



# the leader

JUNE/JULY 1999

VOLUME 29 NO. 10

## *Tower Power*

POLES, ROPE AND INGENUITY

CRAFTS BUILD SELF-ESTEEM • 25TH BEAVER ANNIVERSARY

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CJ'01

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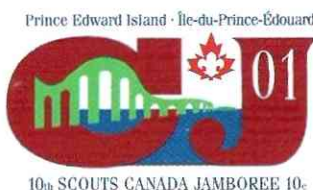
## An Island Paradise

VAST BEACHES,  
MAJESTIC DUNES,  
SANDSTONE CLIFFS  
AND CANADA'S  
FRIENDLIEST FACES  
ARE WAITING TO  
WELCOME YOU TO  
PRINCE EDWARD  
ISLAND. SEE THE  
CONFEDERATION  
BRIDGE, VISIT HIS-  
TORIC CHARLOTTE  
TOWN, OR CHECK  
OUT THE AMUSEMENT  
PARKS IN CAVENDISH.  
THERE'S SOMETHING  
FOR EVERYONE.

## Surf and Turf

WE'RE PLANNING A  
GREAT PROGRAM!  
HIKING, BIKING, AND  
CLIMBING ARE SOME OF  
THE FUN ON LAND.  
THE SITE IS RIGHT  
ON THE OCEAN, SO  
THERE'LL BE LOTS OF  
SWIMMING, BOATING,  
AND CANOEING. OR  
HEAD OFF-SITE FOR A  
TOUR OF CANADA'S  
MOST PICTURESQUE  
PROVINCE.

Be a  
Jam-Fan!



ANNOUNCING CJ'01

Promote  
CJ'01!

CABOT BEACH PROVINCIAL PARK, PRINCE EDWARD ISLAND JULY 6-14, 2001

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Allen Macartney



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# SCOUT PIC

## Is It a Lost

by Ian Mitchell

**W**hen was the last time your Scouts or Venturers made a bridge from wooden spars to span a stream at camp? Have your Scouts ever made a camp loom? What about a flag pole or lookout tower?

Catapults, climbing gyms, bridges, towers, shelters, gateways, woven lean-tos, fences, rafts: with a bit of ingenuity, Scouts or Venturers can build almost anything using only spars and rope. At the same time they'll learn important leadership, planning and team-building skills. More basic projects like shoe racks and wash basin stands provide a great introduction to knots and pioneering for Cubs.

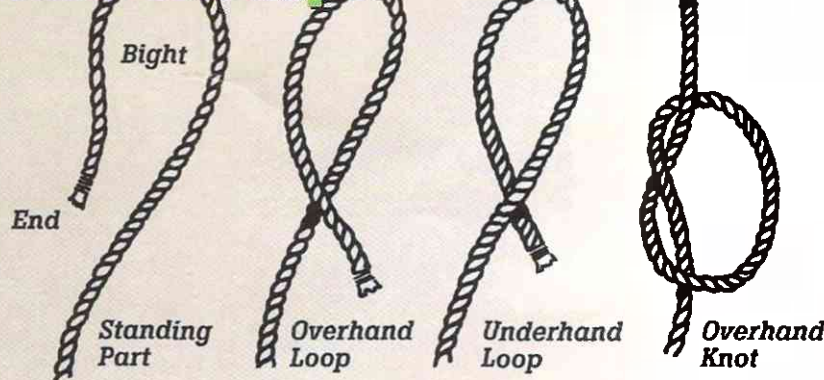
Since the days of B.-P., pioneering has formed an important part of Scouting, but in many groups these have somehow fallen by the way. This traditional skill makes it easier to live comfortably in the wilds without high tech fold-away tables, chairs and plastic games. It also builds self-reliance and confidence.



Photo: Allen Macarney

**Ha! When we cover this with a giant tarp, we'll be all set."**

### Parts of a Rope



# PIONEERING

Art?

## Choose and Inspect

Not just any rope will do for pioneering projects, because the strength and security of a structure depends on it. Choose your rope carefully. (See "Did You Know...?" on page 6.) Also, choose the right knot for particular tasks. A properly chosen knot holds when you want it to hold and unties quickly. The wrong knot may slip loose when someone puts tension on it. This may cause a serious accident.

Before making any pioneering project, inspect your rope for frays, cuts or rotten spots that will weaken it. Cut out any weak spots and splice good rope ends together. (See *Fieldbook of Canadian Scouting*)

Major pioneering projects will require wooden spars three to four

metres long and 10 to 12 cm wide. It's not always easy to obtain these, so why not tie your program into a tree-thinning project? Check with local forest rangers and property owners before starting any cutting.

An excellent pioneering book like John Sweet's *Scout Pioneering* (available at most Scout Shops) will make any project more fun. Also, it will answer many questions and provide lots of ideas.

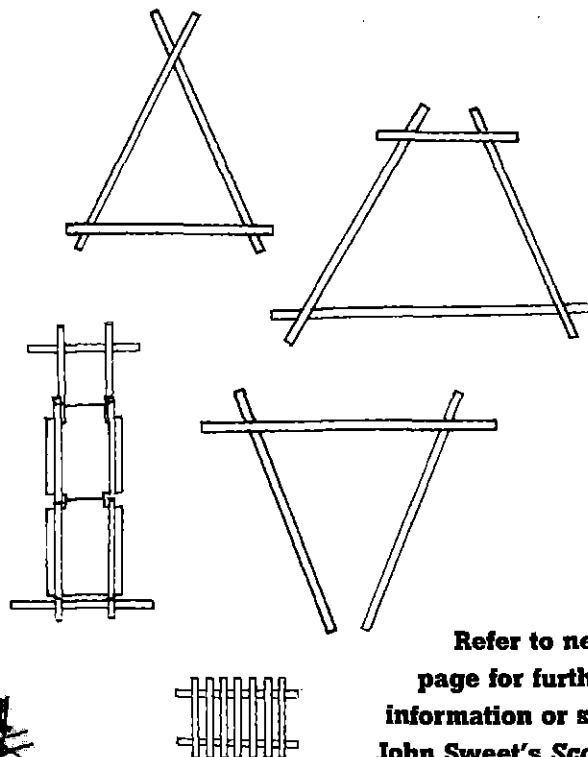
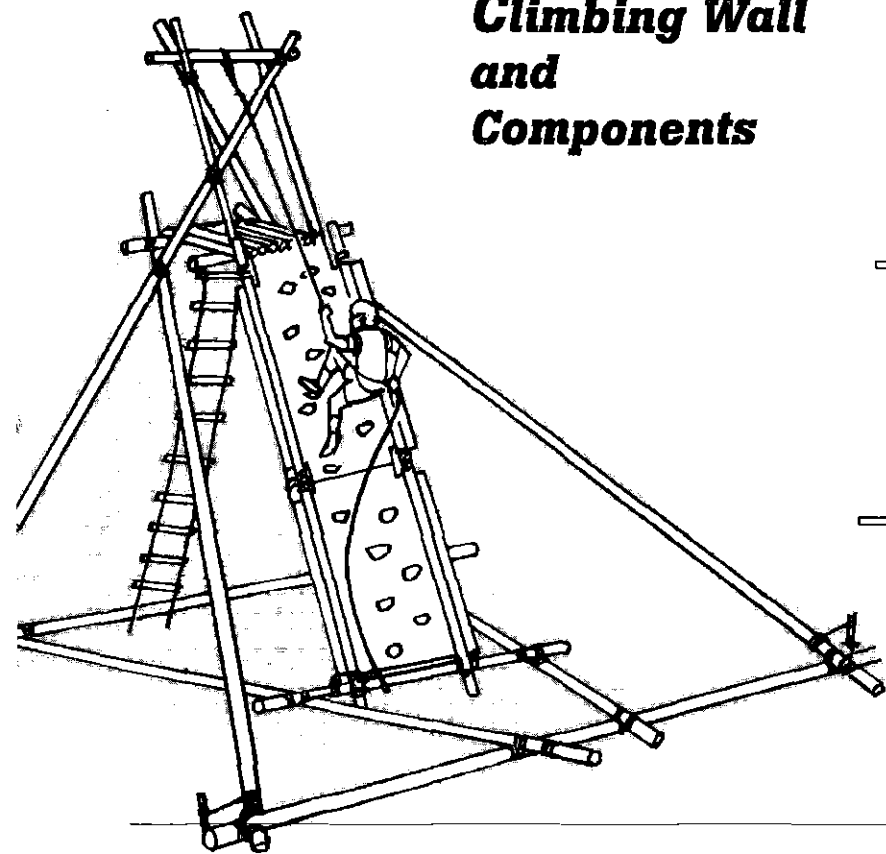
## Gateways to Creativity

Gates keep people out, but they also tell a story about those who live behind them. Here are a few gates that will not only give varying impressions to passers-by but also challenge the engineering skills of your members.

## WHAT IS "PIONEERING"?

Pioneering is the word used to describe the work done by 18th and 19th century military engineers who went ahead of an army to build bridges and towers with rope and timber. In Scouting, it refers to building structures using wooden spars and rope.

## Climbing Wall and Components



Refer to next page for further information or see John Sweet's *Scout Pioneering* (available at most Scout Shops).

### Basic Gate

Any patrol or company will be able to make this gate. Use square lashing to complete it. Don't overlook the bell (a tin can with a rock in it) for visitors.

### Lift Gate

Only those with knot-tying experience and those seeking a real challenge should tackle this project. You'll need to invest considerable thought, time and some advance planning.

### Campsite Improvements

All Scouting youths like as many luxuries as possible to make camping more comfortable. It's rarely possible to transport tables, tripods, tool racks and fire stands into the backwoods for a weekend, but you can easily make them. Try building one of these.

### Dining Table

A flat eating surface at camp? Impossible? With this table, all you'll need are candles and a gourmet meal to transform a wilderness site into a classy establishment.

### Shower Unit

With this unit, you won't have to wait for rain to have your next camp shower.

### Climbing Wall

This play structure requires lots of patience to build, then plenty of adult supervision to use it safely.

### Pioneer Loom

Scouts and Venturers can make sleeping mats using a loom.

## "Are You a Knot-er or Knot-ee?"

**It's amazing how many neat things you can make even if you only know a few knots.**



Photo: Allen Macatney

### "Are You a Knot-er or Knot-ee?"

Get your Cubs, Scouts or Venturers working on a pioneering project this summer. Not only will it give them something tangible and useful, but it will inspire them to hone their knot-tying skills. X

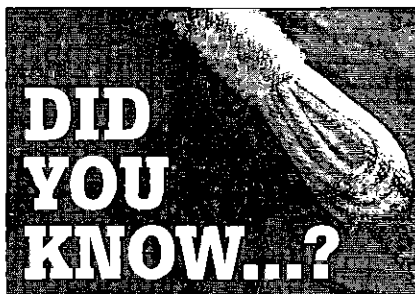
### Internet Resources

- You'll find many pioneering projects at: [www.hurricanedistrict.org/pioneering.htm](http://www.hurricanedistrict.org/pioneering.htm)
- <http://www.mistral.co.uk/42brghn/knots/42ktnmenu.html>

### Program Links

Cubs: Green Star, Camping Badge  
Scouts: Pioneering Challenge Badge, Voyageur: Outdoor Skills #15, #16, Pathfinder: Outdoor Skills #6, #7.  
Venturers: Exploration Award, Outdoorsman Award

— Many thanks to Scouters D. Roach, L. Moran, R. Castillo, J. Bowers and B. Wilkes for their input.



- ☐ Natural fibre and nylon ropes are good for making pioneering projects because of their great ease of knotting, while polypropylene rope is poor.
- ☐ Nylon rope stretches while natural fibre, polyester and polypropylene don't stretch easily.
- ☐ Nylon rope has high tensile strength, while natural fibre rope has low tensile strength.

## KNOT AND PIONEERING GAMES

**W**hen group members need a break from their pioneer projects, these games will keep them focused on knot-tying.

### Knotting Baseball

Form teams as in baseball. Give the pitcher and batter each a piece of rope. The pitcher calls out the name of a knot and may throw his rope to anyone in the field. If the batter reaches first base with the knot tied correctly, he's "safe." If a knot tied correctly by a fielder reaches first base before the batter, the batter is "out."

If the batter cannot tie the knot, he's "out." If a fielder cannot tie the knot, the batter goes to first base. The next batter takes his place and play continues. If a fielder ties the knot correctly and beats the batter to first base (making the person "out").

the fielder can then run to second base, third and home bases trying to touch other runners and getting them "out."

Make sure pitchers throw the rope to all fielders and not just to the person on first base.

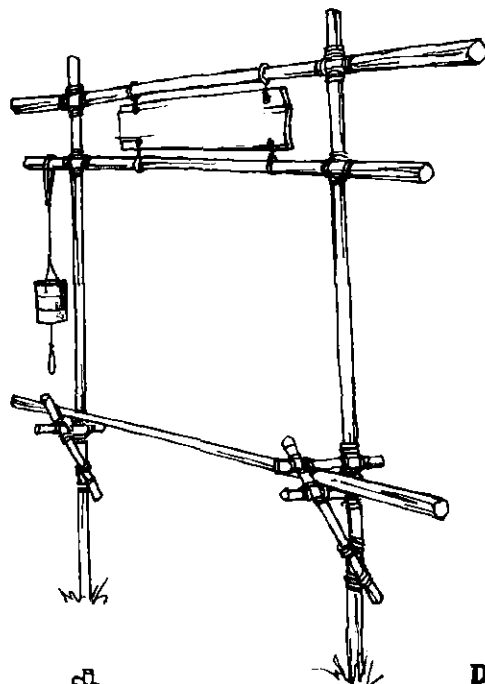
### Black Out!

Play this game inside at night.

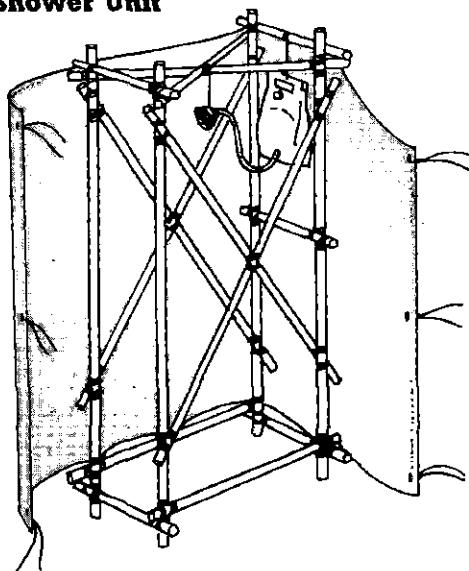
Give all players a piece of rope. Assign a specific knot for everyone to tie, then turn off the lights and see who can tie the knot in the dark. Start with an easy knot, then move on to more difficult ones. Also, vary the length of time the lights remain off.

# More Pioneering Structures

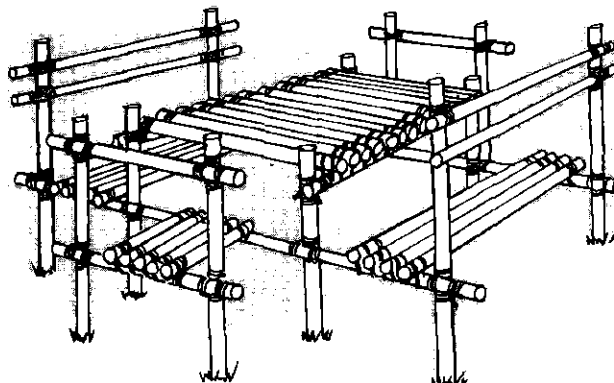
**Basic Gate**



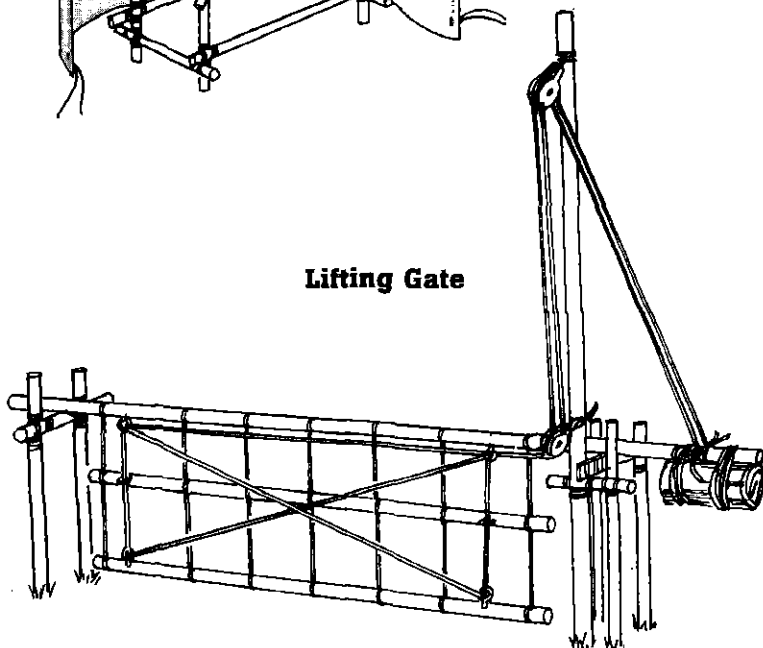
**Shower Unit**



**Dining Table**



**Lifting Gate**



*Make a waterfront tower for your lifeguards at camp.*

*Photo: Mary Margaret Boone*



## Rope Tying Tips

**U**se ropes at least two metres long and 6 to 12 mm in diameter. Make sure the ends have been properly whipped to prevent fraying.

Never hammer nails into a tree, and always take your pioneer project apart when finished with it.

Before starting a major pioneering project, spend time learning the necessary knots. (Youths always learn knot-tying quickest when they can see an immediate application.) Don't try teaching several difficult knots in one evening to inexperienced Cubs or Scouts. Teach one knot, then review it next week, before teaching another.

Knot-tying can be difficult for little Cub fingers. Plan for this. Don't expect absolute perfection from their efforts. After Cubs have mastered a knot, show them how to use it in a simple pioneering project.



# 25<sup>TH</sup> BEAVER BIRTHDAY BASH!



*Learn about real beavers while you 'party down'*

by Hazel Hallgren

**A**RE YOU READY FOR the 25th anniversary of Beavering in Canada?

Beavers started in 1974. Each week almost 60,000 Canadian children attend Beaver programs. Use this birthday party program to celebrate 25 years of Beavers in Canada, as well as to teach your new colony about real-life beavers.

Invite people to the party who were the first Beavers and leaders in your colony. If your colony started 25 years ago, some original Beavers will be in their 30s; leaders will be



**BUSY, BUILDING  
BEAVERS ARE  
HAPPY BEAVERS.**

over 50 years old. Ask them how the group started and make sure they're prepared to lead one or two games or activities that they enjoyed when they were in the section.

## **Birthday Jigsaw Obstacle Course**

Play this game in lodges. Using bright construction paper, leaders should cut out birthday cake shapes from different colours: one cake for each colony member. Now cut each birthday cake into four pieces. (See diagram for pattern below)

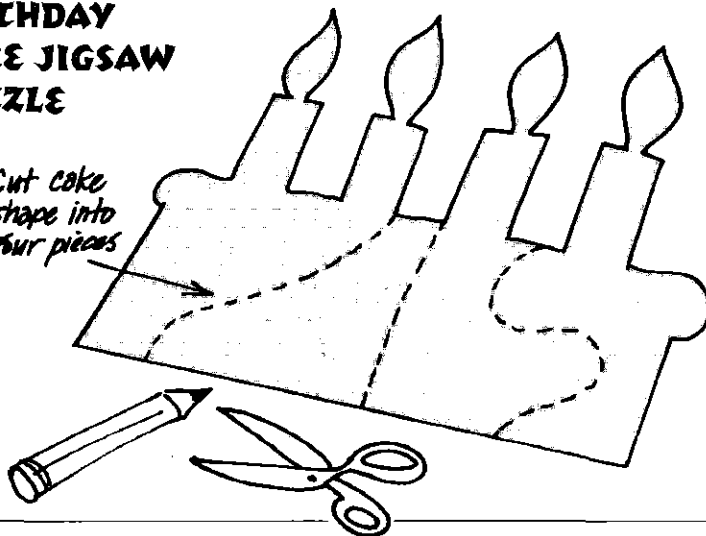
Set up an obstacle course around your play area with overturned chairs, big cardboard boxes and tables. Hide the birthday cake pieces around the obstacle course. Beavers must weave their way around the course, looking for all the pieces of their birthday cake (Beavers look only for their particular birthday cake colour and leave



**GIANT  
BIRTHDAY POSTERS  
ARE ALWAYS A BLAST!**

## **BIRTHDAY CAKE JIGSAW PUZZLE**

*Cut cake  
shape into  
four pieces*



other pieces alone). When they reach the end, they get a treat.

Position Keo somewhere along the obstacle course. Blindfold the Cub; her job is to listen carefully and try to hear the Beavers as they creep by looking for their birthday puzzle pieces. If Keo hears a Beaver, the child must start back at the start. (A Beaver only has to go back to the start once.) When the game ends, get your Beavers to put together their birthday cake puzzles.

### Find the Birthday Present

Place six bowls in the middle of a wide circle of Beavers. Under one of the bowls put a Beaver crest or other gift. Number each of your Beavers making sure that some of them have the same number. Hide the bowls while you 'shuffle' them around to hide the gift's position.

Call out a number. The Beaver who is called out jumps up and runs around the outside of the circle. When the child reaches the place where he sat, he runs into the centre of the circle and gets to turn over one bowl to find the gift. If the Beaver finds the gift, he can keep it. If he doesn't find the gift, he gets to turn over another bowl, unless another person also had that number and found the gift. Before ending the game, make sure all children find a gift.

### Birthday Yell

Leader: "Are you cold?"

Beavers: "No!"

Leader: "Are you freezing?"

Beavers: "No!"

Leader: "Are you cool?"

Beavers: "YES! COOL BIRTHDAY BEAVERS!" (Loudly)



### Birthday Cake Delight Song

(Tune: Quartermaster's Store)

There are Beavers, Beavers,  
eager birthday Beavers  
In the bake shop, in the bake shop.  
There are Beavers, Beavers,  
really hungry Beavers  
In the bright bake-er-y store.

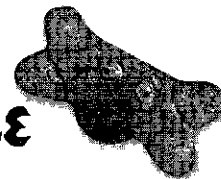
### Chorus

I cannot wait until we eat  
The birthday cake looks sweet,  
sweet, sweet!  
I cannot wait until we eat!



## DOGGIE BIRTHDAY WOGGLE

by Laurie Harrison



**M**ake woggles or fridge magnets using a box of small dog biscuits (about 3 cm long), googly eyes, 1 cm pompoms, sparkle, magnetic strips, film canisters, white glue, hot glue, and non-toxic acrylic varnish.

A day before the meeting, leaders should brush non-toxic, acrylic varnish on each biscuit. (Then, tell your Beavers not to eat the biscuits.) Children can glue on a nose in the centre of the biscuit and googly eyes using white glue.

For fridge magnets, cut a small piece of magnetic strip and hot glue it to the back of the biscuit. If you're making a woggle, cut a film canister into rings and hot glue one onto the back of your biscuit woggle. (See diagram)

Hot glue film canister ring to biscuit woggle.



## "BEAVER CHIPS"

### Information About Beavers

Use this information to teach your colony more about beavers.

#### 1. Do beavers know anything about recycling and reusing?

Beavers live by the recycle/reuse law of conservation. When they cut down a tree, they eat the bark or the outside of a tree's trunk — especially aspen, poplar, willow and cottonwood. Then, they use the trunks to build dams and the medium-sized branches to make lodges.

#### 2. Tell me something about beaver families.

Mother beavers have two, three or four babies at a time. Young beavers are called "kits" and are born in April, May or June. Young beavers live with their parents for about two years before heading off on their own.

#### 3. What does a beaver lodge look like?

A beaver lodge looks somewhat like an Aboriginal teepee. A lodge may stand on a river bank or in water, like an island fortress. Each lodge, which sticks out of the water one to two metres, has several underwater entrances and tunnels. Each leads to the inside living chamber. Beavers abandon their lodge only if they have eaten all the food in the area or if too many enemies live nearby.

#### 4. How does chewing wood affect their teeth?

Beavers have 20 teeth: four strong, curved front teeth for gnawing and 16 back teeth for chewing. The front teeth are bright orange and grow continuously throughout life. Chewing wood wears down the beaver's teeth as it eats.

#### 5. Is a beaver's life slow and relaxed?

No. It's very busy. With the first frost of October, the tempo of beaver life speeds up as they harvest their winter food supply. Trees are cut down, gnawed into short lengths and toted to the pond for underwater storage. All winter the beavers bring sticks from their underwater cache into the lodge to eat the nutritious bark. An adult beaver eats over half a kilogram of bark each day.

### Other Chorus

Get your Beavers to think up other verses using these lines to start:

My lips they smack...  
The candles are lit  
upon the cake...  
Who needs their specs  
to see this cake...

### Pop-Up Birthday Cards

Construct pop-up birthday cards using heavy card stock, markers, string, glitter, googly eyes and construction paper.

Fold a piece of white card stock in half. On construction paper, get Beavers to draw out a Beaver figure holding his arms up triumphantly. Make sure two flaps extend from the bottom of the arms along the figure's body. (See diagram) Cut out the figure with the flap. When finished, make a single cut down the inside of each arm along the flap. Fold the figure vertically down the middle:

Cut out two small pieces of paper and write the words "Happy" on one, and "Birthday" on the other. Glue these onto a piece of string and attach them to the hands of your figure.

Open the card stock up, centre your Beaver figure in the card along

the fold mark, and glue each flap in position. Let your Beavers colour in the rest of the card with a scene.

### Musical Closing Prayer

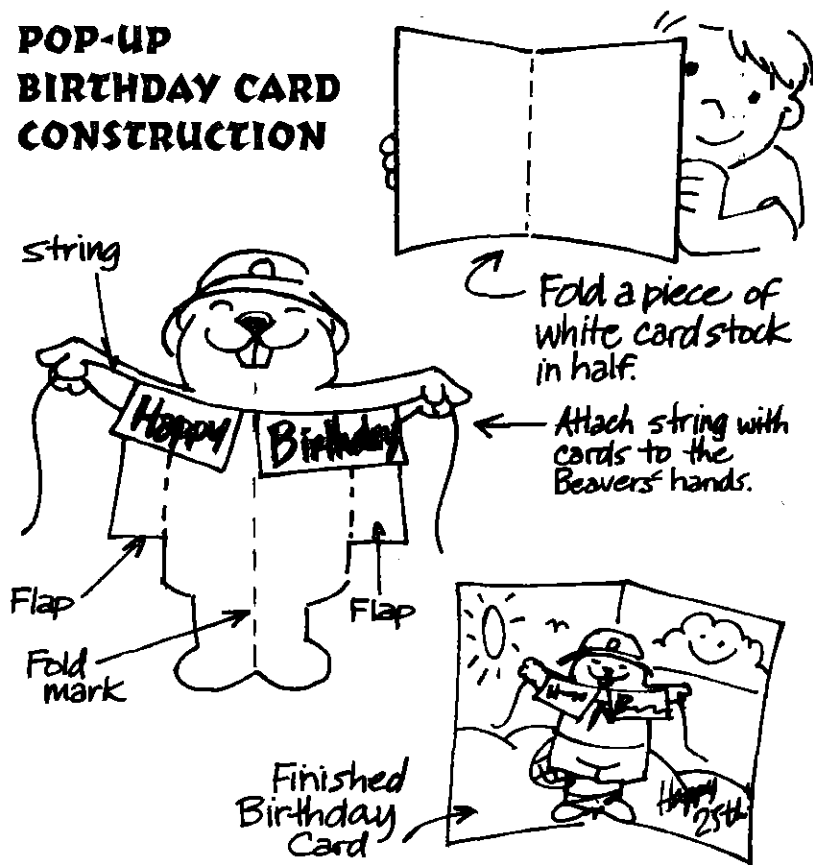
Sing this closing prayer to the tune of "the Happy Wanderer."

Our Busy Beaver day is done,  
Again we vanish home.  
Now as we close our eyes again,  
God bless us everyone.

Your birthday party can achieve many goals simultaneously. It can celebrate 25 years of Beavering in Canada, kick off a new Scouting year, and teach first-year Beavers all about real beavers in the wild. If you find the excitement overwhelms new members, read a chapter from *Friends of the Forest*.^

— Hazel Hallgren is an eager Beaver leader from Red Deer, AB.

## POP-UP BIRTHDAY CARD CONSTRUCTION



## DID YOU KNOW...?

- ☐ Beavers can swim underwater for almost a kilometre, and can hold their breath for as long as 15 minutes. There are more beavers in Canada and the United States than anywhere else in the world.
- ☐ A beaver has three eyelids on each eye. A transparent inner eyelid slides down over the eye, letting the beaver see while swimming under water. A beaver can also close its ears and nostrils to keep water out when swimming.
- ☐ A beaver uses his tail for steering when he swims, and as a prop when he stands on his hind legs to eat or cut down trees.
- ☐ A family of beavers can cut down more than 1,000 trees each year.

## A 25TH ANNIVERSARY SLEEPOVER

by Roberta Wolfe

Over 320 Beavers and leaders from Thunder Bay, ON, celebrated 25 years of Beavering in Canada with a giant sleepover.

As a gathering activity, Beavers made several giant dams and lodges using masking tape and long cardboard tubes.

During the next 24 hours, the excited children made and painted wooden beaver models, listened to adventure stories, played games, coloured pictures, learned about the fur trade, sat on police snowmobiles, sang wacky songs, danced "to get the sillies out," and enjoyed three huge birthday cakes.

If your group wants to celebrate 25 years of Beavering, plan a sleepover in a museum, an aircraft hangar, a church basement or community centre. Ask the press to attend, then settle back and join the party.

— Roberta Wolfe chaired Thunder Bay's 25th Anniversary Beaver Sleepover in Ontario.

## AMORY ADVENTURE AWARD

# Castles, Monasteries and Mountain Hiking

*by the 1st Brooks Venturer Company*

**H**ow do European castles, monasteries and ancient ruins relate to Venturing?

Last year, a Calgary company earned second prize in the Amory Awards for an incredible trek through Europe exploring medieval architecture. To reach many stone relics, the Venturers had to hike up steep mountain trails and through towering forests that almost echoed with sounds of heroic adventures from centuries past.

The trip became a cultural smorgasbord for Venturers Heidi Braun, Dallas Falkenberg, Mike Brown and Chad Falkenberg (First Brooks Company, AB), and their advisors, Peter Braun and Janice Brown.

### Fundraising, Planning, Excitement

When we first discussed the trip, anticipation ran high. "It's the perfect adventure trek," one youth piped up enthusiastically. We all love old architecture and sharing cultural experiences. Besides, Europe offers great camping opportunities.

We started planning by estimating the trip's cost and deciding on a fundraising strategy. "We were looking for any money-making opportunity," said Dallas Falkenberg. "A European trip is expensive." Over the next months we worked at a trade show, a handful of barbecues, several community clean-ups and other events, earning almost \$4,000. During this time we prepared our gear, obtained passports, arranged health insur-



**Our hiking path led up to enormous climbing rocks near ruined fortresses.**

ance, wrote to our billets and pored over travel maps of Germany, France and Switzerland.

The itinerary called for us to spend our first week billeted with German Scouts and sharing their culture. For weeks two and three, we would reach some of Europe's oldest castles and great cathedrals using a van; during our final week, our company planned to hike with backpacks through a castle-rich area of Germany where stone ruins lay scattered like leaves over several mountainsides.

### "We Have Lift-Off"

We arrived in Neustadt, Germany, on July 6. After greeting our billets, we headed off to bed thoroughly jet-lagged. We chose Neustadt as our home base because it's steeped in history — both cultural and architectural. It's the largest wine growing area in Germany, and second largest in Europe. The inventors of both the geiger counter and the colour television were born here.

Next day we toured the town, admiring 300-year-old stone work, and attended a German Venturer meeting. Our members also hiked up

Weinbiet Mountain where miners have chiselled a vast quarry out of the rock.

Before leaving Neustadt, we joined German and Italian Scouts for a three-nations campfire. We shared supper, then sang campfire songs and exchanged pins, scarves and addresses.

### Heidelberg, Monasteries, Fortresses

Our van trip took us through Heidelberg, past many monasteries (some of which we explored) and several medieval fortresses. Soon we crossed the Rhine River and drove to Strasbourg cathedral in France. What a magnificent building. Its many spires soar upward, pointing heavenward. In Chardonnay, we toured the Grottes d'Osselles where giant stalactites and stalagmites have formed over the centuries. Archeologists found fossils of the first cave bears known to man in these subterranean caverns.

In Kandersteg, Switzerland, we stayed at the international Scout centre, then visited Austrian castles before returning to Germany.

### Mountain Hiking

Our hiking trip started at the town of Annweiler. From there we climbed up to the ancient Reichs fortress of Trifels. Our path ascended through a mixed forest and over a mountain saddle. "What a mind-boggling experience," someone said looking up at the impressive structure. "Imagine building this with no modern technology."

Next day our group hiked along a path to another castle ruin. Peasants 'trashed' this fortress in 1525 after an uprising. Over the following days we hiking our way along a trail littered with old castles.

All too soon we had to return home. If only Canada had some medieval castles for us to investigate; wouldn't they make great meeting places?!^

— 1st Brooks Venturer Company, AB.

# Crafts: They're M

## *They Build Confidence &*

by Dooreen Rousseau

*The definition of craft (n.): strength or skill*

*The definition of crafty (adj.): skillful, ingenious*

Most people like making crafts, but crafting provides more than just an artistic outlet. It's an important tool that stimulates creative play and imagination.

Crafts encourage a sense of achievement and accomplishment. They inspire us to experiment and stretch our imagination. Crafts also allow youths and adults opportunities for freedom of expression.

Does it surprise anyone that crafts promote self-esteem and confidence? It shouldn't.

Making crafts boosts concentration, decision-making and problem-solving skills. Stringing beads on a piece of cord can increase manual dexterity as your fingers work small, little-used muscles. Hand-eye coordination and sensory discrimina-

tion improves when the crafter is presented with a myriad of colours and textures to create something memorable — a functional item or perhaps just an interesting thingamajig that sparks conversation.

Whatever your program theme, never underrate the importance of crafts. Spend a bit of effort putting an interesting twist on your craft idea before presenting the program to Beavers or Cubs.

Below you'll find several craft ideas that might ignite youthful imaginations. Use them as a jumping off point to create something completely different and unique.

### Stick Creatures

This craft is inexpensive, suitable for all ages, and teaches concentration and decision-making. Making the craft may also teach how to use a knife as a carving tool.

Choose a dead branch about 30-35 cm long and approximately as thick as a thumb. Peel off the bark. Sand the branch smooth using a rock, sand or sandpaper. If Cubs want to make South American snake sticks, help them carve a series of lines around the stick at various intervals. Cubs should then whittle the ends into

rounded points: the snake's head and tail. Bright acrylic paints will add character to the snake.

Other children in your group could collect nature objects and make their own dyes to stain their wooden branch. Beavers might decide to create stand-up forest creatures. Help them decorate and paint them. They can add pine cones, acorns, twigs or small rocks to the stick creatures to represent eyes, noses and ears.

Keep watching for that special stick that automatically transports the finder into imaginative, creative play.

### Branch Weaving

This craft can demonstrate how birds weave a nest on branches using odds and ends from nature.

Select a dry branch with many offshoots and small limbs. Trim the ends or snip off unwanted bits until you're left with a loom-like structure suitable for weaving. (See diagram) Using bits of wool of different colors and textures, paper strips or ribbon, begin weaving in and out around the branch 'loom' until a design takes shape. Let Beavers and Cubs place fir needles, dried mosses, leaves, feathers and other nature items in and around the weaving.



Photo: Elaine Campbell

▲ Working in a team to make an interesting craft builds decision-making skills.

► Tie your crafts into badge work.



Photo: John Kiveld

# More than Just Fun

## Decision-Making Skills

Older Cubs might want to choose two trees to weave a pattern between. Let them use cord, and include several knots in their creation. The pattern could become the camp bulletin board or maybe it could form part of an obstacle course. Beavers or Cubs must pass through the weaving without disturbing it. Great fun!

### Twig Frames

After sitting quietly sketching a favorite camp scene, Beavers and Cubs will want to display it in a frame. Choose several thin branches and lash them together into a square or rectangle frame — an excellent opportunity for teaching lashing skills. Use raw materials for cord, like roots or hemp. Let each child add a personal decorative idea (e.g. shells, moss, ribbons).

### Imaginative Castles

Pick out several paper tubes and glue or staple them together to create a castle shape. Make cones from construction paper and glue them on to make roofs. Once the castle is complete, brush on glue, then sprinkle with sand. (See diagram)

Beavers should work in groups for this craft as cardboard tubes soak up the glue quickly. Collect the sand from a beach or park during a hike, and strain it before sprinkling it over the castles. Tempera paint can add colour and excitement to any castle.

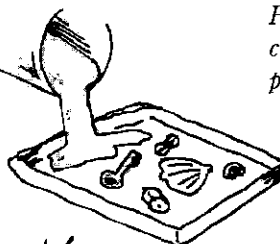
### Nature Casts

Give everyone a ball of plasticine, letting them knead it until it becomes pliable. Press the plasticine into a flat shape with a raised rim of one cm around the outside. (See diagram) Now, press various nature objects into it. Remove the objects, leaving interesting impressions. Once the design is complete, pour a plaster of paris mixture into the plasticine 'dish', filling all impressions and covering the plasticine surface. Let it set. Add a paper clip or piece of wire from which to hang the decoration.

### Diagrams

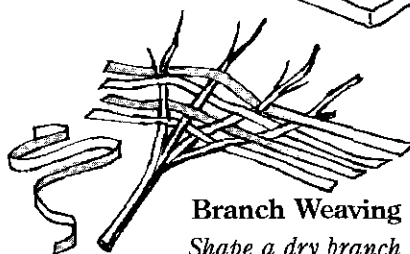
#### Nature Cast

Pour plaster of paris mixture over objects in plasticine 'dish'.



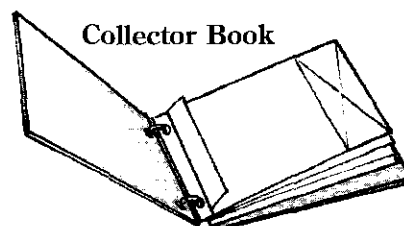
#### Sand Castle

Paper tubes, construction paper and a sprinkling of sand



#### Branch Weaving

Shape a dry branch into a loom-like structure.



#### Collector Book

Turn paper bags into a neat book.

When dry, peel the plasticine away to reveal the impression. Older Beavers and Cubs could use this craft to study wildlife tracks and to duplicate paw prints they find during hikes.

### Picture and Frame

Cut out a rectangle or square from a piece of poster board leaving approximately 3-5 cm for an outside frame. Decorate the cardboard frame with dried bugs, seeds, paint, markers and plant dyes.

On a piece of white paper, draw and colour your favorite image from camp. Younger children might want to place their picture frame on the ground and draw what they see. Attach the artwork to the back of the frame and display for everyone to admire.

### Collector Books

Kids can make collector books out of cardboard and paper bags — great for holding bird feathers and special flat objects gathered during outings. Choose five or more identical paper lunch bags. Cut off the tops of the bags without opening them. Cut a 2 cm slit down each open end and fold over one side to form a flap, as shown. Measure and

punch matching holes in each bag along the unfolded edge.

Cut two pieces of poster board (or empty cereal boxes) the same width as the bags, but not quite as long. These become the cover. (See diagram) Punch matching holes into the cover and, placing the five bags between the cardboard pieces like a sandwich, lace them together using cord or wool. (Make sure the bags' open tops stick out from the cardboard.) Give each child time to personalize the covers. The children can collect suitable objects and place them in the bags, folding down the open top to keep the objects inside.

Label the objects or draw a picture on the paper bag.

Crafts: they're much more than just pretty trinkets. They promote personal growth and set the foundation for adult life. A

### Program Links

Cubs: Handicraft Badge,  
Tawny Star, Recycling Badge,  
Collector Badge.

— Dooreen (Tiger) Rousseau is APC (Field Servicing) and a trainer with Quebec Provincial Council.



(ON THE MUCHMUSIC SET WITH THE  
KITSILANO DISTRICT VENTURER COMPANY.)

# Racism: Stop It!

## VENTURERS WIN NATIONAL VIDEO COMPETITION

by Craig Davidiuk

Photos: Joanne Suttan

**T**ODAY'S YOUNG PEOPLE are probably the most media-influenced generation ever. Advertisers bombard them with a wide range of messages that help define youth culture. So how can Scouters teach youth that they are more than just what they buy?

Every year, the Ministry of Canadian Heritage, MuchMusic and their sponsors produce a program commemorating March 21st — the International Day for the Elimination of Racial Discrimination. Part of the focus involves a national video com-

petition where young people make a commercial about stopping racism. This year, our Kitsilano District Venturer Company, British Columbia, won first prize in the competition. The contest allowed our Venturers to make an anti-racism commercial of their own and influence their peers.

### First Takes

After receiving the entry form, which not only detailed contest rules and criteria but also provided excellent tips on how to make a video, our Venturers' interest soared. "Give us the camera! We'll start shooting right now," someone said.

"Hold on a minute," the advisors replied. "A video requires careful planning." Over the next weeks we read several books on racism and discussed the subject in great detail. From this, we distilled our ideas

into several core messages: "Racism results from ignorance," and "Education is the key to stopping it." These two points provided a skeleton upon which to hang the rest of our anti-racism theme.

"We only have 90 seconds to get our message across," someone said, "so we must be concise."

### Get to the Point Fast!

Now the real work began; we had to put our thoughts on the screen. To do this we spent another meeting developing a story line and writing it out on special storyboard sheets. The storyboards have one big box and three small ones for sketching "word pictures." Using stick men in the boxes, the Venturers sketched out what each shot would look like for each scene. Several lines at the bottom of the pictures permitted room to write

down words the on-screen person or narrator (off-screen) would say.

Each Venturer received five of these sheets, as well as some coloured markers. Then, they had to plan 10 seconds of video. The advisors encouraged everyone to be open to everyone else's ideas — no matter how wacky. Brainstorming like this, the Venturers developed some very funny material. By the end of our storyboarding session, the youths had decided to base the story on "channel surfing." Members would each star on their own TV channel for a few seconds before the channel changed. Action on each channel supported our core messages.

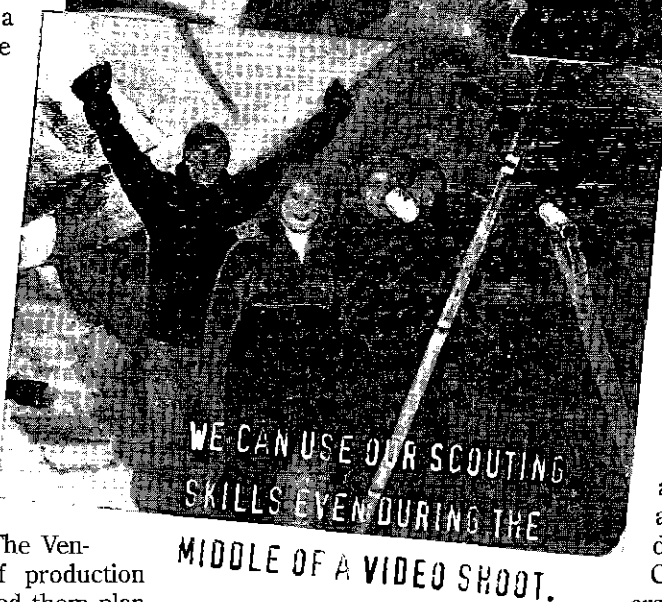
Though funny, our dialogue stressed understanding and openness, and demonstrated the need to talk about racism. The final "channel" featured a title: "Stop changing the channel on Racism."

### Ready! Action! Shoot!

After collecting all the ideas from our members, we sketched them out on a white dry erase board and assigned time limits. We set aside a Saturday to shoot our scenes. What a terrific time! Dead fish, funny wigs, lab coats, cheap suits, jars of hair gel: these all provided great props. The Venturers took charge of production while the advisors helped them plan the shooting. After some instruction about using video cameras and placing microphones, each Venturer took a turn "on camera," working the sound and under the umbrella (another rainy day in Vancouver).

In one scene, our "corn ball" reporter (Monty Spumonti) asked several people, "Why do you think racism still exists in the world today?" The answers underscored our core messages. This part of the video proved very powerful because real people were offering their opinions about racism. MuchMusic used it in their program.

## WHILE IN TORONTO, WE VISITED THE HOCKEY HALL OF FAME.



### Satisfaction Plus

Our Venturers felt an incredible 'rush' of satisfaction as they worked through production, seeing how their original thoughts went from their minds, to paper, then to the screen. Editing, using a digital non-linear system, proved simple; the youths just followed their storyboards. (I had viewed the tapes beforehand and selected the best "takes" from each scene. This speeded the process.)

In no time we had finished our anti-racism video. We packaged it and sent it off. Within weeks we

were on a plane to Toronto, our heads spinning with excitement. Why? We'd won the video contest!

A limousine met us when our plane arrived in Toronto. Feeling like stars, we stepped in and went to our hotel. Taping the awards show at MuchMusic proved to be the highlight of our trip. Afterwards, Panasonic Canada gave us a video camera, while the Royal Bank presented bags to transport home complementary CDs, shirts, and movie passes.

Back in Vancouver, press releases were sent to newspapers, as well as radio and TV stations. The media gobbled up the story, and featured our company's anti-racism video in two television interviews and three newspaper feature articles.

### Scouting Is Cool

Now our Venturers are talking about making a video describing cool Scouting programs. It's sure to teach them many more skills, and

help Scout membership.

Are your Venturers interested in video production? Perhaps they'd like to ask a video company to donate time or expertise. The key is having detailed storyboards. Most companies would love to help develop teens with an interest in quality video production. Businesses just want to see creativity and initiative.

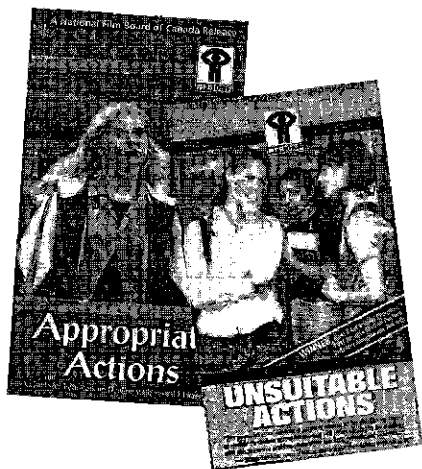
Our young Scouting members are amazingly media literate. With a little opportunity, they can break down racism barriers. Go ahead. Challenge your Scouts and Venturers. They're ready. X

— Craig Davidiuk advises Venturers in the Kitsilano District Venturer Company, British Columbia. Carousel Video Workshop in Vancouver generously donated time and equipment.

### WANT MORE INFORMATION?

Want some program ideas for your Scouting group? Perhaps you'd like to find out how you can make a video of your own.

See the International Day for the Elimination of Racial Discrimination web site at: [www.march21.com](http://www.march21.com).



# Video

## Book Talk

by Dave Jenkinson



**C**UBS WANTING TO EARN the Aboriginal Awareness Badge must learn an Aboriginal game, song, dance or story, and share it with their six or pack. Those selecting the storytelling option will certainly be able to find library books containing Aboriginal stories, but wouldn't it be great if a First Nations' person came to the pack and actually told some stories?

While that may not be possible in many parts of Canada, a video like *Tales of Wonder* which contains eight Cherokee/Choctaw stories, offers some interesting possibilities. Told by award-winning storyteller Gregg Howard (a Cherokee), the brief tales, each from 4 to 8 minutes long, are accompanied by flute or drum. Most stories explain why something is the way it is in our world; some feature Rabbit, a trickster in many First Nations' traditions. "Rabbit's Short Tail" describes how Rabbit lost his beautiful long tail, while "Why Possum's Tail is Bare" shows how Rabbit tricked vain Possum, leaving him with a hairless tail. "Little Gray Bat" reveals why bats only fly at night, and "Little Turtle" provides an explanation for the cracked appearance of turtles' shells. Other stories deal with how man received fire and corn. "Pliades and the Pine Tree" ties directly into the Astronomer Badge. Although entertaining, all stories have an unstated moral. Share these tales gradually over an entire year with your Cubs. (Cubs: Aboriginal Awareness Badge 4, Astronomer Badge 3)

### Craft Videos for Leaders

At the next craft sharing session for Scouters you have to lead, show one of two *Creative Nature Crafts for Kids* videos. The first video focuses on items based on materials found in the forest, while the second video concentrates on ocean beach materials. The crafters are Micki Pappas and three young girls. In the forest-based video, the quartet makes plaster casts of animal tracks, three-dimensional pictures (largely from found items), simple pine cones, bird feeders, leaf prints and paper flowers. Beach shells form the basis for three projects offered in the second video: a sea witch, sea shell animals and a picture frame. Landlocked Scouting groups could substitute flat stones for shells. The video combines fishing with art when they make a fish print before the catch gets cooked. (Cubs: Tawny Star A9, B2, B5, Handicraft Badge 5, Recycle Badge B1)

### Sexual Harassment Video



Scout and Venturer leaders who want to introduce a sexual harassment theme might want to get *Unsuitable Actions*, a 26-minute video which portrays teen actors in a believable harassment scenario. Heather, who is on the receiving end of verbal, written and physical sexual harassment at school, finds that she's unable to deal with the problem herself. She wants to go to a teacher, but she fears that

doing so will just single her out for more abuse. Finally, she does approach the principal who takes steps to stop the abuse.

Between scenes of the harassment storyline, 10 junior high students (six boys and four girls) discuss their thoughts on sexual harassment. The video liner notes provide some pre- and post-viewing activities and questions, plus a list of resources.

Are you a trainer dealing with this topic? If yes, consider using a companion video called *Appropriate Actions* on your next course. Though this video is subtitled, "A Teacher's Guide to Sexual Harassment in Schools," its contents have a wider application and can be used by anyone dealing with youth. In addition to a panel of teachers discussing the subject, the video includes informative comments by a psychologist, a lawyer and other specialists. The video's contents are certain to provoke a lively discussion about sexual harassment. (Scouts: Personal Development Pathfinder Badge-Social 1) X

### VIDEO DETAILS

*Appropriate Actions*, 26 minutes, VHS, 1997. National Film Board of Canada. Order # C9197 155: \$39.95.

*Creative Nature Crafts for Kids in the Forest* and *Creative Nature Crafts for Kids at the Beach*, 35 minutes each, VHS, 1995. JOMIC Productions Inc., 1115 NW Market Ste, 105, Seattle, WA, 98107. Each: \$14.95, plus \$6.00 p/s/h (US funds).

*Tales of Wonder*, 60 minutes, VHS, 1998. Rich Heape Films, Inc., (Canadian distributor CVS, Inc., 40 Scollard St., Toronto, ON, M5R 3S1).

*Unsuitable Actions*, 26 minutes, VHS, 1997. National Film Board of Canada. Order # C9197 118: \$39.95.

# WHITTLE THIS WHISTLE, THEN CALL WILD ANIMALS

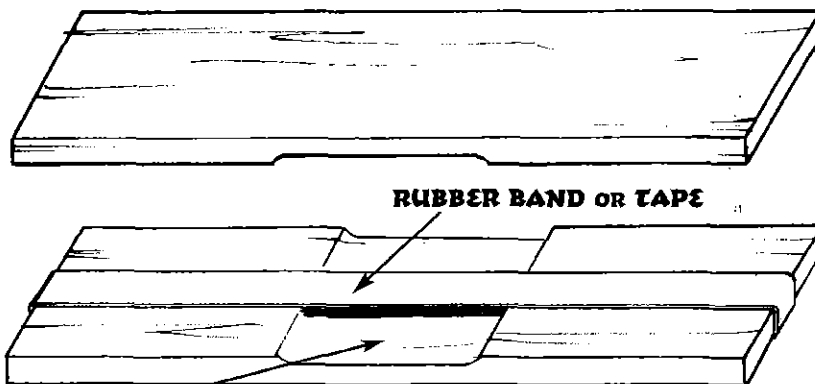
by Jean Layman

**F**OR HUNDREDS OF YEARS West Coast native people have called black tailed deer with a simple whistle that anyone can make.

Each whistle requires two narrow wooden slats (cedar shingles work well) and an elastic band. Cut the wooden slats no longer than 10 cm and 2 cm wide. With a sharp knife, shave a narrow depression 2 cm wide on matching sides. (See diagram) Stretch a wide rubber band over the opening, and clamp the two pieces of wood together with your hands. Now blow through the opening so you force the rubber band to vibrate. It should produce a variety of sounds including buzzing or squealing noises.

If you want your whistle to make a different sound, try different sizes of rubber bands — the tighter the band, the higher the pitch. Whittle the opening larger to adjust the pitch and tone,

**THIN WOODEN SLATS**



**THIN OPENING CARVED INTO WOOD**

but don't carve too much wood. It might wreck the whistle. You might even want to experiment and stretch cellophane tape around the whistle.

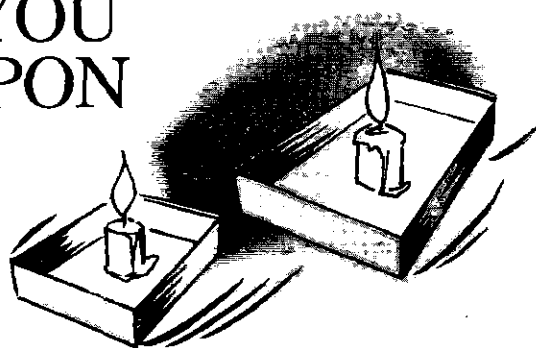
Depending on the size of the whistle, how it's carved, and the type of vibrating band, your whistle can sound

like a rabbit in distress or even a bird of prey. It's even attracted coyotes.

Kids will love the project and then watching for animal visitors.

— Jean Layman Scouts in Georgetown, Ontario.

## WHEN YOU WISH UPON A BOAT



**M**any Scouting groups around the world share this tradition; it involves making wish boats. It's an excellent activity for summer camp. You might want to include it as a grand finale to a campfire or as a jumping-off point for talking about fire flies. (The floating boats will resemble fire flies on the water.)

Each youth should make a small wooden/paper boat or raft, then put a tiny candle on the bottom. (Birthday candles are good.) Anchor the candles to the bottom of the boat with a bit of wax.

Before launching the boats at night, everyone should make a wish

that ties into our Scouting Promise or Law. As the boats move out across the water, discuss what positive actions you can take to bring about greater communication and understanding, starting in your pack or troop, then moving out to your community.

**Caution!** Plan this activity after a heavy rainfall so boats won't start fires if they drift in to shore. Also, leaders should watch closely and monitor the boats. Someone should follow them in a canoe and retrieve them, so they don't litter the shoreline.

— From UK Scouting Magazine.

## KEEP THOSE BUGS AWAY!



**A**re you sick of spraying toxic insecticide on your skin and polluting the air? Here's the perfect bug spray, field-tested in the wilds of Quebec.

Roll cedar boughs between your fingers, extracting the oil onto your hands. Rub this on your arms, legs, face and in your hair. The process will take 10-15 minutes. Not only do bugs hate cedar oil, but it's environmentally friendly and smells great. ^

— Thanks to H      Fortin

# HOW DOES SCOUTING FIT IN TO THE LIVES OF *Active* CHILDREN?

by Bryan Milliere

**T**HIS MONTH'S *BRIDGE THE GAP* column gives leaders ideas on how to make Scouting more relevant to young people. Use it to prepare for your first few fall meetings.

Young people participate in a wide array of activities; in fact, parents say their children are "maxed

out." While busy children swing from activity to activity like trapeze artists, parents worry how their busy lives will affect school grades. But learning how to maintain a healthy balance provides a valuable life lesson for youths. Let's show young people and parents how Scouting produces well-rounded individuals.

## Faith, Family, Friends and School

Many families have deep commitments to their faith. Besides attendance at religious functions, youths may have obligations related to prayer and diet, as well as restrictions on their activities. Be sensitive to these needs; they help develop spiritual commitment.

It's often impossible to anticipate dates that conflict with special family functions (e.g. birthdays, anniversaries, family vacations), but when you plan special Scouting activities, give members lots of warning time so they can arrange their schedules to include Scouting.

Seventeen percent of Scouting members join because of a friend's recommendation. Plan several "bring a friend" opportunities in your program. It's sure to build membership.

Homework, extra assignments, tests, speeches and exams: students face many responsibilities and pressures. When planning activities, take these events into account. Most students have a school calendar or a diary where they record important school dates. Ask group members to identify important upcoming dates in their calendars. Here are some to look for:

- *Professional development days.* These create long weekends and give opportunities for youth to get together to work on badges.
- *Weekly tests.* If you know most of your members face a school test, don't pick that evening, or the night before, for a special outing.

- *School projects.* Some projects tie in nicely with badge requirements. If you time badge work so it relates to school projects, your kids will consider Scouting more relevant.
- *Speeches.* Find out if your Cubs or Scouts can give a required school speech on Scouting. Provide opportunities to practise their speech in front of the group.
- *Exams and mid-term tests.* Celebrate the end of exams or tests with a weekend camp. You'll probably need to plan more physical activities to relieve stress. Avoid extra meetings during weeks prior to exams.
- *School trips.* These may cause youths to miss a meeting or a

favourite camp. Careful planning will ensure most students can attend Scouting events.

Encourage young members to write Scouting activities in their school calendars. This will help them spot potential conflicts.

## The Internet

Ask your members what web sites they find most interesting. Do they know of any cool sites they'd like to share? What Net shortcuts have they learned? Can they describe some precautions youth should take when using e-mail and visiting chat groups?

Ask your Cubs, Scouts or Venturers if their computers are ready for



Photo: George Pearce

*Sailing and navigation ties nicely into math and geography.*

the year 2000. A parent or knowledgeable youth might explain how to know if your computer is ready.

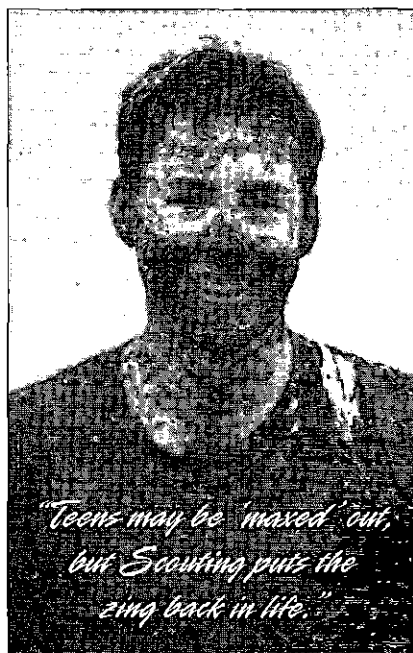
### Television

What programs do youth members watch? Organize a short discussion. Find out if your Scouting program interferes with favourite TV programs. Brainstorm with your kids so they develop a number of ways they can watch these programs and attend Scouts (e.g. videotaping).

During the discussion, ask several youths to do impersonations of their favourite character. What do others think of the lives of various TV characters? Television provides children with powerful messages about life and relationships; get them looking for hidden messages (both good and bad ones), then discussing healthy choices.

### Time and Priorities

Ask your members to keep track of how they use their time. Do this



for one week. The exercise will help them work and play more efficiently. Give them the following 20 categories: sleep, washing, eating, travel,

attending class, work, play outside, play inside, watching TV (record name of the programs), reading, homework, surfing the Net for fun, talking on the phone, Scouting activities, sports, chores, relaxing with friends, church, family activities, and other. To ensure they understand, get them to write down how they used their time that day. Use 15-minute blocks to round off the numbers. Everyone has 96 of these 15-minute blocks each day.

At the next meeting, collect all the time sheets and add up the numbers by category, then return the sheets. Perhaps use a bar chart to display the results. What patterns do you see? Is everyone happy with how they spend their time? Try the exercise again in six months and compare the results.

Kids are "maxed out." Their time is precious. Find creative ways to fit your program into their schedules so fun Scouting activities dovetail with school requirements. X

## How Did You Do this Year?

1. Did you involve youths in program planning?
2. Did you involve youths in program delivery?
3. Did you ask youths for feedback on the program?
4. Did youth members have fun?
5. Did leaders have fun?
6. Which activities will you eliminate from future programs or modify before repeating?
7. Did you give parents clear invitations, and opportunities, to participate?
8. What areas do you wish to develop in yourself so you become a better leader?
9. Did you recognize and thank other team members, group committee, partners, parents and occasional helpers for their contribution?

## Study Tips for Youths

**P**hotocopy these study tips and give them to every Cub, Scout or Venturer in your group. Parents will appreciate your concern.

1. Identify the best time for studying. Energy and alertness levels vary throughout the day. Become aware of your best times.
2. Do difficult or boring jobs first because they require more energy.
3. For motivation, identify at least one benefit you get from learning about each school topic. (E.g. Math makes it easier to calculate compass bearings and map positions.)
4. Top athletes and performers use visualization techniques to help them succeed. Picture yourself doing extremely well in a test or speech. Describe to a friend how well it went, *before* doing the presentation. Seeing a desired outcome in your mind helps overcome difficulties.
5. Find helpful study partners.
6. Reward yourself for sticking to your study plan (e.g. 30 minutes of TV).
7. Review class notes daily; this will reinforce details and fill in memory gaps.
8. Use word games and wacky images to help anchor key information in your mind. (E.g. ABC in first aid stands for Airway, Breathing and Circulation — the first three things a first aider checks when helping a victim. A student can visualize oxygen entering the airway to the lungs, which allows breathing. Oxygen then enters the circulation system.)
9. Stay physically active. Exercise feeds your brain with oxygen and reduces stress.

# Fun at the Pond

by Leslie Forward



As you start preparing for fall, consider how to introduce new Beavers to your colony. Of course, second and third year Beavers will dive right into pond activity, but first year children may be shy and reluctant to take part. These ideas might make the introductions easier.

## Gathering Game

As Beavers enter the hall for your first meeting, give each child half a picture of a forest animal. The child has to locate a Beaver who has the other half. When they've found their partner, the two children give a left-handed Scout handshake (explain the significance before starting the game) and introduce themselves. For the rest of the evening these Beavers stay together, playing and doing crafts. Try to pair up first year Beavers with older ones.

## "That's a Cool Picture Frame"

Prepare this craft the week before (or at registration) by asking Beavers to bring a favourite photo or picture to the meeting. For this craft you'll need heavy cardboard or coloured bristol board, glue, string, coloured beads, glitter, wool, macaroni, crayons and markers.

Give each child a cardboard or bristol board frame cut out to hold a standard sized photographic print. Allow sufficient time for Beavers to decorate the frame and then mount their photo. This makes a nice gift for Mom or Dad.

## Picture Wall

Bring a Polaroid camera to your meeting. Take a photo of each Beaver and place the picture and the child's name on a prepared wall. Make sure you add each leader's photo, real name and Beavering name. Now everyone can do a quick check if they forget a playmate's name.

## Stand Up, Sit Down Game

This game helps Beavers burn off energy and get to know each other.

Sit everyone in a circle. When a leader or Keeo calls out different descriptions (see below) that apply to a Beaver, the person jumps to her feet shouting "Share!" then sits down. Think up more commands that apply specifically to Beavers in your group.

## Commands:

I'm five years old.  
I have a baby brother (or sister).  
My name begins with "A"  
(or any letter).  
I go to \_\_\_\_\_ (name) School.  
I like to go fishing.  
I play hockey.  
I drive a bicycle.

## DIAGRAMS

## On the Back Name Tags



### On the Back Name Tags

When people call us by our name, we feel special. Make a large name tag for each child and attach one to the back of your Beavers. (See diagram) When someone speaks to anyone else during the first three meetings, make a rule that you must use the person's name. If you get the name wrong or can't remember it, you must repeat the name three times, each time louder than the last (e.g. Angela, ANGELA, ANGELA!!). The name tags will especially help leaders.

### Sharing Our Life Game

Pair up your Beavers. Each child has to tell something about herself to the other child in the pair. Make new pairs and repeat the game several times. If your colony is small, gather together and get everyone to learn one or two details of the person sitting beside them.

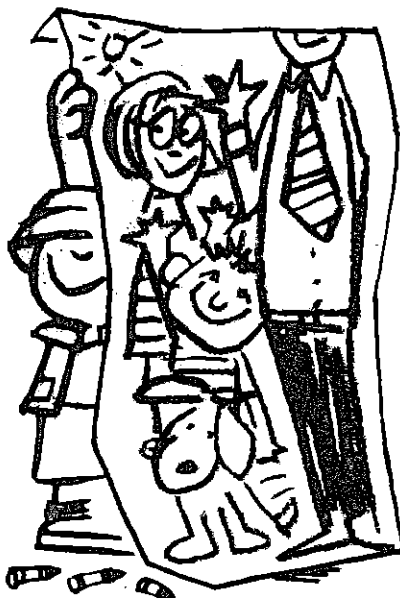
After several minutes, toss a large beach ball to a child who must say the name of someone sitting beside her and one detail about her life (e.g. favourite colour, pet's name). Leaders should begin and end this game.

### All About Me Poster

With crayons and markers (or paints if you don't mind the mess), let Beavers describe their life on large sheets of paper — one per child. Newsprint is excellent. Beavers

might want to paint family members, pets, teachers, friends, sports, church or vacation experiences. Leaders too should participate so Beavers can get to know them. When finished, hang the artwork up at the picture wall. Encourage Beavers to stand up and describe their picture.

### ALL ABOUT ME POSTER



### Promise Law and Motto Game

Even second and third year Beavers can forget the Scouting Promise,

Law and Motto over the summer. Here's a fun way for all members to review or learn them.

Divide your colony into lodges. Each lodge works as a team. Beavers must run along a path that has three stations. At the first, Beavers yell out the Beaver Promise; at the second, they call out the Beaver Law, while at the third, the Beaver Motto. Keo could work at one station and leaders at the others. As each Beaver finishes, they get a tail slap.

You might want to make this more involved by skipping, jumping or hopping several times before and after calling out the Promise, Law or Motto.

### Beaver Song

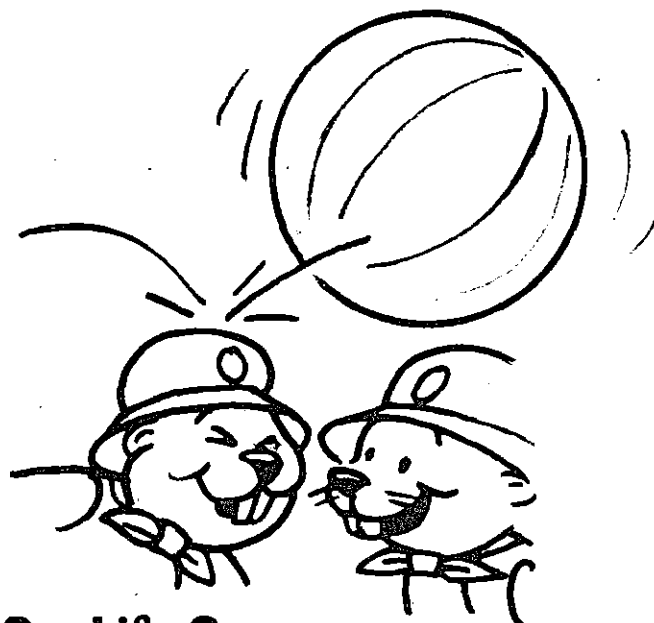
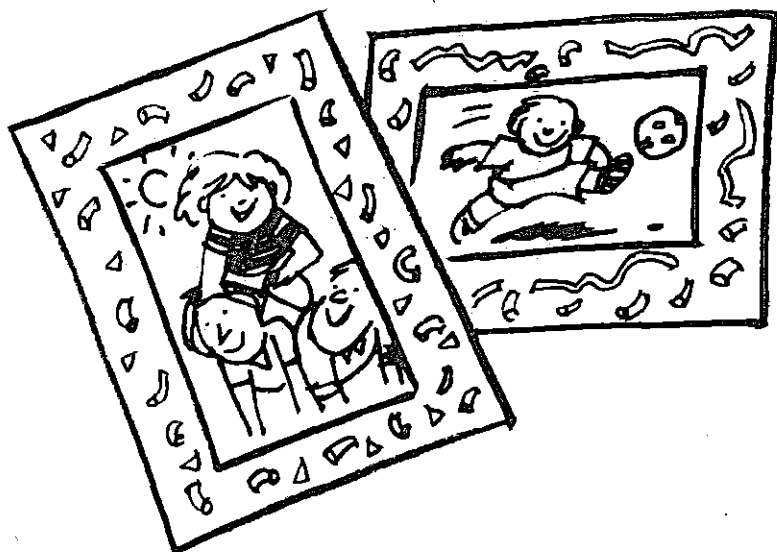
(Tune: I'm a Little Tea Pot)

I'm a little Beaver, short and stout  
Here is my tail and here is my snout.  
When I visit Beavers  
hear me SHOUT!  
'Cause I'm a little Beaver  
short and stout.

I'm a little Beaver who can share  
I can love and I can care.  
For my friends and family I care long  
I'm the little Beaver in this song.

I can help God take care of His world  
For all are precious as a pearl.  
So when I go to Beavers  
I can SHOUT!  
I'm a little Beaver short and stout.

## Cool Picture Frames



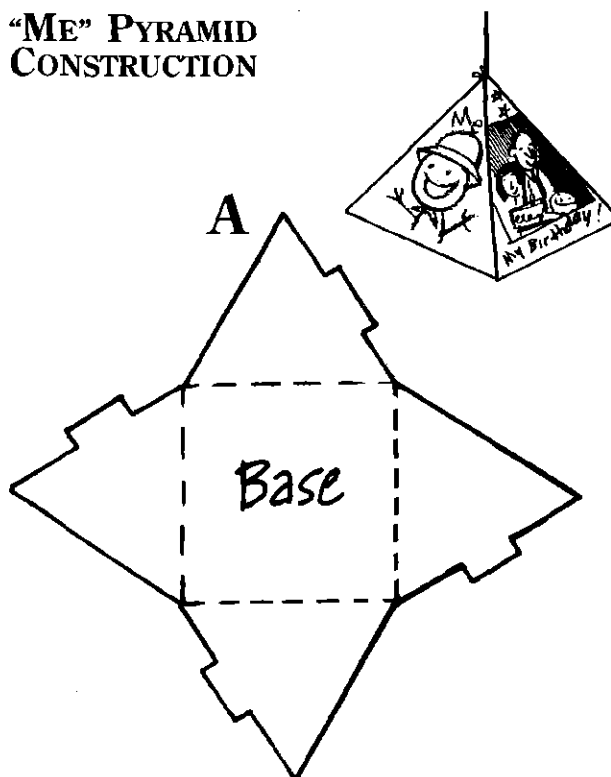
### Sharing Our Life Game

### The "Me" Pyramid

Beavers can use this pyramid as a mobile at home. If made smaller, they could hang it from a Christmas tree. Make it with crayons, markers, glue, stickers, macaroni and string.

Start by cutting out the pattern. (See diagram) Now, Beavers can draw a picture illustrating a different part of their lives on each surface, including the base. Drawings might include a self-portrait, a hobby, or important family event. When finished, fold the sides along the dotted lines, attach a knotted string to corner A, and glue along the tabs.

### "ME" PYRAMID CONSTRUCTION



### The Sharing Story: the Most Important Person

Beavers need to hear how important they are, but they also need to hear that everyone is valuable. No one is more important than anyone else. By appreciating others, we all benefit. This story illustrated the point.

One day, the fingers were having a discussion.

"I'm the most important person," said the pointer. "I point the way for us to go."

"Well, I disagree," said the tall finger. "I'm taller than all the rest, so I'm the one that reigns over all of you."

"I don't believe that," sniffed the ring finger contemptuously. "I'm the most important because I carry all the jewellery and riches."

The little finger quickly interrupted, "I'm definitely the most important because I'm smaller and everyone knows that the big ones have to look for the little ones."

The thumb listened quietly to the disagreement, then he spoke. "You all feel that you are the most important. But if you're so important, I want each one of you to try and lift that book all by yourself."

Each finger tried to lift the book alone. Of course, none of them could do this.

Then the thumb spoke up again. "Now let's all try to lift the book together." The book rose off the table easily. "See," said the thumb. "It took everyone acting together as a team to lift the book. All of us are important. Each one of us is just as important as the others."

### Paper Bag People

Give each Beaver a large paper bag and a crayon. Beavers put the bags over their heads, and with a crayon in their hands, follow instructions as leaders call out instructions for drawing a face. When finished, each child takes off the bag.

Chuckles and laughs will ripple through your meeting hall as Beavers see their comical faces. Cut holes for eyes and let your Beavers bring the masks home. Make sure you tell them not to wear these masks outside.

### Beaver Book

September is a great time to begin a Beaver keepsake book. Colony members can add to it throughout the year.

Ask each Beaver to bring a folder or small three-ring binder to one of your first meetings. Distribute prepared sheets that Beavers can put into their binders and complete on appropriate dates. These may include investiture day, first Beaver hike, swim-up, apple day, Cub linking day, and a tail celebration page. The first page should include the child's name, address, phone number, colony name and address. Follow-on pages might include a leader's page (for comments), and autograph page, and one page for the Promise, Law and Motto. What other pages would your Beavers like to include? Ask them.

Hand out some blank sheets of paper and clear vinyl pockets so Beavers can draw pictures and collect special items they find on walks.

Make your first Beaver meetings especially fun and exciting. If you work at making everyone feel welcomed and special, they'll keep on coming back. ^



## Year of the OLDER PERSONS Idea

**I**nvide older people to your meeting. Let them help make crafts with their grandchild. (The evening may form part of a Grandparents' Theme Night.) If one or more Beavers don't have grandparents in the area, ask them to invite a special older person they know.

Allow time for guests to relate one or two stories from their youth, especially if one was a Scout.

# Summer Safety Checklist

by Ross Francis

**Summer has arrived!** Families are heading out on vacation. Excitement runs high as Beavers and Cubs prepare for camp. Adventures await as kids conquer new challenges, explore new surroundings and meet new people. But summer also brings danger.

Kids may forget about safety issues when exploring new trails or tasting new experiences. Before sending your group members off, review these safety tips. Perhaps you can make them into a Cub relay race, or true and false questionnaire. Beavers could choose several to highlight on a poster.

## When You're Exploring

- ☐ Don't speak to strangers, or accept anything from them.
- ☐ It's always okay to say "no" to adults if they offer things or ask you to do something that makes you feel uncomfortable.
- ☐ If you're not sure if a stranger or acquaintance touched you in a bad way, tell your parents. Always tell them if something makes you feel uncomfortable.
- ☐ If you get lost in a store or in your neighbourhood, know who to approach for help. In a store, look for a sales clerk, cashier, or security person; in your neighbourhood, look for a house with a Block Parent sign in the window. (Let Beavers colour a Block Parent sign with red markers. Cubs could glue a sign on cardboard and make it into a puzzle.)
- ☐ Always get permission from parents before leaving your yard.
- ☐ Only play in areas or playgrounds approved by your parents.
- ☐ Always let your parents know where you'll be playing and who you're with.
- ☐ Return home when you're supposed to, or call if you're going to be late.
- ☐ Know where basic first aid supplies are kept in your home and use these for minor injuries, but only with parental permission.
- ☐ Post emergency phone numbers (including Mom's and/or Dad's work numbers) near each phone at home.
- ☐ Memorize your full address and phone number (as well as an emergency number), in case you get lost.

## Weather Safety Tips

Many factors can affect your safety when travelling or exploring outdoors in summer. The weather can work for you or against you. Make sure you wear appropriate clothing that matches the forecast. For example, bring a rain suit and boots if rain is predicted.

### Sun

- ☐ Wear protective clothing such as lightweight long-sleeved shirts and pants, wide-brimmed hats and sunglasses. Don't forget to put sunscreen on exposed skin (face, hands, neck, ears, feet).

- ☐ Sunscreen should have an SPF (sun protection factor) of 15 or greater. Apply it 30 minutes before going outside and reapply it every two to three hours.
- ☐ Choose a broad spectrum sunscreen — a type that will protect against UVA and UVB rays.
- ☐ Use sunscreen on young children or infants that is specifically designed for them. Check the label for details.
- ☐ Choose a waterproof sunscreen if you'll be swimming or boating. Use waterproof sunscreen even if you expect to sweat heavily.
- ☐ Seek shaded areas when the sun's rays are strongest (between 10 a.m. and 4 p.m.).

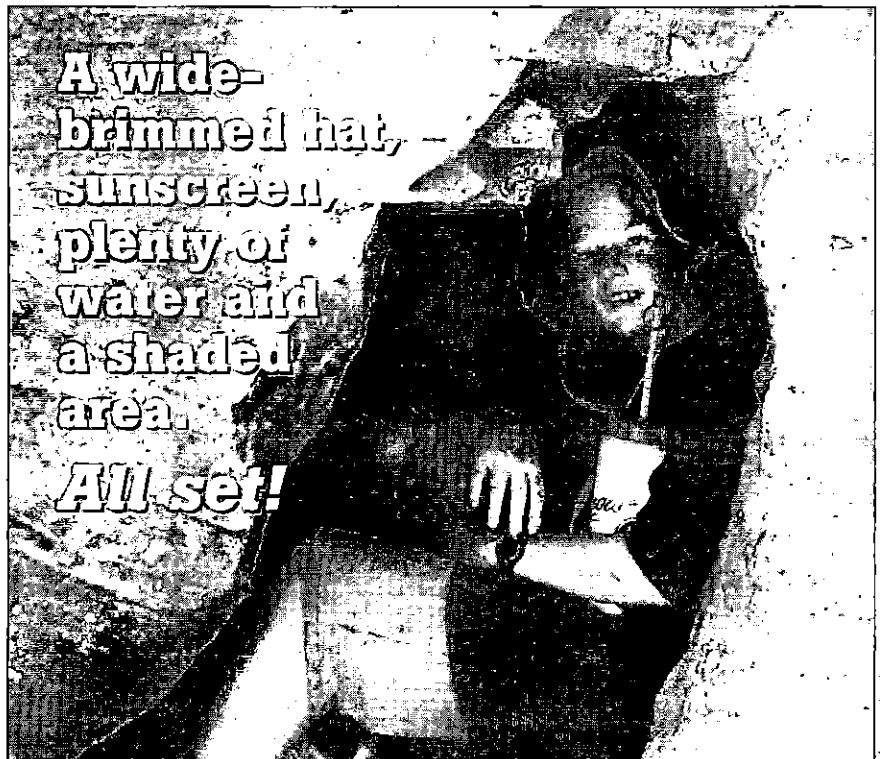


Photo: Mike Cope

- Reflective surfaces can reflect up to 85 percent of the sun's rays, so take extra caution when boating or skiing.

### Heat

- Drink lots of water on hot days; it will keep your cooling system working.
- Walk in shaded areas if possible to avoid overheating and sunburns.

### Thunderstorms

- Keep an eye on the sky. Look for dark clouds, flashes or increasing wind. Do you hear distant thunder? Muggy, sticky, humid weather together with these other indications suggest an approaching thunderstorm.
- Look for a safe place to wait out a storm. A building or a car provides good shelter.
- Stay away from tall trees, metal objects or exposed areas during a thunderstorm.
- Seek shelter under *short* trees. Make yourself small. *Never lie flat on the ground.* Crouch on the balls of your feet with your chest on your knees and your arms wrapped around your legs.

## Transportation and Recreation

### Cycling

Kids of all ages love cycling, yet accidents involving bicycles kill many people each year. These tips will ensure a safe bicycle season.

- Always wear a helmet — no exceptions!
- Before heading out, make sure your bicycle works properly and is well adjusted. Check tires, reflectors, bell/horn, brakes, as well as the tightness of nuts and bolts (particularly on wheels), seat and handlebars.
- Obey traffic rules and always stop at stop signs. (Cyclists must follow the same rules as motorists.)
- Wear reflective clothing at night, and make sure your bike has a light and reflectors.

- Teach children to follow basic safety rules particularly at intersections, and when crossing driveways or parking lots.
- At the end of a driveway, STOP before moving onto a road. Many children are killed each year at the end of their driveway because they don't look for traffic.
- Stop and walk your bike across busy intersections.
- Ride on the right side of the road with other traffic, or use bicycle lanes.
- Learn and use proper cycling hand signals.
- Ride only where permitted; some recreational pathways do not permit bicycles.
- Ride in single file, not side by side.
- Never wear headphones when riding; you may not hear approaching vehicles.
- Before entering traffic, always stop, look and listen.

**If you go on a day-long bike trip, bring a first aid kit. Of course, always wear a helmet.**

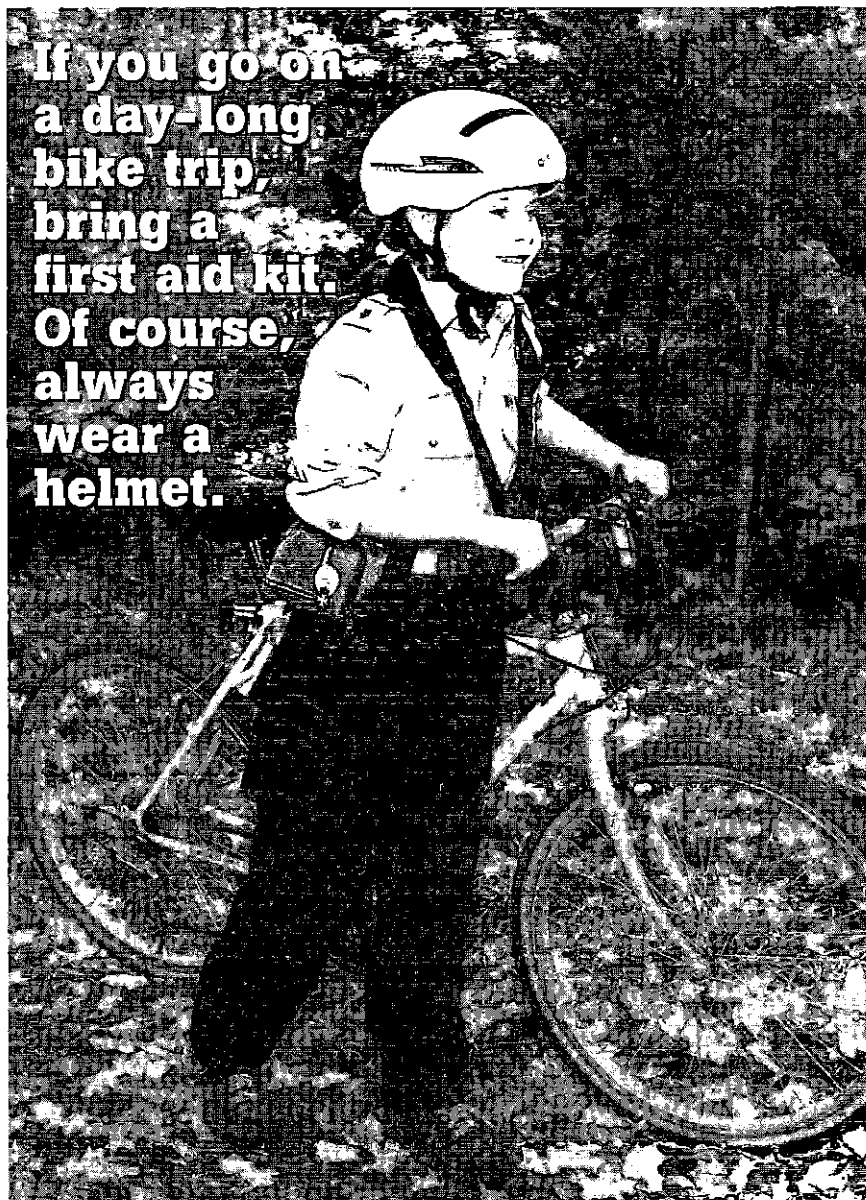


Photo: Scouts Canada archives



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- ☐ Before making turns, always check to make sure the way is clear.
- ☐ When riding past parked cars, allow at least one metre clearance in case someone opens a door suddenly.

### Car Travel

Heed these precautions at all times when riding in a motor vehicle.

- ☐ Always wear a seat belt.
- ☐ Children under 12 should ride in the back seat — the safest place in any car, van or truck.
- ☐ If your car has air bags, make sure no child under 12 *ever* sits in the front seat. Air bags can be dangerous to young children.

### Swimming at

#### Beaches and Pools

What's summer without swimming and water sports? These tips will keep your group members safe.

- ☐ Wear your PFD or lifejacket whenever you ride in water craft (e.g. power boats, canoes, small sailboats).
- ☐ Don't go near water (i.e. small streams, lakes or big rivers) without adult supervision.
- ☐ Never swim alone; always use the buddy system.
- ☐ Swim only in designated areas.
- ☐ Don't dive or jump into unknown waters; wade in first to find out the water depth.
- ☐ Don't push or jump on others unexpectedly around water.
- ☐ Swimming lessons make water fun more enjoyable.
- ☐ All pools should be supervised by one or more adults. (Flotation

devices are not substitutes for adult supervision.)

- ☐ Dive into above-ground pools *feet first*; they aren't deep enough for regular diving.
- ☐ Walk around pools. Running may result in slips and falls.
- ☐ Dive only from the diving board and not from the pool sides. Wait until the water area is clear of other swimmers.
- ☐ Don't shout "HELP" unless you need it.

### In-line Skating

Cubs are old enough to try in-line skating. Ask an experienced Scout or Venturer to demonstrate safe skating to your pack.

- ☐ Always wear safety gear when in-line skating: helmet, elbow pads, knee pads, wrist guards and gloves.
- ☐ Get instruction. Learn to stop by using the brake pad at the skate's heel.
- ☐ Skate on smooth paved surfaces, but never on the street. An unexpected fall may put you under a car's wheels.
- ☐ Watch for sand, rocks, cracks and other potential hazards that might cause a spill.

### Playgrounds

- ☐ Before playing, check for hazards like damaged equipment, sharp edges, glass or garbage that could cause injury.
- ☐ A good playground should have lots of "loose fill material" (approximately 30 cm in areas where children jump or may fall). Good fill material includes sand, wood

chips, pea gravel or similar substances. These will absorb the shock of a falling child. Impact absorbing materials should be deeper at the end of a slide or near swings.

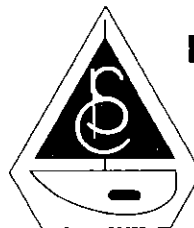
- ☐ Avoid playgrounds that have no loose fill material. Grass, dirt and asphalt is not acceptable and do not provide sufficient cushioning for falls.
- ☐ Nuts and bolts on play structures should have protective caps. Exposed ones can tear skin.
- ☐ Watch out that you don't walk into a swinging child or someone coming down a slide.
- ☐ Involve children when establishing rules, and explain how this will make play more fun.

### Insects

Stinging insects can decrease the enjoyment of any hiking, camping or canoeing adventure. Teach these tips to your Beavers and Cubs.

- ☐ Light clothing often repels bugs, while dark ones attract.
- ☐ In really "buggy" locations, wear a net over your head and clothes, as well as repellent on exposed skin.
- ☐ Teach children not to panic when they see bees and other stinging or biting insects. Build up trust by having them quietly watch a bee fly from flower to flower looking for nectar. Do this from a safe distance. Tell group members that bees generally won't bother humans as long as we don't disturb them.

It doesn't take much effort to give young children the knowledge they need to be safe. ^



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# Film Canisters:

## The Almost-Perfect Program Tool

by Ross Francis

### Before You Start

In some cases, film containers may not be suitable for your project, especially if the activity or use involves storing food. In this case, always use new, plastic pill containers available from pharmacists. (See safety sidebar.)

**B**efore discarding plastic film canisters, consider the program possibilities they offer. A little ingenuity can transform these humble vessels into rainy day games, hair-raising crafts or even marvels of engineering.

Start collecting film or pill containers now so you'll be ready for fall. If you haven't gathered enough by September, ask a salesperson working at a camera store for several hundred — or thousand. The canisters are probably waiting for you right now in a recycle bin behind the counter.

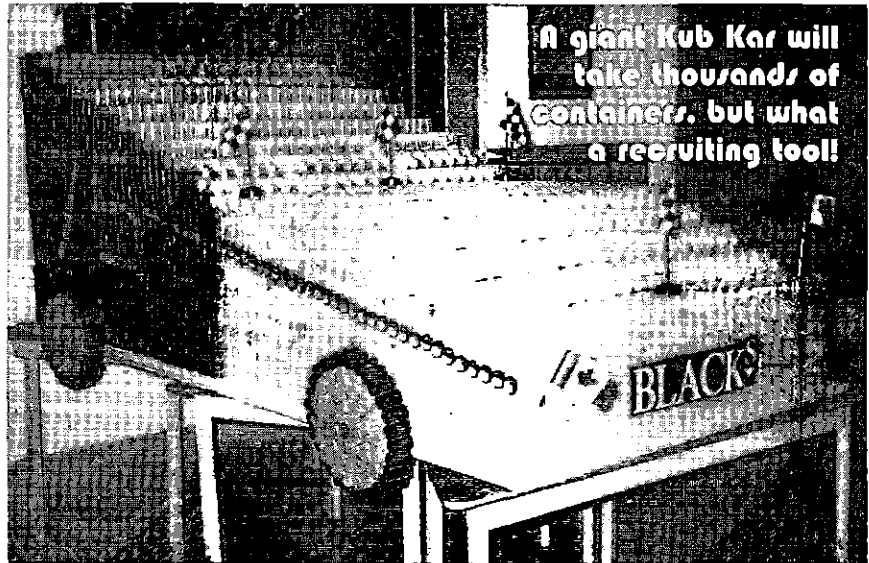


Photo: Scouts Canada archives

### FILM CANISTER CRAFTS

#### Medieval Fortress

Build a castle with turrets, walls, ramparts and windows. Use popsicle sticks for draw bridges, inside fences and flagpoles. Make figures (knights, ladies, horses) from painted film canis-

ters. Use bright paint for the heraldry flags and knight standards. Include an archery range and jousting area, complete with tents and viewing stands.

#### Portable Tinder Box

It's easy making a personal tinder box for your emergency kit. Just stuff

### Diagrams

#### Friends of the Forest Characters for Film Canister creations



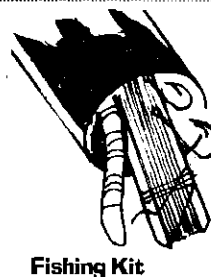
#### Medieval Knight and Fortress



#### Music Shaker

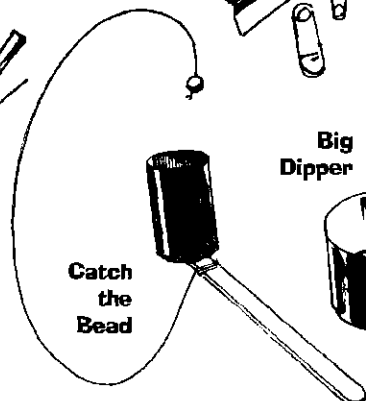


#### Waterproof Match Container



#### Fishing Kit

#### Sewing or Repair Kit



#### Catch the Bead



#### Big Dipper

tiny twigs, wood shavings and birch bark inside. You might also want to include a candle stub for wet days.

#### *Waterproof Match Container*

Glue a small piece of sandpaper inside the lid or to the bottom outside. Cut a bit off match ends so they fit in the container. If you glue sandpaper to the inside of the lid, make sure match heads face *down* (away) from the sandpaper; otherwise, they might rub against the sandpaper and ignite. Now, put the match container in your survival kit or emergency first aid pack.

#### *Music Shaker*

Put a bit of rice in a film canister, put the lid back on and you've got an easy-to-make and highly portable music rhythm shaker. (*Caution! Do not eat the rice.*)

Make a larger shaker with macaroni by using a new, large pill container from a pharmacy.

#### *Personal First Aid Kits*

Cubs or Scouts can use a film canister to hold a micro first aid kit. Include a bandaid; a wet wipe; quarter; cotton balls; alcohol swabs; half a Q-tip; folded sterile pad; and a safety pin.

#### *Sewing or Repair Kit*

Cut several small strips of cardboard and wrap various pieces of thread around them. Include an assortment of sewing needles, straight pins and safety pins in the canister. Wrap duct tape around the container's outside for emergency patch jobs.

#### *Survival Kit*

Place waterproof matches, band-aids, bouillon cube (wrapped in foil),

paper, stubby pencil, quarter, safety pin, needle, thread, fish hooks, and a small birthday candle inside the canister. Wrap duct tape around the outside.

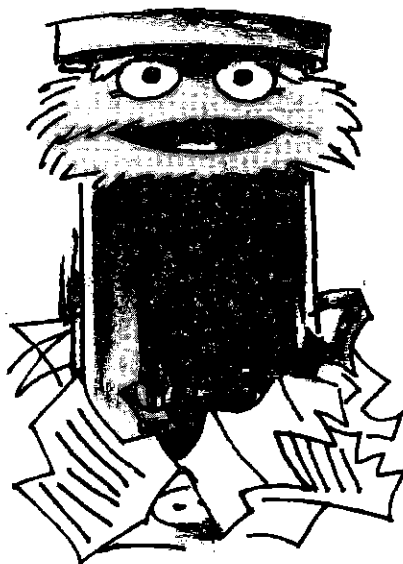
#### *Fishing Kit*

Wind fishing line around a small popsicle stick that fits inside a canister. Leave room for several hooks, lures and weights.

#### *Oscar the Grouch*

Beavers will enjoy transforming a film canister into Oscar's garbage can. Decorate the outside, glue a pompom on the lid and you've got Oscar's home. Make Oscar using pompoms, googly eyes, scraps of material and pipe cleaners.

## Oscar the Grouch



## Safety Concern!

**N**ever use film canisters to hold food items (e.g. spices). Film canisters may contain potentially dangerous chemical residues that may persist, even after washing.

Ask a pharmacist for new, clear pill containers if you want a small container to hold food items. Pill containers come in a wide array of sizes, with various types of lids (e.g. child proof, screw on, snap-on lids).

Before you use film canisters for non-food related activities and objects (e.g. crafts, fire starters), first scrub them out carefully with a disinfectant.

#### *Big Dippers*

Cut a narrow strip 1/2 cm wide, about 2/3 vertically down the side of a film canister. (See diagram) Then, cut around the canister removing the balance of the plastic material. Bend the remaining strip down, making it into the Big Dipper's handle. Glue stars on in the appropriate positions. If you want, cut the bottom out of the canister and make it into a woggle.

#### *Star-Gazing Canisters*

Get Cubs to punch small holes (carefully) into the bottom of film canisters. Make the holes in patterns for familiar star constellations. Give Cubs a number of film canisters to make a variety of "canister constellations," labelling each. Take these with you on a star-gazing night.

Your kids can look through the canisters at a small coloured light



## 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.



(a flashlight with red tissue paper over the lens). Once they see the star formation in their canister they can easily recognize it in the sky. Examples of constellations might include: Big Dipper, Little Dipper, Draco, Cassiopeia, Cephus, Bootes, Corona Borealis and Sagittarius.

#### Glue or Paint Pots

For craft night, pour a bit of glue in film canisters and give the kids toothpicks to spread the glue.

Pour small amounts of paint in individual canisters and place these on tables for young artists. This gives children their own paint container.

#### Film Canister People

Glue pompoms on canister lids for heads; glue on eyes and pieces of material to make noses, mouths and ears. Use pipe cleaners for legs and arms, and decorate. Some children with vivid imaginations may create Godzilla-like monsters, while others might want to make *Friends of the Forest* or *Jungle Book* characters. (See diagram on previous page)

It's easy to transform your character into a woggle; just cut out a hole in the bottom.

#### More Woggle Ideas

Cubs can wrap coloured yarn around the canister using their six colour. Hot glue a plastic loop (one canister cut into small hollow loops) onto the back to hold a necker. Presto! Each Cub has a new woggle that's perfect for storing light objects inside.

Don't leave the woggle unadorned; get your Cubs to weave a wolf, snake, cougar or bear pattern in the wound yarn using a needle and thread.

#### Wild Beavers

Wrap a canister in brown construction paper, lay it on its side with the lid fastened shut, and glue on pieces of material representing legs and tails. Glue a pompom on for a head, as well as eyes and pieces of material for ears, nose and teeth.

## FILM CANISTER GAMES

#### "Stuff It"

Play this game in pairs, sixes or other small groups. Give each group a film canister complete with lid. Here's the challenge: groups must see how many items they can fit inside the canister while still being able to completely close the lid. Set a time limit to breathe extra drama into the game.



#### Alien Invasion!

Youth members represent aliens from another planet. They've just arrived on Earth and their task is to gather "samples" from the planet to take back with them. Each child has a film canister and must fill it with natural items as quickly as possible before Earthlings (leaders) detect them.

Make the game more interesting by telling your aliens that they aren't allowed to touch the samples with their hands; they might be contaminated.

Once everyone has gathered their samples, they return to their "planet" (meeting place) and identify the specimens they've collected.

#### Catch the Bead

Glue a film canister to one end of a long flat stick (painted stir sticks work well). Tie a piece of string or yarn 45 to 50 cm long to the same end as the canister, then tie a wooden bead to the other end of the string. (See diagram) Now toss the wooden bead into the air and try catching it in the film canister.

#### Use Pill Containers to Hold Food Items

New pill containers are great for holding food items like coffee, tea bags, condiments, hot chocolate, juice crystals, dish soap, cooking oil, etc.

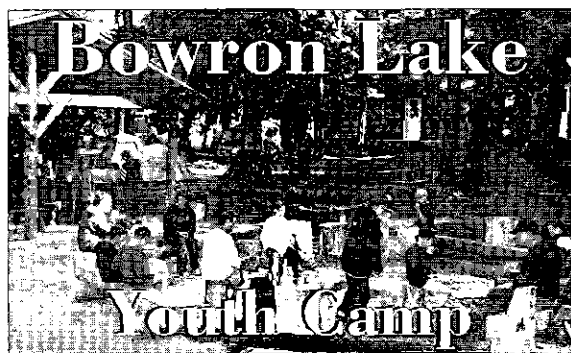
Pill containers are also perfect for holding eggs. Just crack the shell and pour the contents into the container or put the whole, unbroken egg in the container with tissue on top and on the bottom to protect the shell. The tissue will even help insulate the egg and may prevent freezing in winter.

#### Never Discard Them Again!

Film canisters make excellent waterproof containers for hiding clues for scavenger hunts or orienteering courses. Use the containers to make chess players, bridges, bingo markers or inukshuks (Inuit stone markers).

If you want to test the limits of creativity and if you have hundreds of film canisters, try building half-size cars, figures or even trains. Can your Cubs and Scouts make working models? Thick elastics and glue are a must.

Film canisters are an almost perfect toy; they're too precious to toss away in a landfill site. Start creatively recycling and reusing them today. ^



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## CROSS-COUNTRY PHOTOS

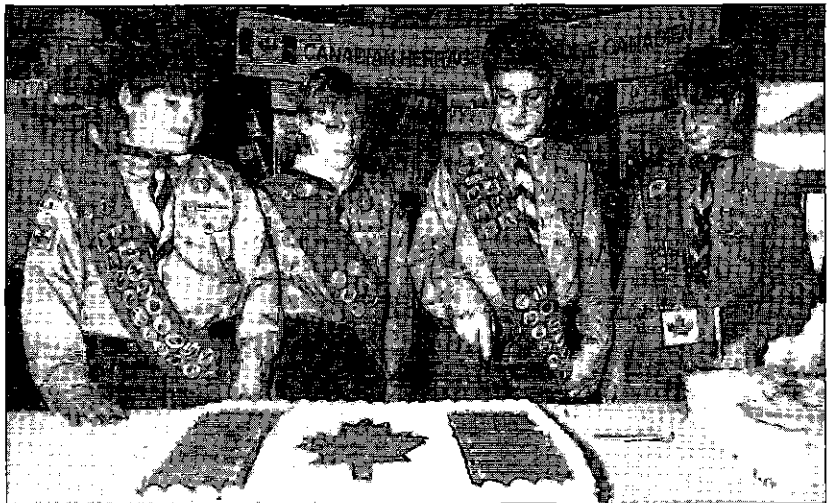
### CRAIG KIELBURGER WAS A CUB



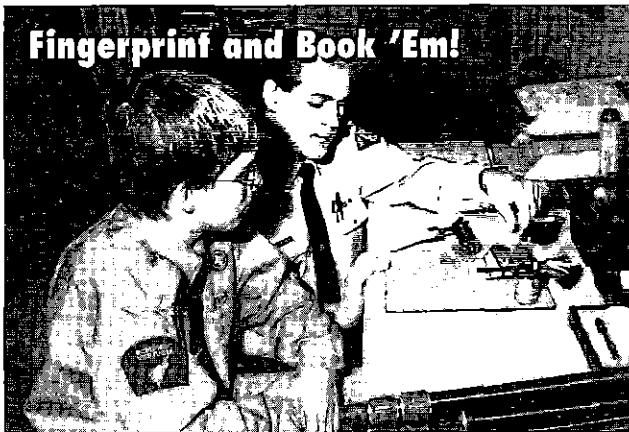
**C**RAIG KIELBURGER, the young Canadian who has championed child labour issues before Presidents and Prime Ministers around the world, was an active Cub in the 7th Thornhill MYSA Wolf Pack in Ontario. (In this photo, he is the third child from the left.) Craig often tells people how his Scouting activities helped prepare him for his public role speaking up for young, exploited children — primarily in the Third World. Photo: Paul Ritchi

### Citizenship and Heritage Week Feast

**S**couts Chad Vleryk, Craig Ring, Sean Ramsay and Nathan Ramsay couldn't wait to cut a huge Citizenship and Heritage Week celebration cake. Being members of the 83rd Troop in Regina, SK, they were asked to help host a public event held at a local shopping centre. "Talk about delicious!" said Chad. "The cake was excellent!" Thanks to Jean Thomas. Photo: Patrick Pettit/The Leader-Post



### Fingerprint and Book 'Em!



**R**CMP Constable Gaston Potvin showed Venturer Ryan Peake how to "lift" a fingerprint from a piece of broken glass. Ryan and other youths in his RCMP Venturer company in Flin Flon, MB, regularly visit the RCMP detachment during their Scouting activities. Constable Potvin is the Venturer program coordinator for Manitoba. Photo: Scouts Canada archives.



**1**st Comber (ON) Cub David Knapman tries the "Orbitron Spin" at last year's 20th Annual Essex District Cuboree. The spin was one of twenty exciting events that the happy Cubs participated in. Photo: Susan Knapman. \

# Recognize Extraordinary Performance

## *The honours and awards process: Part 2*

by Rob Stewart

Last month we looked at a step-by-step process for developing an application for outstanding service to Scouting. In this second of a three-part series, I'll provide some general pointers when applying for the Meritorious Conduct, Gallantry, the Award for Fortitude, and the Jack Cornwell Awards.

These awards differ from those for outstanding service.

How? Usually, they result from an event in which an adult or youth member performs a meritorious or gallant act. The Jack Cornwell Award is slightly different because it applies to youth members only. But together they share similarities in the application process.

### Extraordinary Performance

The process begins when a leader or parent decides to recognize an action taken by a member of Scouting — usually an action in response to an accident or emergency. In many cases people decide to make an application for recognition after reading a newspaper account of an extraordinary event that involved a Scouting member.

When you gather information, get a complete description of what happened. This includes statements from police, doctors and other witnesses. The group registration form will provide personal information you need for the application (e.g. full name, age, address, etc.).

When you've gathered all information and supporting documents, write it down on the proper form. Can you provide any photos to support an application associated with an act of bravery or meritorious conduct? This is always helpful.

Each award has a separate application form (available through Scout offices) to guide you in your task. When you've completed the application, send it to your local Scout office for further action. The provincial Honours and Awards Committee will make recommendations to the National Committee.

Okay, let's say you know of a potential nominee. How do you identify what award category to suggest? Here's some information that will help you decide.

### Meritorious Conduct

"Deserving praise, reward, esteem, etc." That's how the dictionary defines "meritorious." Scouts Canada has three levels of meritorious conduct within the award system.

The first level involves the Certificate for Meritorious Conduct. It's awarded for a meritorious act worthy of recorded commendation, but not a medal or bar.

The second level includes the Medal for Meritorious Conduct. It's awarded for especially meritorious conduct that does *not* involve heroism or risk of life. Scouting awards a Bar to the Medal for Meritorious Conduct for similar or repeated conduct.

An act that probably saved someone's life may qualify a member for this award. Perhaps someone collapsed from a heart attack and the Scouting member acted quickly to administer CPR, or directed emergency activities that significantly increased the victim's survival odds. Or perhaps a member acted quickly and responsibly to help someone who was severely injured. These situations qualify as acts of meritorious conduct that do not involve heroism or risk of life. Depending on the situation, the awards committee could recommend either a certificate or a medal.

### Gallantry Awards

Gallantry awards range from a Certificate for Gallantry (with slight risk, worthy of recorded commendation) to the Gold Cross (for gallantry with special heroism and extraordinary risk). In between these levels are the Bronze

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Cross (for gallantry with moderate risk), and the Silver Cross (for gallantry with considerable risk). Applications for gallantry awards require a little more detail than those for meritorious conduct awards, but it should be reasonably easy to gather the information.

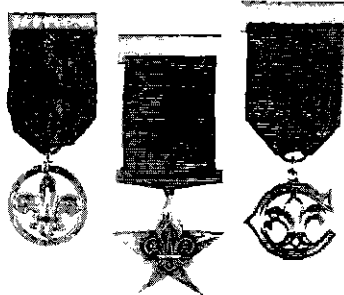
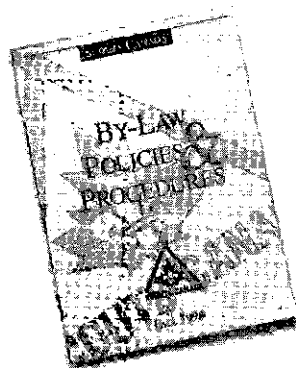
Every year we receive a variety of applications in this category. We hear about Scouting members who risk their lives to rescue a drowning victim, pull someone from a burning car or home, or search under hazardous conditions for someone lost in the mountains or woods. In each case, the Honours and Awards Committee at the provincial level recommends an award level to the National Committee

#### The Jack Cornwell Decoration

Only children and youth members in all sections may receive this award for high character and courage.

The publication *By-Law, Policies and Procedures* (p. 67) provides an historical note on the award. Your Scout office has a specific application form to guide you with the process.

## *By-Law, Policies and Procedures* provides historical notes on a variety of awards.



Most applications in this category recognize suffering endured in an heroic manner, or perseverance in the face of serious injury, or some form of disability. Often the candidate overcomes great suffering in daily life.

Applications generally require a statement from a doctor and supporting statements from the young person's Scouter, as well as an independent person (e.g. a teacher). Applications for the award are also adjudicated by both the provincial and national awards committees.

#### The Award For Fortitude

This award is Scouting's newest recognition. It acknowledges youth and adult Scouting members who, despite physical or mental impediments, have made a significant contribution to the Movement. A person with a physical disability who continues to participate fully in the section and everyday life would possibly qualify for the Award for Fortitude.

#### Timing: It's Important

Next month we'll discuss timing your application, give a brief overview of Scouting's awards, and present excerpts from applications where a Scouting member has been granted an award in the Gallantry, Meritorious Conduct and Jack Cornwell categories. X

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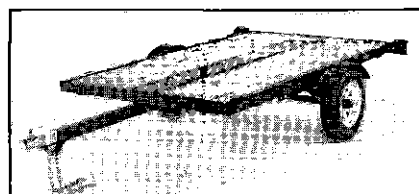
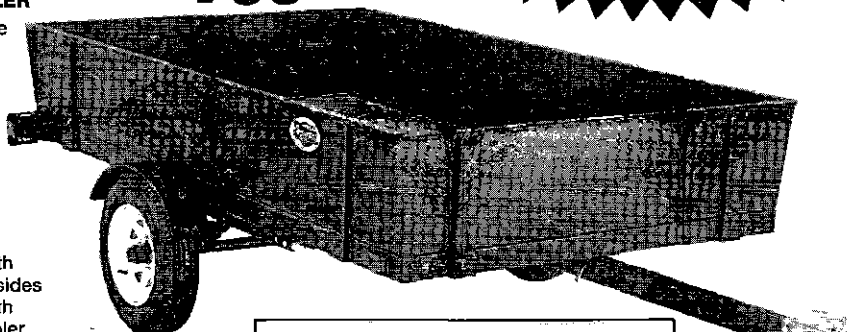
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# For Service to Scouting

compiled by Cheryl Dinelle

**W**e are pleased to announce in this issue the names of people in Scouting who have been recognized for gallantry and service between September 1, 1998 and March 23, 1999.

## **AWARD FOR FORTITUDE** *(for perseverance despite physical or mental impediments)*

Charles Brocklebank,  
Mississauga, ON  
Bradley Howe, Wetaskiwin, AB

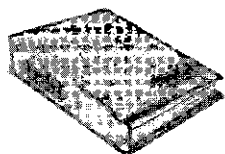
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(Some issues may not be available.)

Dean Little, Minnedosa, MB  
Andrew McBride, Hickson, ON  
Mark McCavour, Duncan, BC  
Zachary Micallef, Etobicoke, ON  
Neil Richardson, Saskatoon, SK  
Lehi Sanson, Rockland, ON  
John Shipside, Welland, ON  
Douglas Tataryn, Calgary, AB  
Lana Thompson, Fort Nelson, BC  
Bill Thow, Shawnigan Lake, BC  
Jeremy Varner, Moncton, NB

## **CERTIFICATE FOR GALLANTRY** *(for gallantry with slight risk and worthy of recorded commendation)*

Matthew Limb, Sechelt, BC  
Sean Nickerson, Oromocto, NB

## **CERTIFICATE FOR MERITORIOUS CONDUCT** *(for meritorious conduct worthy of recorded commendation)*

David Beaton, Russell, ON  
Brendan Christensen, Standard, AB  
Shane Durnin, Apsley, ON  
Maryke Dykstra, Russell, ON  
Stephen Gibson, Calgary, AB  
Eric Greer, Embrun, ON  
Christopher Hasledine, Calgary, AB  
Andrew Mathews, Victoria, BC  
Dusty McAvany, Cache Creek, BC  
Jeffrey McGill, Limoges, ON  
Pierre-Yves Ostiguy,

Dollard Des Ormeaux, QC  
Roger Pharand, Russell, ON  
Justin Philips, Oshawa, ON  
Brennan Reus, Chateaugay, QC  
Bruce Saunders, Calgary, AB  
Renny Smith, Selkirk, MB  
Nicolas St. Denis, Embrun, ON  
Nancy Stoodley, Manotick, ON  
Ethan Trotter, Vernon, BC  
Ric Zaharchuk, Calgary, AB

## **BAR TO SILVER ACORN** *(for further especially distinguished service to Scouting)*

Jim Bryce, Langley, BC  
Mary MacMillan, Dartmouth, NS  
Donald MacMillan, Dartmouth, NS  
Gary Tarr, Edmonton, AB  
Bruce Templeton, St. John's, NF

## **SILVER ACORN** *(for especially distinguished service to Scouting)*

Marjorie Boyce, Oakville, ON  
Wayne Clifton, Regina, SK  
Alex Hadden, Richmond, BC  
Roy Hind, London, ON  
Leonard Horvath,  
West Vancouver, BC  
Anthony Hung, North York, ON  
Douglas King, Halifax, NS  
Robert Sadler, Calgary, AB  
Beth Taylor, Mississauga, ON

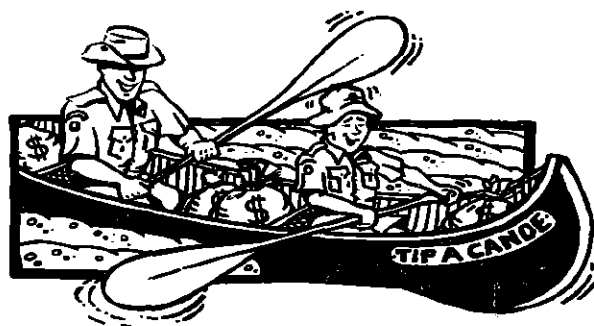
## **BAR TO MEDAL OF MERIT** *(for further especially good service to Scouting)*

Linda Bergh, Taylor, BC  
Douglas Churchill, Glovertown, NF  
Stanley Corden, Brockville, ON  
Jean Fernandes, Richmond, BC  
Wayne Jobb, Sherwood Park, AB  
Ronald Malone, Belleville, ON  
John McHardy, Woodstock, ON  
Patrick Ralph, Prince George, BC  
Donald Riddiough, Hamilton, ON  
Frank Sartor, Duncan, BC  
Donald Spong, Hamilton, ON  
Douglas Stanbrook,  
Port Coquitlam, BC  
Bill Uttley, Peterborough, ON  
Willy Williams, Edmonton, AB  
Thomas Wunder, Waterloo, ON

## **MEDAL OF MERIT** *(for especially good service to Scouting)*

Carol Bennett, Victoria, BC  
David Betker, Richmond, BC  
Bernard Bishop, Yarmouth, NS  
Jeff Bonohome, Tecumseh, ON  
Janis Booth, Ancaster, ON  
Marylou Bowles, Buckhorn, ON  
Dan Brady, Surrey, BC  
Elaine Bridge, Peterborough, ON  
Bob Brommeland, Castlegar, BC  
Shirley Burke,  
Kingston, ON (Posthumous)  
Linda Byce, Nepean, ON  
Lloyd Bygrave, Richmond, BC  
Steve Campbell, Delta, BC  
Dorothy Carrick, Mississauga, ON  
Bob Carver, Surrey, BC

William Chan, Richmond, BC  
 Wanda Coates, Edmonton, AB  
 Sharon Crane, North Vancouver, BC  
 Willem d'Isendoorn, Duncan, BC  
 Mary d'Isendoorn, Duncan, BC  
 Bill De Groot, Fort Assiniboine, AB  
 Susan Delange, Vernon, BC  
 Rick Eason, Mississauga, ON  
 Doug Erickson, Surrey, BC  
 Robert Ford, Powell River, BC  
 John Greer, Dartmouth, NS  
 Rena Gruhl, Welland, ON  
 Douglas Hall, Stittsville, ON  
 Ronald Hatton, Peterborough, ON  
 Steven Ilott, Richmond, BC  
 Elizabeth James, Hamilton, ON  
 Candis Jerome, Castlegar, BC  
 James Kaminski, Sudbury, ON  
 Nahed Koussa, Fabreville, QC  
 Bobby Lafond, Rossland, BC  
 Arthur Landymore, Richmond, BC  
 Art Lane, Castlegar, BC  
 James Lehman, Waterloo, ON  
 Timothy Leitch, Whitby, ON  
 Ray MacDonald, Kitchener, ON  
 William MacDonald, Courtenay, BC  
 Jeff Maissan, Woodstock, ON  
 Larry Marlatt, Surrey, BC  
 Heini Mathis, Newmarket, ON  
 Ray McNicol, Surrey, BC  
 Charles Moffat, Etobicoke, ON  
 Kevin Morland, St. Thomas, ON  
 Jeanette Ann Nyman, Calgary, AB  
 Donald Olafsen, Oshawa, ON  
 Shafik Panjwani, Delta, BC  
 Stephen Paterson, Ancaster, ON  
 Ross Pearson, Surrey, BC  
 Lynda Pearson, Hamilton, ON  
 Don Pellegrin, Powell River, BC  
 Harry Penney, Corner Brook, NF  
 Lillian Pimm, Vancouver, BC  
 Barbara Pokorski, Bowmanville, ON  
 Mitch Rasmussen, Fort Saskatchewan, AB  
 Rosalie Rasmussen, Fort Saskatchewan, AB  
 Jane Rayvals-Panjwani, Delta, BC  
 Dorothy Reiter, Stettler, AB  
 Neil Richardson, Saskatoon, SK  
 Patrick Scholefield, Calgary, AB  
 Valerie Scholefield, Calgary, AB  
 Bill Sheldrick, Morrisburg, ON  
 Karen Shorter, Bramalea, ON  
 Trevor Stephens, Aurora, ON  
 Margaret Sutton, London, ON  
 Barry Tate, Woodbridge, ON  
 Anne Taylor, Victoria, BC  
 Russ Thom, Naughton, ON  
 Brian Thompson, Lower Sackville, NS  
 Lana Thompson, Fort Nelson, BC  
 Bill Thow, Shawnigan Lake, BC  
 Gayle Wagner, Charlie Lake, BC  
 Daniel Wallace, Tsawwassen, BC  
 Ken White, Delta, BC  
 Paul Whitfield, Coquitlam, BC  
 Maureen Wills, Cochrane, AB  
 Bruce Withers, White Rock, BC



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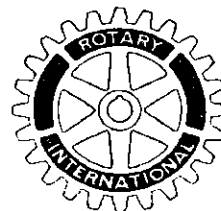
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# "Service Above Self" Rotary and Scouting



by Bryon Milliere

**R**OTARIANS LIVE UP TO THEIR MOTTO of "Service Above Self" by sponsoring 55 Scout groups across Canada. In Ottawa, the West Ottawa Rotary Club sponsors the 154th Ottawa Beaver Colony at the Baseline Court Apartments. The club decided to help the community in and

around these low income apartments where a number of violent incidents made the news. Rotary committed to paying the rent on an apartment to provide extra space for programs to be operated by the club and Carlington Community and Health Services.

The club started a Beaver colony to help youths develop self-confidence and life skills. Jon Wiersma, the Regional Field Executive for Voyageur Region worked with a local social worker and members of the Rotary club to form a group committee. They recruited leaders among the parents. A Service Scouter and other experienced leaders helped the colony get off to a good start.

Sixteen Beavers now meet in the apartment rented by the Rotarians. The group committee plans to start a Cub pack for older Beavers and youth by using a waiting list of another group. The Rotary club helps finance uniforms, fees, leader training, supplies and program costs. Popcorn sales at Rotary meetings also help.

Beavers, leaders and parents were impressed by the support for their community when they attended the Rotary club's Tuesday lunch meeting to invest the Beavers in front of 100 Rotarians. The Scouting program has



**Beavers has really made a difference to members of the 154th Ottawa Colony.**

had a great affect on many people. Jason, a Beaver leader, and his daughter (a Beaver) have both experienced increased self-confidence.

## Natural Partners

Rotarians represent a cross-section of leaders in the business and professional community. Through Rotary clubs, Scouting can tap into this great network and get things done quicker. Meet with Rotarians and you'll find a tremendous depth of skills, knowledge and commitment for the community. Not surprising, since most were once involved in our Movement.

Some Rotarians belong to the International Fellowship of Scouting Rotarians. (For more information, contact Bud Allison at (713) 721-0695; e-mail: VDLY48A@prodigy.com.)

Rotary pursues ambitious goals. Internationally, Rotarians have administered over one billion doses of vaccine in an effort to eradicate polio

by 2005. Scouting has helped. In developing countries, Scouting and Rotary take very active roles in community service.

## More Opportunities

Explore new opportunities for Rotary clubs and Scouting to work together on local and international projects. These might include:

- Ways to improve the environment (road clean-up, tree planting, building parks/playgrounds, stream clean-up).
- Performing community service (helping youth, seniors and the disabled).
- Reaching out to those in need.
- Preparing youth for various vocations.

You can find your local Rotary club by checking out Rotary International's web site: [www.rotary.org](http://www.rotary.org).

Scouting and Rotary clubs: it's a terrific combination. ^

## ROTARY FACTS

- Four men in Chicago started the Rotary Club on February 23rd, 1905.
- Today it boasts a membership of approximately 1.2 million members in 24,000 clubs and 150 countries.
- The Rotary symbol, a working gear (not an idler), symbolizes the drive of its members.

## THE ROTARIAN 4-Way Test

Rotarians use their "4-Way Test" to guide them in relations with others at all times. The 4-Way Test is similar to Scouting's Promise, Law and Motto.

1. Is it the *truth*?
2. Is it *fair* to all concerned?
3. Will it build *goodwill* and *better friendships*?
4. Will it be *beneficial* to all concerned?

Discuss the 4-Way Test at your next meeting. It might promote healthy relationships and decision-making.

Photo: Graeme Fraser

## SCOUTER'S 5

- ☐ Use these readings while your group is gathered around a crackling fire. They'll warm the soul.

### Native Prayer

- ☐ O Great Spirit  
Whose voice I hear in the wind  
Whose breath gives life to the world  
Hear me please.
- ☐ I come to you as one of your many children.  
I am small and weak.  
I need your strength and your wisdom.  
May I walk in beauty before you,  
causing you delight.  
Make my eyes ever behold the  
red and purple sunset.  
Make my hands respect the things  
you have made  
And my ears sharp to hear your voice.  
Make me so wise that I may know the things  
You have taught your children,  
The lessons you have hidden  
in every leaf and rock.
- ☐ Make me strong, not so I can  
be superior to my brothers,  
But to help all people, especially the weak.  
☐ Make me ever ready to come to you  
With straight eyes, in great humility  
So that when life fades, as the fading sunset,  
My spirit will come to you without shame.
- ☐ — *Petronella Johnston*

Scouter's Five Minutes

June/July '99

## HINTS

- ☐ Reserve an honoured position for baking soda in your camp equipment box. If you wonder why, here are some uses that may be new to you.

### Hiking Boot/Sneaker Deodorant

- ☐ If you're out on a long hike and can't properly deodorize your boots, sprinkle a bit of baking soda inside. The soda will absorb odious odours.

### Tired Feet Bath

- ☐ After a long day on the trail, soak your tired feet in a basin of warm water and baking soda. Rub them after several minutes and reimmerse. If you don't have a basin, wipe your feet with a sponge dipped in warm water and baking soda.

Rub off old skin from your heels by scrubbing them with baking soda. In only minutes they'll be smooth and comfortable again. Be careful not to rub too hard, especially if you plan on hiking a long distance the next day.

### Facial Complexion

- ☐ No need to buy expensive beauty creams and lotions when you've got baking soda nearby. Gently rub it onto your damp face and massage. The soda cleans out pores without resorting to harsh chemicals.

### Hand and Fingernail Cleaner

- ☐ Is pine pitch, grease or ground-in dirt hard to remove from your hands? Rub dry baking soda into your hands; you'll be astonished how fast it lifts the dirt.

(continued next page)

Hints

June/July '99

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### Mouth and Teeth

Clean your mouth and teeth like the pioneers. Sprinkle dry soda on a damp toothbrush and use it like regular toothpaste. If you need a mouthwash, add 5 mL of soda to 125 mL of warm water and gargle. Mild salty water also makes an excellent mouthwash.

### Stain and Rust Remover

Lift stains off plastic dishes or tableclothes by rubbing them with a baking soda and water solution. Use *dry* soda on tough stains.

For rust, scour pots and frying pans with baking soda; then rinse and season with oil.

### Itching for Relief?

If you've rolled in a patch of poison ivy or are suffering from insect bites, make a thin paste of soda and water. Gently rub the mixture over the poison ivy (after having first washed the area thoroughly) or insect bite. Allow the mixture to dry. It should provide relief for 30 to 60 minutes.

### Porcupine Quills on Pets

If you can't get to a veterinarian to remove porcupine quills from an unfortunate pet, mix 10 mL of baking soda with 250 mL of vinegar. Pat this mixture on the quills. Wait 10 minutes, re-apply, wait another 10 minutes and gently remove the quills.

— Thanks to Guy Mandeville, ADC Training, Trenton District/White Pines Region, ON.

Hints

### Warm Each Other's Life With Love

The golden sun, so great and bright  
Warms the world with all its might.  
It makes the Earth green and fair  
And tends each thing with ceaseless care.  
It shines on blossom, stone and tree,  
On bird and beast, on you and me!  
Oh, may each deed throughout the day  
May ev'rything we do and say  
Be bright and strong and true.

— Elisabeth Labret

### Cast in the Same Clay

One God created all men.  
All men were moulded out of the same clay  
The Great Potter has merely  
varied the shapes of them.  
All men are mixed of the same five elements.  
No one can make any element  
less in one or more in another.

— Rag Bhairon

### Doing Our Duty

To allow the hungry man to remain hungry would be blasphemy against God and one's neighbour, for what is nearest to God is precisely the need of one's neighbour.

It is for the love of Christ, which belongs as much to the hungry man as to myself, that I share my bread with him and that I share my dwelling with the homeless. To provide the hungry man with bread is to prepare the way for the coming again of Jesus.

— Dietrich Bonhoeffer was killed by the Nazis for his beliefs.

Scouter's Five Minutes

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# A Herbal Garden in Your First Aid Kit?

by Ben Kruser

**H**ave you noticed the growing interest in natural alternatives to traditional medicine? For retailers, the herbal product market represents almost \$2 billion in annual sales.

These older health remedies are slowly finding their way into first aid kits. What kind of kits are now showing up on shelves? They run the full gamut, from the total herbal remedy kits targeted at customers who practise homeopathic medicine, to traditional kits such as those found in Scouts Canada's catalogue and provided by recognized first aid organizations. In between lie hybrids. One, produced by Adventure Medical Kits, offers traditional medical supplies for the usual array of problems, supplemented with herbal remedies. Included are ginger extract, tea tree oil, echinacea extract, aloe vera and arniflora gel, instead of ibuprofen and polysporin.

## Hiker, Cure Thyself

Although herbal remedies provide nutritional supplements; they may *not* claim curative powers. Homeopathic remedies are natural but formulated under U.S. Federal Drug Administration guidelines, and may make claims regarding curative powers. Before buying a first aid kit containing herbal remedies, check to see what claims manufacturers are making and what herbs are included.

Many people share concerns about chemical products with DEET in them, especially if small children will use them (e.g. bug spray). This too has created a market for natural alternatives. Citronella is the most common alternative to DEET, along with eucalyptus, cedarwood and peppermint. However, some natural alternatives, such as "essential oils," may not be as safe as some suppliers advertise. "Pennyroyal" is a highly toxic essential oil used to repel insects; in some cases it's fatal if taken internally. (See *Swap Shop* for a really healthy and free bug repellent.)

Natural rubber, as found in latex gloves supplied in first aid kits, causes an allergic reaction, resembling poison ivy, in some people. A latex allergy can cause breathing problems, sneezing and itching eyes. In extreme cases it can lead to shock and death. Allergic reaction usually develops from repeated exposure. Some first aid kits supply nitrile gloves, which are non-latex, have a longer shelf life and are more abrasive-resistant than latex gloves. Check to see what kind of gloves your first aid kit has if you're concerned about latex.

In summary, before, buying a first aid kit, keep in mind the range of outdoor activities you'll need it for, then pick a kit with tried-and-true remedies. ^

## Traditional first aid kits



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## Garlic in Oil May Cause Botulism

**T**he January '99 issue (*Recipes*, p. 35) suggested putting a garlic bulb in a bottle of salad oil, then using the mixture as seasoning. But this may prove dangerous!

If the garlic in oil was not properly processed (i.e. by extremely high heat) and is not consumed right away, botulism may develop.

— Ardis Miller, 1st Oyama Cubs.

### Take Your Place in the Winner's Circle

Over the past twelve months, Scouters have sent us a flood of letters and e-mails describing how the **Leader Magazine** has contributed to their Scouting programs. The games, theme programs, crafts and songs that you send make a real difference. They help busy Scouters plan outstanding youth programs.

So, take a bow! This sampling of letters represents a pat on the back and "well done" to all who have submitted material.

**The Leader Magazine** is really an inspirational publication. I've been a Venturer advisor for just six months and have only started receiving the magazine, but it's packed full of excellent ideas. This publication shouldn't be only for adult leaders; send it to Venturers and Rovers, too. Venturers need exposure to some of the thought-pro-

voking ideas presented on its pages.

— Rose Lynn Petty, Calgary, AB.

I really liked last summer's June/July issue. **The Leader Magazine** always contains excellent program ideas. It's a valuable resource for all involved in Scouting. Keep up the good work!

— Janet Anderson, 7th Kingston Group, Ontario.

**The Leader** is an exceptional magazine. To heck with false modesty. The information is "user friendly" (readable), and the graphics, design and layout are top-notch. Thanks.

— Herb Reinhart

I'm a former Scout and Scouter (Beaver leader). Though I'm long since retired (age 79), I still enjoy receiving the **Leader** every month. It keeps me informed about the latest Scouting activities.

— Hans G. Draeger, Niagara Falls, ON.

I look forward to receiving the **Leader** EVERY MONTH. You put out a very useful magazine! It's a great resource for old and new leaders alike. Its pages provide lots of information for trainers to use, too.

I have many back issues and find myself thumbing through them many times a year, looking for a different program idea or

training theme. Thanks for giving Scouters such a good magazine.

— Hazel Hallgren, Red Deer, AB.

### You Need a Youth Service Corps

For over 40 years, Saskatchewan Council has operated an incredibly successful Youth Service Corps of Scouts and Venturers. Adult leaders have selected these youths through an interview and training camp, to staff, maintain and provide program activity at two Saskatchewan camps (Anglin Lake and Seconee Camps). Many alumni are today's Scouting leaders.

Service Corps volunteers are trained to be instructors as if they were adults; they pass on outdoor skills to Cubs, Scouts and Venturers who use the camps during summer months.

Our Service Corps is the only one of its kind in Canada; members play a huge role putting the "out" back into Scouting in our province. A Service Corps gives selected youths extra training so they can assume advanced leadership roles and build self-esteem.

Why not set one up in your area?  
— Lew Harrison, Service Corps Coordinator, Saskatchewan Council.

### CORRECTION

In our May issue, Tim Moulton's name was spelled wrong. He won second prize in the photo contest.

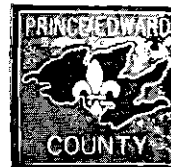
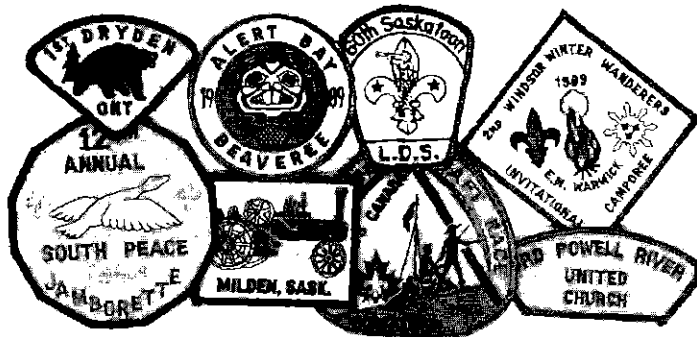
Get ready for our next photo contest. Shoot for it all summer long. We'll announce the contest in the October '99 **Leader**.

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# Thanks for the Lessons, Wayne

by Andy McLaughlin



*Professional athletes are role models for youths and adults* — like it or not. Scouts and adults look up to athletes as their heroes. Thanks to the intense media scrutiny they receive, athletes provide lessons and examples for everyday people on how to live their lives. While some examples are not always positive (e.g. Darryl Strawberry, Dennis Rodman, Eugene Robinson), once in a while an athlete comes along and gets it all right.

As I write these words, I'm watching Wayne Gretzky's final game in the National Hockey League. He's certainly older and slower than he was when he played in Edmonton and Los Angeles. But two things are very evident as he plays his final shifts: no one is working harder, and nobody is having more fun.

There's been a lot written about Gretzky in the two decades he has dominated the NHL. The Stanley Cups, gaudy stats and untouchable records have been scrutinized to a fault. The dignified and classy way he conducted himself off the ice has also been well documented. No one — not even his contemporary sports icon, Michael Jordan — was more of an ambassador for his sport (or his country) than Wayne Gretzky. His humble demeanor during harried locker room media scrums, visits to terminally ill children in hospitals, or his tireless work on behalf of charities has been rightly highlighted in an era of self-absorbed pro athletes.

## Unbridled Passion

But for me, he delivered his best life lessons on the ice. And it had

nothing to do with his incredible vision or knack for scoring goals. Wayne Gretzky has always embodied two significant human qualities in the way he played the game: an unbelievable work ethic and unbridled passion.

His tremendous desire to play the game he loved was unmatched. Watching him play, you couldn't tell if it was Game 7 of the Stanley Cup final, or a meaningless exhibition contest; he gave maximum effort on every single shift. He wasn't the fastest skater, and his thin frame looked as if the breeze from a passing Zamboni would knock him over. But no other player worked as hard. He would finish every game exhausted, having left it all out on the ice.

Beyond hockey, Gretzky gave the same matchless energy to whatever he tried, whether it was a business venture, golf, or even the things he wasn't particularly very good at. (If you've ever seen his appearances on *The Young and the Restless* or *Saturday Night Live*, you know what I'm talking about.) Although he's retired from the NHL, you just know he'll give 100 percent next year during

whatever recreation games or old-timer exhibitions he plays.

## Relish the Game

Gretzky also simply loved to play the game. You'd see him during games, eyes wide with delight, smiling or laughing, whether he was on the ice celebrating a goal or enjoying a short rest on the bench. He displayed his love without losing his competitive edge or disrespecting the game or other players. He just relished every aspect: warm-ups, game action, even dreaded practices. He was always the first to the rink and the last to leave.

Let Gretzky's qualities be examples for you in all you do, and help you incorporate maximum passion and effort into your Scouts' lives. Gretzky's incomparable career is an inspiration and example for all of us. Thanks Wayne, for the lessons and the memories. ^

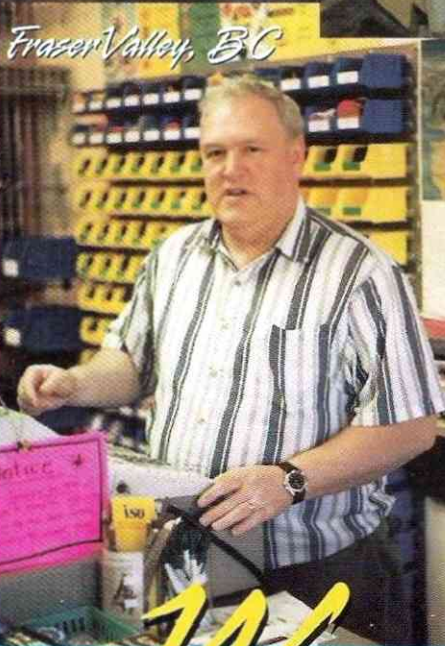
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