

the leader

DECEMBER 1999

VOLUME 30 NO. 4



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Cold Weather Survival:

from *Leader Magazine files*

CANADA'S WINTER OFFERS
Amazing program opportunities for unusual adventures. It's also dangerous if improperly managed.

Use this winter quiz to prepare your Scouts, Venturers and Rovers for outdoor

hikes, camping trips and overnight ski treks. Cub leaders can easily adapt the questions for younger members. This quiz is a great way to encourage competition between patrols and sixes. (In some cases, more than one answer may be correct.)

1. If a family goes camping, which member would be *least* likely to get hypothermia?
 - a) Grandpa (age 75)
 - b) Teenager (age 16)
 - c) Mom (age 36)
 - d) Child (aged 1/2 year).
2. How do you field-treat a hypothermia victim?
 - a) administer hot sugared drinks
 - b) put him in a sleeping bag with dry clothes on
 - c) keep him in a prone position
 - d) place as much insulation under him as possible.
3. The best way to stay warm during a day of winter hiking is by:
 - a) covering your head
 - b) covering your hands and forearms
 - c) keeping your feet dry
 - d) covering your chest and neck area.
4. Wet clothing is always dangerous in winter, but one material that retains some insulating value, even when wet is:
 - a) cotton
 - b) polypropylene
 - c) wool
 - d) down.
5. Your feet break through ice and you plunge waist deep into freezing water. You should:
 - a) remove the freezing garments as fast as possible and run to keep warm
 - b) start running without stopping while you remove wet clothing
 - c) roll in the snow, then change into dry clothes as friends build a warm fire.
 - d) squeeze the water out of your clothes, and change into dry ones as friends build a fire or set up a shelter.
6. It's almost the end of an afternoon hike. How do you know it's time to stop and set up camp?
 - a) one person is exhausted or sweaty
 - b) it's getting dark
 - c) sundown is two hours away.
7. If you're feeling chilled at bedtime, you should have:
 - a) put on extra clothing when you first stopped to set up camp
 - b) increased your metabolism by eating a candy bar
 - c) removed the damp clothing you wore all day and put on dry clothes.
8. Which shelter is warmer to sleep in during winter:

Wind chill: never underestimate it in winter.



Photo: 31st St. Cyprian Venturers

Easy Steps to Make this Winter Safer

- a) a lean-to
 - b) a quinzhee
 - c) a tent
9. You're caught in a blizzard while on a snowshoeing trip. You've constructed a snow shelter, had supper, you're warm and feeling fine, except you're very tired. You should:
- a) keep yourself awake at all costs
 - b) let yourself sleep.
10. In open, unprotected terrain, the best place to build a quinzhee is:
- a) on the lee side of any elevation protected from the wind
 - b) on a flat surface away from any elevation.
11. When digging a snow cave, always leave the opening as small as possible.
- a) true
 - b) false.
12. Eating snow is acceptable when:
- a) it's fresh and free from impurities
 - b) when you have absolutely no other water
 - c) never, under any circumstances.
13. A winter camper's diet should include a high percentage of:
- a) fats (e.g. fatty food like bacon)
 - b) high protein food (e.g. peanut butter, eggs)
 - c) carbohydrates (e.g. pasta, bread, bagels)
 - d) all of the above.

Answers

1. (C) Usually, women have an extra layer of insulating fat, which helps them stay warm. Elderly people, infants and children (including teenagers) are *more* susceptible

to hypothermia than mature adults. Likely candidates for hypothermia are people who are cold, wet or exhausted. If all three occur on an outing, you've got a possible emergency.

3. (A) Up to 70 percent of heat lost from your body leaves through your head. When the temperature drops in the arms and legs, your body hoards all available heat in its vital organs, including

Wet clothing acts much like a radiator that drags the warmth from your body.

2. (B, C, D) Place the victim in a tent or shelter, have them remove damp clothing and put on dry clothes, then help them get into a warm sleeping bag. If a victim is unconscious, get the person to a hospital immediately. Hypothermia victims can no longer produce enough heat to maintain their core body temperature. Never give liquids to an unconscious person.

the head. If your feet are cold, put on a hat. Conversely, if you're too hot, take your hat off.

4. (C) Wool retains a little insulating value when wet, but anyone with wet or even damp clothing should change immediately into something dry. Wet clothing acts much like a radiator that drags the warmth from your body.



Photo: 31st St. Cyprian Ventures

5. (D) If you fall through ice and get wet, find a place nearby out of the wind to squeeze out as much water from your clothes as possible. Then change into dry ones while friends make a fire. Wrap a reflective blanket around you, too. If you're caught out in the woods a long way from help, beat your frozen clothes against a tree to knock out the ice. Never run in wet clothes. You won't get warmer, only colder as the wet ventilates heat to the outside.

6. (A, C) If darkness is near, you've waited too long. Stop at least two hours before sunset to allow sufficient time to set up camp. However, if a member of the group exhibits hypothermia symptoms, stop immediately and provide necessary treatment. Shivering is a clear sign that trouble is very near. Plan your outing keeping in

mind that it gets dark earlier in winter and, typically, you won't be able to travel long distances over snow.

**If darkness is near,
you've waited too long.
Stop at least two hours
before sunset to allow
sufficient time
to set up camp.**

7. (A, B, C) All these efforts will guard against hypothermia.

8. (B) A properly constructed quinzhee with a 30 cm wall will likely provide the best insulation. Snow provides outstanding insulation because it traps dead air in small pockets. If you have a tent, build a snow wall around it to provide wind protection.

9. (B) If you're dry, warm and comfortable, there's no reason to stay awake. But, make sure your snow shelter has adequate ventilation.

10. (A) A knoll will keep you out of the wind, but it will also cause snow to drift around your shelter. In this situation, build a tunnel for your entrance on the lee side of your quinzhee, and make sure you have several ventilation holes that will provide fresh air.

11. (A) Initially, the opening should be large enough so you can excavate the rest of the cave easily.

HYPOTHERMIA CAUTIONS

- ❗ Handle hypothermia victims very gently. Cold affects electrical impulses that make the heart beat. Therefore, a hypothermia victim's heart beat is very delicate. Rough handling may stop a victim's heart.
- ❗ Wet clothes can cause rapid heat loss. If you're in a shelter and have a dry change of clothes, gently replace wet clothes with dry ones. If you're not sheltered, put the dry clothes over the wet ones. If you have no dry clothes, press as much water out of the wet clothes as possible and wrap the casualty in something windproof.
- ❗ The heart of a hypothermia victim beats very slowly. If you can't feel a heart beat, keep on providing first aid. The person's heart might only be beating very slowly or faintly.
- ❗ Never give a casualty coffee or other drinks with caffeine. These will only encourage more heat loss.

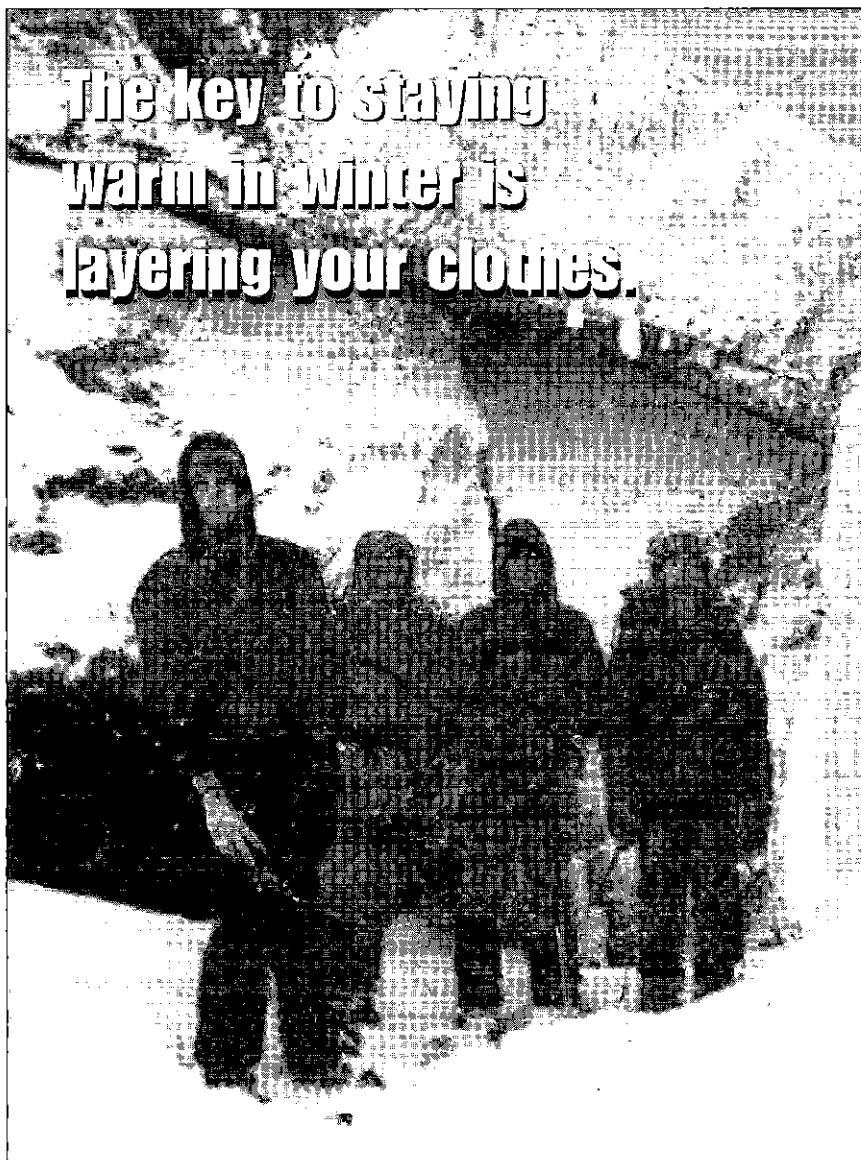


Photo: 31st St. Cyprian Ventures

TRUE AND FALSE QUIZ

- T □ F □ Slim people will get colder faster than plumper people; they will also be more susceptible to hypothermia. (**True.** Skinny people should wear extra clothing layers during really cold days.)
- T □ F □ Snowblindness is only a problem on bright days. (**False.** You can suffer snowblindness even on dull, cloudy days. Wear sunglasses or tinted goggles.)
- T □ F □ You'll be warmer if you set up your tent and then build a snow wall around it. (**True.** The snow wall will protect you from the wind. If you build a lean-to shelter right over your tent and close to the sides and top, the snow will help insulate your tent like a blanket.)
- T □ F □ Never include fats in your diet when planning a long winter hike. (**False.** Fats will release energy slowly and provide long-lasting warmth.)
- T □ F □ Numbness, swelling and reddening of skin are the first indications of frostbite. (**False.** Frostbite usually first appears as white, numb skin on cheeks, nose, fingers and toes.)
- T □ F □ You can improve the insulation value of clothing by stuffing dry leaves or scraps of cloth under your jacket, or into sleeves or pants. (**True.**)

- T □ F □ Winter campers should sleep in the same clothes they played in during the day. After all, why would you want to give up warm clothes just before bed? (**False.** Clothes you've worked or played in will be slightly sweaty, even though you might not feel it. This thin layer of moisture will freeze at night and make you cold. Before bed, put on a fresh change of clothing. You might want to put it on half an hour or more before bed so it's warmer.)
- T □ F □ Several thin layers of clothing are better than one thick heavy jacket. (**True.** The more layers you have that can trap pockets of air, the better. Have at least three layers on a cold day: wind-breaking outer layer; a warm, fluffy, middle layer like fleece; and a wicking layer like polyester, nylon or polypropylene next to your skin.)
- T □ F □ Hypothermia is only a threat during cold spring, fall or winter days and nights. (**False.** Hypothermia is possible even during the summer when the temperature is below 20°C. Shivering, slow or awkward steps and slurred speech are early signs to look for.

When you're finishing the outside, you can block the doorway with chunks of snow, leaving a small opening to cover with a backpack.

12. (C) Eating snow not only dehydrates you, but it makes you colder. A person's body must generate heat to melt the snow and raise it to a usable temperature, which means your body expends more water than it took in with the snow. If you run out

of water, melt snow or ice in a pan beside the fire.

13. (D) A good mix of fats, proteins and carbohydrates will provide the energy you need. Fats and protein will sustain you over longer periods of time through the night. Eat peanut butter for breakfast to give you a boost at midday. One or two high protein/fat meals and frequent sugary snacks are enough for most people. Δ

Program Links

Cubs: Winter Cubbing Badge, Camping Badge, Green Star
Scouts: Pathfinder Badge, Winter Scouting Badge, Exploring Badge
Venturers: Outdoorsman Award, Exploration Award

"You would not believe how warm it is in here."



LOOKING FOR MORE WINTER CAMPING TIPS?



See the all-new *Fieldbook for Canadian Scouting*. It has a chapter that deals entirely with enjoying winter activities.

Do You Have A Scouting New Year's Resolution?

by Kevin Paxton

Just in case you're casting around for some good New Year's resolutions this year, why not consider one of these? Look for a resolution that will make Scouting more fun for you.

1. Decide where your work as a leader will best serve youth in your group. If you move from Beavers to Cubs, will it leave the section you're in understaffed or with inexperienced leaders? Look at the bigger picture and consider the long-term affects of your move. If only novice leaders are managing the colony, the program may suffer. Naturally, this will eventually hurt the Cub program.

2. Nominate a leader for a Scouting award. Everyone craves recognition, even Scouters. But often their special efforts go unrewarded. Volunteers need to know that others appreciate their efforts. It's easy to recommend someone for a reward; just pick up the forms at your local Scout office.

3. Link up with other sections. Scouting consists of five sections, from Beavers to Rovers. If you expose youth to activities in other sections they'll probably continue Scouting as teens and young adults.

4. Consider taking extra training. The more skills you have, the better a leader you'll be. But you'll also enjoy yourself more and experience greater self-confidence. Check out some of the exciting courses you can take this spring, including outdoor skills, Standard First Aid, specialized workshops and Woodbadge.

5. Attend district events. Just about everyone goes to local Beaveerees, Kub Kar rallies, Cuborees and

Scout Klondike Days, but are there any other district events that could make Scouting more fulfilling for you? Look for some.

6. Review your section program. On a weekly, monthly, and quarterly basis ask yourself these questions: Are we living up to Scouting's Principles and Mission? Are youth having as much fun as we are? Is every meeting, gathering and activity satisfying one of the section program objectives or requirements? Are we putting the OUT in ScOUTing? Are our youth continually challenged in an action-packed program?

7. Thank your partner or sponsor. Make sure you thank the president of your service club, the minister of your church or the principal of your school for their ongoing efforts and support. If you keep them continually informed of terrific Scouting programs that you provide in their facilities, it will guarantee greater involvement and support.

8. Wear the proper uniform. Sloppy youth and leaders don't impress anyone — and kids *do* notice. Start by trying to look like a leader. Proper uniform doesn't just consist of a shirt, but also Scouting

pants and proper headgear. Field hats or tuques are good if conditions warrant, but baseball hats are for, well... baseball.

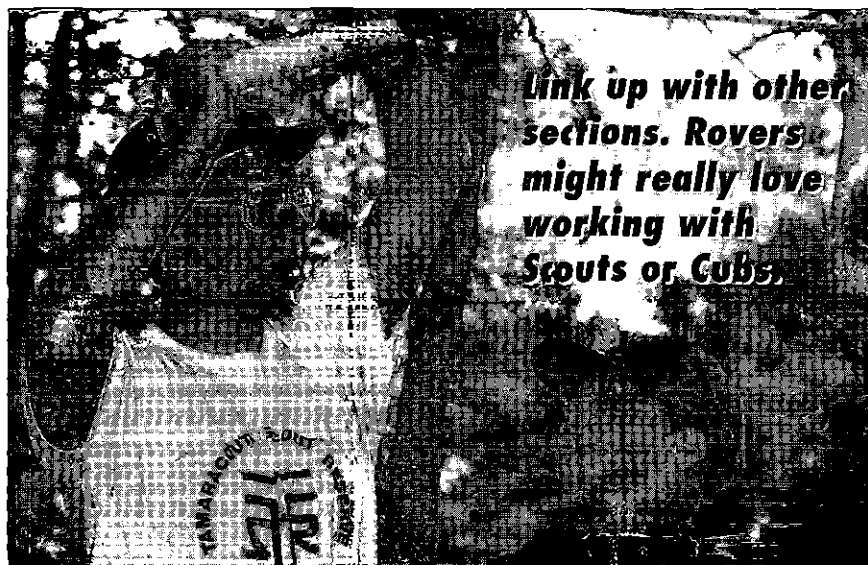
9. Support group committees. Make sure your group committee is functioning properly so section leaders don't have to spend time on unnecessary administration. Good group committees can also help attract more youth and leaders, raise funds, promote the entire Scouting program (Beavers to Rovers), and improve partner relations. You might even want to establish a Leaders' Council for Scouters within your own group.

10. Spend time getting to know youth not only as a leader but also as friends. Friendships are tough to break; close ties will mean that it's easy to keep members. That's what we mean by the Brotherhood of Scouting.

Don't Be Afraid to Break A Few

If you make several Scouting resolutions but only one or two take root, don't sweat it! Some people would say that's the purpose of a New Year's resolution. ^

— Kevin Paxton is involved with both Scouts and Rovers in the 22nd St. Catherine's Group, ON.



Link up with other sections. Rovers might really love working with Scouts or Cubs.

Photo: Bennett and Mackay

Committeenium:

Beware of This New Scientific Element!

by Colin Wallace

Physicists at the Greater Toronto Region's Service and Research Centre have just identified

the newest natural element known to mankind; they've tentatively named the element

"Committeenium."

Greater Toronto Region's main laboratory — nicknamed *The Bored Room* — was where these physicists made their startling, ground-breaking discovery. The laboratory has a developmental table 3 metres wide and 6 metres long; it sleeps 24. Here researchers first postulated the hypothesis that it is not what is on the table that matters but what is on the chairs.

Sub-Atomic Particles

Committeenium, the heaviest element known to science, has no protons or electrons and, therefore, has an atomic number of 0. It does, however, have one neutron, five deputy-neutrons, 13 assistant-neutrons, and 302 assistant-deputy-neutrons, giving it a mass of 321.

These 321 particles are held together in a nucleus by a force that involves the continuous exchange of meson-like particles called meetings. Investigation is continuing into the significance of infrequent amalgamations called "conferences."

Because it has no electrons, Committeenium is inert. Keen-eyed scientists can detect it chemically because it delays every reaction in which it comes in contact. According to its discoverers, one interaction that normally takes only three minutes took four hours to complete because of the presence of a minuscule amount of Committeenium.

Scientists Not Surprised

This confirms Cross's *Law of Triviality*, which states that the length of time spent in any interaction is inversely proportional to the relative importance of the outcome of the interaction. The finding comes as no surprise to the scientific community, because most of us know more about

Committeenium has a normal half-life of about three years. It doesn't decay at that time, but rather undergoes a reorganization in which deputy neutrons, assistant-neutrons, and assistant-deputy-neutrons exchange places. Some studies have shown that its atomic mass can occasionally increase with each reorganization.

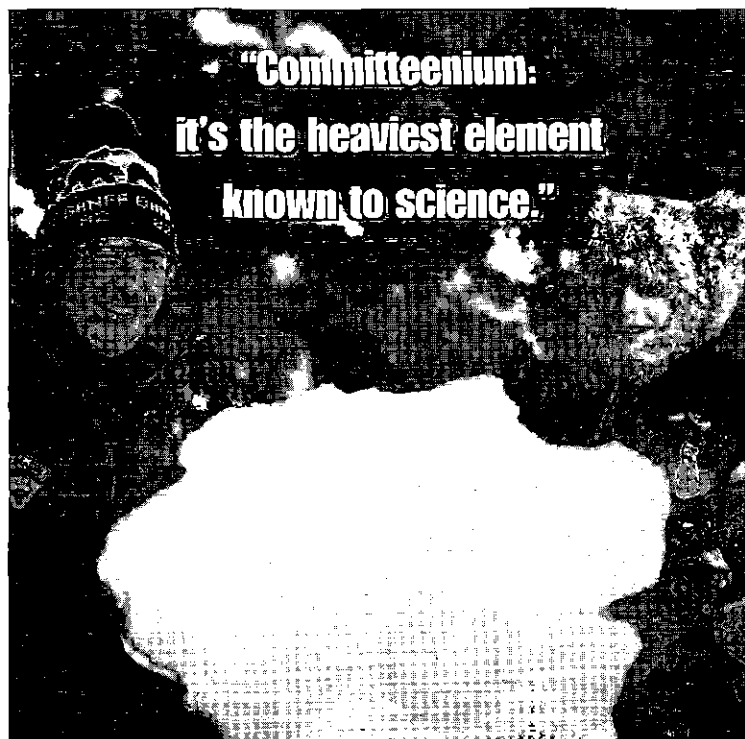
Research at other laboratories indicates that Committeenium occurs naturally in the atmosphere. It tends to congregate at certain points such as government agencies, large corporations, and volunteer organizations such as Scouts Canada.

Scientists point out that Committeenium is known to be toxic at any level of concentration and will easily destroy productive reactions wherever it is allowed to accumulate. They are attempting to determine how to control Committeenium to prevent irreversible damage.

Results to date are not promising.

In short, please beware of this deadly element. X

— Scouter Colin Wallace is ARC Training in Greater Toronto Region, Ontario.



Is it a Scouter's Five Or a Sco

by Greybeard

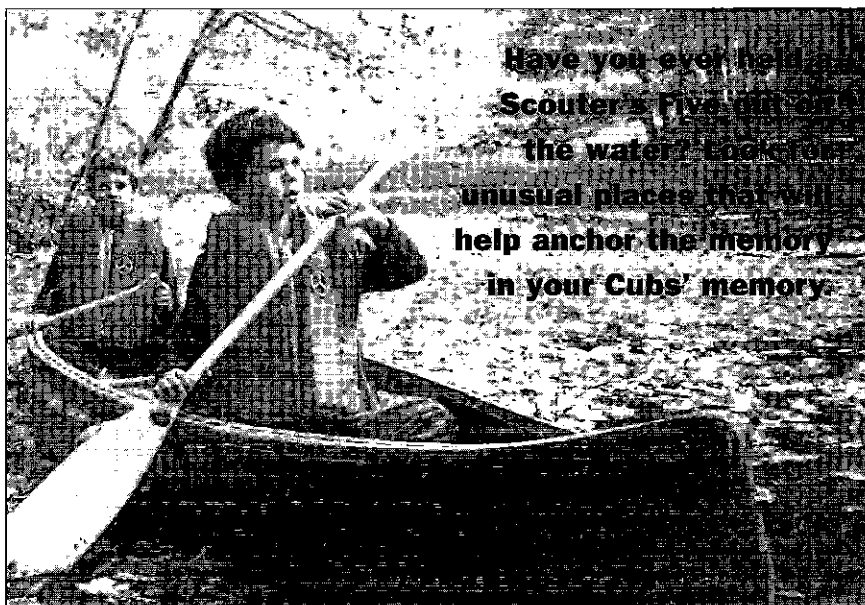
Is your Scouter's Five really what it should be?

Sometimes ours in the 1st Thorsby Group (Sunnyvale, AB) is both hit and miss. It's not because we don't care about Scouter's Fives, but perhaps we haven't emphasized this part of Scouting enough. It also depends on the Scouts. Some years our Scouter's Fives are well received and the kids are anxious for more; other years it's a time of great restlessness in the ranks.

Program Element or "Teachable Moment"?

Scouters in our group look for many random "teachable moments" to strengthen spiritual values. But we also have made our Scouter's Five a definite program element, as much as any of the others.

If you're looking for a more effective way to connect youth to God and to boost their spiritual awareness, here are some thoughts.



Have you ever held a Scouter's Five out on the water? Look for unusual places that will help anchor the memory in your Cubs' memory.

Photo: Colleen Rodgers

1. Make sure you prepare your Scouter's Five as well as any other program element. If you don't, it becomes Scouter's Random Reminiscences or Scouter's Harangue. Pick up one of the many books available in your Scout Shop with short messages. It's easy to read one aloud during a Scouter's Five.
2. End with a positive message. Even when discussing a problem, closing words should include encouragement, praise, wisdom or humour.
3. Keep it short. A Scouter's Two is better than a Scouter's Six.
4. Include a Scouter's Five at every meeting; make it regular and expected. Leaders must consider it important. Build it into every evening so your youth ask, "Did we miss Scouter's Five?" or the clock watchers say, "Time for Scouter's Five."
5. Keep it focussed by making only a single point, not scores of them. It's easy to stray off topic.

\$3 Worth of God

Here's a thought to share during a Scouter's Five.

A lot of people spend only enough time thinking about God to feel a vague sense of security. They want no more. In effect, they say, "I'd like to buy \$3 worth of God please."

What will \$3 worth of God 'buy' you?

It's hardly enough to disturb your sleep, let alone explode your soul with concern for poor neighbours or new kids at your school. Three dollars worth of God is really just enough to equal a cup of warm milk. It's like a pleasant summer snooze under an apple tree. Some

people snooze away their whole life without considering more weightier issues.

So what do you want? Do you want just enough spiritual experience to tingle your fingers — to amuse — or do you want it to transform your life? Should stronger spiritual roots encourage you to look after the hungry, to cross a street with an old lady, to help you feel compassion for others?

If you want spiritual renewal, go after it with a driving passion. Don't seek the warmth of a womb when you really crave new birth.

Do your best. That sometimes means being prepared to change your habits. After all, \$3 dollars worth of God won't take you very far.

Scouter's Random Reminiscences?

6. Keep it simple. Spiritual messages to youth don't need to include a treatise on theology. Pick one tiny aspect, and share it in a few straightforward sentences. Preaching down to people is never effective. Just share your experiences and thoughts.

Pick Your Reason

Scouter's Fives have a definite purpose. They need to:

- ☐ Educate (e.g. elaborate on a concept or application of a rule)
- ☐ Make youth think (examine an ethical issue)
- ☐ Inform (e.g. a safety rule)
- ☐ Entertain (short humorous story with a message)
- ☐ Illustrate (e.g. one aspect of God's nature).

Share the Task

Everyone in the leadership team should be encouraged to do a Scouter's Five occasionally. Some people will always feel more confident or do better leading it than others, but all

Scouters will improve with practice. Don't be surprised if youth leaders find it very difficult. That's what my experience has shown. If you want to involve youth leaders in doing Scouter's Fives, you may find they need a lot of extra help.

Be sensitive to other's views, but don't avoid your Scouting responsibility. What you're attempting to do is encourage youth to draw closer to their God and deepen their commitment.

Make your Scouter's Fives fun. Use variety and be innovative. Do your Scouts like singing? Then sing your Five while sitting in a canoe. Do they love acting? Then act it out around a campfire. Do it on your head if it causes Scouts to stop, listen and consider those eternal values that most people never take time to ponder.

Go ahead; make your Scouter's Fives more dynamic and innovative. Not only will everyone enjoy them more, but you'll also plant deeper spiritual roots. ^

— *Greybeard lives in Sunnybrook, AB. He works with the 1st Thorsby Troop.*

NEW BEGINNINGS & JACK PINES

THIS SCOUTER'S FIVE IDEA is perfect when your Beavers, Cubs or Scouts are enjoying a break during a hike. All you need are several different pine cones — jack pine are best.

At times, we all need new beginnings to start over again. We start over when we have an argument with a favourite friend or a disagreement with a parent. Have you ever mistakenly hurt someone? That's a time to start over.

You can start over by saying you're sorry to the person. Though it's sometimes hard to make a new beginning for us, it's not as hard as it is for pine trees.

See this jack pine cone? (Hold it up.) Before it can make a new tree, it has to split open to release the seeds. Before that can happen the pine cone has to be burnt; a forest fire works best. Several years after a forest fire passes through, you'll find the area littered with hundreds of opened jack pine cones ready to release their seeds.

A fire that "sweeps clean" brings new life for jack pines. A simple "I'm sorry" to a friend or God can renew relationships and even make them better than before.

Try it. Tomorrow at school or home, say "I'm sorry," if you need to apologize or make a new beginning. See what a difference it can make to your friendships.

A good teachable moment for your Scouts might be when you're all down on your hands and knees getting a close-up look of God's creation.

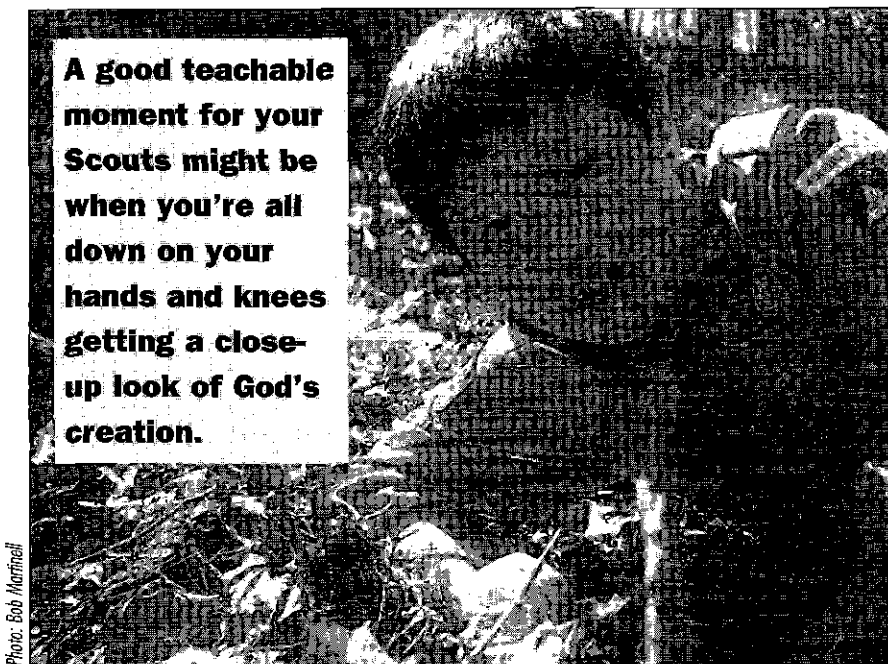


Photo: Bob Martineau

Dig In to the Edible Campfire

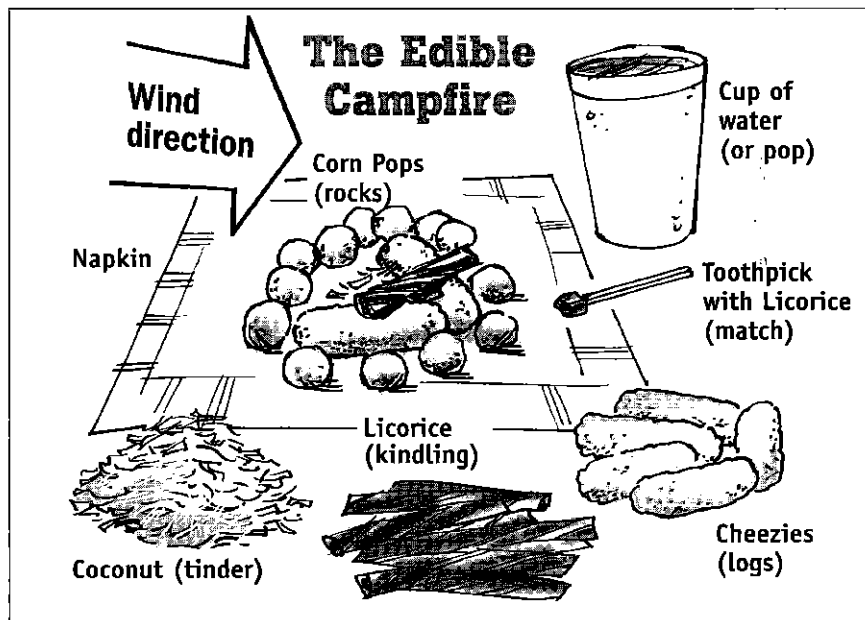
by Lauri Cunningham

AN EDIBLE CAMPFIRE will not only teach Cubs the basics of laying a fire, but also give everyone a tasty treat afterwards. Plan to make this campfire before anyone has built a real fire.

You'll need napkins, paper cups, candy corn, cheerios or corn pops (they make great rocks), shredded coconut (watch out for nut allergies), pretzels, cheezies, cinnamon hearts (red hots), and one toothpick per child. You may also want to use celery sticks, carrot sticks and licorice.

Cubs should unfold their napkins, and lay them on the ground (or gym floor). Explain to your members that when laying a fire, they'll need a smooth and clear area — a safe place to build a fire. Take some time to explain different areas that would be safe to set a fire (e.g. not beside a wood pile or on dry leaves or where roots lie just beneath the surface).

Next, make three piles of fuel for the fire: coconut (tinder), pretzels



or licorice (kindling), and cheezies (logs). Explain how you use fuel from all three piles.

Before laying your fires make sure everyone fills their cup with water; no Cub should ever think of lighting a fire without water nearby to put the fire out. (You might want to substitute 7-Up or Sprite because it tastes better during your snack afterwards.)

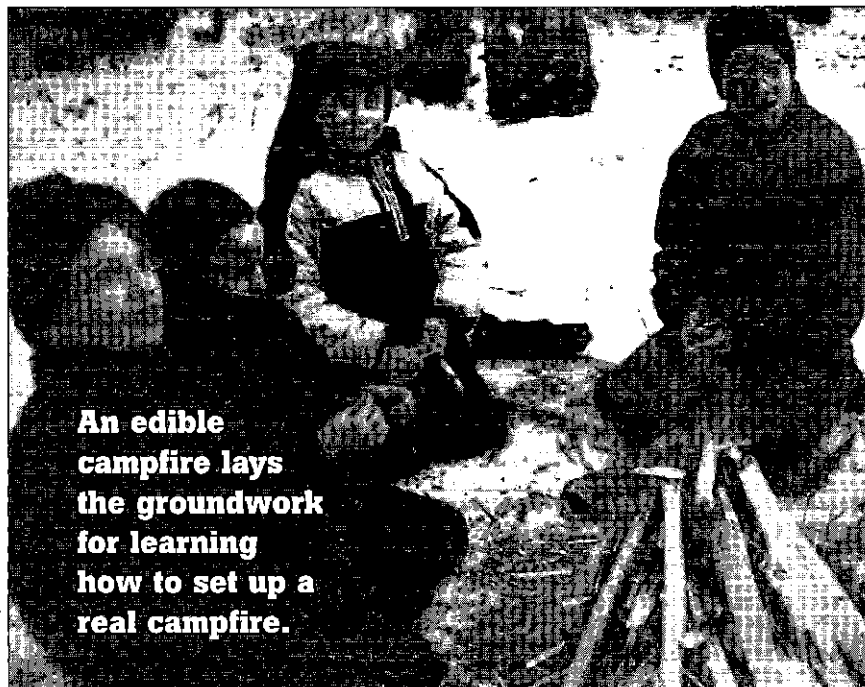
Now you're ready to build the fire. Find out which way the wind is blowing. If you're making your edible campfire inside, choose any direction. Lay a "V" of logs (cheezies) with the open area facing the wind. Explain to Cubs that the wind will funnel into your fire and help the flames.

Place tinder (coconut) in the centre of the "V" shape. Lay kindling (pretzels or licorice) over the tinder and the "V." Cubs might want to use other food to represent rocks or features for the campfire. (See diagram)

When Cubs are ready they'll need a match to start their fire — just one match, of course. (Make the matches by placing a piece of red licorice on the end of a toothpick.) Tell your Cubs to touch the 'match' to the bottom part of the tinder. That should start a fire; drop several red hots into their fire for added effect.

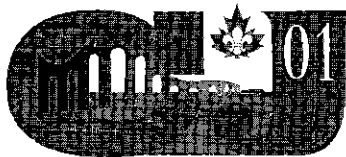
When you've answered everyone's questions, dig in! Eat your campfire and drink your 'water.' New Cubs will have learned the fundamentals of starting a campfire. In the weeks ahead, get your Cubs to lay a real fire; they'll probably find it much easier now. ^

— Akela Lauri Cunningham works with the 7th Thornhill RANN Pack, Ontario.



An edible campfire lays the groundwork for learning how to set up a real campfire.

Photo: Wendy Ewert



10th SCOUTS CANADA JAMBOREE 10c

Choose Your "Cradle on the Waves"

CJ'01 WATER ACTIVITIES

by Gary Thurston

*Get ready for
CJ'01 on Prince
Edward Island.*

Hundreds of years ago First Nations Mikmaq people called Prince Edward Island, Abegweit ("cradle on the waves"); today it's universally recognized as an island paradise.

The same rich and varied marine resources which make the Island a mecca for thousands of tourists each year offer an excellent opportunity for a full range of traditional jamboree water activities, plus some unique Maritimes experiences.

Dip Your Paddle Into these Activities

What can you expect when you arrive in PEI for CJ'01? Here are some water highlights:

- ☐ In a kayak or canoe, explore the area's tidal bays and rivers with their colourful shorelines and picturesque farmlands and rolling hills. Take home the memories, leaving nothing but the song of your paddle behind.
- ☐ The Cabot Park site boasts one of the finest beaches in PEI. You'll enjoy a refreshing dip in the Gulf of St. Lawrence, or you may choose to just lie back, relax and soak up some sun on the crystal sands.
- ☐ Join the crew of a large sailing dory and enjoy the serenity of a cruise; these dories were the in-shore fishing vessel of PEI before gasoline engines revolutionized the industry.
- ☐ Set aside your favourite T-shirt and tone up your biceps to face the many challenges at "Muscle Beach."



Photo: Scouts Canada archives

- ☐ Visit "Shanty Town" and experience a variety of seafaring theme activities.
- ☐ Go on a deep sea fishing trip in a traditional Cape Sable Island boat. Your catch will provide the basis for a delicious meal.
- ☐ While you bend the oars of a dory or navy whaler, imagine that you've become a crew member on a historic salt bank schooner like the famous Bluenose; or a competitor in the annual rowing race between Lunenburg, Nova Scotia and Gloucester, Massachusetts; or a sailor adrift in the stormy Atlantic.
- ☐ Discover underwater mysteries at the snorkelling centre or tempt G-forces at the land-to-water zip wire.
- ☐ Build, and spend a night on, a raft.
- ☐ Take a break from the jamboree site and participate in a bike/canoe overnight hike.

Ecologically Minded

CJ'01 will not only offer outstanding recreational water activities, but also related educational environmental experiences. For instance, did you know that the endangered Piping

Plover nests on area beaches? You'll learn how to identify this bird and report unprotected nests (if you see any) to park officials.

Most bays and rivers near the jamboree site contain aquaculture operations where world-famous Malpeque oysters and PEI mussels are 'farmed' under water. If you can find a fisherman, you'll learn all about underwater farming.

Prince Edward Island boasts a bounty of marine animals and birds, some common and others rare. Your keen eye will see once-endangered bald eagles or ospreys (fish hawks) soaring on thermal updraft or plucking a meal from the surface. Keep your eyes "peeled" to the sea and you might even see whales and seals.

Expect the Unexpected

Watch the sea in the early morning or just after sunset. You may see one of the ghost ships which haunt these shores sailed by a mariner lost at sea.

So get ready to don your sou'wester and oilskins. I'll see you in and on the water at CJ'01. Together we'll choose our "cradle on the waves." ^

— Gary Thurston is helping to plan a simply amazing CJ'01 experience



You Too Can Survive a Pokémon Attack

by Edward Brierley

**Raichu... Wartortle...
Charmander...
Professor... Pikachu...**

Do you recognize these names? They're from the hit Japanese cartoon *Pokémon*. Cubs in our pack were wildly enthusiastic about *Pokémon*, so we decided to hold a *Pokémon* Night.

How do you plan one? That was my question. I had never even heard of *Pokémon* until recently. I gave Cubs several weeks to plan their own program, including games and all activities. This was their meeting.

You've Got It All Wrong

On *Pokémon* night, I called out, "Pack! Pack! Pack!" to start the Grand Howl.

"No!" the Cubs yelled back, almost in unison. "You're doing it wrong. Yell,

"Pokémon! Pokémon! Pokémon!"

Okay, I thought. That's cool.

"Pokémon! Pokémon! Pokémon!"

I hollered.

"Pokémonnnnn!" The Cubs came running in.

"Parade circle," I commanded.

"No, no Akela," a Cub corrected me. "It's *Pokémon* ball."

"Bring in the totem?" I ask tentatively.

"Noooo! The sacred remains of an ancient *Pokémon*," my Cubs replied gleefully.

"Perform a *Pokémon* howl?"

"Pi-ka-chu," the pack's voices echoed off the walls. "We're *Poké-mon*. *Poké, Poké, Poké. Mon, Mon, Mon.*" (Wow. The kids just invented their own *Pokémon* Howl.)

Pokémon Fundamentals

With the help of various toys, pictures off the Internet, a *Pokémon*

card game, and a Nintendo Game Boy, the Cubs started to educate their Scouters. Here's what we learned.

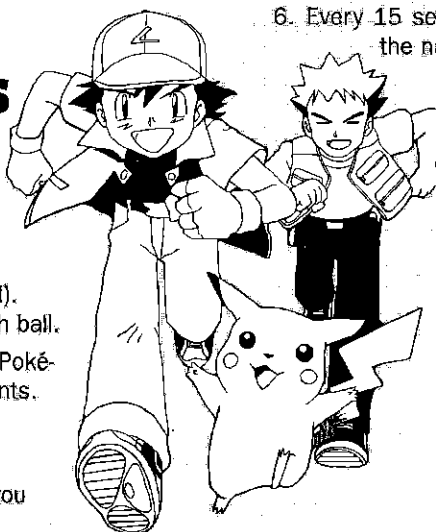
Pokémon is Japanese for Pocket Monster. It's a popular cartoon, video game and card game. Apparently, *Pokémon* are born in a relatively unevolved state. They're weak at birth, and have few powers. Normally, they go through several stages of evolution during which they change their name, appearance, abilities and strength. They grow stronger through each evolution.

Humans (known as Trainers) attempt to catch these *Pokémon*, but usually only when they're in a lower evolutionary stage because they're weaker and easier to catch. Trainers frequently put captured *Pokémon* in *Pokéballs* (which shrink the creature down into a pocket-sized ball), thus the name Pocket Monsters. Trainers may also use a device known as a

Pokémon Hunting Rules

by Cole Nicks and Colin Keightly

1. Chose two Trainers who will hunt the *Pokémon*.
2. Give each Trainer a different size of ball (i.e. a baseball and a basketball work well). Make sure everyone knows who has which ball.
3. The remainder of the pack will play Wild *Pokémon*, and choose names to avoid accidents.
4. Turn out the lights, but have some dim lighting in the room.
5. The Wild *Pokémon* hide; it works well if you can set up a maze with tables or mats.



6. Every 15 seconds the *Pokémon* must call out the names of the Wild *Pokémon*.
7. The Trainers walk around trying to capture *Pokémon* by touching them with their "*Pokéball*." When a *Pokémon* is captured, it moves off to the side of the room, and notes which Trainer caught it.
8. *Pokémon* may only crawl.
9. The game ends after five minutes, or once all the *Pokémon* are caught.
10. Count the number of *Pokémon* each Trainer has caught; the Trainer with the most *Pokémon* wins.

Illustrations: Nintendo of Canada Limited

Pokédex, which allows them to identify various types of Pokémon, transport the Pokéballs to where they were captured, and allow the Trainers to trade Pokémon.

Trainers must try to catch Pokémon and draw it into a competition in a Virtual Stadium. If a Trainer wins a tournament, the person becomes a Pokémon Master.

After my lesson in Pokémon history and hunting, our Cubs demonstrated how to play the card game. Then we played a couple of games the Cubs invented. (See sidebars) It amazed me that three Cubs invented two games with full rules that we had never tried before! Of course, we all loved playing them.

Start Brainstorming!

The night flashed by at Pokémon speed. It proved such a hit that our Cubs are now inventing new games for another Pokémon night.

For your Pokémon night, prepare the week before by making costumes, preparing posters, or even making your own cards. Would Cubs

The night flashed by at Pokémon speed.

like to prepare a skit and perform it on a set that they've built?

How does Pokémon tie into the Cub program? You'd be surprised.

Check out the program links below.

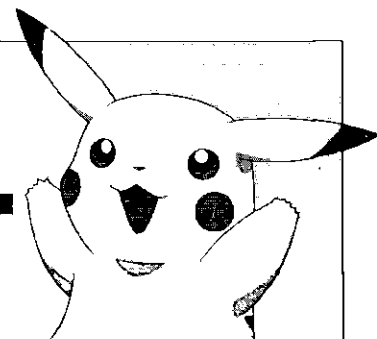
Issue a challenge to your Cubs. Is there some new activity or craze that your leaders can build into a Beaver, Cub or Scout program? Be dynamic! Ask youth members for ideas. Consider every wacky thought they offer. Who knows... it might breathe new life into your program. ^

Program Links

Cubs: Computer Badge, Entertainer Badge, World Cubbing Badge, Collector Badge, Artist Badge, Reader Badge, and Red Star A4 and B3.

— Ed Brierley is Akela of the 10th Langley Peterson Road Panthers Cub Pack in Langley, British Columbia. Members of his pack helped him with the games and all activities.

POKÉMON VIRTUAL STADIUM RULES



by Carl Lamb

This game starts out quite similar to the previous game, then it changes.

Form a "Virtual Stadium" using thick mats in the centre of a large meeting room; a stadium the size of a parade circle works well. Then, form a maze (forest) of hiding spots using mats or tables throughout the rest of the room.

1. Choose two Trainers who will hunt the Pokémon.
2. Give each Trainer a different size of ball (e.g. a baseball and a basketball). Make sure everyone knows who has which ball.
3. The remainder of the pack will play Wild Pokémon, and choose a name each.
4. Turn out the lights, but have some dim lighting in the room.
5. The Wild Pokémon hide (it works well if you can set up a maze with tables or mats).
6. Trainers go and catch one Pokémon each; once they've captured a Pokémon they take it to the Virtual Stadium.
7. When each Trainer has caught a Pokémon, turn on the lights and start the tournament.
8. The two caught Pokémon stand on opposite ends of the Stadium and a referee introduces the competitors (e.g. "Raichu versus Charmander!").

9. The two Pokémon hold each other's arms and try to gently push or pull their opponent to the ground or out of the stadium. Make sure the two competitors are approximately equal size, and that no one gets rough.

10. The Pokémon who wins the competition, gains a point for its Trainer.

11. Then, Pokémon hide again and play continues as before.

12. The game ends when one Trainer earns three points.

Alternative Playing Rules

Play with one Trainer and a Tame Pokémon. The Trainer along with his tame Pokémon go out to capture a Wild Pokémon. When they capture a Wild Pokémon, the Trainer's Tame Pokémon and the captured Wild Pokémon have their competition.

If the Wild Pokémon wins, it escapes back to the forest and the Wild Pokémon gains a point. If the Trainer's Tame Pokémon wins, the Trainer gains a point and has the option of keeping his Tame Pokémon, or trading it for the Wild Pokémon. In either case, the Trainer goes hunting again. Continue hunting, and have the competitions until either the Trainer or the Wild Pokémon gain three points.

'Twas The Night Before A Scouting Christmas

by Kim Swain

DECEMBER IS A TIME WHEN ENTHUSIASM AND HOPE BUBBLES OVER. Smiles invade the faces of everyone, even serious-minded people.

Try these rhymes out in your colony, pack, troop or company. Look for creative ways to use them. Would Beavers, Cubs and Scouts like to design their own play focused around one or both of these? It could make a Christmas party more fun. What crafts could your members make to cause imaginations to flare up? Scouts could build props from poles and giant boxes.

'T was the night before a Scouting Christmas,
When all through the camp,
Not a light was burning,
Not even the propane lamp.

The wet socks were hung on the line with great care,
In hopes that St. Nicholas soon would be there.

The Beavers were nestled all snug in their bags,
Their running all day had finally come to a lag.

While the Cubs asked Akela for more to eat,
With visions of tasting some delicious
Christmas treats.

And Patches was in her sleeping bag, pooped,
From trying to look after young men in the troop.

When out in the field there arose such a clatter,
The leaders groaned and pulled themselves up
from their beds to see what was the matter.

Away to the tent flap they crawled so slow,
Because it had been a tiring day out in the snow.

The moon in the sky was obscured by thick smoke,
Someone forgot to drown our fire. That was no joke!

Dowsing the flames, and what should we spy,
But Lord Baden-Powell up in the sky!

He said, "St. Nick couldn't make it,
so he sent me instead,
But I'm using my canoe, 'cause I don't have a sled."

Pulled by such creatures as Hawkeye and Thunder,
With help from Baloo and Raksha, it was a wonder.

He slid into the field, 'cause we didn't have a roof,
And we certainly didn't hear any pawing of hooves.

B.-P. came forward, but not with a sack,
Instead he began to open his large backpack.

He was dressed in his finest uniform, from head to toe,
And started to hand out presents, his eyes all aglow.

Locking blade knives, first aid kits for all,
A hypothermia book and a giant football.

A brand new tent, without any holes
He even threw in all the tent poles!

Thick woolen socks, a shiny new hatchet
Tuques for all, and waterproof matches.

He spoke not a word, but went straight
to the clothesline
Filled all those wet socks and that was just fine!

And laying his fingers in salute at his head,
We all understood we had nothing to dread.

He turned quickly around and marched
back to his canoe,
And it was in that instant that we all knew.

That to go winter camping at Christmas with youths,
We best "Be Prepared" or suffer the truth.

As B.-P., Hawkeye, Thunder and the others
flew off out of sight,
We heard him exclaim, "Happy camping to all,
and to all a good night."

— Kim Swain ("Raksha") is a very jolly elf with the 1st
Fenelon Falls Cub Pack, ON.

Christmas at the Pond (or Pack)

by Scott Beaton

WHEN ENERGY LEVELS RUN HIGH IN December, sing this song to the tune of "Twelve Days of Christmas." Let your Beavers throw themselves into the action. If you're a Cub leader, get your sixes to adapt the words to their section.

On the first day of Christmas
Big Beaver showed to me,
A forest with a deep pond.

(Actions: Hand to forehead, looking around as if gazing over the pond.)

On the second day of Christmas
Big Beaver showed to me,
Two scoops of mud, and a forest with a deep pond.
(Actions: Take two handfuls of mud and plop them down in front of you as if a beaver is building a dam.)

On the third day of Christmas
Big Beaver showed to me,
Three aspen trees, two scoops of mud,
and a forest with a deep pond.
(Actions: Stand like a tree trunk, straight with arms at side.)

On the fourth day of Christmas
Big Beaver showed to me,
Four busy beavers... (repeat preceding verses)
(Actions: Turn around on the spot.)

On the fifth day of Christmas
Big Beaver showed to me,
Five beaver lodges...
(Actions: Hands together over the head making the shape of a beaver lodge.)

On the sixth day of Christmas
Big Beaver showed to me,
Six angry buffaloes...
(Actions: Make horns with fingers, and paw the ground with feet.)

On the seventh day of Christmas
Big Beaver showed to me,
Seven bears a sleeping...
(Actions: Hands together at side of head.)

On the eighth day of Christmas
Big Beaver showed to me,
Eight cougars pouncing...
(Actions: Crouch on the spot, then jump up as if pouncing.)

On the ninth day of Christmas
Big Beaver showed to me,
Nine badgers digging...
(Actions: Bend over and use hands in a digging motion.)

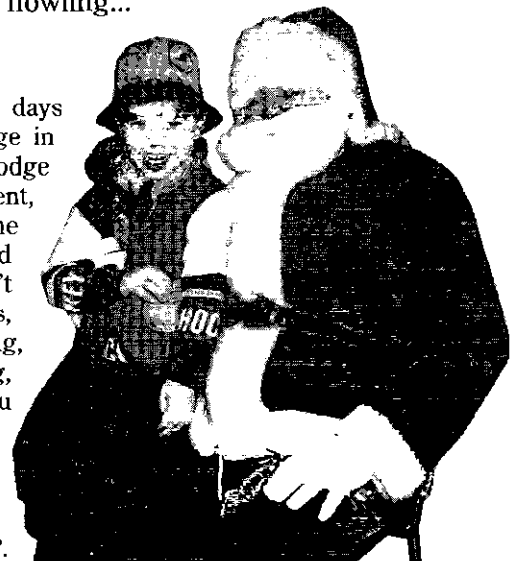
On the tenth day of Christmas
Big Beaver showed to me,
Ten eagles soaring...
(Actions: With outstretched arms, slowly bend to each side)

On the eleventh day of Christmas
Big Beaver showed to me,
Eleven foxes hunting...
(Actions: Get into crouching position and look around)

On the twelfth day of Christmas
Big Beaver showed to me,
Twelve wolf cubs howling...
(Actions: Wolf howl)

The last seven days represent each lodge in our group. If your lodge names are different, simply substitute the animal name and action. If you don't have enough lodges, use ducks waddling, bull moose calling, or anything else you might like. ^

— Scott Beaton,
Dover 149th Beaver
Colony, Calgary, AB.



Fund-Rai

Planning now will

*H*ave you started fund-raising to send your Scouts or Venturers to CJ'01?

Listen to this story; it holds a message that might prove valuable for your group.

Last week while waiting outside a local comic book store while my 9-year-old son bought a set of Pokémon cards, another waiting father said to me, "Interesting isn't it? When kids really want something, they'll do almost anything to get the money."

The father shared how his 11-year-old son had agreed to do just about any household chore for a modest amount of money, so that he could get more Pokémon cards. "I hope he'll be as enthusiastic about fund-raising for the upcoming Scout Jamboree in PEI," the father said. "He says he really wants to go with the other guys in his troop."

Turning to me, he noticed my jamboree T-shirt. "Hey!" he said. "You're wearing a jamboree shirt. Are you a Scout leader too? I am, and I've only got a year or so to raise about \$1,000 a kid so we can get to CJ'01."

Over the next minutes we talked about the difficulties of fund-raising. Whether sending several Scouts to a jamboree, or finding major corporate sponsors to build a national Scouting youth centre (one of my many jobs), we agreed that fund-raising was never easy. Yet the 'selling' techniques (principles and methods) are remarkably similar.

So how does a troop or company raise \$1,000 (or more) per person to send someone to CJ in less than two years? With proper planning and the support of your group committee, parents and sponsor, raising funds for jamborees does not need to be an overly arduous task.

Following are some thoughts to consider when getting your CJ fund-raising projects off the ground.

A Good Budget Helps

An accurate budget will help focus everyone's efforts on the bottom line. You'll also need to find out the total number of members wanting to go to the jamboree.

*Brainstorm
with everyone
— especially
the youth!*

When calculating your budget, include the jamboree fee, transportation costs, equipment and food. Allow for some pocket money for use while on the road, and for those all-important souvenirs your Scouts will find at

the Trading Post. Now estimate the cost per person by dividing the total budgeted figure into the number of people wanting to go.

How are you going to raise this sum? That's the next question facing your members. Brainstorm with everyone — especially the youth — so everyone gets involved and takes responsibility. Can you tie the budgeting exercise or teamwork into any badge requirements?

Each participant or their family should expect to contribute something to the cost of attending CJ. Find out if your group committee and council have a jamboree assistance fund. (Some groups have a readily available jamboree pool of funds that they can dip into.) Perhaps the committee would like to set one up. The difference between your total expenses and any other income you might acquire represents the CJ fund-raising goal.



**Great pictures of CJ'97
will help motivate everyone
in your troop in their
fund-raising efforts.**

Photo: Scouts Canada

sing Ideas

get you to CJ'01

by John Rietveld

Plan to Succeed

Now you need a plan. Within the next 6-8 months, you'll need to give an initial deposit to the jamboree and another one for your travel costs. This means you'll have to raise at least half of your budgeted goal relatively quickly. You'll need to get cracking!

Share your plan with group committee members and parents. Share it with participants too. Share the plan with everyone who'll listen; your enthusiasm might generate more fund-raising ideas or even donations.

Remember the story about the trading cards? When kids want something bad enough they'll help find a way to get the money. Because each jamboree participant should know how much needs to be raised to get them to PEI, state the fund-raising figure clearly in those terms. For example, if Renée wants to go to CJ, she needs to help raise \$750 after she and her family pay the first \$250. So after each fund-raising activity, show the result in a per person fashion. This will help members see the figure shrinking and get excited as the goal draws nearer. It also helps Scouts and Venturers take a more personal involvement in reaching the overall target.

What if some Scouts miss an important fund-raiser? Taking this clear approach will show that if some don't put in the effort to show up, the cumulative affect over months of other missed fund-raiser events will push the goal (CJ) further away from everyone else.

Generate enthusiasm and commitment for CJ by constantly talking about it and the many activities the Scouts will enjoy. See past and future **Leader Magazine** issues (including p. 13 in this issue) that describe the many adventures Scouts can experience at CJ.

Action! Go for It

The most important step involves action. Even though you have a clear

goal and a well-developed plan, you still must follow through and raise the cash; otherwise, you've just experienced an effort in frustration.

Contact your council office for more information about fund-raising. Check out Scouts Canada's web site (www.scouts.ca) and look through

organize public car washes, bake sales, garage sales, or shovel snow for seniors, or mow neighbours' lawns. The list is endless.

Spell It Out

When fund-raising, avoid the acronym "CJ'01." Only people involved

Contact your council office for more information about fund-raising or check out Scouts Canada's web site (www.scouts.ca)

back issues of the **Leader Magazine** for ideas. Some particularly good fund-raising programs include Trail's End Popcorn, Scoutrees for Canada, the Scout Calendar, and Apple Day (in many areas). In addition, you could

in the Scout and Venturer programs know what CJ'01 means. Spell out to the public that you're fund-raising to attend the 10th Canadian Scouts Canada Jamboree in PEI in July 2001.

Good luck! ^

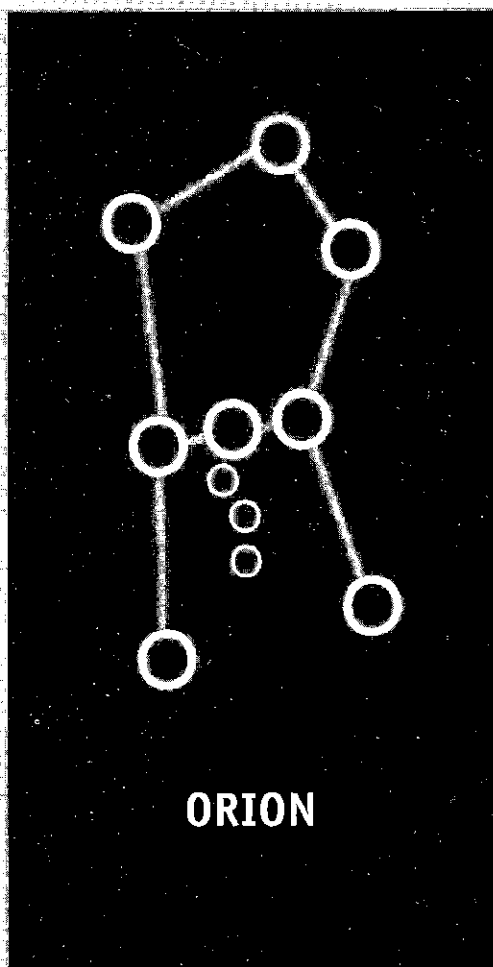


Planting Scoutrees, popcorn sales and car washes are all excellent ways to raise funds.

Photo: Scouts Canada

Fun at the Pond

by Leslie Forward



ORION

Star light Star Bright First Star I See Tonight

FOR MANY MILLENNIA, stars have fascinated people, young and old. Middle Eastern shepherds near Bethlehem stared up at stars while sitting around their campfire on the night that angels announced the birth of Jesus. Thousands of years before that historic event which changed the world, African cavemen gazed upward into the inky darkness with awe and fear as they witnessed meteor showers and comets. Even astronauts on their way to the moon have peered out of their spaceship windows at points of sparkling starlight emanating from deep space, struck by the profound beauty.

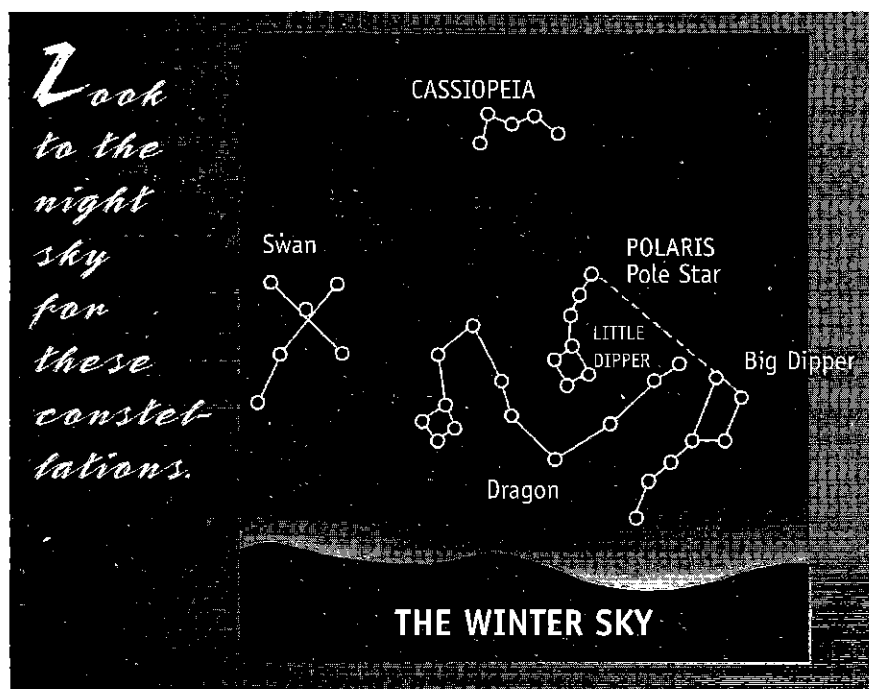
Stars fascinate and draw everyone — that's one reason why a star theme program is almost guaranteed to prove successful in your colony. Plan two evenings for this program; expand it to fit in with your Christmas celebrations. After all, a star did herald the coming of the Messiah two millennia ago.

Star-Watchers

Start your star-gazing program by taking Beavers outside to view the stars on a crisp, clear winter's night. Dress warmly while talking about blistering cold temperatures on most other planets. If you live in a city, consider driving to a nearby area with few street lights. Outside, help your Beavers locate several obvious constellations; the Big Dipper and Orion are easy to see in the sky. When you locate the Big Dipper, use the pointer stars in its dipper to find the North Star. (See diagram)

Bring along a telescope and a star chart to make observing more fun. (The "Klutz Guide to Backyard Stars" is excellent.) The telescope won't help much when looking at stars — they're so far away — but it will make the moon and its surface really come alive. Look for the shadows that make the "man in the moon" face.

Why not ask a couple of star-wise Scouts or Venturers along for the evening? Ask them to prepare by learning the mythological stories of several constellations. Your Beavers will love the stories mixed in with the star-watching.



Look to the night sky for these constellations.

THE WINTER SKY

Star Pictures

Your Beavers can make two different star pictures, depending on how creative they feel.

For one picture, you'll need black paper, aluminum foil and glue. Crush small pieces of aluminum foil into balls, and glue them onto the black paper in the shape of a star constellation. (Provide some examples of constellations.) Perhaps your Beavers would like to design their own constellation. What alignment of stars would they like to see in the night sky?

Another star picture idea would involve punching small holes in the shape of a familiar constellation in black paper. Beavers can see their star picture when they hold the paper up to a light or flashlight.

Star Ornaments

This craft makes a great activity for Christmas or Hanukkah. Even your youngest members will find it easy. You'll need bright construction paper, silver or gold spray paint, sparkles, and glue.

Make two triangles. Glue them together so they form a star of David. This is one of the chief symbols of Israel. (See diagram) Spray gold or silver paint in the centre or around the outside. Beavers might want to put on some sparkles, too. When the paint and glue dries, attach a string for hanging. These are excellent for decorating a Christmas tree or even a bedroom.

Older Beavers might try the added challenge of forming triangles using gold, red and silver pipe cleaners.

"Toss That Star!"

Cut out stars from bristol board so each Beaver has an equal number, but at least five. Divide the colony into teams, and place a small shoe box facing the Beavers on the floor two metres in front of each team.

On "Go!" the first person in each team must toss their star at their open box, trying to get it in. After he has tossed *one* star, he runs to the end of the line and the next child tosses a star. Continue until everyone has thrown all their stars.

Star Treat Cookies

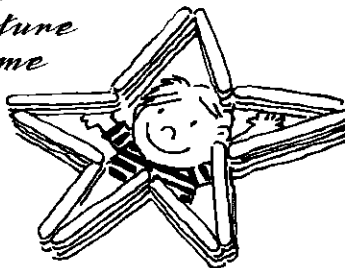
Partially mix your favourite cookie recipe and give each Beaver one rolled ball of dough. Let the Beavers knead it, then cut out a star or space alien shape. Cookie cutters would simplify the process. Decorate the creations with sprinkles, nuts, chocolate chips, and Smarties™, then bake.

Star Picture Frames

For these picture frames you'll need coffee stir sticks, bristol board, glue and a photo of each child.

Start by cutting out a cardboard star that's large enough for your photos. Glue on your stir sticks in layers along the edges of the stars until you build up sides at least one cm high. (See diagram) Then glue your Beaver picture inside. It makes a perfect Christmas gift for grandparents.

*Star
Picture
Frame*

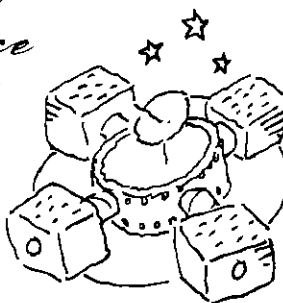


Space Cake

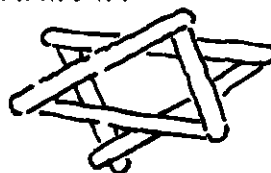
Let Keeto and your third year Beavers help make a space cake in the shape of a large star with planets circling it. Start with a square cake, then after it bakes, cut it into the pattern you choose, and add frosting.

Add licorice and other candies to give details to your star. You might want to make a moon cake, showing the face formed by shadows. Or, why not make a space station cake? (See diagram)

*Space
Cake*



*Star
Ornament*



Pin the Star on the Christmas Tree

Here's a twist on a familiar game. Cut out a Christmas tree from a large sheet of bristol board. Give each Beaver a small coloured star with tape on it. Blindfold each Beaver in turn. The object is to decorate the tree without overlapping any stars.

You could change this game so a number of planets are coloured on

the bristol board. Let your Beavers look at the centre of the cardboard where the sun (star) should go, then blindfold them one by one and let them see how close they can put their star to it.

Everyone Is a "Star"

Ask your Beavers, "Have you ever heard someone refer to a famous Hollywood personality as 'a star'?" Discuss what this means. What other "stars" can you think of (e.g. basketball stars, hockey stars, movie stars, singing stars)?

How does someone become "a star"? If a Hollywood person gets involved in drugs and alcohol, are they still stars? Are they still worth following or patterning your life after? Can a star lose their stardom? What are some really good stars you can think of right now (e.g. Fred Penner, Raffi, Santa Claus)?

Twinkle Song

Sing this song to the tune of "Twinkle, Twinkle Little Star."

Twinkle, twinkle star so bright
In the cold, clear, starry night.
Shine on high you little star
Up above the Earth so far.
Making light for all to see
With a wish for you and me.

Beaver All-Star Trading Cards

All-Star trading cards have pictures of sports pros on one side and the person's statistics on the other. Why not make some Beaver all-star cards for your colony?

Start by taking a photo of each member. Glue a photo on one side of a 5 cm x 10 cm piece of cardboard. Write down "statistics" on the other (e.g. the child's nickname, the Beaver motto, why they're a star, etc.). Laminate the card with mactac — available in hardware stores — and exchange the card with someone else in the colony. Beavers may not want to give away such a treasure.)

End the evening program by talking about the huge star that led the Wise Men to the stable in Bethlehem where God's Son was born. Our calendars start from this point in history.

Make sure everyone goes home feeling like a "star": affirmed, cared for and worthwhile. X

— Leslie Forward comes from Carbon-ear, Newfoundland.

Take Your Colony on a Winter Flashlight Walk

by Barb Spencer

What? Stay indoors just because its cold and dark? Certainly not! In fact, darkness is perfect for a night program.

Few things Beavers like more than going for a flashlight walk at night. Here's how your lodge or colony can turn dark, winter months to its advantage. Before leaving on a flashlight walk make sure parents know your plans so they can dress their child in a hat, mitts, warm footwear and several layers of clothes.

Owl Prowl

A large park with lots of trees and trails is ideal for a flashlight walk. Several years ago we made our colony's first flashlight walk into an Owl Prowl. It was easy. Leaders cut out cardboard owls, glued them onto tongue depressors, and gave them eyes made from reflective tape. Before our nighttime meeting, one of our leaders walked around the park placing the owls in the snow in readiness for eager Beavers to hunt down with their flashlights.

Groups of Beavers, accompanied by parent helpers, then followed maps and trails to locate the owls. (This makes a good introduction to maps.) While the children and helpers enjoyed their night hike and owl prowl, other leaders set up a camp stove and had hot chocolate waiting at a central location when everyone returned. (Your group might plan a short campfire program after your owl prowl.) The next day, a leader returned to the park and retrieved any owls not recovered the night before.



"The battery's charged up and so am I. Can't wait for the flashlight hike."

In subsequent years we tried out other flashlight quests:

Gold Rush: Beavers hunt down gold painted stones (treasure) placed under trees. (Use non-toxic paint.)

Star Trek: Cut out stars and spray them with luminous paint. Hang them from low branches so Beavers can easily find them.

Dinosaur Egg Hunt: We put pipe cleaner dinosaurs in plastic, hollow eggs, then placed them into an egg carton sitting in a plastic bag (to keep out snow and ice). Leaders placed these in clusters inside a straw nest at strategic points in the

park. Beavers 'hatched' their dinosaurs after finding them.

Alien Hunt: Leaders made toilet roll spaceships containing a rolled up picture of an alien. These were put in clusters in well treed areas. Beavers were told Martians had landed and, in coming through the atmosphere, had lost their colours. Beavers were to take the Martians home and give them back their colours (colour the pictures with crayons).

Flashlight Tips

Keep these details in mind during your program:

- ☐ Recruit lots of parent helpers.
- ☐ Someone must set up the items and retrieve them afterwards. Someone else needs to make mini maps for each group.
- ☐ Leave no litter.
- ☐ Use only environmentally safe paints and materials.
- ☐ Specify a return time and location so all groups can meet up for hot chocolate before heading home.
- ☐ Have extra treasures in case not all are found; after all, each Beaver will want one to take home.
- ☐ Tape names on flashlights.
- ☐ Dress warmly.
- ☐ Be imaginative.

Both parents and Beavers loved these programs that offered a change from indoor programs. It's also a great way to involve local Cubs who can accompany Beavers as they travel in small groups searching for their owls, aliens, stars, gold or dinosaurs. ^

—Barb Spencer lives and Scouts in southern Alberta.



Book Talk (For Beavers)

by Dave Jenkinson



BECAUSE MOST FIVE-year-old Beavers can't read, leaders can serve as excellent role models by showing them the joy of reading. Here's a quintet of titles which you or Keeco could read to your Beavers.

Robert Munsch's newest book, *We Share Everything*, brings new meaning to the Beaver motto, "Sharing, sharing, sharing." On their first day of kindergarten, Amanda and Jeremiah keep getting into trouble because they refuse to share. Their teacher must continuously remind them, "In kindergarten we share. We share everything." Finally, the pair get the idea and begin to share their clothes. Much to the teacher's consternation, all children in the class follow suit! Martchenko's cartoon-like illustrations add to the story's fun. (Cubs: Reader Badge 5)

No Dragons for Tea, by Jean Pendziwol, was written with the assistance of Brian Berringer, a captain in Thunder Bay's Fire Department. As suggested by the subtitle, *Fire Safety for Kids (And Dragons)*, the book has a serious purpose, but it gets its message across in a very non-preachy fashion. After a little girl invites her new friend — a dragon — home for tea, the dragon sneezes. Shooting flames from his nostrils and mouth, the dragon accidentally sets the house on fire. While the child has been taught the appropriate actions to take should a fire occur, the panicky dragon does all the wrong things, including hiding and attempting to re-enter the house to retrieve his teddy bear. All ends safely, and the two friends even get to sit in the fire truck which came to extinguish the blaze. Five rhyming couplets make up "The Dragon's Fire Safety Rhyme" which, along with a 10-point fire safety checklist, concludes the book. (Cubs: Reader Badge 5)

Betsy Jay explores the fact that many young children have fears, such as a fear of the water. In *Swimming Lessons*, Jane (a little girl) is adamant that she is not going to take any summer swimming lessons. "If you make me get into the water, bad things will happen," she says. While Jane sets about creating all sorts of reasons why she shouldn't take swimming lessons, including

"I wasn't
scared.
But
everyone
else was."

that she is part cat and cats don't swim, her parents manage to counteract them all. Finally, the day arrives when lessons are to begin. Initially hesitant about jumping into the pool, Jane takes the plunge in response to a boy's taunt, "You're a chicken. Chickens and girls can't swim." Once in the water, she discovers, "I wasn't scared. But everyone else was." Certainly *Swimming Lessons* can just be another fun read, but it could also be a way to talk about fears and/or teasing in the colony. (Cubs: Reader Badge 5)

Welcome to the World of Beavers sounds like a slogan which should be found on a Beaver section recruiting poster; it's really the title of a book, just one of more than a dozen easy reading titles that Diane Swanson has written to introduce a variety of animals. Generously illustrated with colour photographs, *Beavers'* seven short chapters provide an excellent overview of this interesting animal.

New Beavers to your colony will like the easy way this book explains terms like "colony," "lodges," "dams," "tail slaps" and "river banks." (Cubs: Reader Badge 5)

The Beaver Promise calls upon Beavers to love God and help take care of God's world. Finding ways to make the Promise real in an age appropriate fashion is usually a challenge. Personally, I've always been amazed by the variety of God's creations. Consequently, when I found Wayne Lynch's *Whose Feet Are These?*, I saw a book which could be used both as a fun puzzle and as a connection to the Beaver Promise. Seven full-colour closeup photos of the foot of a mammal, bird or reptile are accompanied by text which provides hints to discover the foot "owner's" identity. Turning the page provides the "answer" — a photo of the whole animal, plus additional information. The "mystery foot" could be introduced at the beginning of a meeting, and, after guessing, the answer revealed at the end. While some feet belong to creatures common to Canada, others are more exotic, and Beavers might only be able to guess whether they are mammal, bird or reptile. Tying the feet varieties to the Promise could involve exploring how God (the creator) gave each creature what it needed to survive.

Book Details

B. Jay, *Swimming Lessons*, Illustrated by Lori Osiecki, Whitecap Books, 1999: \$8.95.

W. Lynch, *Whose Feet Are These?* Whitecap Books, 1999: \$8.95.

R. Munsch, *We Share Everything*, Illustrated by Michael Martchenko, Scholastic, Cartwheel Books, 1999: \$11.95.

J. Pendziwol, *No Dragons for Tea: Fire Safety for Kids (And Dragons)*, Illustrated by Martine Goubault, Kids Can Press, 1999: \$14.95. (Paper version: \$5.95)

D. Swanson, *Welcome to the World of Beavers*, Whitecap Books, 1999: \$6.95.

Are All Your Traditions, Customs and Habits Still Helpful?

by Bryon Milliere

HOW OFTEN DO YOU ACT out of habit? Traditions, community, cultural or religious customs and habits play an important role in our lives; they bring order to our world. They shape our lives.

We realize the significance of traditions and the familiar when we experience change. Our workplace, schools, families and communities are undergoing tremendous change due to down-sizing, technological advances, advances in human rights, evolving societal norms, higher employee turnover, and changing family expectations. Losing familiar points of reference can be stressful. Eventually, most people adjust and adapt their thinking, but this doesn't always happen easily.

When Traditions Change

Feeling upset about a recent change? Stop and think about *why* you're upset. Does the change really affect your life in a negative way or are you just uncomfortable with the break in your familiar routine? Does



Scouting traditions build a sense of belonging and pride. Look at your other traditions. Are they helpful and healthy?

Photo: Scouts Canada archives

the change challenge your beliefs and values? Put it into perspective and look for an opportunity.

What changes have members of your group experienced in the last few months that have required adjusting ways of operating or thinking? (These might include: a new six or patrol, a move, birth of a family member, changing grades, joining a new team.) How have youth members

coped with the changes? As the amount of change increases for an individual, a person's coping ability may decrease. Talk with members about how they can help each other during periods of change.

When Traditions Are Harmful

All my classmates dreaded the first day of high school because we had heard stories how older students em-

FROM OUR BELIEFS,
WE FORM VALUES.
FROM OUR VALUES,
WE MAKE DECISIONS.
FROM OUR
DECISIONS,
WE DEVELOP HABITS.
FROM OUR HABITS,
WE FASHION
OUR DESTINY.

Customs Change as Society Changes

Remember "the good old days" when parents felt it their duty to use strict discipline and punishment to make kids conform?

"It didn't hurt me," they say decades later. Some cultures still believe this behaviour is appropriate. Our schools no longer use corporal punishment, and physical abuse is a crime. Learn effective alternative approaches to developing self-discipline and appropriate behaviour among youth in your care. The youth will carry your example with them into adulthood, the same way we all learned from adults in our lives.

Mourn the past if you must,
but do it quickly and get on with the future.

— a youth member discussing change in Scouting

barrass grade nine students through initiations. (These practices were also common in sports teams.) Society has recently declared such practices inappropriate, especially when the ceremonies or traditions can lead to physical, mental or social harm. Leaders must be diligent to ensure youth are not subjected to this type of initiation practice.

Remember how Scouting's Mission seeks to develop youth physically, mentally, socially and spiritually? Welcome new members to a Scouting section with a celebration of their membership. Make them feel special. Receiving the group neckerchief and respectful treatment by older members will promote a greater sense of

belonging and self-worth than surviving a tradition of embarrassment.

Superstitions and Routines

Many professional athletes and their younger admirers cultivate customs or routines they run through before every game. These range from the humorous to the ridiculous. They might do their skates up the same way and in the same order as they have since they were five years old. Some athletes put so much faith in the routines that they become fearful if anything changes. They're superstitious.

Routines help to set off a series of actions either good or bad. We practise first aid over and over until the

steps become routine for easy recall. What routines can your youth members identify in their lives? Tying their shoes? Saying, "Thank you?"

Over the next couple of weeks ask your sixes or patrol leaders to identify the section's routines and traditions. How do these routines bring order to the meeting? How do traditions build a sense of belonging? Does anything need updating?

Make sure your traditions support our Mission. ^

Q: What is the difference between a grave and a rut?

A: About two metres.

"We've got a great tradition. Before Canada Day we make red maple leaves."



Photo: Sharon Swift

"If you do something twice in Scouting, it's a tradition."

— M. Spivack

WHAT TRADITIONS DOES your group have? It may be time to retire some annual events and start some new ones. Everyone craves variety. Just because an event proved successful once doesn't mean you have to duplicate it every year, in the same way.



Scouting's Mission

To contribute to the development of young people in achieving their full physical, intellectual, social and spiritual potential as individuals, as responsible citizens and as members of their local, national and international communities through the application of our Principles and Practices.

Énoncé de Mission du scoutisme

Collaborer au développement des jeunes afin de leur permettre d'atteindre leur plein potentiel physique, intellectuel, social et spirituel en tant qu'individus, citoyens et citoyennes responsables et membres de la communauté sur les plans local, national et international par l'application de nos Principes et Pratiques.



Go For Green Today!

by Ross Francis

Looking for new trails to hike in your area?

So is "Go For Green" as it launches its TrailPAQ, a trail database for Canadians. Go For Green is a national, not-for-profit organization dedicated to encouraging Canadians to be physically active in the outdoors in ways that protect, enhance and restore the environment.

On June 4th, 1999, Compaq Canada and Go For Green entered into a \$1 million, 10 year agreement to develop a world-class Canadian trails web site called TrailPAQ. The TrailPAQ web site will be the most comprehensive, informative and entertaining one-stop destination for Canadian trail information in the world. It will include almost everything you ever wanted to know about trails: heritage trails, hiking/biking trails, both locally and nationally.

Helping Scouts

Go For Green's passion for hiking trails is great for Scouting for at least two reasons:

- ☐ It's an opportunity for groups to help Go For Green build the database and provide community service.
- ☐ Once completed, the database will serve as a valuable resource for Scouts looking for new areas to explore.

TrailPAQ will be officially launched on National Trail Day in North America, June 3, 2000. The web site will:

- ☐ Support community-based trail initiatives

- ☐ Share trail building information
- ☐ Inform Canadians about trail experiences
- ☐ Promote outdoor trail adventures internationally.

How Will Go for Green Develop TrailPAQ?

Go For Green is presently collecting information on trails right now; the organization hopes to have details on 2000 trails on the TrailPAQ web site when it's launched in half a year. Each trail will be described completely for visitors using consistent criteria. This means users will be able to know exactly what trails are like.

How Can Scouts Canada Get Involved?

If your Scout troop or Venturer company is interested in assessing a trail near you and documenting details for the TrailPAQ web site, give Go For Green a call at 613-562-5313. Check out their web site in early January (www.goforgreen.ca) and gather details on how you can get involved.

These measures are great for Canadians and Scouting alike. Why not plan this as an outing for your group? Perhaps it could even be worked into a badge.

Now your group will always have the best information on the best trails in your area. Can you think of a better way to prepare for Jamboree on the Trail next year?

Go for Green today. ^



"We found the perfect trail on the Go For Green web site!"

Dig in to a Cub Archaeological Camp

by Shelley Schafer

WHEN WAS THE LAST time you not only let your Cubs dig in the dirt while they earned Scouting badges, but also gave them an incredibly interesting history lesson?

If you've never done it, listen up.

We live near Fort Battleford, Saskatchewan. Because our Cubs wanted to earn their Canadian Heritage Badge in a unique way, we packed them up and spent the weekend at Fort Battleford.

After arriving at the fort and packing away our gear, the pack sat down and watched two fascinating films that outlined the history of our area and the fort's role. Then we headed outside to work in an archaeology site — a definite highlight activity for the Cubs. Before setting to work, a guide showed us how to dig without breaking any artifacts. Soon the kids were hard at work excavating; I've never seen them so quiet.

In no time at all, a ripple of excitement spread among our archaeological diggers; someone had just found our first treasure — an ancient nail. Almost two centuries ago, someone dropped it into the grass. Within minutes our Cubs had unearthed other nails, old china, glass bottles, as well as buttons, rotting wood and spent bullets.

After several hours we took a break and toured the fort's mess hall,



Photos: Scott Schafer

now converted into a museum. Inside we saw several original uniforms, muskets and Native Indian ceremonial decorations. The museum also held a Red River cart, a birch bark canoe, and a telegraph complete with old acid batteries. It was like an educational smorgasbord for the Cubs.

By mid-afternoon our 'troops' were growing restless so everyone dressed in old North West Mounted Police uniforms and learned how to march around the parade square.

All of the Cubs loved calling out, "Yes sir!"

That night we gathered around a campfire inside the fort, before retreating to the jail cells where we unrolled our sleeping bags and enjoyed a warm, dry night.

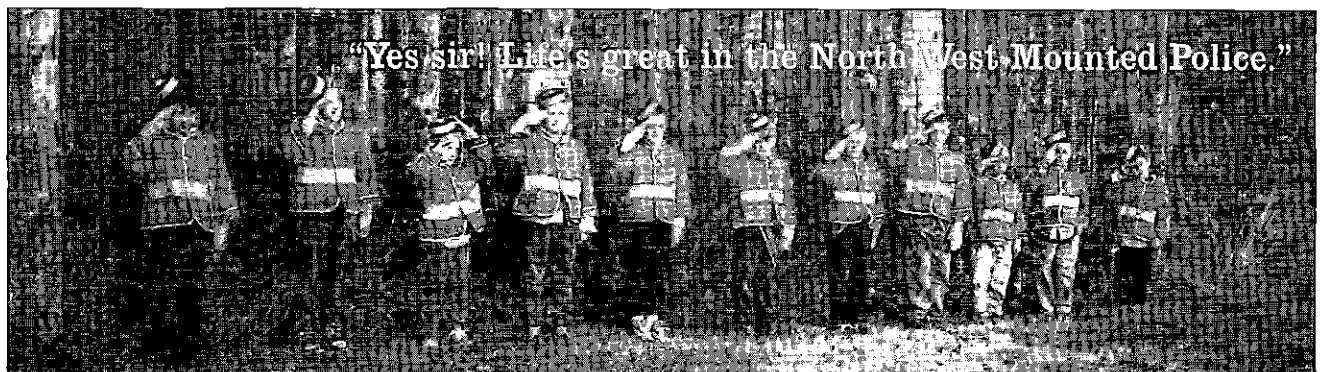
Mounted Police Olympics

After a Scout's Own and a self-cooked breakfast of sausage, eggs and bagels, we limbered up for the North West Mounted Police Olympics. Among other things, events for the day included gunny sack and wagon pulling races.

During the weekend we tied as many Canadian Heritage Badge requirements as possible into the program. By the time we headed home, everyone had not only earned their badge but experienced frontier life.

Find out if you can camp out at a fort or heritage site in your area. Then build an entire program around it. Your Cubs will love the adventure.

—Shelley Schafer Scouts in Saskatoon, Saskatchewan.



CROSS-COUNTRY PHOTOS



Roast the Perfect Marshmallow

"Watch out that it doesn't turn into a flamer!" During a recent canoeing trip to Vaseaux Lake Provincial Park in OK Falls, BC, Scouts Erica Boyda and Mike Oviatt taught Scouter Jodi Johnston how to roast the perfect marshmallow. The troop came from the 9th Penticton Group. Photo: Debbie Oviatt



SHAKE HANDS WITH THE PRIME MINISTER

Nicholas Miller, a Scout with the 8th Brockville Troop in Ontario, was invited to attend a farewell party for Chief Scout Roméo Leblanc in Ottawa last October. At one point Prime Minister Jean Chretien came up to him and shook his hand. "What a great surprise!" said Nicholas afterwards.



Job-Shadow at the Top

Eleven-year-old Scout Andrew Wahlstrom got the chance to job-shadow with Alberta's Minister of Municipal Affairs (Iris Evans) and Premier Ralph Klein last spring. Andrew is a member of the 153rd Scout Troop in Ardrossan, Alberta — within Ms. Evans' constituency. Andrew was introduced to the legislative assembly, sat in the Premier's desk, observed a signing ceremony with members of the Métis Nations Association of Alberta, and lunched in the legislature dining room. Photo: Jackie Forrester

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Meet Our Award-Winning SCARECROW



Beavers from the 1st Milltown Colony in St. Stephen, NB, won first prize at a scarecrow-making contest. Their entry ("Harvesting Pumpkins") earned them \$125 and a certificate for their efforts. "Colony members decided to use the money to buy groceries for a single mom at Christmas," said Scouters Lori Hochwarter and Andrea Ring. "Not only did the Beavers learn about sharing, but they had a ball!"



Scouting Members Climb to New Heights

Looking for a terrific linking event that will help Scouts learn their Campcraft Badge? Scouts and Rovers from the 22nd St. Catharines (Ontario) Group joined together to build this pioneer tower at Camp Wetaskiwin. The project proved a towering success. After they completed it, everyone wanted to be "king of the castle." Photo: Kevin Paxton



Waiting for the Big One to Strike!

Daniel Tappendum, a Beaver with the Cottonwood Colony in Wawa (Ontario), waited patiently beside his hole during an ice fishing program his group enjoyed last winter. "I only got a nibble," Daniel said later, "but it was great trying something I've never done before." Temperatures for the Saturday outing proved to be warmer-than-average for the northern Ontario community. Photo: Deanna Moniz \



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Plan Ahead for Key Spring Purchases

by Ben Kruser

Pedal to the metal: that's the speed most people live their lives.

Between work, family and other obligations, doing "Scouting stuff" often drops to the bottom of priority lists. Unfortunately, last minute buying has become a habit with many of us, and the consequences are often too stressful even to consider.

Why not break the habit of panic shopping this spring? Make a list of material needs at your next leader's meeting. Buying ahead will ensure you have all the program products you need when you need them. It will also help your local Scout Shop avoid an order processing log jam at our warehouse facility. Here is a sample of seasonal, high demand products:

- January:* Winter camping gear such as Dutch ovens, sleeping pads and campfire blankets, are always in great demand. Stock up now before your New Year's camp. Don't forget winter camp craft kits, such as craft lace.
- February:* Scouts Canada placemats, napkins and stationary are popular for Scout-Guide Week events. These supplies can go fast!
- March:* What Cub pack can do without Kub Kar kits and crests? Don't get caught short on these key program items.
- April:* Is it time for your group to get new tents? Spring camps are now starting.
- May:* Going up ceremonies and Chief Scout Awards abound in May. Do you have enough Chief Scout crests on hand for the ceremony? What about camping and outdoor badges? Do you have enough supplies for the big campfire award's night?
- October:* Groups always want lots of Apple Day tags and crests in the fall. You can't run the event as smoothly if you're in a panic over getting tags.

Don't Get Caught

If you want to avoid disappointments, make purchases two to three months in advance of upcoming events. Your group should be planning the Kub Kar rally now, not in February when the rush for kits will be peaking. By March you should have all material supplies needed for your local Chief Scout's Award. Buy your Apple Day tags in June. Put the materials aside in a safe place, and spend your free time trying to maximize the fun you're going to have, instead of worrying about whether your Scout Shop rush order is going to reach you on time. X

Buy now. Avoid the product log jam!

The Chief Scout's Challenge

by Jim Nichols

"Scouter, I want to work towards my Chief Scout's Award. What do I have to do to come up with a challenging program? Can I copy it from a book?"

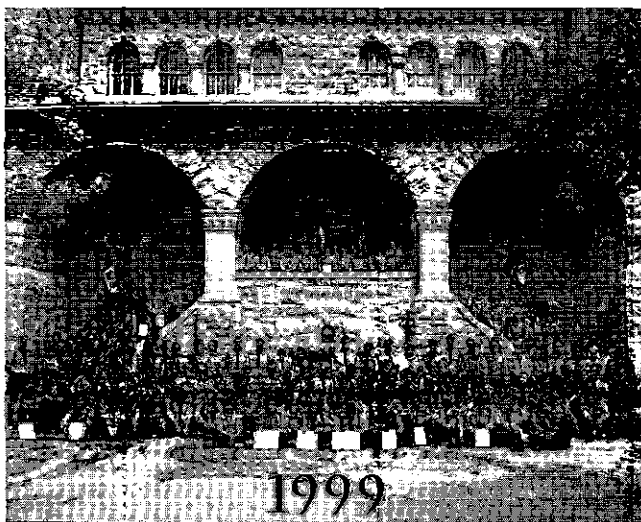
Have any of your Scouts asked these questions yet? They're great questions, especially this early in the new Scout program's life. (It was introduced in September 1998.)

Before offering an answer, let's look at past standards. When I was a Troop Scouter and Service Scouter, a frequent problem that kept arising concerned the "rules" imposed by Chief Scout's Award requirements. These didn't always fit for every Scout's circumstances; sometimes the troop's locality worked against the kids. In other cases, leaders encountered difficulties applying what appeared to them as rigid requirements.

Program Roots

Today's program features an underlying theme: "The opportunity for a Scout to learn to make choices." As youth progress through the Scout program, the skills needed to make these choices should become increasingly demanding.

The Chief Scout's Award is designed to ensure Scouts take advantage of opportunities to make choices in their Scouting program. By making meaningful ones, Scouts Canada hopes youth will gain experience and skills uniquely suited to their individual needs.



CHIEF SCOUT'S & QUEEN'S VENTURER AWARD CEREMONY

QUEEN'S UNIVERSITY, KINGSTON, ON
JUNE 5, 1999

Photo: Voyageur Region, Scouts Canada

Requirement #6

Each Scout activity area contains a number of sub-components which, as a whole, provide the attitudes, skills and knowledge required to achieve the Pathfinder Level Award. When developing a challenging program to earn the Chief Scout's Award, Scouts are expected to improve their skills to a level beyond what is appropriate for the Pathfinder level.

The Chief Scout's Award requirement #6 compels Scouts to extend their attitudes, skills and knowledge beyond the level they reached in the Pathfinder Award.

Scouts should choose activities that extend the skills acquired in each of the activity areas (Citizenship, Leadership, Personal Development, Outdoor Skills) by:

- A) delving deeper into the subject chosen for the Pathfinder level. For example, a Scout might have made the choice to explore the Block Parent program in their community, and report on it as part of the Personal Development Pathfinder Award. At the Chief Scout level, the youth could explore this project in greater depth by researching the Block Parent organization further on a national or international level, and then helping out locally in some way.
- B) choosing to explore a subject other than the one used to get the Pathfinder's Award. For example, the topic of "froshing" may interest Scouts. Scouts might decide to explore the community's position on this activity in the schools. Youth could further their knowledge and impact on the subject by volunteering as a member of their school's Student Council or other committee which tries to provide solutions to this problem.

What's an example of a choice in the Outdoor Skills activity area?

Scouts might choose to really hone their winter survival skills; in addition, they could train in wilderness first aid, and search and rescue techniques.

The Chief Scout's Award does not require Scouts to address every component of an activity area to achieve recognition. However, the chosen activity must challenge the individual's skills, and the sharing of the learnings must exceed expectations of a Pathfinder Scout.

TROOP SCOUTERS PLAY AN IMPORTANT ROLE WHEN SCOUTS ARE DECIDING WHAT CHALLENGES TO ACCEPT AND DEVELOP.

Scouter's Role

Troop Scouters play an important role when Scouts are deciding what challenges to accept and develop. Troop Scouters should act as "sounding boards" and offer advice when asked (or when a situation warrants it). Often, Scouts need direction to get started on these tasks. Counseling will often help open up doors to their imagination. When their creative juices start flowing, a Scouter may be able to offer suggestions to make implementing the dream easier.

Process Is Vital

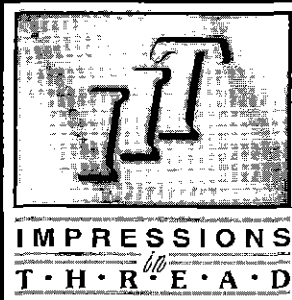
Never forget that the process is as important as the outcome. Offering plans for discussion and approval by peers, and ongoing evaluation are integral parts of this most important requirement.

— Jim Nichols worked as APC Scouts in Alberta during the Scout Review. As well, he headed up the group of Scouters who proposed revised Chief Scout's Award requirements.

A NEW ROLE FOR CHALLENGE BADGES

Under the old badge system, leaders often considered Challenge badges as optional, "hobby" badges that Scouts could work on if they were interested — usually on their own time. Because these badges did not affect a youth's progress towards their Chief Scout's Award, leaders seldom included them when planning the troop program.

The new Scout program really emphasizes Challenge badges; the badges now form an important part of a Scout's path to the Chief Scout's Award.



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Should Scouting Allow Smoking?

by Ian Mitchell

NO SMOKING OF ANY KIND! Smoke if you wish. No smoking in uniform. Smoke only in designated areas! No smoking during program activities. Smoke out of sight of children. Don't be seen to promote smoking.

These are only some of the many comments Scouters have sent the National Office regarding smoking.

We've all seen it: young people smoking outside malls, in parks or even in their own home. There's not much anyone can do about it in these settings, but in Scouting the issue goes much farther. Should anyone — adult or youth — be permitted to smoke during our activities?

Notes From the Field

Here are some examples of letters we've received from members.

"I feel that Scouts Canada should develop a non-smoking policy and

restrict blatant smoking by leaders in front of children. Scouts Canada should also not permit smoking in Venturer companies, even if they try to put it into their by-laws. When I was a leader, all sections met at the same time and on the same night. I often had to run the gauntlet of other leaders and parents smoking at the school door. Kub Kar rallies were held in a smoke-filled hall. It made it very difficult to tell Scouts that smoking wasn't good for them."

"I agree that smoking should be discouraged during Scouting activities, and that Scouts should not be permitted to do anything illegal at any time. But, as a Venturer advisor who smokes, I do not agree that this one drawback makes me a poor role model."

"Scouting should definitely and defiantly butt right into the smoking debate. Our goals as leaders should be to educate and guide youth along good paths so they can make correct and healthy choices. Youth must be taught, reminded and warned about the consequences of starting to smoke. Smokers should NEVER light up in the presence of youth. It's time to lead by example."

"I think that if a leader smokes it's that person's own choice, but no one should smoke around Beavers, Cubs or Scouts."

Clouded Issues

Since Baden-Powell started Scouting, ours has been a values-based or-

ganization. Given the fact that smoking affects health in very immediate and harmful ways, you would think that Scouting should ban smoking. Right?

This is where issues start to blur.

Some people would argue that by simply allowing someone to smoke we are promoting it. Others would say that by teaching about the harmful effects of tobacco and encouraging youth not to smoke that we have upheld our values-based teaching.

Discussion to Date

Last May, the National Program Forum (made up of all provincial and territorial commissioners) supported the position that "It is inappropriate for any member to smoke in front of youth at any Scouting activity." The National Program Committee recommended this decision.

In November, National Council considered this statement. We will report on future developments on this smoking issue in an upcoming **Leader Magazine**.

Until National Council makes a firm decision on smoking, keep the welfare of all youth and adult leaders in mind. X

Lord Baden-Powell's View

"Someone asked me: 'What is the order against Scouts smoking?'

"My reply was that there was no order at all, but every Scout knows that the boy who smokes is a fool, and we have an understanding in the Movement that 'a Scout is not a fool.'"

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Related Venturer Activities

These activities tie into smoking concerns that some youth and parents share.

1. Explore the Personal Fitness Award; it includes a requirement to research long-term effects of drugs (including nicotine).
2. Visit a local hospital's heart or respiratory diseases ward. Many

people who suffer from long-term tobacco use will eagerly talk to young people about how smoking has affected them.

3. Hold a round table discussion about why teenagers start to smoke. How do peer pressure, rebelliousness, role models and acting like an adult influence decisions to smoke?

How Much Do You Get Paid for Scouting?

If all Scout leaders got paid, how much would it cost?
A lot, of course, I thought but then it struck me: have I been paid *already* for my work and commitment?

Going to work everyday can become very stressful, but Scouting gave me something with which to relax. When I sought challenge, Scouting gave it to me. When I wanted to achieve something, Scouting gave me a goal. When I wanted to have fun, Scouting gave me a place to have fun. But the biggest part of my Scouting pay cheque has frequently come when Scouting gives me something to believe in when the rest of the world seems to have gone mad.

Is that a good return on my effort? You bet!

So what does Scouting give me? Excellent pay and even better job satisfaction. How much does Scouting pay you?
— Alan Vickers is the district commissioner in Rideau Lakes, Ontario.

Time to Butt Out?

In the great swirling debate for and against smoking, I believe that Scouting must take a stand. We advocate a clean healthy lifestyle and obeying laws. We also extol the virtues of setting a good example, yet when it comes to an issue like leaders smoking around their youth, we waffle and try to ignore it.

Yes the Movement needs leaders, but not at the expense of our principles. Scouting should take a strong anti-smoking stand that reflects society's values. In only very rare cases would this mean expelling leaders who smoke, continue to smoke and show a very bad example.

— Andrew Sweeny is a Beaver leader.

Editor's Note

In its May '99 meetings, National Council accepted the following policy statement: "It is inappropriate for any member to smoke in front of youth at any Scouting activity." This will appear in the next revision of B.P. & P.

For more thoughts on smoking, see the Venturer Log column on page 32.

I Can Make a Difference with Scouting

When I was 13 years old my knees started giving me problems. Now 22 years later, I'm permanently disabled with arthritis. I drive a three-wheeled scooter and cannot walk for any great distance. I also wear braces on my hands and wrists.

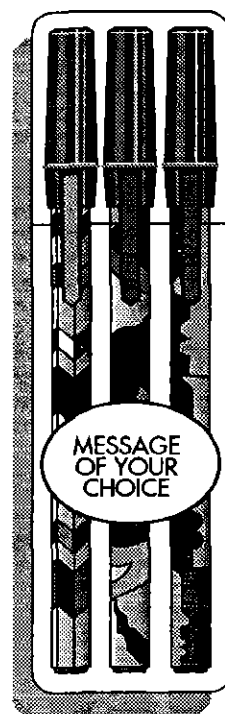
Until 1992, I hadn't gone camping for years simply because I thought the wonderful years I had spent in the outdoors had passed. But Scouting gave me new life. I went to CJ'93 and lived in a tent for 10 days. Since then I attended AJ'95, CJ'97 and AJ'99. During these events I helped Scouting members earn their disability badges and much more.

Scouting teaches me that even though my body sometimes fails me, I still can contribute and help others. Scouting's great. It has really built me up. ^

— Scouter Thérèse Murray, Calgary, AB.

Editor's Note

Please send us your comments and ideas, as well as your best program material and themes. We publish only signed letters (or e-mails), and will edit for length and readability.



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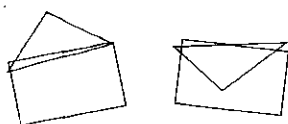
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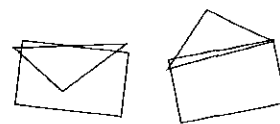
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Pen Pals

From across the World



Australia

Send me an e-mail quick! I'm a 17-year-old female Venturer in the 1st Rathmines Company. I need someone to write to so I can earn my Queen Scout Badge. We can 'talk' about life, Scouting activities, our homes and having fun. My letters won't be boring — guaranteed! Here's my e-mail address: Lauriis@home.com.

Brazil

My name is Enrico Calvette. I read and speak a bit of English and would like to get to know Canada more. Particularly, I'd like to exchange Scouting badges and ideas with a Scout. My e-mail address is: calvetteconti@uol.com.br

Canada

My name is Tim Vance. I'm Akela with the 1st Wasaga Beach Cubs, ON. I'd like to write to other Cub leaders for program ideas. I'd also like to find pen pals for my 22 Cubs. My address: 12 Donald Cres., Wasaga Beach, ON; fax: (705) 429-1822.

Czech Republic

I'm a Scout interested in collecting stamps, emblems and Scouts belts. I also like archery and wrestling. I'd like to hear from Canadian Scouts who are interested in similar hobbies. My address: Lukas Kropik, Chudenicka 22, 102 00 Praha, Czech Republic.

Chile

My name is Edith Guerra. I'm 13 years old and I don't speak English, only Spanish. If you would like to write to me, here's my address: Edith P. Guerra, Calle Cuba 3320 El Salto, Recoleta, Santiago, Chile

Germany

Fifteen-year-old Claudia Berndt, a German Scout, would like a pen pal to learn about Canada and Canadian Scouting. Her address: Kunibertstr. 15a, D — 40723 Hilden, Germany.

Ghana

I'm a 16-year-old Scout who'd like to write to two male and two female

Canadian Scouts or Venturers. Interested? Here's my address: Michael Kudabor, Abeka "3" J.S.S., P.O. Box 142, Abeka - Accra, Ghana.

Latvia

Our Scout group consists of 12 boys and four girls. We live in the city of Yelgava in Latvia. We'd love to find out about life in Canada. Would you write to us? Our e-mail address is: scout@inta.cs.ltu.lv

Mexico

Hi! My name is Nahiely Flores Fajardo. I live in Mexico City and am 20 years old. I've been a Scout for 16 years. I'd love to hear more about Canada, so please write me at: nahie flores@hotmail.com

Please Note

The Leader provides the Pen Friends column as a forum to exchange addresses between pen pals. The Leader does not conduct any investigation prior to listing these names, and assumes no responsibilities with respect to contacts made.

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SCOUTER'S 5

Change Your Thinking

- ☐ New Years is a time to review the past and look for ways to improve the future. Here are some thoughts to consider as the new millennium approaches. Before January 1, 2000, break into small groups and talk about the words below. Encourage your Scouts to make up a list of do-able resolutions that can improve their lives.

- ☐ How noble and good everyone could be if, every evening before falling asleep, they were to recall to their minds the events of the whole day and consider exactly what has been good or bad. If people did this they would start the next day trying to improve themselves. Over time, a person would achieve great things.

Anyone can end their day like this: it costs nothing and is certainly very helpful. Why don't you learn this lesson? You'll soon find that a quiet conscience makes one strong!

— Adapted from *The Diary of Anne Frank*

- ☐ "A man is what he thinks about all day long."
— *Ralph Waldo Emerson*

"For as he thinketh in his heart, so is he."
(*The Bible, Proverbs 23:7*)

- ☐ "A man's life is what his thoughts make it."
— *Marcus Aurelius*

- ☐ "Change your thoughts and you change your world." — *Norman Vincent Peale*

Scouter's Five Minutes

Dec. '99

RECIPES

Cooking Over Coals

- ☐ It's almost impossible to find the exact temperature of campfire coals. Here is a special test that will improve your guesstimates.

When cooking with Dutch ovens, try the flour test. Put 5 mL of flour on a pan in the oven. Replace the lid and wait five minutes. If the flour turns light tan, the oven temperature is about 122°C. If the flour takes on a medium tan colour, the temperature is about 177°C. When the flour turns dark brown, the oven is set at about 230°C. If your flour turns dark brown in less than five minutes, the oven is extremely hot — about 280°C.

— *Guy Mandeville is ADC Training in the Trenton District/White Pine Region, ON.*



- ☐ **Melted Snack**

Beware of nut allergies with this and the following snack. Melt 250 mL peanut butter, 125 mL butter and 125 mL chocolate chips together.

- ☐ Empty one box of Crispix™ into a large bowl and pour the melted mixture over it. Stir the concoction until it covers the Crispix™. Put the coated cereal in a paper bag with 550 mL of icing sugar, and shake vigorously. Now all you've got to do is eat it!

Your Cubs or Beavers will love the taste.

— *Andrew Ramsey, 1st Harewood Cubs, Nanaimo, British Columbia.*

Recipes

Dec. '99

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Cinnamon Delight

This treat makes a great mug-up snack for Beavers, Cubs or Scouts. Simply spread apple sauce over whole grain toast and sprinkle with a little cinnamon. Why not try it during a campfire?
— *Rene Compton, Ottawa, ON.*

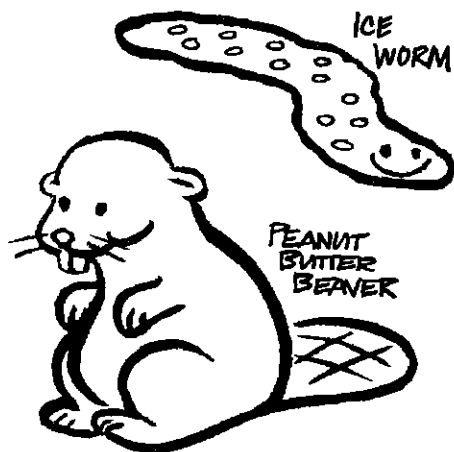
Peanut Butter Beavers

This delicious play dough makes enough for two to three Beavers.

Combine 250 mL peanut butter, 125 mL milk powder, 125 mL wheat germ, and 60 mL honey in a bowl and thoroughly mix them together.

Use the edible dough to sculpt a miniature beaver, or an ice worm if you're at a winter sleepover camp. (See diagram) Your peanut butter beavers can be decorated with Smarties™ or chocolate chips for eyes and noses. Uses loops of licorice for tails.

If the mixture gets too sticky, just add more milk powder. Beavers can take their sculptures home, but most likely they'll want to eat them on the spot!



Recipes

Meeting Closing #1

No matter where you are, God is there. No matter what you have done, the Lord God wants to forgive. No matter how reluctant you are to accept God, He has accepted you. Your Heavenly Father knows who you really are — deep down inside — and He still loves you passionately.

Reach out and speak to Him right now. Tell Him your concerns and what's bothering you.

"But I don't know if I believe," you might say.

That's okay. All understanding and growth begins with questioning. God wants to hear your honest questions. Pour out your heart; start talking to Him.

Not everything in life is visible. You can't see the wind, yet you know the wind is everywhere. You can't see love, yet love and friendship are everywhere, too. So is God. Some of the best things in life are invisible. You can't see God with your eyes, yet He has been pursuing mankind through countless generations, calling individuals — like you — to stop and pause.

No matter where you are, God is there. No matter what you have done, the Lord God wants to forgive. No matter how reluctant you are to accept God, He has accepted you. Your Heavenly Father knows who you are, and cares deeply.

Meeting Closing #2

Nobody can do everything. But everyone can do something. And together we can do it all.

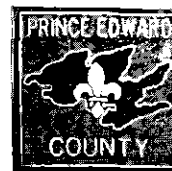
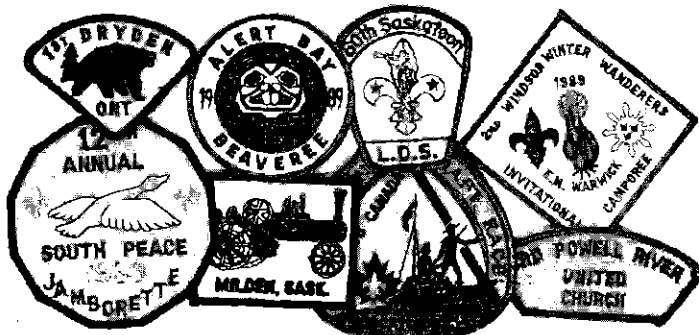
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1st Shubenacadie Group in Nova Scotia

by Heather Sieniewicz

OUR RURAL SCOUT GROUP REGISTERED 49 youth last year, and we're growing strong. The current leadership team deserves credit for keeping us on track. The district council also provides strong support.

When co-ed issues concerned several parents, our leaders stayed neutral and didn't let their personal feelings inflame discussions. Girls are now successfully enrolled in our programs. New or different ways of working always require adjustments. Instead of getting embroiled in issues, we stay focused on the youth and their programs.

Our Akela thoroughly enjoys his role. Not surprising, all leaders work well together; they sort through any opinion differences and always arrive at a solution that is best for the kids. Leaders have regular planning meetings and participate in most council and linking events. Their involvement with the youth on a day-to-day basis is truly impressive. Our Scouters really seek to listen to the needs of youth.

Our Scout troop faced some challenges last year, but six Cubs have moved up this year. With our new leadership team in place, everyone seems very optimistic.

Linking

Linking events help get kids in one section acquainted with youth in the next higher section: linking makes the move less difficult. All of our sections plan active linking events. For example, each year our Cub pack plans overnight activities with our Beavers, and invites third-year Beavers to a few Cub meetings and special activities. Our pack and colony apply junior leader roles very effectively.

In the fall, leaders contact all youth from the previous year. If they find someone who doesn't plan to return, they seek reasons. Input is important, even when it's negative.

Visibility

Each September we go into local elementary schools and set up a display of tents, knot work, canoes and pictures of past Scouting activities. We conduct all public activities in full uniform. Older youth participate in community suppers, and every year our Scouts exhibit service by mowing the grass of a little cemetery.

We make Scouting a family affair; parents and siblings are very active in our area. They attend year-end banquets, swim-up activities, and help on camping trips, and outings. This summer many parents assisted with a three-day Cub camp. Our annual flea market/barbecue/car wash/bake sale involves everyone. Parents and youth really seem to enjoy the September "open house" held at our camp site.

Our Sponsors

The Catholic, United and Anglican Churches have all been joint sponsors for 45 years with our Group. Scouting plays an active role in our Community Development Organization, which comprises many volunteer groups trying to improve the quality of life in our small town.

Get On With the Future

Scouting has helped produce several excellent Chief Scouts and Queen Venturers in our town; it has built up many fine young people who have gone on to do great things for themselves and their community. Of course, we measure success not in material things but in the happiness people bring to themselves and others. Through every activity, our leaders seek to develop good traits in youth under their care.

While change is scary and sometimes not readily accepted, our leaders have moved with the times and have managed to do so with little or no complaining from parents or youth. The volunteers who give so much of their time are real "heroes," and sometimes we celebrate their efforts. They sacrifice vacation days, evenings and weekends to provide many exciting programs.

One new Scouter in our Group characterizes the spirit all our leaders exhibit; no matter what happens he always has fun. His enthusiasm is infectious. If anyone ever asks, "How did it go?" he always replies "Oh, we had a ball!" Any group can learn from such vitality. ^

— Heather Sieniewicz chairs the 1st Shubenacadie Group Committee in Nova Scotia.

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The Christmas Spirit 12 Months a Year

by Andy McLaughlin

AS A CHILD, I WITNESSED MY share of family conflict: fights with in-laws and sibling squabbles were the norm. But each December, some kind of "goodwill switch" was flipped. People who couldn't stand to be in the same area code together could be seen happily sharing a meal, drink or story.

The holiday season usually brings with it an increased sense of goodness, compassion, community and sharing. Donation coffers are filled; there's an overabundance of volunteers at food banks, homes for the aged, and soup kitchens. People are just generally nicer to each other. Even a beautiful moonlit winter night seems more spectacular if it happens in the middle of December rather than January.

All of this begs the question: why can't human beings behave like this during the other eleven months of the year? In January, the donations slow down, volunteers disappear and family feuds are re-ignited. When I was a Cub, our pack visited a home for the aged during Christmas to sing carols; although they enjoyed our efforts, it was probably a bit disheartening knowing they wouldn't see us again until the next holiday season.

Spread Out the Good Cheer

Some people may suggest there's a greater need for charitable behaviour during Christmas, but people's needs for food, shelter, clothing or companionship are not confined to one month out of the year.

How can we teach Scouts that benevolence towards others should not simply be a holiday novelty, but a permanent way of life? Let's lead by example. There are many things your group can do to help others throughout the year. In fact, get the point across by scheduling some simple community service projects outside of the holiday season. Try these ideas:

- ☐ Have each member bring in a can of food for dues *once a month* during the entire Scouting year, and donate the food to a local food bank or church food hamper service.
- ☐ Your Scouts could shovel driveways and walks for elderly or infirm people during the winter.
- ☐ Visit a home for the aged or children's hospital in January, February or March. Your Scouts could share songs, crafts, games and companionship during mid-winter — a lonely time of year for many people, young and old.

- ☐ Your section could volunteer at a shelter, food bank or soup kitchen *anytime* during the year. What an excellent way to get older Scouts, Venturers and Rovers active in the community, and also help them appreciate what they have.

Unexpected Kindness

Here's an idea both leaders and youth can try. Pick someone in your life with whom you are having difficulties. It could be a pushy family member, a friend you're feuding with, or a domineering boss. Then go out of your way to do something nice for that person (e.g. offer to help your friend with a school assignment). How did that person react to your unsolicited act of kindness? Did it improve your relationship?

In several weeks, compare notes with your members; use this exercise as part of a broader discussion on friendships and communication.

Switched On

As we get ready for the holiday season, make giving to others a priority for your group. But don't let the giving stop after Dick Clark rings in the new Millennium from Time's Square. Make sure your group's "goodwill" switch stays on all year.

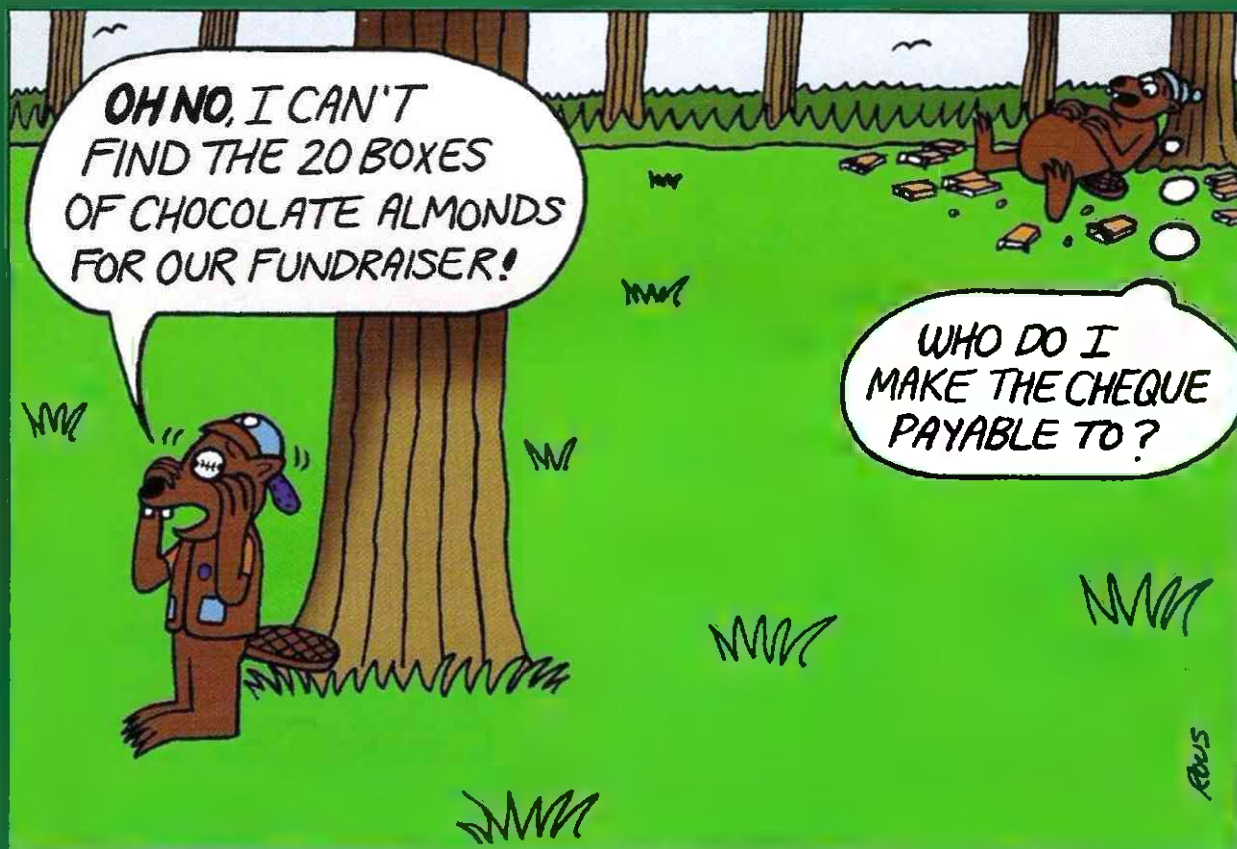
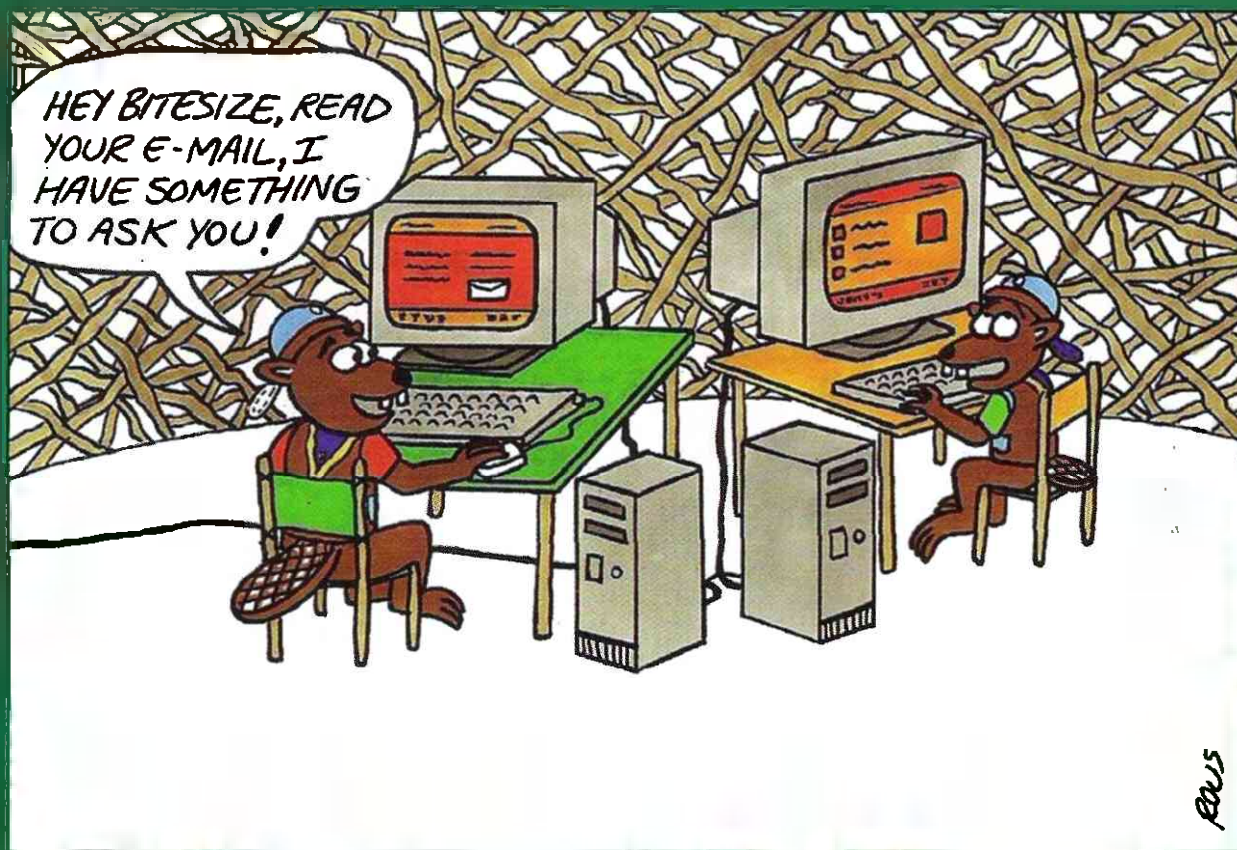
Have an enjoyable, happy and safe Holiday Season. ^

"We're running a food drive in April."

"Cool eh?!"



Photo: Rick Ross



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