.
2. If you deactivate an air bag, your chance of injury increases.
3. Most deaths blamed on air bags involved children who were improperly restrained or not restrained at all. Children have a tendency to sit on the edge of their seat for a better view, but this puts them in the path of the violently inflating air bag. (They inflate at 320 km/h.) Children who wear seat belts will be in a good position for the air bag to provide maximum protection.
4. Sit as far away from the dashboard as possible to reduce the chance of injury from an inflating air bag.
5. Even when you take into account deaths when children were not properly restrained, air bags save several times more lives than they take.

Drivers should seat children 12 and under only in the back seat. Rearward-facing infant seats should never be placed in the front seat of a vehicle with a passenger side air bag.

Adults need to set a good example by buckling up their seat belts; they need to insist that all passengers buckle up. Belts that have been loosened or are worn improperly, can cause serious internal injuries. Transport only as many people as you have seat belts. Unrestrained transport (such as in the box of a pick-up truck) is like carrying eggs on a cafeteria tray. Even the most minor collision can be fatal.

## Teach Car Safety

Make proper use of seat belts part of your program. Explain how passengers keep moving at the speed of the vehicle when the car suddenly stops. (A loosely-attached 'passenger' on a Kub Kar that runs into an obstruction will effectively demonstrate the crash test dummy principle.) Why not invite a vehicle safety officer to talk to your group?

Ask members to put their hands on their hips at belt level to show where their seat belt should rest. Then have every child demonstrate the proper way to buckle up.

We are a very mobile society. Our children are in and out of vehicles just about every day. Let's make sure they learn how to keep themselves safe.

See the Canada Safety Council's web page ([www.safety-council.org](http://www.safety-council.org)) for more information and program ideas.

# The Night Before Camp Christmas

by Judy Marcus

**T**'was the night before Christmas  
And all through the bush  
Not one Scout was stirring  
No "Quiet!", no "Shush."

The stockings were hung  
On the tent poles with care,  
In hopes that St. Nicholas  
Soon would be there.

We Scouts were all snuggled  
In our sleeping bag beds,  
While visions of snow fights  
Danced in our heads.

With toques on their heads  
Feet snug in warm socks,  
Our leaders were all sleeping  
As solid as rocks.

Then up in the trees  
There arose such a clatter,  
We looked out of our tents  
To see what was the matter.

And what to our wondering  
Eyes did we see,  
But a sleigh and eight reindeer  
In the top of a tree.

And a jolly old fellow  
So lively and quick,  
We knew in a moment  
It must be St. Nick!  
With his sleigh full of presents  
Wrapped in red, green and blue,  
We knew that St. Nicholas  
Had remembered us too.

But we'd camped in the forest  
At the end of our day,  
Without any flat spots  
To land St. Nick's sleigh.

Now the sleigh was all tangled  
And the reindeer were too,  
High up in the treetops  
Oh, what could we do!

But Scouts are resourceful  
We had to help Nick,  
To rescue his sleigh  
We would have to be quick!

From trees we made poles,  
And with strong ropes and knots,  
We built a big tower  
Up to the tree tops.

Then up on the tower  
We climbed ever so high,

We unharnessed the reindeer  
So down they could fly.

And then we took more ropes  
Which we tied to the sleigh,  
And carefully, so carefully  
We lowered it away.

We Scouts helped St. Nicholas  
Climb down to the ground,  
Where reindeer and sleigh  
Waited all safe and sound.

St. Nicholas thanked us  
As he harnessed his sleigh,  
"Tis nothing" we told him  
"It's just the Scout way."

Then into each stocking  
St. Nick tucked a gift,  
And jumped in his sleigh  
As it started to lift.

We waved as he left us  
And flew on his way  
"The leaders won't believe us  
When they wake," we did say.

Then we heard in the distance  
Nick's echoing shouts  
"Merry Christmas to all  
Thanks to the Scouts!"

— Judy Marcus, 1st Powell River Scouts,  
British Columbia.

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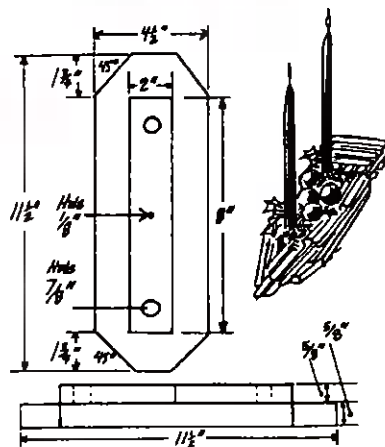
## "Light Up Your Candle Ships!" by Dick Lawrence

If your Cubs are looking for an interesting December craft, this is it!

Cubs from the 4th Sarnia Pack, ON, made these Christmas candle ships using popsicle sticks glued on to a wooden frame. You will need candles, seasonal decorations, nails, paint, electric drill and bits, saw, small pine boards, and glue.

Akela pre-cut the pine pieces into boat hull shapes (see dimensions), then the Cubs used their own ingenuity and artistic talents to finish their candle ships. When completed, the ships each hold two candles. They make excellent table centre pieces: a perfect gift for mom.

— Dick Lawrence is Akela with the 4th Sarnia Pack, ON.



### Program Links

Cubs: Artists Badge, Handicraft  
Badge, Purple Star, Tawny Star



# A Time To Say Thanks

by John Rietveld

**SCOUTS CANADA** conducts a Corporate Campaign every year to solicit financial support from Canadian companies. The National Council's portion of your membership fee would be higher without this help.

Each fall, Scouting recognizes our corporate donors in the annual report for their generous support at the National level. In addition, these companies receive a letter of appreciation and, of course, a charitable tax receipt.

Companies contributing between \$500 and \$1,000 are designated as Bronze Level Pioneer Scout Donors; they receive a certificate and a listing in the annual report. Companies contributing over \$1,000, and up to \$5,000 are designated as Silver Level Voyager

Scout Donors; as well as a certificate and annual report listing, they receive recognition each year in **the Leader**.



*"Without great corporate support, we wouldn't get anywhere."*

Those companies contributing over \$5,000 are designated as Gold Level Pathfinder Scout Donors; in addition to the annual report and **Leader** listing, we invite them to the National Council Annual Dinner to receive their certificates.

The purpose of this donor recognition program is to provide a formal and visible acknowledgement of corporate support, and to stimulate increased, long term giving by these companies.

In 1997 a total of 180 companies contributed as corporate donors and sponsors of Scouting programs, such as Scoutrees for Canada. The following list represents our top corporate donors and sponsors for the past year.

In *Scouting for Boys*, Lord Baden-Powell told us to always thank those who support Scouting, and to leave nothing but our footprints when we have used a campsite. To our 1997 corporate donors and sponsors we say "thanks." The list below represents our footprints.


Let's all take notice and support our supporters! 

Photo: Wayne Barrett

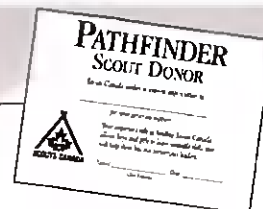
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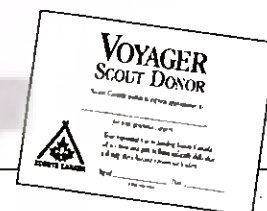
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Unilever Canada Limited



# Fun at the Pond

by Lena Wong

**I**t's holiday season again. Merry Christmas, Happy Hanukkah, and to all, a Happy New Year! Here are some ideas for December meetings to help Beavers celebrate the holidays.

## A CLEAN GIFT

Your Beavers will love using this colourful chalk to decorate bathtub tiles during bath time. Clean-up afterwards is really easy; just wipe with a wet cloth.

For each stick of chalk you need 250 mL of Ivory Soap Flakes, 60 mL water, and food colouring. Mix 10-20 drops of food colouring to the water. Add the water to the soap and mix thoroughly, kneading with your hands. Shape the soap into a thick stick and allow it to set. One or two colours can provide lots of fun on long bath nights.

Use the same basic materials to make finger paint. You need one part soap flakes to two parts water. Add food colouring as required. Whip together the ingredients to make a thick paste. Your finger paint is now ready. Just get out some cardboard and cut your young Picassos loose! Again, clean up is easy; just wash your hands with water.

This paint is excellent for holiday card production or to brighten up decorations. Make several colours so the Beavers can produce truly magnificent works of art.

## CHRISTMAS TREE DECORATIONS

It's simple to alter these decorations to suit any holiday or celebration your group wants to observe.

## RELIEFS

Basic materials you'll need include cardboard, foil (you can use silver foil, but red, yellow and green are also nice), glue, and wool or thin ribbon.

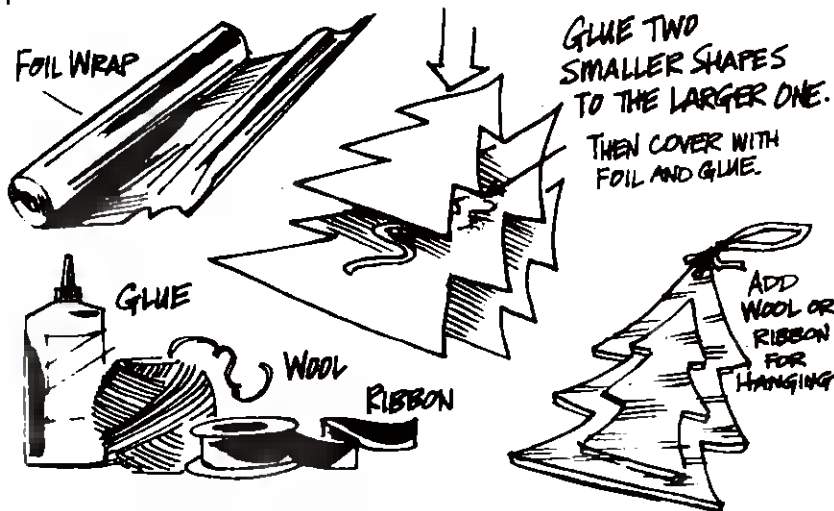
Cut your favourite shapes from cardboard (e.g. stars, hearts, Christmas trees, snowmen). You'll need three of each: one a little larger than the other two. Glue the shapes together with the larger one sandwiched in the middle. Cover with white glue and foil. Make the overlaps of foil as neat as possible. Thread a piece of wool or thin ribbon through the top for hanging.

Follow the same method to make an abstract relief. To do this, cut a piece of rectangular cardboard. Glue on a selection of little sticks, stones, buttons and other interesting shapes. Cover everything with white glue and foil, shaping the foil around the different objects. Glue the overlapped foil to the back of the cardboard. To make this artwork really interesting, cover it with a thin layer of black shoe polish and wipe off the excess so you get colour and shadows as well as relief. Hang it by a ribbon or piece of wool threaded through two holes at the top.

## A FLOWER ARRANGEMENT

Here's a great gift idea, especially for mom or grandma. Each Beaver will need a round container and a selection of colourful dried or silk flowers. You

## 'RELIEF DECORATION'



might even use small branches from a fir tree; dress them up with tiny decorations, berries or small bows.

Turn the container upside down and poke small holes through the bottom. Spread craft glue on the container's outside and cover it with red or green craft paper. Decorate with pictures cut from greeting cards or magazines; stickers are also popular. Push the flowers or fir branches into the holes in a decorative pattern. Position the centre flowers a little higher than those on the outside. Make sure you package this gift carefully for transportation home.



GINGERBREAD PEOPLE, AND MORE

Kids love gingerbread people whether they're made from cookie dough or paper. Make yours from brown cardboard, pieces of colourful material, wool, small buttons, bits of ribbon, small googly eyes, glue, and markers.

Start by cutting out a number of small patterns of gingerbread people. Cut out as many gingerbread people as your Beavers wish. Now "dress" the gingerbread boy and girl in party clothes by cutting pieces of materials to fit the shapes. Glue the clothes onto both sides. You could make this craft extra fun by making each side look like a different person. Decorate the clothing with small buttons and bits of coloured ribbon. If you're really adventurous, use wool to make hair, otherwise draw it with markers. Stick on googly eyes and use a marker to draw a mouth and nose. Hang them from a bit of wool or ribbon at the top of the head.

Using the same method, make a Christmas tree and stockings. Green craft paper will work well for the tree. Glue on small decorations and bows, as well as stickers. Some Beavers might want to cover their tree with white glue and then sprinkle it with glitter. For the stocking, cover both sides in red felt. Now, glue white felt at the top and a small red bow at the back of the stocking.

### THE "OUT" IN SCOUTING

December is a great time for visiting a Christmas tree farm. You don't necessarily have to buy a tree. If you wish,

just go, look and tramp through the snow. Instead you might want to visit a park with lots of trees, or a nearby wooded area to look at various trees. Discuss what kinds of Christmas trees people decorate in warm countries where they don't have fir trees readily available.

Take a walk through an urban neighbourhood on a meeting night to see the decorations homeowners have put up. Many people create really impressive displays; your Beavers will enjoy comparing the outside artwork.

Organize an evening walk through your town's shopping area to allow Beavers an opportunity to see the decorated stores and trees. If there is a municipal or other public building with a special holiday evening display, make a point of taking the Beavers to see it.

Visit a shopping mall and sing carols at a Christmas tree or toy mountain where gifts are collected for needy children. Use any donations collected from the carolling to purchase a gift for the tree or the mountain. Pre-plan the visit and arrange for some prior publicity with the mall management. It'll boost your collection opportunities.

Arrange a visit to a senior's home where Beavers can sing carols and share some of their holiday excitement. If possible, get your group to help the seniors decorate some of the home's common areas.

December is a great time brimming over with hope and goodwill. Use the opportunities this season provides to celebrate and enjoy many different cultures and traditions. ^

## ENERGY BURNERS

You won't want to forget the active side of Beaving. Here are some games to shake out the winter blahs and provide welcome energetic activity. (They're from *Aerobic Fun for Kids*, by David Steen, Fitzhenry & Whiteside.)

### SCRAMBLE

You need as many balls (regular or ping-pong) as you have Beavers. Assign a number to each Beaver and print the numbers on the balls. Scatter the balls in your play area. At a signal, each Beaver must try to find the ball with his number on it. Any player who picks up a wrong ball should throw it back into the play area.

When Beavers find their own balls they should withdraw and stay on the sidelines. However, a player is not obliged to pick up his own ball even if he finds it. It may be more fun to stick around and try to stop others from finding their balls. Set a time limit of 60-90 seconds for each scramble.

Scramble can be turned into a team game by dividing your Beavers into two groups. Players must help their team mates find their balls, and attempt to hinder members of the other team from picking up theirs.

### BULLDOGS

Play Bulldogs outside if possible. Set the play area up with safe zones at each end. Pick one player to be the bulldog and place her in the centre of the play area. All other players go to one of the safe zones. When a leader shouts, "Bulldog!" all the players run to the safe zone at the other end. The bulldog tries to tag one of the players. (Any touch on any part of the body qualifies as a tag.) The tagged player becomes a bulldog for the next round. Each bulldog can only tag one player

on each run. Any player who steps outside the sidelines of the play area automatically becomes a bulldog. The last player tagged becomes the lone bulldog for the start of the next game.



# Get Organized for Backpacking

by Ross Francis

**"Now, where did I put my dry socks?"**

If you're a new backpacker, you've probably asked this question before.

Organizing your backpack and actually remembering where you put each item can sometimes seem like advanced science. But there is a simple formula you and your group can follow.

## Exterior or Interior?

Backpackers who use exterior frame packs have a bit of an advantage when they're looking for lost items.

Why? Most exterior frame packs have a number of outside pockets that are excellent for sorting and organizing

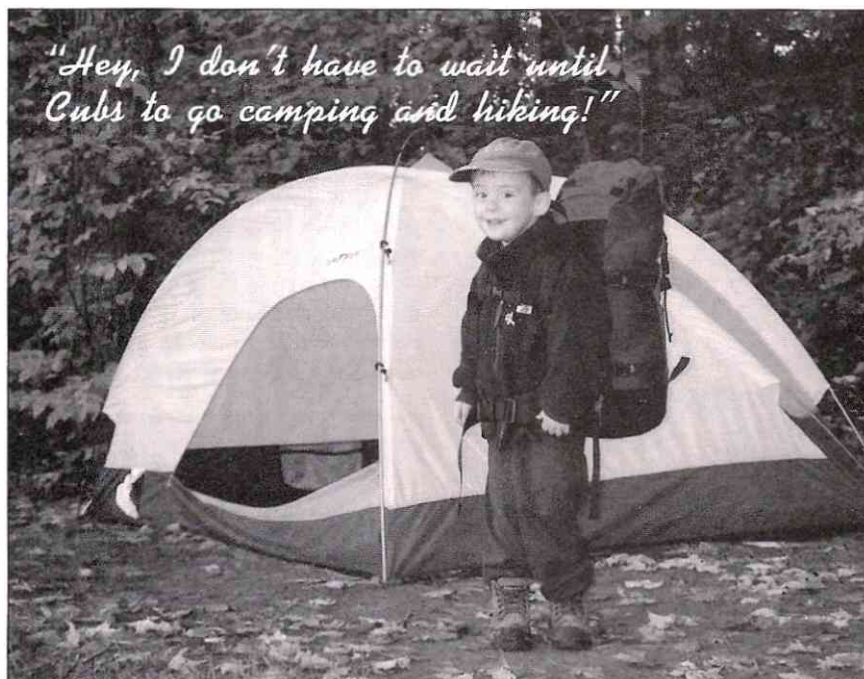


Photo: Ross Francis

smaller or frequently used items. If you have an interior frame pack, you probably don't have the extra outside pockets. (Many interior frame packs are simply one or two large compartments with possibly another smaller pocket in the top of the hood.)

Backpackers have devised a number of different methods to sort, organize and pack their gear so they can find the right item in the quickest time. Usually this involves a number of different colours and sizes of stuff sacks. This sorting method lets you put your sleeping bag in a red compression bag, your clothes in a blue bag, food in a green bag, and personal items in a yellow one. Colours make it easy to identify what is in each bag — as long as you have a good memory!

Some people make a list of the contents of each bag, then attach it to the outside. Others simply make a short list indicating (by colour) what is in each bag. They then tape the list inside their pack's hood for quick reference. Once you've tried this system for a few trips you'll remember your code and be able to find items quickly, as you need them.

## "Get Organized!"

Local outfitters or camping supply stores often sell coloured stuff sacks.

Or, you could make them yourself — even without a sewing machine. If you make your own, you'll be able to create a variety of different sizes and shapes to accommodate specific needs. You'll also be able to make them from different coloured materials, so you don't have to fumble around searching for those dry socks as a wet puddle collects in your boot.

These stuff sacks can be made from a wide range of materials, even old tent canvas. They're also great for Christmas gifts or gift bags.

Want to get fancy? Why not make insulated bags — complete with ensolite™ liner — to keep items hot or cold. Use fleece material for bags that will provide some protection for fragile objects like lanterns or sun glasses.

Look for lightweight nylon or cordura™ fabric, when buying your material. This will be both strong and water resistant. Choose heavy duty (or coat) thread for sewing them together, and buy nylon cord for your draw string. It's helpful to add a cord lock as well.

## A Fun and Simple Project

It's fairly easy to make your stuff sacks with round, flat or rectangular bottoms; include a draw string in the top for extra usefulness.

## MOVING?

Please let us know. Print your new address in the space provided. Tape the address label that now appears on the cover of your LEADER in the box marked "Previous Address".

### New Address

Name \_\_\_\_\_

Address \_\_\_\_\_

Prov. \_\_\_\_\_ Code \_\_\_\_\_

### Previous Address

(Affix label here)

Mail to: **the Leader**  
PO Box 5112,  
Stn. LCD-Merivale  
Ottawa, ON  
K2C 3H4

To determine how many bags and what sizes you'll need, lay out your gear in different piles, sorting them into the following categories:

- eating/cooking utensils,
- food,
- personal items,
- first aid,
- clothes,
- rain gear,
- repair kit.

Figure out roughly what size bag you will need to hold each pile, allowing approximately one inch extra for seams and items that you may have forgotten.

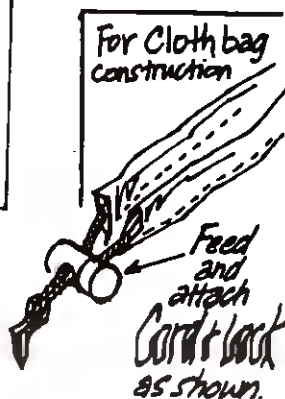
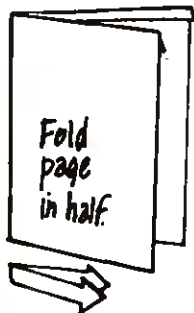
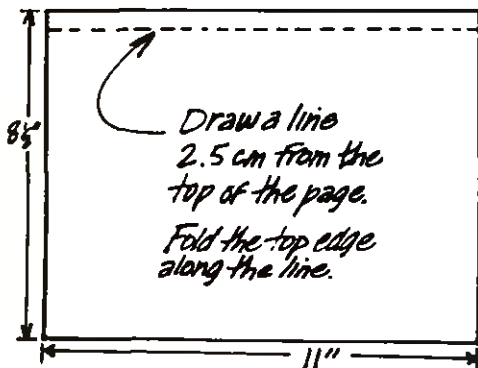
To make a flat bag, simply measure the desired length and width, adding one inch to each for seams and draw string. To help you get started, follow the directions described below for a "personal items bag." This will give you a finished bag measuring approximately 5" x 6" (12.5 cm x 15 cm).

#### Practise First

For practice, draw your pattern on a sheet of 8 1/2" x 11" paper. Here's how to do it. (See diagram)

1. Place the paper in front of you with the 11" side horizontal.
2. Measure down one inch (2.5 cm) from the top, and draw a line across the page.
3. Fold the top edge along the line away from you. The flap should be underneath the page.
4. Fold the page in half (from side to side).

### Personal Items Bag Construction



#### "This is Sew Easy!"

Now you're ready for the real thing. Please remember: you'll be sewing the bag *inside out*, so when complete the seams will be on the inside.

Draw your pattern on your material on the side that will be the *inside* of the bag. The finished or good side of the material will be on the bag's outside.

Cut your material, folding the top edge under along the one inch (2.5 cm) line you drew earlier.

Sew this folded material along the bottom edge approx 1/4" (6 mm) in from the edge. (This will be the sleeve for the draw string.)

Fold the material in half. Sew from the bottom edge along the bottom, then up the side (including the folded over piece), but stop about 1/2" (12 mm) to allow room for the draw string.

Now sew back down to where you began.

Feed your draw string through, attach the cord lock, then tie off and cut.

Turn the bag inside out (putting the good side out), and you've got your finished product.

Next time you ask yourself, "Where did I put those dry socks?" you'll know the answer immediately. ^

#### Program Links

Cubs: Handicraft Badge  
Scouts: Handicraft Badge



### Thank You...

Your Purchases Are Helping Support Local Scouting!



# How "Long" Can You Look?

by Ian Mitchell

**H**AVE YOU EVER TRIED TO GUESS the height or width of a tree or rock face along a hiking trail?

Some would say, "It's easy to accurately gauge the size of an object without a tape measure."

Until recently, I would have said, "Sure it is. Dream on." Then I discovered six methods for estimating. I couldn't help but take the challenge.

Where did I start? Right in my office. I measured the height of the wall across the corridor using only my pencil and a one-metre high bookcase. No one was more surprised than I to discover that my "guestimate" was very close. Next, I moved outdoors and measured the width of the walkway outside a hockey rink using the Napoleon method. (See diagram.)

Once more my measurements were very close. I was amazed. It was actually fun! Here's how you can measure distances accurately. This makes a great camp activity.

## What's Your Stride Length?

Knowing the distance you cover at a normal walking pace is very important when calculating distances. It's simple to

find this out. Just stretch a measuring tape out on the ground and get your Venturers to walk beside it noting the distance.

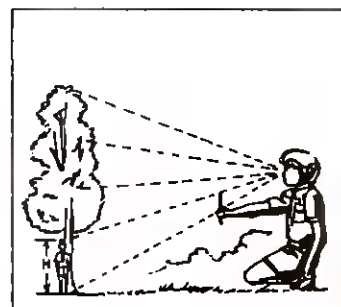
It's a good idea to work with numbers that are easy to calculate. For example, how many paces do you walk in five metres? Once you know this, you're ready to go.

## How to Measure Heights

### Pencil Method

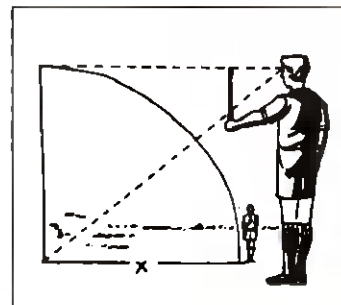
Find the height of a tree by asking a friend (whose height you know) to stand against the trunk. Alternately, you could mark your own height on the trunk.

Now step back. Hold a stick or pencil up in front of your outstretched hand. With one eye closed, measure off on the stick with your thumbnail the height of your buddy. Then move the stick up to see how many times this measurement goes into the height of the tree. Multiply the height of your buddy with the number found. This gives you the height of the tree.



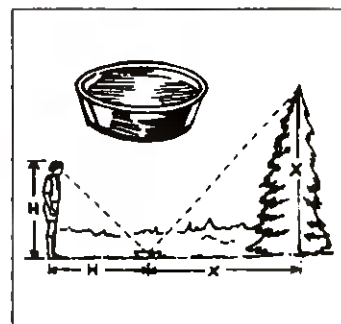
### Tree-Felling Method

Hold a stick upright in your outstretched hand. Move backward away from the flagpole (or tree) you want to measure. Line up the tip of the stick to the top of the flagpole; the place where your thumb is, lies at its bottom. (See diagram) Then swing the stick 90 degrees to a horizontal position. Notice the point where the tip of the stick hits the ground. Pace off the distance from this point to the foot of the flagpole to get its height.



### Muddy Water Method

Place a washbasin with muddy water on the ground between you and the tree, at a point which you estimate to be approximately as far away from the tree as the tree is high. Step back from the basin a distance approximately equal to your height. You should now see the top of the tree reflected in the water. If not, move the basin (keeping yourself at the same distance from the washbasin) until you see the tree top reflected. The distance from the basin to the foot of the tree is the tree height.



**Un grand merci!**

*Vos achats servent d'appui aux activités des Scouts dans votre région.*

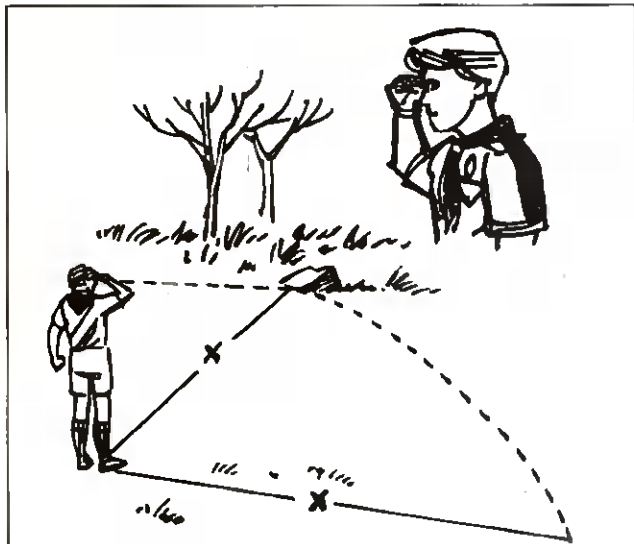


## How to Measure Widths

### Napoleon Method

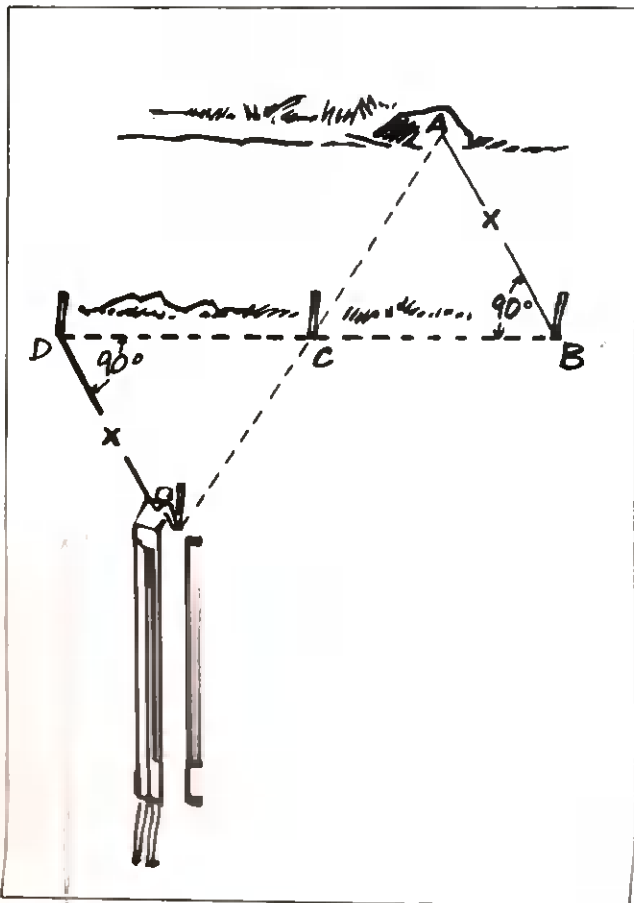
Stand on one shore. Bow your head, chin against chest. Hold your hand to your forehead, palm down. Move your hand down until the front edge of it seems to touch the opposite shoreline. Now make a half right turn, "transferring" the distance to your own shoreline. The distance to the point which the edge of your hand seems to touch is the width of the river. Pace it out to find the distance.

Napoleon would have used the brim of his hat instead of his hand to figure out this distance; you can too if you have a broad-brimmed hat.



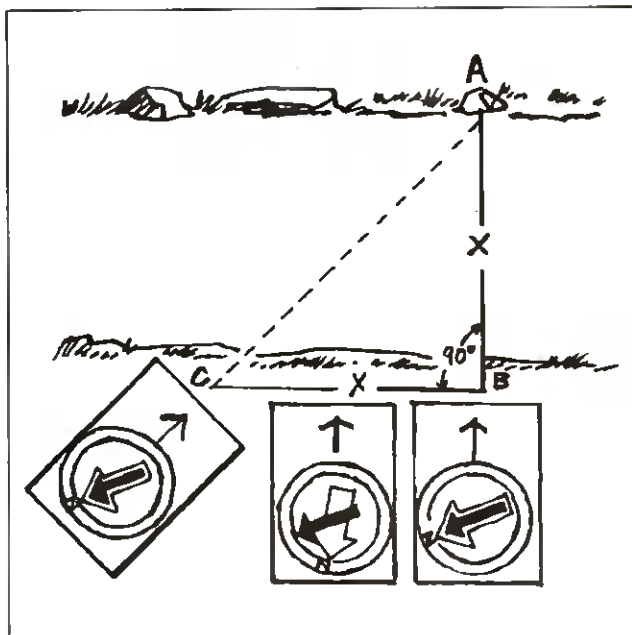
### Stick Method

Notice a rock on the other side of the river (A). (See diagram) Place a stick on this side opposite the rock (B). Walk along the shore at right angles to AB. Take any number of paces (say 50). Place another stick here (C). Continue walking along the shore in the same line for as many paces as before (in this case 50). Place another stick here (D). At this point, walk at right angles to DB. When C and A align with E, stop. DE is the distance across the river. Pace it out and you have the distance.



### Compass Method

Stand on one side of a river (B). Notice a rock exactly opposite you on the other side of the river (A). Point the travel direction arrow of your compass at the rock. Turn the dial until the compass needle lies over the orienting arrow — north point aiming at the "N." Read the degrees (in this case 120). Add 45 degrees (making it 165). Walk along the river, pointing the travel arrow toward A. When the compass is oriented, stop (C). Distance CB is the width of the river.



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# Book Talk

by Dave Jenkinson



The expression, "You old smoothie," takes on a totally different meaning when you pick up Anne Johnson's book entitled, *Smoothies*. It's just one of the many books published by the frequently zany Klutz Press, whose publications often have a wire spiral binding (which allows the book to lie flat while it's being used) and a "functional object" (like a whistle or spatula) which accompanies them. With *Smoothies*, you need to "think summer" because it consists of recipes for 22 frosty fruit drinks which should appeal to almost all kids. And for those adults who still need their caffeine fix, try the "healthy" Java Smoothie recipe: 15-20 mL instant coffee powder (or more to taste), 250 mL milk (mix coffee and milk), then add 250 mL vanilla frozen yogurt, plus 250 mL frozen bananas. Oh yes, be certain to clean out your blender with the "official" Klutz spatula (provided with the book).

And if you're drinking, you'll want something to eat. But what? Again Klutz comes to the rescue with Suzanne Gooding's *Magic Spoon Cookbook*. (Guess what practical kitchen utensil is included with this book?) Kid-friendly foods come in the form of seven breakfast/lunch, eleven snack, four dinner and five dessert recipes. A concluding section, "Activities and Gifts," supplies instructions for making such things as rock candy and "nutty clay dough," which you can eat after you've finished using it for building things. (Cubs: Black Star A4, Family Helper Badge 1; Cooking Badge 5,6,9, 12; Scouts: Cooking Challenge Badge 5)

For your post-meal entertainment, let someone entertain you with the sleight of hand they've learned from Klutz's *Coin Magic*. This book provides directions for performing 24 coin tricks. While a few of the tricks can be mas-

tered quickly, most require some practice. (Cubs: Entertainer Badge 7; Scouts: Entertainer Challenge Badge)

Judy Ann Sadler's book, *The Kids Can Jumbo Book of Crafts*, is excellent for all leaders. The nearly 100 projects are divided into "Things for Your Room," "Things to Wear," "Gifts to Make," "Special Day objects," and "Old Time Crafts." Step-by-step instructions and illustrations make construction easy

Now, if I could  
just master the art  
of holding  
the book  
while  
snowboarding!



for most crafts. The dream catcher will require a bit of extra effort. As with any craft, doing it at home first without the distraction of exuberant Cubs should simplify things during pack night. Leaders who've been looking for instructions on how to make a "paper maker" to help Cubs with requirement C7 of the Recycling Badge should see pages 124-29. (Cubs: Tawny Star A2,9,B5, Artist Badge 7,9, Handicraft Badge 1,2,5, 7, Recycling Badge B1,2,3,5)

Though a live coach is the best way to learn a new physical skill, sometimes there just isn't anyone available to help you; turning to a book is the next best answer. So... if a Cub, Scout or Venturer in your section has been thinking about

taking up snowboarding, why not pick up Bryan Iguchi's *The Young Snowboarder*? It shows you (using text and coloured photos) how to get started in this sport, beginning with equipment and clothing. It covers mounting the board, falling safely, warming up, moving, traversing, and turning. (Now, if I could just master the art of holding the book while snowboarding!) (Cubs: Red Star A5, Skier Badge; Scouts: Winter Sports Challenge Badge)

Finally, Barbara Greenwood's *The Kid's Book of Canada* provides Cub-aged children with a quick overview of Canada, its provinces and territories. Each of the political units is treated in four pages: the first two show a detailed map of the area. The illustrated text shows the province's (or territory's) motto, coat of arms, flower, bird, and animal. As well, it gives quick facts about population, area, main industries, and more. The second set of pages describes highlights of "people, places and events" as well as a brief history of the province or territory. (Cubs: Purple Star A3, Canadian Heritage Badge 9)

## BOOK DETAILS

*Coin Magic*, Klutz Press (Distributed in Canada by McClelland & Stewart), 1997.

S. Gooding, *Magic Spoon Cookbook*, Klutz (Distributed in Canada by McClelland & Stewart), 1997: \$21.75.

B. Greenwood, *The Kid's Book of Canada*, Kids Can Press, 1997: \$18.95.

B. Iguchi, *The Young Snowboarder*, Stoddart, 1997: \$17.95.

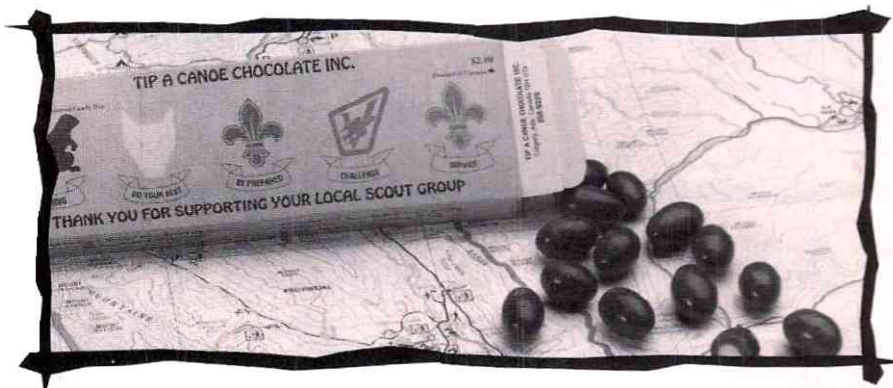
A. A. Johnson, *Smoothies*, Klutz (Distributed in Canada by McClelland & Stewart), 1997: \$9.99.

J.A. Sadler, *The Kids Can Press Jumbo Book of Crafts*, Kids Can Press, 1997: \$12.00. \



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# CROSS-COUNTRY PHOTOS

## JUMPSTART Your Program

**B**eavers from the 25th Assumption Colony in Saint John, New Brunswick, dressed up in their finest country clothes to test out the Farm JUMPSTART program package. It proved to be a foot-stompin' good time. Leaders supplemented the program with a real hay ride. If you're new to Scouting and looking for exciting program ideas, check out the JUMPSTART packages in your local Scout Shop. They'll fire up everyone's imagination. Photo: Catherine Walsh.



## A Howling Success!



**W**hen Cubs from Port aux Basques, NF, wanted to tell others about their great Scouting program, they made a giant wolf cub head in the snow. So all the world could see it, they made it near a main road. With yellow and green food colouring, they painted an inviting face. Want to draw attention to your Scouting activities? Spend a Saturday morning making a giant snow sculpture. It might become a howlingly successful recruiting tool! Photo: Laura Elms

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## A black and white photograph showing seven children sitting in front of a large, snow-covered structure that resembles a beaver lodge. The structure has a large, dark, arched entrance in the center. Above the entrance, the words "BEAVERS LODGE" are written in large, blocky letters. The children are dressed in winter clothing, including hats, coats, and gloves. They are sitting on the snow, some leaning against the lodge. In the background, there are bare trees and a building with windows.

## We're Our Neighbour's Keeper

# Winter Wonderland Adventure!

Photo: André Desjardins 

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# Make a Family Tree

by Ross Francis

The holiday season. It's a special time for families to reunite, and share in the season's festivities. For many families it may have been months or years since some members have seen each other. Younger children, especially those of Beaver and Cub age, find it difficult to remember just who's who, where they live, and how they are related to each other. If your group makes family tree crafts that can hang in their room all year, it'll help them remember and value individual family members better.

For each family tree you'll need a camera, a large piece of poster board, markers, scotch tape, some coloured construction paper, and other supplies to "dress up" the poster.

Your Beaver's or Cub's task: during the holiday season they must work together with their brothers, sisters, parents, grandparents, aunts, uncles and cousins to collect photos of each family member. With their help, the Cub should write as much information as possible about each family member on the back of the individual pictures, or on a note pad. The information might include:

- who the person is,
- how they are related,
- age and date of birth,
- where they live,
- names of parents and siblings.

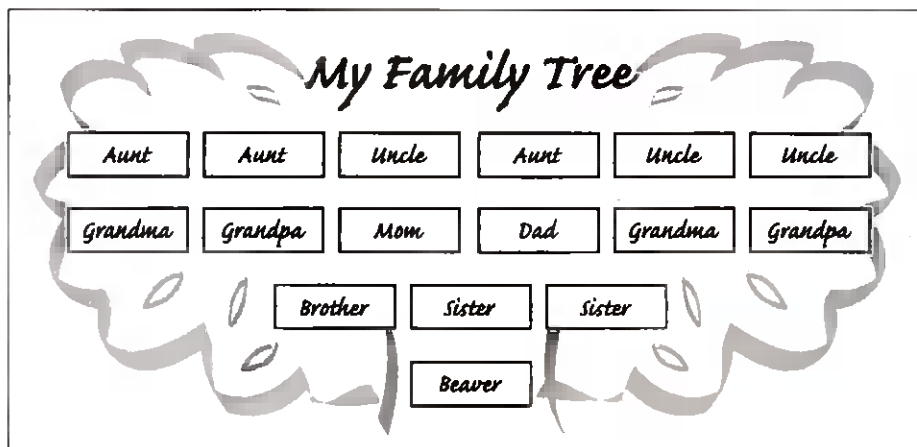
Your Beavers or Cubs may even wish to show pictures of their relatives' homes and pets. Let them gather as much information as possible over the holidays, perhaps even asking family members from far away to take their own pictures and mail them in for the family tree. Once the holidays are over and your Scouting meetings resume, invite parents in to help assemble the family tree. (This may be crucial to ensure that the trees are assembled properly.)

## Keep It Simple

Make sure your tree designs stay fairly simple and easy to follow, but allow room for personal creativity. One of the designs could appear as shown in the diagram above.

Your Beavers or Cubs will require varying levels of assistance with this project; older youth will be able to take the project to a higher level. A reasonable expectation for younger kids would be for them to include parents, brothers, sisters, grandparents, aunts, uncles and cousins in their tree. Older Cubs may wish to go back even further to learn more about their ancestors. This project will tell you (the leaders) plenty about the youth in your programs. Look for opportunities to share cultures, heritage and various backgrounds. Perhaps the kids in your group would like to make a short presentation about their family?

A family tree will be a fun project for both parents and youth. It will also certainly become a prized possession in later years, and be an important Scouting memento in the distant future. X



## Win these great prizes!

Check out page 65 in your Scouts Canada 1997/98 Catalogue to see how.



### BEAVER BUGGY BLITZ

Win 30 Beaver Buggy sets for your colony. Pick up supplies at your local Scout Shop (not redeemable for cash).



### KUB KAR HEAVEN

Win your pack 30 Kub Kar sets. Pick up supplies at your local Scout Shop (not redeemable for cash).



### ONE NORTH 49 "CAMELLION TENT" (STYLE 1890)

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## Just a Second

In several issues of *the Leader*, an assistant sixer was referred to as a "second." In fact, the title is "second," as found in the *Wolf Cub's Handbook*.



# Can You Dig It?

by John Rietveld

**H**AS YOUR AREA JUST been blanketed with the season's first heavy carpet of snow? Ours has. But just because snow is on the ground doesn't mean you have lots of time for planning your annual Scoutrees for Canada program.

In just four short months the frost will be out of the ground and thousands of Scouting members will be planting more trees. Our planting record to date stands at just under 60 million trees! We'll easily surpass that total in 1998. A successful Scoutrees program doesn't happen on its own; it takes plenty of planning and coordination. Here are a few tips that will make your Scoutrees Dig Day less stressful.

## Where Are You Going to Plant?

If you haven't already started, you should immediately begin looking around for a landowner with a planting site. Provincial parks, conservation areas and municipal parks are very good sites, as well as Scout camps. You may need to work with a provincial government agency, a regional or municipal department, or your own camp committee. Some districts plant on private lands or areas that have been given to companies as a woodlot to grow trees for harvest (e.g. for building materials or wood pulp). If you're planting on private lands, it's the responsibility of the landowner to get the trees.

## Order Your Trees Now

Contact a local nursery today to place an order for trees, if you haven't already. Because government cut-backs have increased the demand for seedlings, some Scout districts have found themselves with fewer trees than they need. In some cases, they have had no trees at all. A few districts have even found they had to buy

trees at 28¢ cents per seedling. If you want to avoid these problems, get your tree order in to the right people early. Groups should tell their council office that they intend to participate, then estimate the number of participants. Typically, each member will



*"Just picture it! In thirty years, this field will be a forest."*

Photo: Wayne Barrett

plant at least 25 trees. A district with 150 planters will want to order 3,750 trees, minimum.

## Get Your Scoutrees Materials

Scouts Canada gives each district a Council Kit to help planning and PR aspects of the program. The kit includes clip art, appreciation certificates and enough Scoutrees crests for each participating youth and adult. As well, you can order Planter's Kits (one per youth participant) which will help prepare your members for Dig Day. Kits also provide a place to record donations received from family and friends. To order some kits call your regional or provincial office; kits will be available by early March.

## National Sponsors

To offset the cost of Scoutree materials, we have attracted a number of company sponsors. In 1998 our sponsors will include St. Joseph Printing of Concord Ontario, the Canadian Tire Corporation, Safety Kleen Canada, Janes Family Foods, and Scott Paper. Collectively these companies provide us with enough money to cover our costs. This allows the full 15% share of local funds raised to go directly to the Brotherhood Fund.

## Publicity Support

Each year the National Communications Committee produces a 30-second radio public service announcement; we send this to stations in your area to tell the public about the Scoutrees program. It encourages them to donate when a Scouting youth knocks on their door. We also issue a media release to the top radio, television and print (newspaper and magazine) outlets across Canada.

## Can't See the Forest?

Are planning and fundraising aspects of Scoutrees so time-consuming and intense that you occasionally forget the program's principal goals — you can't see the forest for the trees?

Scoutrees for Canada is a national environmental program that involves youth in a meaningful and hands-on conservation project. Trees help prevent soil erosion, provide much needed oxygen for wildlife and humans to breathe, and add beauty and shade to our parks. We plant trees *first* and raise money *second*.

Even if you have difficulty finding suitable planting sites, or if you can't find enough trees to plant, don't despair. Do your best. Just one tree planted and nurtured with care, will make a difference.

In 1997 Scouting planted slightly less than four million seedlings. What an accomplishment! Be proud. Start preparing for your 1998 planting now.

Λ

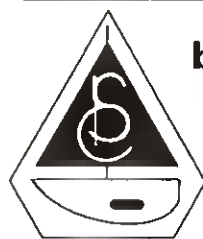
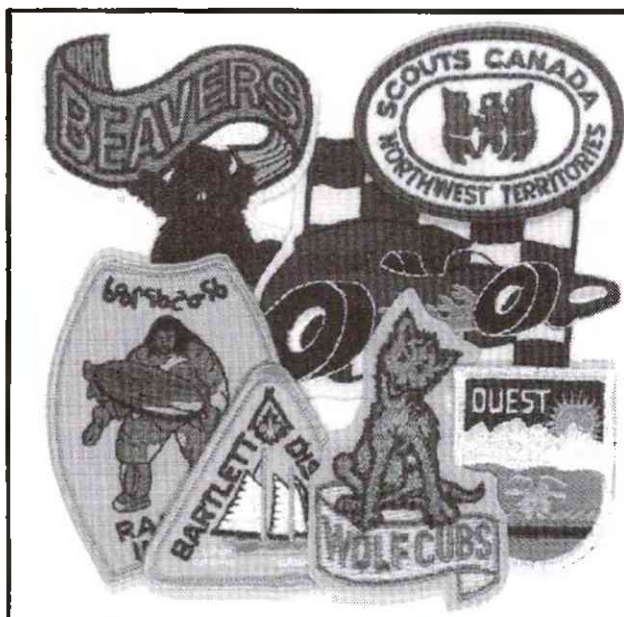
# Brotherhood Fund Donations

Pictou County District Scout Council, NS.....	173.80
1st Egremont Scouting Group Committee, ON.....	100.08
1st Shubenacadie Cub Pack, NS.....	30.00
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St. Vincent's Group, QC.....	34.00
385th Cubs, Toronto, ON.....	32.00
West Whalley District, BC.....	54.89
Pinawa Parent Group Committee, MB.....	88.75
Edward A. Harris, Lennoxville, QC.....	45.00
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2nd Grimsby Beach Group, ON.....	50.00
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1st Clarkson Scout Group, ON.....	249.53
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Cypress District, SK.....	54.37
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First Gravenhurst Group, ON.....	57.85
17th Belleville Beaver Colony, ON.....	126.35
1st Elk Point Scouts, AB.....	100.00
Great Lakes Region, ON.....	3,773.71
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Books for Gambia	

## SCOUTREES FOR CANADA

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Footprintz-Envirocards, NS.....	50.00
Ontario Provincial Council.....	4,848.56
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St. Clair District	
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Napanee Valley District	
North Waterloo District	
Welland District	
Presqu'ile District	
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Sarnia District Council, ON.....	671.76
Prince Rupert District, BC.....	165.11
Blue Mountain District, ON (1996).....	855.46
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Thornhill Summit District, ON .....	200.29
Sudbury District, ON .....	1,424.43
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South Georgian Bay District, ON .....	360.79
North Saskatchewan Region .....	3,062.68
Chippewa District (1996)	
6th North Park Group (1996)	
20th Golden Hawks Prince Albert (1996)	
LaRonge Group (1996)	
Battleford District (1997)	
Meadow Lake Group (1997)	
Archerwill Group (1997)	
LaRonge Group (1997)	
Chippewa District (1997)	
20th Golden Hawks Prince Albert (1997)	

## MEMORIALS

Total: 6,040.45

- In Memory of three deceased members of S.C.O.P.E.  
(Scout Centennial Ontario  
Pennsylvania Expedition)
- In Memory of Keith Cummings  
1st Florenceville Boy Scouts, NB
- In Memory of Doreen Stirrett, ON  
Lake Muskoka Gilwellians  
Scarborough South Gilwell Association  
Lake Muskoka District Council, ON
- In Memory of Patrice Mason  
Lake Muskoka District Council
- In Memory of Elder Brown and John King  
West Sub-Region Gilwellians, ON
- In Memory of Joyce Mullen  
1st Didsbury Group, BC



*Project Shi-Won continues to supplement Shi-Won's in-Canada expenses. Fundraising was initiated when the Canadian Contingent was in Korea for the World Jamboree in 1991.*

- In Memory of Stanley W. Rogers  
Canadian Badgers Club - Montreal '97
- In Memory of Inez Hexamer  
8th St. Thomas Beaver Colony, ON
- In Memory of George Walters  
8th St. Thomas Beaver Colony, ON  
8th St. Thomas Cub Pack  
8th St. Thomas Group Committee  
Elgin District, ON
- In Memory of Alfred E. Welch  
Elgin District, ON
- In Memory of Emanuel Raposo  
Elgin District, ON
- In Memory of Ted Harris  
Sherbrooke District, QC
- In Memory of Charles Karnes  
Mrs. Elise H. Karnes, ON  
Mary Wickett  
Champlain District  
8th Pembroke Group Committee
- In Memory of Frank Griggs  
S.F. Chapman, ON
- In Memory of Paul Rump  
Champlain District, ON
- In Memory of John L. MacGregor  
E.F. Reid, U.S.A.

## KOREAN PROJECT (PROJECT SHI-WON)

Crusader Beavers, QC .....	98.00
Chateaugay District Beavers, QC .....	278.15

^

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# Let's Improve Our Training Courses

by Rob Stewart

## HOW USEFUL IS TRAINING at the local level?

If you have an opinion that you share with others, always offer examples explaining *why* the training is good or needs improvement. Only then will your ideas help training teams improve, or adjust the format, style or time of an event.

### It's a Team Effort

Successful training programs involve at least four groups of people. The **first** group is the team of volunteers that actually writes the course guidelines or syllabus. They try to anticipate typical training needs of average Scouters in the area. Generally, this group relies on a network of fellow leaders who give them guidance and feedback about the types of sessions that volunteers need.

Training teams that actually organize and conduct the events make up the **second** group. They spend countless hours planning each session, and working through the myr-

riad of details, whether the training involves only one hour, one day, a weekend, or an entire week. The post-course work is much more difficult. When we evaluate a training session, we generally ask participants if it met the stated objectives. We ask some personal comfort questions, then finish off enquiring about the trainers' presentation styles. All of this information helps us plan better courses in the future. But, to measure the impact of our total training programs, we must look beyond our present course evaluation.

How do we do that?

One method is to check if participants are performing at levels identified during previous training sessions. For example, on a Woodbadge 2 course if a training team identifies a lack of understanding or capabilities in an area covered by a Woodbadge 1 course, leaders can adjust their outline to strengthen that need. They could also make changes to the original Woodbadge 1 course, so participants get more coaching in that specific area.

This is an example of measuring and adjusting our short-term training. We also need to check the long-term impact of training. Are the courses really helping Scouters' perform their roles better?

### We're Aiming for the Top


Service Scouters, though not the "quality police" some people consider them, help ensure high standards in our programs. They make up the **third** group. A strong communications link between the service team and the training team can benefit everyone. Service Scouters see our training course graduates in action on the job, and they can provide valuable feedback to the training team. They may provide invaluable insights to help trainers improve their courses.

Training participants: they make up the **fourth**, and perhaps most significant, group to share the responsibility for training success. At one time, the instructor alone felt the pressure to perform during a training session. Now, most people recognize that participants are just as responsible for learning as the teacher. Participants must come to sessions prepared to take part, practise, and use the skills and knowledge their trainers are sharing with them. If they don't understand a particular point raised by the instructor, they have an obligation to ask for clarification. Our trainers are great, but they aren't "mind readers."

### Before, During and After

After a course, encourage participants to give honest, constructive feedback to the training team. Follow this up by a further evaluation once participants are back "on the job."

Scouters will be hearing more about our training program as the National Volunteer Services Committee continues in their design of a *Competency-Based Approach to Training*. The committee will identify the "competencies" required to perform a role, and the best possible means to increase Scouter competence in those positions.

It's too easy to say, "The training program is good (or bad)." If you have an opinion worth sharing with others, define "why" so we can make real progress. 

*Gagnez ces prix magnifiques!*

Consultez la page 66 du Catalogue 1997-1998 de Scouts Canada pour en savoir plus.



#### BLITZ BUGGEY CASTOR

Gagnez 30 ensembles de Buggeys castors pour votre colonie. Achetez-en plusieurs au Magasin scout de votre localité (non remboursable en argent).



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## SCOUTER'S 5

### What's Christmas?

- ☐ Christmas is fir trees, spruce trees and pine,  
Strung with bright balls and  
bright lights that shine,  
Icicles hanging and snow on the boughs,  
With more gifts beneath than space allows.
- ☐ Christmas is our fridges,  
warm coats and clothes,  
(Depend on the bait to which  
Santa Claus rose),
- ☐ Right down to hankies and  
gadgets for shelves,  
And trinkets the donors could  
well use themselves.

Christmas is homecoming,  
train tracks and roads,  
Bring back the wanderers, load after load,  
Hand-clasps and kisses, joy-founded tears,  
Uniting old friendships parted by years.

- But back of it all, there is peace and good will,  
A star over Bethlehem, silent and still,  
☐ Yet spreading the word on  
the wings of the morn.  
The Christ child this day  
to the world has been born.  
— Mike McLaren, Prince George, BC.

### Gems to Ponder

- The following sayings and thoughts come  
from the popular British Scouting Magazine  
series entitled, "Another Canny Crack." Use  
them to spark discussions. Several may be  
appropriate to close a meeting.

*Continued next page...*

Scouter's 5 Minutes

Dec. '97

## HINTS

- ☐ **W**e're all looking for ways to  
make our camping and hik-  
ing trips more pleasurable.

Here are some useful tips for winter  
activities. (If you have any others to  
share, send them to us.) These come  
from a variety of Scouters including  
Hazel Hallgren (Red Deer, AB) and  
☐ Michael Lee Zwiers (Edmonton, AB).

- ☐ • A well-made, well-situated tent can add up to  
12°C to your inside temperature during  
the winter. Pick your campsite with great  
care. Don't set up your tent in a low valley  
or hollow where cold air settles. Also, avoid  
exposed ridges and other places the wind can  
sweep through. Position your tents near  
windbreaks, behind boulders, or deep in a  
heavily-treed forest. Once you've set up your  
tents, build walls around each one leaving a  
small opening near the door.
- ☐ • Puff your bag up at least fifteen minutes be-  
fore getting into it. (A sleeping bag pulled  
straight from a stuff sack has insulation that's  
still compressed.) Let the bag regain its full  
loft; it'll be much warmer. It's the air, not the  
stuffing, that keeps you warm at night.
- ☐ • Don't wear jeans when you hike in the winter.  
Most are made of cotton — a poor insulator  
and something that doesn't wick moisture  
away from a person.

Hints

Dec. '97

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**the leader<sup>★</sup>**

G.S.T. Reg. No. R100 794528

- We all know to stay away from "yellow" snow, but you should also steer clear of "pink" or "watermelon" snow. (This snow smells and tastes like watermelon.) "Watermelon" snow hosts a micro-organism that can give you stomach cramps and diarrhea.
- Always sleep with your head outside the sleeping bag. Your breath is full of moisture and will turn your sleeping bag into a damp freezer by morning.
- A hooded sweatshirt and a pair of track pants make excellent pajamas for winter camping. Be sure to wear a toque, too. It'll prevent heat loss through your head.
- Don't climb exhausted, cold and hungry into a sleeping bag. First, have a good meal several hours before, enjoy a hot drink, and go for a moonlight stroll (nothing too strenuous) before turning in. Now your body will be warmer, and the meal will provide plenty of fuel for your body furnace.
- Sun-dry your sleeping bag whenever possible. This will get rid of condensation and dampness.

Hints

Dec. '97

Thousands of youngsters will be writing their letters of request to Father Christmas in the next couple of weeks. I wonder how many of them will write thank you letters to him afterwards.

Life is much like Christmas — you are more apt to get what you expect than what you want.

The best thing parents can spend on their children is time — not money.

He who has no Christmas in his heart will never find Christmas under a tree.

Christmas is a widely observed holiday on which neither the past nor the future is of so much interest as the present!

I'm always sorry when Christmas is over. I know my young daughter, Karen, has hung up her stocking on Christmas Eve, and it will be a whole year before she hangs up anything again!

True friendship in Scouting comes when silence between two people is comfortable.

Remember that youngsters of all ages have one thing in common: they close their ears to advice and open their eyes to example.

### No More Page Numbering

Starting in this issue, the Cut-Out pages won't be numbered. Most people don't use the numbering sequences and find them confusing.

Scouter's 5 Minutes

Dec. '97

## CUSTOM EMBROIDERED CRESTS

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# LOOKING FOR HOLIDAY GIFT IDEAS? CHECK OUT YOUR LOCAL SCOUT SHOP!

by Ben Kruser

**S**eptember through December is the busiest time of the year for Scout Shops. First comes back-to-Scouting sales in early fall, then members look for holiday gifts in December. The official Scouts Canada catalogue (did you get yours this year?) features many practical, inexpensive gifts for all members.

Beaver-aged children will love our new line of Beaver pencils, with the "Sharing" motto prominently imprinted on each. Other pencils with addition and subtraction tables are great for children in grades 1 and 2. Complementing the pencils, why not give each Beaver a pad of plain white paper? Now your colony members will be able to sketch or write something special that happens to them during the week. At the end of the year, children will have a small journal of their life during Beavers.

Pencils can also be paired with a Magnifying Bug Box for next spring's nature walk. Beavers can catch insects and use their pencils to sketch the bug or other nature items. For those leaders who missed it, Scouts Canada now carries embroidered Beaver tails which last longer than felt ones.

Cubs would love getting their own pencils with the Cub motto, and another with paw prints. Children in grades 3, 4 and 5 will also appreciate pencils with the multiplication table and solar system imprinted on them. Have you seen the new Cub Home Chart? Cubs can put it up at home to keep track of their badge work. The Home Chart comes complete with badge stickers — an incentive for Cubs and parents to make Cubbing truly a family experience.

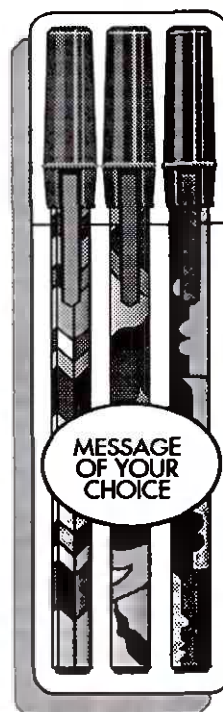
An official *Scouts Canada* sweatshirt or T-shirt will show your appreciation to hard-working group members. Both these gifts are great for sports and around-the-yard chores.

## We Give Excellent Value!

Please remind parents that Scout Shops offer real value. Parents will even find additional gift ideas that local Shop managers have brought in especially for area members.

Since youth members appreciate getting something practical with the Scouting logo on it, parents will thank you for a reminder to visit the local Scout Shop. Gifts with Scouting's logo also make great keepsakes. (I still have my official compass from my Scouting days, and would not think of going camping without it.)

From all of us at Supply Services, a very Merry Christmas, Happy Hanukkah, and Happy Holidays. May the spirit of the season fill your home with peace and happiness. A



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# On the Cutting Edge

by Ian Mitchell

**B**utter, steak, fillet and swiss army. What do all these have in common?

They're all knives of one kind or another.

Knives have been an important part of our Scouting programs for years. We use them for cutting rope or string (for lashing projects), shaving wood (for starting fires), or simply carrying in case of an emergency. Of course, everyone needs to learn how to safely use and care for their knives.

I've almost always seen knife skills taught through the traditional sit-down-and-watch-method, with some time for practising at the end. Here's a creative method which, if demonstrated by experienced Scouts, not only sounds like fun, but also will give more experienced youth a chance to "strut their stuff."

## Three-Ring Knife Show

For this, you'll need:

- large cardboard knives (3),
- rope to make three large circles (circus rings),
- clown suits,
- parts of knife signs (see diagram),
- oversized whetstone, tin can, screw, piece of leather,
- large oil can and Q-tip.

## Demonstration:

Get your senior Scouts to dress up in clown suits so they can take part in a three ring circus. In ring #1, show the different knife parts; ring #2 features a demonstration how to use the parts; activities in ring #3 show how to care for your knife. Let your Scout troop plan the build-up to their circus;

it can be as exciting or extravagant as they wish, and include marching music, lights, and streamers.

In ring #1, you'll need an oversized knife made from cardboard. (See Diagram) Your safety clowns can pull out different parts of the cardboard knife, and do something that tells the audience the part's name. For example, a clown might fall down on the ground, displaying the words "can opener" written on his pants.

With another oversized knife in ring #2, show how to properly use each knife component. Here is where the oversized whetstone, tin can, screw and leather will come in handy.

In ring #3, show how to properly sharpen the knife, as well as clean it. (Use the large oil can and Q-tip.) Refer to the *Canadian Scout Handbook* for more information and ideas.

Have a supply of jackknives behind each ring so spectators can put into practice some of their newly-acquired skills. *Remember! Always emphasize safety.*

A take-home button which reads, "I don't clown around with knives!" will put the finishing touches on this fun activity.



**"Sure I know how to handle my knife. I took a course."**

## Knife Permit


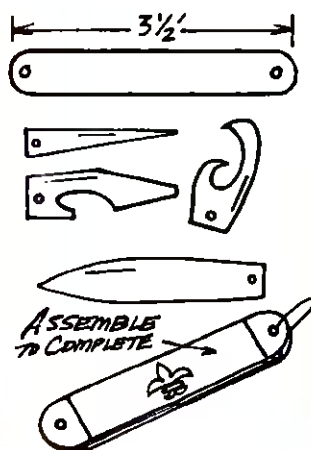
Because safety is one of the top priorities of Scouts in the 4th Kanata (Ontario) Troop, they've implemented a knife permit system. After leaders teach and demonstrate skills related to knives, each youth gets a knife permit (see below) which allows them to carry a knife during certain Scouting activities. The permit system serves as a reminder of the responsibilities that go along with carrying a knife. If someone uses a knife in an unsafe manner, a leader may revoke the permit. This too helps Scouts understand the responsibility and privilege of carrying a knife. 

Photo: Allen Macartney

## Cardboard Knife Construction




## Knife Permit

### Knife Permit

This is to certify that Scout \_\_\_\_\_ has passed the \_\_\_\_\_

This Scout knows that owning and using a knife carries responsibility. He (she) has agreed to use knives in his (her) care safely. In consideration of the above, he (she) is hereby granted the right to carry and use a knife within Scouting.

 Scout Leader \_\_\_\_\_

(Front)

**On my honour, I promise that I will:**

- Read and follow the information in the *Scout Fieldbook* on the safe use of knives.
- Demonstrate proper handling, care and use of pocket knives at all times.
- Keep this permit with me while I am carrying my knife.

I realize that this permit may be withdrawn if I fail to carry out the above requirements.

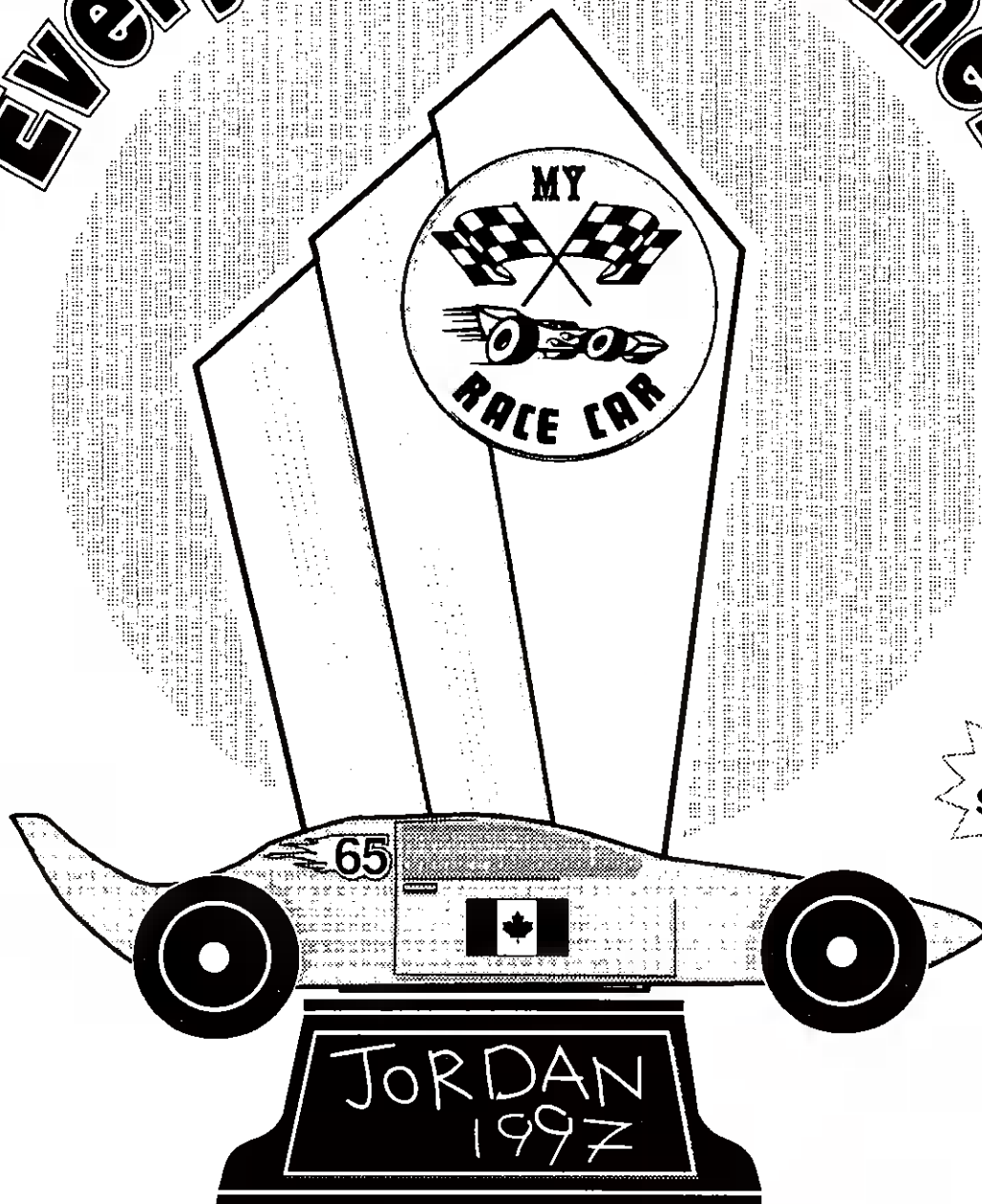
Scout \_\_\_\_\_

(Back)

Leaders

Parents

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