



# the leader

NOVEMBER 2002

VOLUME 33 NO. 3

**AMORY ADVENTURE AWARDS**

**THE 16TH  
FORT WILLIAM  
COMPANY HIKES  
SUPERIOR'S  
CASQUES ISLES  
TRAIL**

**LINKING BEAVERS TO CUBS • RANDOM ACTS OF KINDNESS**





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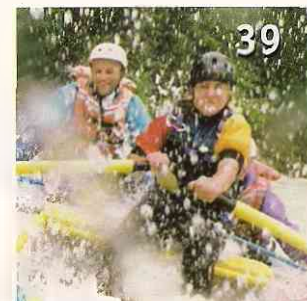
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AMORY ADVENTURE AWARD WINNERS

# HIRING THE CASQUES ISLES TRAIL ALONG SUPERIOR'S NORTH SHORE

by Susie Mackin

Lake Superior's north shore is known for its rugged, unspoiled beauty. It's also known as a hiking challenge – one that Venturers from the 16th Fort William Company (Thunder Bay, ON) did not want to miss.

For this incredible hiking adventure, the teens were awarded third prize in the Amory Adventure Awards.



### Planning Guarantees a Good Trip

These Venturers were looking for an exciting journey, unlike anything they had ever experienced before. As good Scouting youths, they put a great deal of research into their preparations. However, details concerning the trail were sketchy. In fact, since the trail is relatively new, it was not marked on recent maps.

With careful planning, using available descriptions of the trail and a detailed topographic map, the Venturers were able to determine how much ground they could cover each day. Also, the teens identified several emergency camping areas, just in case they needed them as back-up sites. Meals were planned to ensure the least amount of weight to carry in their backpacks, without reducing the quality of their food. (Never cut corners with food. Adventure trips require lots of calories.)

### "Hoist those Packs!"

The 52-km adventure trek began in mid-May at the Aguasabon River Gorge; it proved a perfect place to launch the hike. Sunny, turquoise skies soared overhead – a good omen. Because of the extreme ruggedness and difficulty of the area, the Venturers hiked this first stretch without packs, which were driven to a point further along the route close to a road.

From Aguasabon Gorge to Kelly's Harbour, the Venturers crossed many different topographic features, each

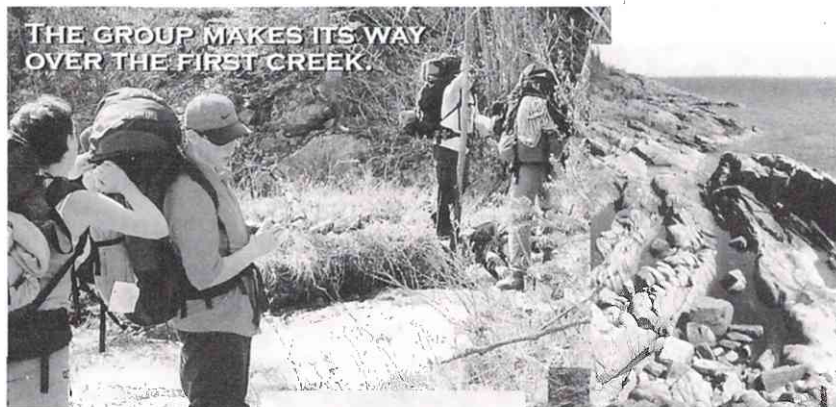
offering its own challenges. Stretches of sandy beach, stands of birch and spruce, sheer vertical climbs, and heavily bouldered beaches were difficult to navigate: the unfolding scenes were beautiful.

Even though the hikers made frequent stops to eat, drink water and wet down their hair in an attempt to cool off, when they finally stumbled into their campsite at Kelly's Harbour, everyone was very hot and tired. That night they camped on the beach, lulled to sleep by the gentle lapping of waves on the shore.

### Romantic Native Legends

Death Valley: The name invokes images of dry desert landscapes, lizards and cactus plants. But Thunder Bay Venturers encountered a Death Valley along their Lake Superior route that was bordered by huge trees and lush vegetation. According to native legend, centuries ago aboriginal people hunted in this area and chased animals to the edges of the deep valleys, forcing them to plummet to their deaths.

That's how Lake Superior's Death Valley got its name. The region hosts difficult and craggy hills, dotted with small creeks, but it was not insurmountable for the Venturers. Teamwork was the key, making everyone's life easier. Even so, the very name of this part of the trail triggered haunting thoughts, and made the youths extra cautious, not knowing what to expect.



THE GROUP MAKES ITS WAY OVER THE FIRST CREEK.

THE  
VENTURERS  
CROSSED MANY  
DIFFERENT  
TOPOGRAPHIC  
FEATURES,  
EACH  
OFFERING  
ITS OWN  
CHALLENGES.



## SUGGESTED RULES FOR GROUP TRAVELLING

**T**ravelling in a group can get very difficult unless everyone follows clear guidelines. Here are some to discuss before your trip.

- No passing the designated "lead" person.
- Hike at the speed of the slowest hiker.
- No falling behind the last person, called a "sweep."
- Only stop for breaks at agreed upon times and locations.
- No racing or running.
- Know who the first aider is, and this person's location.
- Hike along existing trails, whenever possible.

– Fieldbook for Canadian Scouting

## What Size of Backpack Do You Need?

**H**ere's some guidance for your Scouts when they choose the type of backpack they'll need.

- ☐ Overnight (1-2 days): 50 litres
- ☐ Weekends (2-4 days): 70 litres
- ☐ Longer trips (5+ days): 80 litres
- ☐ Expeditions (10+ days): 100 litres

– Fieldbook for Canadian Scouting

## AMORY ADVENTURE AWARD CORRECTION

**T**HE AUGUST/SEPTEMBER ISSUE correctly identified the Port Moody Venturers as coming from British Columbia, but the sidebar on page 5 (listing all winners) said they came from Ontario. Oops!

### "Walking on Hamburger"

Wisely, they slowed their pace when they reached a "tombolo", or sandbar, made of huge boulders. A carelessly placed foot could easily turn into a sprained ankle or worse. As careful as the Venturers were, one youth slipped on the loose, wet rocks and ended up with a badly scraped knee.

The next hours were spent pushing forward: forward on tender, aching feet over one more crevasse, one more sharp boulder, one more snake-like creek. One of the Venturers remarked that his feet felt "like ground hamburger." Determination kept them going, and soon their exhaustion turned to elation when the trail finally turned inland and eased.

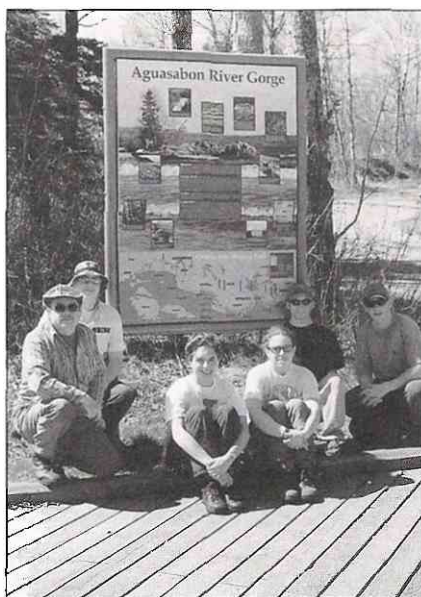
### Press On Carefully

The challenges of the day weren't over. No sooner had they recovered from their struggle across Death Valley, when the Venturers faced a wide, fast-flowing creek. It was too deep to cross on foot, and too fast to ford using float logs. They sent one of the group to scout ahead to see if there was a safer place farther along. They ended up using a walking stick to help them wade through a narrow section of the creek. Upon reaching the other side, the youths collapsed onto the beach, barefoot and laughing with relief.

## IMPORTANT HIKING TIPS

- Set an even, sustainable hiking pace (5 km/hr).
- Walk with a relaxed, long stride.
- When carrying a pack, lean forward from the hips with a slight stoop.
- Keep your head up, with arms swinging easily.
- Breathe deeply.
- Drink plenty of fluids, and take snack breaks.
- Watch for signs of fatigue, sore feet, sunburn, frostbite, dehydration and hypothermia.
- Stop and deal with any problems immediately.
- Limit breaks to five minutes. Longer breaks may give time for leg muscles to start stiffening.

— Fieldbook for Canadian Scouting



**THE GROUP (LEFT TO RIGHT):  
GORD TOWILL, MICHAEL TOWILL,  
KATHRYN TUTKALUK, AMY  
GODWIN, ALEX WALKER  
AND NATHAN LAWRENCE.**

Worthington Bay boasts some of the most interesting, detailed Aboriginal pictographs (cave drawings) in Canada. Situated nine kilometres east of Terrace Bay, along the inside face of a rocky outcrop, these images are snapshots from past lives of Natives of long ago. The 16th Fort William Venturers found touring the pictographs a pleasant, if short-lived, diversion from the rigors of hiking.

### Climbing to Paradise

Mount Gwynne proved the next challenge in their path. Nothing prepared them for the spectacular view that awaited them at the top of the uphill climb on an old gold mine road. The panoramic 360-degree view around the mountain provided one of the more spectacular photo opportunities for the Venturers.

"No time to rest. Let's keep going." These words echoed over the valley below as the Venturers pressed on through the spectacular scenery. Heat and humidity took a toll on everyone's morale, especially when their supply of fresh drinking water began to deplete.

This part of the trail proved long and difficult for the teens. The abrupt descent forced them to cling to trees for support, when they could. Fortunately, they were finally able to stop and fill their water bottles when they came to a narrow bridge crossing a river. Their relief was palpable as the fresh water cooled their bodies and spirits.

Before the group's scheduled arrival at Twin Harbours, their planned campsite, they had to ford two creeks. Random fallen logs crossed the first creek, making transit a breeze for all but one of the Venturers, who fell in when one of the logs broke. The second creek – seemingly impossible to cross – was bigger and faster. Fortunately, the Venturers were able to cross with the help of three red pine logs.

### Feasting in the Wilderness

That night the Venturers set up their tents, then settled down to a delicious supper. Spaghetti mixed with chunks of hot dog had never tasted so good. Around a crackling campfire, the youths shared their adventures, looked up at the stars, roasted marshmallows and drank hot Labrador tea from leaves they had picked along the trail.

With the end of their journey nearly in sight, the 16th Fort William Venturers' hearts and steps were lighter as they followed a 1.6 kilometre trail along the shoreline of ancient rocky beaches. Windswept, and dampened by the spray from the lake, the teens hobbled along over slippery rocks against the background of a dusky blue, cloud-dappled sky.

When the trail turned inland, they started to climb. Many small, craggy hills stood between the exhausted hikers and Rainbow Falls, their final destination. After a small error in distance judging made them think they were closer than they actually were, frustration mounted almost to the point of mutiny. But after getting their proper bearings, they set off again, more determined than ever.

### "We Did It!"

Rain started sprinkling by the time they reached their goal. The Venturers joined together in relief and exuberance for a group picture by a striking green sign that read: "Rainbow Falls, Whitesand Lake Campground." Then it was time to head home.

Even though the maps were sometimes inaccurate giving poor descriptions of the terrain, the campsites and the time required to cover various distances, all the Venturers agreed that the trek was full of adventure. Their team photograph captured that moment forever. ^

— Susie Mackie works at the National Office and is a regular contributor to the Leader magazine.



# Chemistry and Physics Made Easy



## INVITE YOUR MAD SCIENTISTS TO DISCOVER SCIENCE



by Allen Macartney

**Chemistry and physics.** These words scare many youths, yet science offers many exciting program activities for Scouting groups. The experiments below will start a chain reaction of interest in your members, and may even help lessen the "scare factor" of science.

### The Case of the Streaked Flower

Could Sherlock Holmes figure out this chemical mystery? (The experiment is perfect for a winter or spring camp because it can take several hours – even overnight – for the experiment to finish.)

Get several white carnations; red, green and blue food colouring; and warm water in long-neck pop bottles.

Put different food colouring in each of the bottles of warm water. Make the colour solution pretty strong.

After freshly cutting the end of each flower, place one white flower in each bottle of coloured warm water, and put it aside. In several hours the white flower will be streaked by the food colouring.

### EDIBLE SUGAR CRYSTALS

Mix the water and sugar together in a pot.



### How Does It Work?

All living plants have veins (like blood veins) that suck up nutrients from the soil. The coloured water came up the veins and stem, and was dispersed into the flower, streaking the white petals. Now let your members try to make psychedelic coloured flowers by mixing different colours and letting the flowers first suck up one colour, then another.

### Edible Sugar Crystals

Crystals are all around us in the form of diamonds, jade, and other precious stones. This experiment examines crystal formation in a supersaturated sugar solution. Because it takes one full week to

complete the experiment, do this as part of a two-part science theme.

You will need 125 mL water, 250 mL sugar, measuring cups, a small pot, a wooden spoon, a small glass, and popsicle sticks.

Mix the water and sugar together in a pot, and heat it on a stove. Stir the mixture until the sugar dissolves. Boil the water-sugar mixture for one minute, then take the pot off the stove.

When the mixture is cool, pour it into the glass. Put several popsicle sticks in the glass (make sure they don't touch each other), and leave them uncovered in a warm room until large crystals start to form. This will take about a week. When your crystals cling to the popsicle sticks, enjoy the treat. (See diagram)

### How Does It Work?

A crystal forms when atoms join together in a regular geometric pattern. Diamonds are spectacular crystals, but sugar can be a much more interesting crystal for kids. In this experiment, about 16 trillion atoms rush to join into a sugar crystal every hour.

Caution! Always turn the pot handle in towards the stove.



After the mixture cools, pour it into the glass. Then wait for a week.

Put several popsicle sticks in the glass (make sure they don't touch each other).



Enjoy!



### The Incredible Ice Cube Trick

In this experiment your Cubs will learn what happens as water changes from a solid to a liquid.

Ask a friend whether he or she thinks water is heavier or lighter than oil. Then prove that it's both.

Fill a small jar or glass 3/4 full with cooking oil. Gently place an ice cube on the surface of the oil; it will float close to the surface. (See diagram) But watch what happens when the ice cube melts into water droplets. The water sinks into blobs on the bottom of the glass.

#### How Does It Work?

When water freezes, its molecules expand into rigid ice crystals that take up more space than when they were liquid. Thus, they float on the oil surface, but when the ice melts, water molecule droplets become more dense and they sink in the oil.

### The Hidden Power of Friction

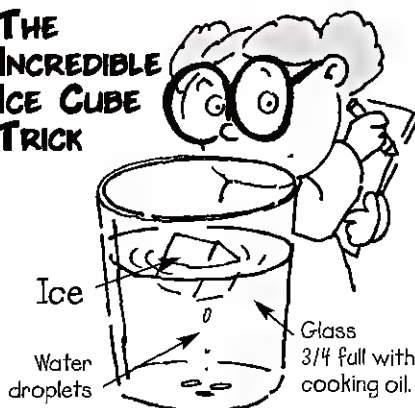
Friction is a powerful force that we often overlook. With this experiment, you're going to pick up a jar of rice with a knife that is held vertically.

You will need a serrated or plain table knife, and a glass jar (with a nar-

row neck) of uncooked rice. Do this experiment over a table at all times.

Fill a jar completely with uncooked rice. Plunge a knife about 3 cm into the rice repeatedly for at least a minute. (See diagram)

### THE INCREDIBLE ICE CUBE TRICK



Now jab the knife *vertically* deep into the rice, and lift it up carefully without making any sudden moves. You'll be able to pick the rice jar up with the knife.

#### How Does It Work?

The friction between the tightly packed grains of rice and the knife grip with a strong force, and lets you lift the jar. A different form of friction

heats up your hand when you rub it over a carpet.

### "Stand Back. It's Gonna Explode!"

Kids love bursting water balloons. Here's a trick that will surprise them.

Fill a plastic bag about 2/3 full with water. Make sure to hold the bag tightly closed at the top. Thrust a sharp pencil straight through the bag, and leave it there.

Not a single drop of water will leak out. Why? The polyethylene film molecules pull together and form a seal around the pencil.

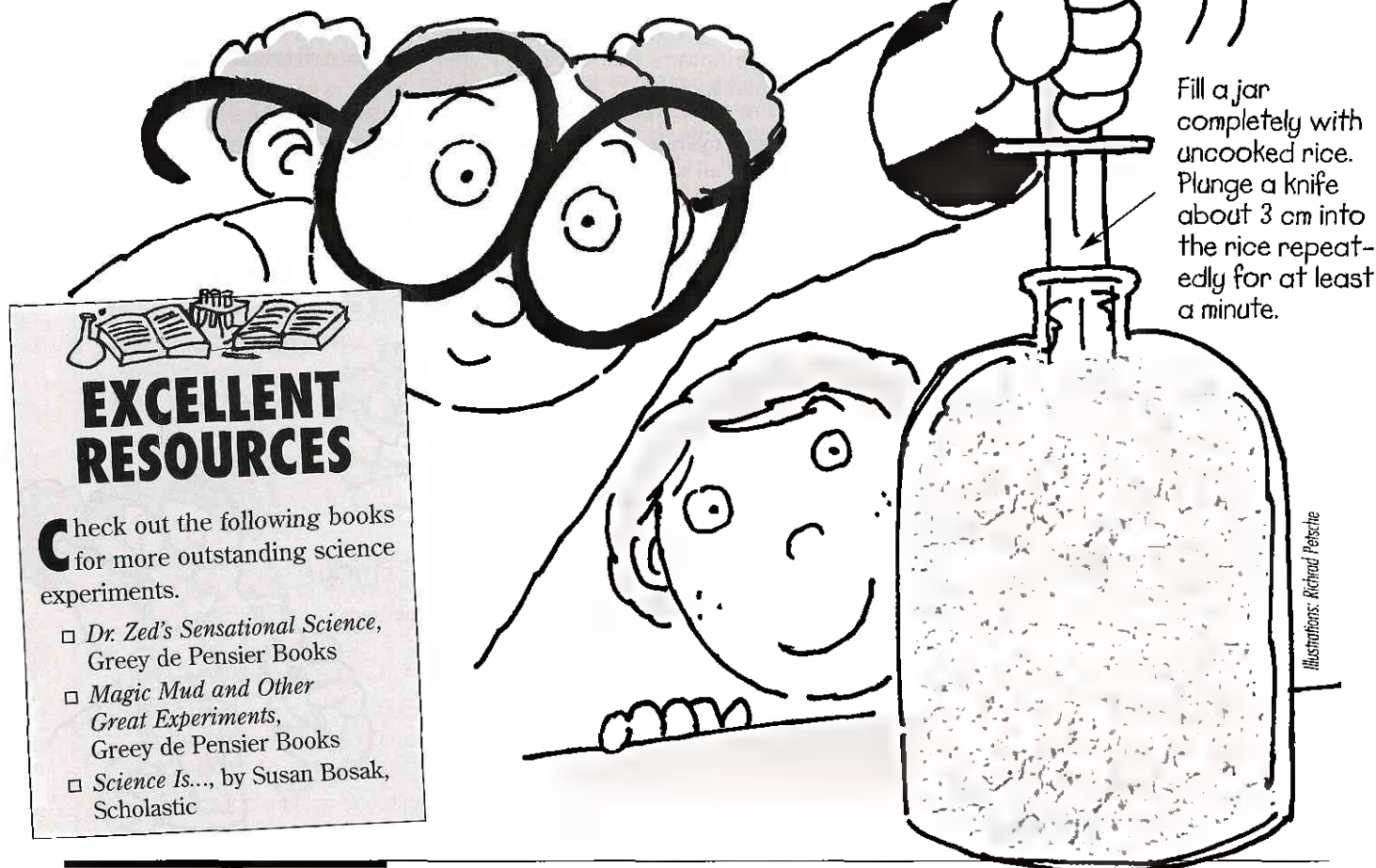
### Make a Fire Extinguisher

November and December are months when Canadians suffer most from fires. Combine this experiment with a discussion about fire safety practices.

To make a fire extinguisher you will need two glasses, vinegar (150 mL), 5 mL of baking soda, and matches.

Stir the water and baking soda in one glass, and put the vinegar in the other. Now light a match and hold it down into each glass without touching the liquid. What do you observe? Does the match keep on burning?

## THE HIDDEN POWER OF FRICTION



### EXCELLENT RESOURCES

Check out the following books for more outstanding science experiments.

- *Dr. Zed's Sensational Science*, Greey de Pensier Books
- *Magic Mud and Other Great Experiments*, Greey de Pensier Books
- *Science Is...*, by Susan Bosak, Scholastic



Pour the vinegar into the glass holding baking soda and water. Hold a lighted match down into the glass and watch what happens. Does it keep on burning?

#### How Does It Work?

The bubbles you saw after mixing baking soda with vinegar was carbon dioxide gas. It was produced by a chemical reaction caused by mixing the baking soda (a base) and the vinegar (an acid). A flame needs oxygen to burn; it cannot burn in carbon dioxide. That's why many fire extinguishers use this gas to put out blazes.

#### Crush a Can with Air Pressure

This experiment requires close supervision by adults. You will need a 4-litre tin can with a screw-on lid, 250 mL of water, oven mitts, and a stove or campfire. (An ideal tin container is one that holds maple syrup. Wash it out completely before using.)

Pour water into the can, and bring it to a boil. Allow steam to race out the top for a minute, before taking the tin off the heat (using the oven mitts), and quickly screwing on the top. *Beware of the hot steam!*

Pour some cold water over the sides and top of the can. What happens? Can your Cubs or Scouts figure out why the sides collapse?

#### How Does It Work?

Humans live at the bottom of an ocean of air. Although we don't notice it, air has weight and pushes on us from all sides at 1 kg per square cm. In this experiment, steam filled the can and forced air out. As the steam cooled, it turned back into water, which takes up less space than steam. This created a partial vacuum inside



**"I WANT TO BE A  
PHARMACIST WHEN  
I GROW UP."**

the tin. Because the pressure outside was much more than the pressure inside, the can was crushed.

#### Lightning in Your Mouth

Here's how to make sparks in your mouth. Put some Lifesaver™ candies (wintergreen works well) in the freezer. When they are cold, find a very dark room with a mirror. Let your eyes adjust to the darkness for several minutes, then pop a Lifesaver™ in your mouth. Look in the mirror as you crunch down on the frozen candy. What happens?

Blue-white sparks should dance around your teeth and mouth.

#### How Does It Work?

Biting down on the candy breaks the sugar crystals. The result causes gas molecules inside the crystals to obtain extra energy that is given off as light.

#### Can a String Pick Up an Ice Cube?

Try to pick up an ice cube with a thin, cotton string by just laying it on top of the frozen ice. Is it possible? No unless you start a chemical reaction.

Put an ice cube in a bowl of freezing cold water, lay the string on top, and sprinkle a bit of salt on the string and ice. In a minute, try lifting the ice cube with the string. Like magic, the string will seem glued to the ice. (See diagram)

#### How Does It Work?

Reacting chemically, the salt melts a bit of the ice, which turns into water around the string. Then the water almost immediately freezes again binding the string to the ice cube.

#### Is it Magic or Science?

Sometimes "magic" really conceals a scientific law. Here's an example.

Fill a glass *completely* with water, and place a piece of smooth cardboard over the top of it. Hold the cardboard snugly against the glass and turn the glass upside down.

The cardboard will stay against the glass, and hold in the water. Now, turn the glass on its side gently and it should still remain in position.

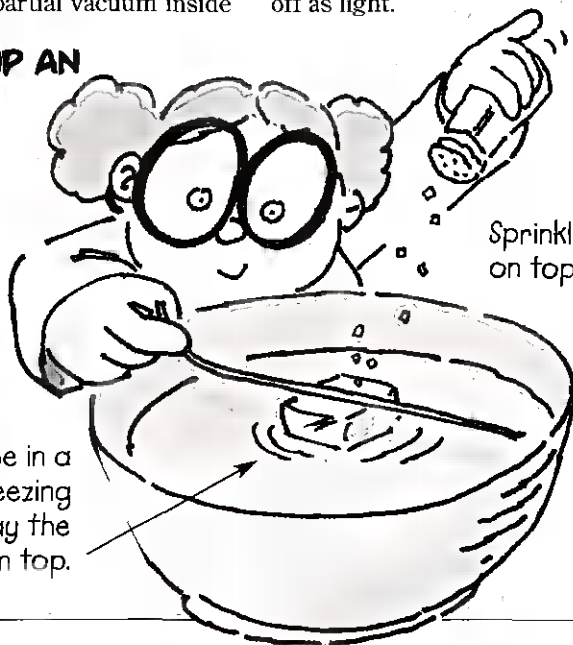
#### How Does It Work?

When the glass is filled with water (replacing the air), the air pressure on the outside of the glass is stronger than the air pressure in the glass; this holds the cardboard in position.

Take the mystery out of chemistry and physics with some interesting experiments. There's a mad scientist in every kid. X

#### PICKING UP AN ICE CUBE (WITH A PIECE OF STRING)

Put an ice cube in a bowl of freezing cold water, lay the string on top.



Sprinkle salt on top.



Like magic, the string will seem glued to the ice.



# Help Spark a Random Acts of Kindness Revolution in Canada

"Waste no time arguing what a good person shall be. Be one."

— *Marcus Aurelius*

Don't be alarmed this fall to find four strangers washing and waxing your bicycle, or offering to mow your parent's lawn for free. You may even see them playing hockey with a senior, or offering a muffin to a homeless person.

Four young adults (two of whom are former Scouts) are traveling across the country in a three-month Extreme Kindness Tour, spreading random acts of kindness in the hopes of sparking a revolution throughout Canada.

Starting on August 27, Chris Bratseth, Brad Stokes, Val Litwin and Erik Hanson left Vancouver on Canada's west coast and headed east with the plan of visiting every major city in the country. They will arrive in St. John's, NF, on November 25. Their aim: to commit as many random acts of kindness as possible, inspire others to help people spontaneously and connect the world through kindness.

"We're scrubbing, hugging, cleaning, smiling and motorhoming our way across the country," said Chris Bratseth, a former Cub and Scout — one of the tour's four organizers. His great grandfather actually knew Lord Baden-Powell. "We want to inspire, motivate and stimulate all Canadians to help others."

## Guinness Book of Records

Already this Extreme Kindness Tour has scored an impressive victory. Working with the community of Salmon Arm, and over 17,000 people in the Shuswap Region of British Columbia, the youths racked up the greatest number of kindness acts ever committed in a single day. Now the world looks to Salmon Arm as the benchmark for a kinder world.

The tour was inspired by last year's terrorist attacks in the United



**Get involved by helping others.  
It'll make  
you feel good.**

States that resulted in thousands of innocent people dying. The four young adults want to show that any act of kindness makes the world a friendlier place to live.

Want some kindness ideas? Try these: watch a video with a senior in your community, make Saturday breakfast in bed for Mom and Dad, smile to at least five people a day, or forgive others willingly.

"We're staging extreme kindness marathons in all major cities across the country, and inviting a number of different organizations to join us," said Chris. "Random acts of kindness can be performed by anyone and at any time."

## Contact Them Now!

Do you have kindness suggestions for them to consider? Would your Scouts like to meet the four Extreme Kindness Tour participants to conduct some joint extreme kindness acts? Send them an e-mail at: [the-crew@extremekindness.com](mailto:the-crew@extremekindness.com).

But you don't need to meet up with this tour to conduct your own ex-

treme kindness campaign. Take to the streets and commit a vast number of random acts of kindness. Make some of them wacky and fun. You might even invite local media to cover your kindness event, and use it as a recruiting tool. Scouts interested in photography could film the acts of kindness and post them on their web site or make a photo exhibit.

People have the power to enrich others' lives and uplift their communities through simple, spontaneous acts of kindness. Let's show Canada that Scouting can lead the way.

"We're talking about committing extreme acts of kindness 24/7," said Chris enthusiastically. "Join us!"

Read more about their extreme kindness marathon by surfing to [www.extremekindness.com](http://www.extremekindness.com). The site is updated daily with anecdotes and video clips. It also shows a schedule detailing where the tour will be on specific days. X

## FABULOUS WEB SITE

**[www.kindacts.net/](http://www.kindacts.net/)**

**T**his web site belongs to the KindActs non-profit society. It contains plenty of ideas for your group to spread kindness and charity throughout your community.

Towards a vision of a kinder world,  
one act at a time...

**The web site features a variety of resource materials including on-line videos.**



# Venturers Pay Tribute to September 11th Victims

by Mark McCulloch

**I**n July 2001, Venturers from our 1st Riverview Company (NB) spent 10 days traveling around New York City. Part of our New York experience included touring the World Trade Centers. We enjoyed the view of the city from atop one of the twin towers. "What an awesome place to visit," we all agreed.

Our members visited many New York tourist attractions, including Central Park, the Empire State Building, Times Square, and the New York Stock Exchange. We even went to a Broadway play. We loved New York.

During our entire stay in "the Big Apple," everyone felt very safe. We returned home with many photos and great memories.

## Tragedy Strikes

On September 11, 2001, our Venturers were shocked by the events as they unfolded in New York City. Just 60 days before we had been tourists in the World Trade Centre, admiring the view and laughing and pointing out the sights. The news of the twin towers falling stunned us.

When the Red Cross in Canada scrambled to establish temporary accommodations for hundreds of stranded air travelers, many local citizens from our community offered assistance. As a Venturer company, we decided to do something tangible; we offered our assistance.

We arrived at the Moncton Coliseum in our uniforms, which made us an identifiable, pre-organized group. The Red Cross had many volunteers, but they found it easy to put us to work immediately; with a brief explanation of the task we set to work and completed various projects.

As a group, we worked for two evenings, starting at 5:00 p.m. and finishing well after midnight. What did we do? We loaded and unloaded trucks of supplies, set-up temporary

beds, and moved great quantities of food, blankets, pillows and other supplies.

## Pentagon and Ground Zero

This past summer (2002) our Venturers decided to visit Washington. One of our members had met someone from the Boy Scouts of America at CJ'01; the BSA Scouter worked at the Pentagon and helped to organize our trip. As a group we decided that this would be an excellent opportunity to bring closure and perspective to the September 11 terrorist attack. We planned to visit Washington and witness the destruction at the Pentagon, then end our trip by returning to the site of the World Trade Centre, Ground Zero.

The trip proved another memorable experience. In Washington, we visited many monuments, the Smithsonian museum (and others), and impressive government buildings. At the Pentagon, we saw the destruction still visible from the terrorist attack.

Naturally, New York City was not the same place we had visited 12 months before. Security was tighter in many locations. However, we were able to get up close to Ground Zero, and see the 6.5 hectare hole where so many people had died. We could clearly see the levels below the ground where the subway and shops

once existed. Surrounding buildings also bore scars of the terrorist attack.

Near Ground Zero thousands of tributes, testimonies and memorials hung on an iron fence that told the stories of how individuals had suffered and lost mothers, fathers, wives, husbands, grandparents, sons, and daughters. The memorials included family snapshots, wedding and graduation photographs, flags, T-shirts and banners. A somber mood surrounded us.

Only two small Canadian flags flew there, so we Venturers decided to place a Canadian flag at the site on behalf of our company and Scouts Canada. We wrote our own short tribute and we all signed the flag.

## Let's Give Thanks

Back home, we all reflected on our trip. We learned and experienced much about human suffering, but also saw lots of hope – people helping others and sharing in their pain.

What has the trip taught us? It has shown us how safe our homes and community are, and how we take this for granted. As well, the trip really did help bring closure to our New York summer 2001 vacation. ^

— Mark McCulloch is an advisor with the 1st Riverview Venturer Company, NB.

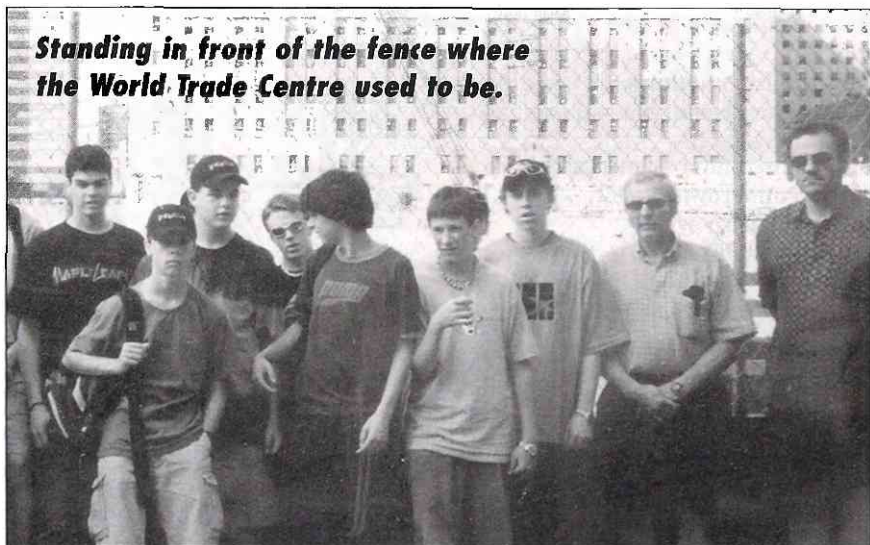


Photo: 1st Riverview Company



# Make Your Own Energy ("Firelighter") Bars

by Bonnie McTaggart and Jill Bryant

**F**RESH AIR AND EXERCISE always seem to increase appetites. If you're planning hiking, canoeing, camping, snowshoeing or skiing trips this year, you know you're going to be really hungry. Make these energy bars so you will be prepared when the "I'm starving!" complaints hit your pack or patrol.

These energy bars, or "Firelighters" as our Cubs call them, are economical and nutritious. (We sometimes call them "firelighters" because they will rekindle energy in your body and warm you up during cold days or nights.)

Our energy bars will quickly satisfy anyone's hunger pangs. Use them on the trail as a snack, or to boost your energy for more paddling or other strenuous outdoor activity. The energy bars are crisp, with a chewy texture, and taste delicious. Because they're compact, lightweight and non-perishable, youths can carry them easily in packs to provide instant energy whenever they need it.

High-energy snacks like this are great to have on hand when lunch or supper is postponed due to heavy rain or snow. They are also very inexpensive, and easy to make.

## Baking Instructions

For this recipe, you will need:

- ☐ 125 mL butter or margarine
- ☐ 125 mL brown sugar
- ☐ 15 mL corn syrup
- ☐ 5 mL vanilla
- ☐ 500 mL rolled oats
- ☐ 1 mL each of baking powder and salt
- ☐ 25 mL sesame seeds
- ☐ 75 mL coconut

1. Melt the butter or margarine in a large bowl in the microwave.
2. Add all the other ingredients, and stir them together thoroughly.

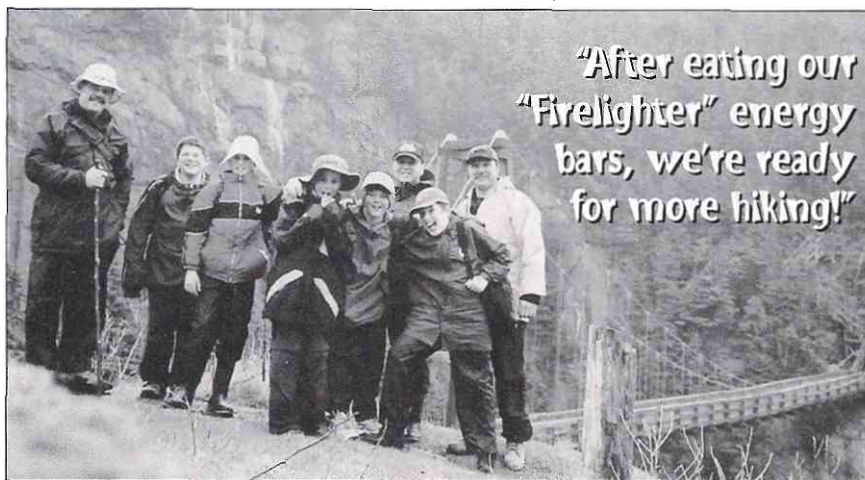


Photo: Raymond Galtant

3. Press the mixture into a greased pan 23 cm x 23 cm (9" x 9").
4. Bake at 190 degrees C for about 15 minutes, or until the mixture is bubbly and brown.
5. Remove the pan from the oven and, while still hot, gently cut down through the bars with a knife or spatula. Leave the bars to cool for 15 to 20 minutes, then remove them from the pan and break along the cut lines. (A 23 cm x 23 cm pan should give you eight bars, each about 11.5 cm x 5.5 cm x 1 cm.)
6. When entirely cool, store the bars in an airtight container until they're consumed. Resealable bags are perfect and convenient for this purpose.

sides of the box to fit the number of bars you need for one snack time. Tape the ends of the box securely, and store it in your food pack. (See diagram)

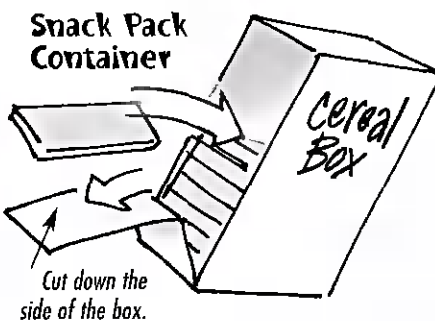
This homemade container will prevent the bars from getting squashed or broken in your pack. After you've used the bars, dispose of the snack pack container by making a wind shield with it (for use around a single burner stove). Or, use it to start a campfire.

## Resources

Looking for a good book that brims over with excellent ideas? See *The Wilderness Cookbook: A Guide to Good Food on the Trail*, by Bonnie McTaggart and Jill Bryant (Second Story Press, 1999). When not on the trail, it will keep youth members huddled around a campfire testing their culinary skills.

"Firelighter" energy bars: they'll keep your Cubs or Scouts happy on the trail. ^

— Bonnie McTaggart and Jill Bryant are experienced outdoor campers.



## Make a Snack Pack Container

When your group is ready to go camping, make a snack pack container from an old cereal box or milk carton. Simply cut down the

## Program Links

Cubs: Cooking Badge  
 Scouts: Cooking Badge, Advanced Tripping Badge, Pathfinder Outdoor Skills Award



## The Value of Scouting in My Life

**D**id you see our first *Scouting Works!* column in the June/July **Leader**? It featured two Scouting youths who benefited greatly from their involvement in the Movement. Both received a Scouts Canada Foundation Scholarship.

*Scouting Works!* will renew your vision and build enthusiasm. After reading these brief snap-

shots written by two Scouting youths, you'll have a better understanding how your weekly efforts build up young people into vibrant, contributing Canadians.

This month we feature two more recipients of the Scouts Canada Foundation Scholarship: Katherine Burns and Liam O'Hare.

### Scouting Has Helped Me in Amazing Ways

Scouting has been of immense value to my life. The program transformed me into a person with higher self-esteem and a desire to always do my best.

Scouting has opened me up to many new challenges as both a youth and a leader. It has always given me something to look forward to in the week, and it has filled my weekends with outdoor fun. Scouting has prepared me to meet the demands of the world around me.

The highlights of my Scouting career include the challenge of receiving my Chief Scout and Queen's Venturer Awards, and attending CJ'93. These activities and many more have added a unique excitement to my life that few of my friends have experienced. I love the times spent having fun with others. The personal experiences and the great people I met have made me more outgoing and talkative.

As I reach adulthood, I hope to still find a place for Scouting in my life. Scouting has motivated me to become a more active member of my school and community. It has been a rewarding experience.

— Katherine Burns lives in Maitland, NS.



### Scouting: A Very Positive Influence

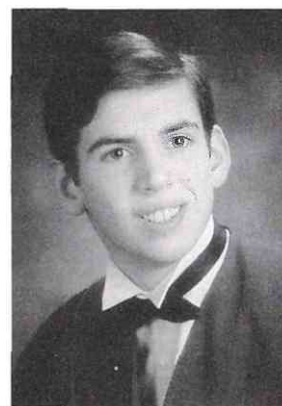
Scouting has been one of the most positive influences in my life – more than any other organization of which I have been a part. Scouting has helped me to build strong friendships, and fostered a love of the outdoors. Scouting has also developed my leadership skills.

The kind of friendship that is formed in Scouting is the sort that can only be formed at jamborees and other special events, by sharing a meal at camp, or by sitting around a campfire at the end of a long day. Also, I get a great sense of satisfaction knowing that I belong to a larger, universal organization.

In addition to these benefits, Scouting has given me valuable leadership experience. In my eight years of Scouting, I have served for two years as a Patrol Leader with the Second Sherwood Scout Troop. Currently, I also serve as the co-chair of the First West Royalty Venturer Company, and as a member of the Provincial Youth Committee. These experiences have helped me develop valuable skills that I hope will stay with me for the rest of my life.

The combination of leadership experience, outdoor adventure, and friendship has been a powerful influence on my life. Scouting experience has been invaluable to my development, and I know that it will serve me well in the future. ^

—Liam O'Hare lives in Charlottetown, PE.



## ARE YOU LOOKING FOR AN ACADEMIC SCHOLARSHIP?



**T**he Scouts Canada Foundation is offering academic scholarships to deserving youth members. If you're a Venturer or Rover leader, *tell your members* to surf to our web site ([www.scouts.ca](http://www.scouts.ca)) to find out how Scouting can help send them to college or university.



# Link Your Beavers to the Cub Program *Start Now!*

**F**ALL IS THE BEST TIME to start linking Third Year Beavers to the Cub program. By beginning early, you will encourage them to keep building on the Scouting adventures you've started.

Following are some tips to make your linking events super-successful. They're taken from the *Beaver Leader's Handbook*, an excellent resource for all Scouters.

## Start Linking Early in the Year

Linking your colony with a local pack is an important way to encourage Beavers to move on to the adventure awaiting them in Cubs. For Beavers, a sudden change to a pack environment can create a certain level of anxiety.

To encourage a successful transition from Beavers to Cubs, White Tail Beavers should have a *gradual* and *rewarding exposure* to pack activities over the course of a year. Leaders should consider all White Tail Beavers in transition from the colony to the pack.

## Linking Colony and Pack Leaders

At the start of your Scouting year, colony and pack leaders should meet to discuss having White Tail Beavers participate in a series of pack meetings and events. Close cooperation between section leaders is essential for creating a positive experience for all children involved. Compare and schedule program plans to accommodate both sections.

White Tails don't have to wait until the spring to get involved in a pack. Have them visit a number of times over the course of the year; this will build up their comfort level and familiarity with pack routines and Cub leaders. Let White Tails spend four to eight meetings (or more) participating in pack activities. Blending the security and familiarity of Beavers with the excitement and challenge of Cubs is a positive step in meeting the White Tail's changing personal developmental needs.

How often should White Tails go to the pack for linking activities?

The answer will depend on the children involved, and the programs offered in both the colony and pack at certain times of the year. Keep parents informed as much as possible about program changes.

## General Guidelines for Beaver Leaders

After making arrangements with

Cub leaders, spend time meeting with your White Tails to introduce them to the idea of visiting the pack for special activities. Keeo can help a lot, generating excitement and telling White Tails what goes on in a pack. Invite a Cub leader to visit the colony and talk with your White Tails about what the Cubs do and the activities the youths will be involved with in their first Cubbing year. When it's time for White Tails to begin visiting pack meetings, a colony leader should accompany the Beavers.

What's the Beaver leader's role?

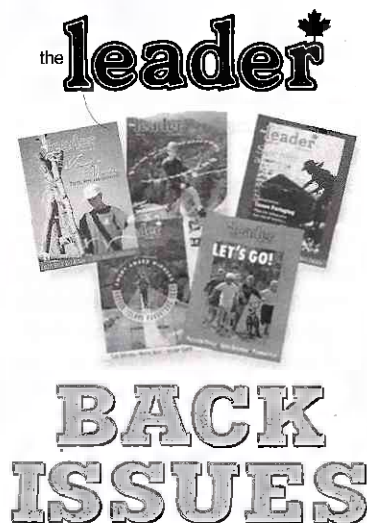
The Scouter will provide a friendly, familiar adult face for the White Tails, and help pack leaders with the extra children. Colony leaders can rotate this job, but it's best to choose a colony leader who plans to move up to the pack the following year. This will provide additional emotional support to the White Tails who will eventually swim up. Also, it establishes a steady contact for both pack leaders and Beaver parents who have questions about White Tails attending Cubs. When White Tails are visiting the pack, don't expect them and their Beaver leader also to attend colony meetings during the same week.

If White Tails have the opportunity to participate in a pack program that leads to them successfully completing a star or badge, the Beavers may be given the badge as long as they clearly understand that it is to be saved and worn on the Cub sash when they become invested.

Earning a star or badge is not the purpose of attending pack meetings. By following these guidelines, it preserves the noncompetitive emphasis of the colony. Your White Tails will receive the extra program challenge often sought at this age, while creating gradual familiarity and anticipation to swim up to Cubs.

## General Guidelines for Cub Leaders

After making arrangements with the colony, have a Cub leader visit



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the White Tails at a Beaver meeting. Talk to the children about what Cubs is all about, what kinds of activities the pack does, and generally dispel any fears or answer questions the White Tails may have.

Review the pack's schedule of activities that your White Tails are invited to attend. Include a note home to parents about the pack, and meeting details.

Before White Tails visit the pack, spend time with your Cubs talking about the upcoming meetings. Discuss the importance of making the White Tails feel welcomed, and how the Cubs can look out for the Beavers. Creating a caring, big brother or sister attitude in the Cubs will foster a warm and friendly meeting atmosphere. Twinning the White Tails with an older Cub may also help make Beavers feel secure.

When the White Tails first arrive at the pack meeting, greet them with a special Grand Howl. After teaching the Beavers about the Grand Howl and how it is performed, let them take part in this ceremony.

To make White Tails and other new Cub members feel accepted and part of the group, include all children in pack ceremonies. With brief instruction, any child may participate in the Grand Howl. This will create a sense of belonging in the child, and team spirit in the pack. Teach the White Tails the words to the song found in the accompanying sidebar.

#### Tenderpad Achievements

After pairing the White Tails with a six and/or a Cub, Beavers may be involved in all pack activities. Reserve part of your meeting to instruct White Tails in Tenderpad requirements. Before White Tails swim up to Cubs, encourage them to complete their Tenderpad requirements. At swim-up, the White Tails can be invested as Cubs and presented with their Cub epaulets, and any previously earned stars and badges.

#### Variety Builds Excitement

Include White Tails in a variety of pack programs throughout the year, such as camping trips, outings, banquets and other events beyond weekly meetings.

By providing White Tail Beavers with a coordinated and gradual exposure to pack activities, you will help them develop an eager expectation for moving up to Cubs. It

will seem like a natural, worry-free, progression.

Go ahead. Encourage your White Tail Beavers to move up to Cubs by a creative linking program. It's both fun and easy.  $\wedge$

## A JUNGLE SONG FOR NEW CUBS

words by Sue Parr-Jourdain

**U**se this song to introduce new or prospective members to the Cubbing jungle theme. Sing it to the tune of the Mary Poppin's song, "Supercalifragilisticexpialidocious." Leaders should practice the song before attempting it publicly.

A/ke/la/ba/loo/ba/ghee/ra/rikk/i/ti  
kk/i/ta/vi,

Raksha is the Mother Wolf,  
And she has lots of savvy.  
Jungle names are fun to learn,  
And so we like to teach them,  
Akelabalooobagheerarikitikitavi.

#### Chorus

Do A Dyb Dyb and Do A Dob Dob.  
Do A Dyb Dyb and Do A Dob Dob.  
Do A Dyb Dyb and Do A Dob Dob.  
Do A Dyb Dyb and Do A Dob Dob.

There's Kaa, Chil, Hathi,

Banderlog, and also Tabaqui,  
To sing them helps to learn them,  
So sing loud and that's the key,  
These are some more  
neat jungle names,

They're fun, they're great, you'll see,  
There's Kaa, Chil, Hathi, Banderlog,  
and also Tabaqui.

#### Chorus

Do A Dyb Dyb and Do A Dob Dob.  
Do A Dyb Dyb and Do A Dob Dob.  
Do A Dyb Dyb and Do A Dob Dob.  
Do A Dyb Dyb and Do A Dob Dob

And so we've learned

some jungle names

They're fun you must agree.

We have great times in Wolf Cubs,

Stay with us and you'll see.

We camp and hike, do crafts and sing,

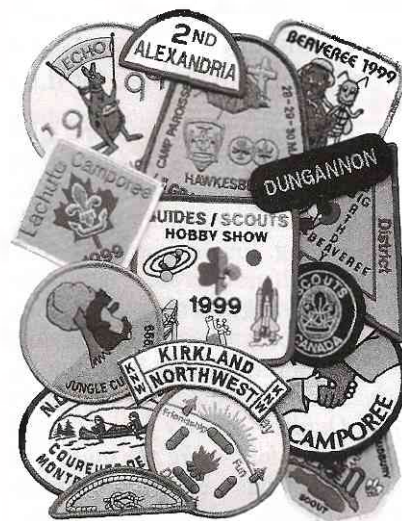
And yes we do plant trees.

Scouting will be lots of fun,

The place for you and me.

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# PROGRAM CHANGES:

## TWO DEEP LEADERSHIP, AND TRANSPORTATION

*"What's up with that?"*

by Ross Francis

Scouts Canada is in the business of "developing youth". With this comes the responsibility to ensure their well-being while they are in our care. In past years, parents simply signed their children up and said "over to you", placing their full trust and confidence in the program provider to "do what's right" to provide for the safety of their child.

That same level of trust and confidence that came easy in the past must now be earned. Parents want to see and understand just how Scouts Canada is going to provide for the safety and well-being of their child. This is not unique to Scouting. Just look around. Any organization working with youth now creates and implements policies and procedures governing how they conduct their programs to provide for the safety of those involved.

Scouts Canada has been the leader in many of these areas (e.g. Volunteer Screening, Duty of Care, *Camping and Outdoor Activity Guide*), breaking new ground for those who follow. We are quite proud of this fact – something that has kept our insurance premium increases to a minimum when some groups and organizations are looking at +300 percent increases.

Earning/maintaining this level of trust means that Scouts Canada will constantly be monitoring the issues and trends of today's society, and adjusting its policies and procedures accordingly.

Two recent examples of these trends/issues are now reflected in the *Camping and Outdoor Activity Guide*. They

are "Two Deep Leadership", and "Parent's Responsibility for Transportation". Let's look at these in greater detail.

### Two Deep Leadership

*There must be no less than two adults (one of which must be a member) present at any section meeting and at any Beaver, Cub or Scout activity or event. (For more information see Appendix K of the *Camping and Outdoor Activity Guide*.)* This new requirement will ensure that leaders/children/youth do not find themselves left in a one-on-one situation, or an adult is not left alone with a number of children/youths. This requirement is as much for the protection and safety of adults as it is for the children/youths (i.e. what happens if the adult gets injured?).

It is important to note that parents/resource people recruited to share in a leadership role at camp must also complete a Police Records Check (PRC). Parents simply accompanying their child to camp (assuming no other leadership role), do not require a PRC.

### Parent's Responsibility for Transportation

*Parents are responsible for transporting, or arranging for transport of, their children to and from Scouting activities.*

### "The Field" Leads the Way

We are extremely pleased to learn from Scouters in the field that many groups have already been following these practices. Below are excerpts from letters that groups have used to explain the changes to parents. (Please note, the letters below and opposite have been edited slightly.)

### Bell's Corners (ON) Eagle Pack Newsletter

Dear Parents,

Below, you will find a set of guidelines that Cubs (and parents) are expected to follow for our program. We invite you to speak to any of the leaders before or after a meeting if you have questions or concerns about the program. The support of parents is critical to a successful pack program.

#### Arrival at a Meeting

When dropping off a Cub at a meeting, please make sure that at least two leaders are present before you leave. Scouts Canada has a very firm policy that states at least two adults, one of which must be a leader, must be present with a Cub(s) at any time. If only one leader is present, the Cub cannot be left alone with the leader. Please wait a few minutes until another leader arrives.

#### Travel for Outings

Transportation to and from special outings is the responsibility of the parent/guardian. As such, the event officially begins at its location and not at the school. Parent volunteers can help us here by car-pooling and coordinating rides to ensure that all Cubs have transportation to the event.





## 1st Greely Group (ON) Subject: Scouts Canada Policy Changes



Dear Parents:

In all organizations and activities working with children, policies and procedures for protecting everyone involved (both youth and adult) are tightening. Scouts Canada is no exception, and has revised a number of policies recently as well. **These changes in no way alter the program that is offered to the youths.**

As a Group, we have been discussing how the new policies and changes will affect our planning, as well as how we implement the new policies with no disruption to the program.

The first change involves transportation. Scouts Canada's policy states that it is the responsibility of parents/guardians to ensure their children have transportation to and from Scouting activities. Here's what this means to you, the parent; the responsibility for transporting your son or daughter to and from an activity becomes solely yours.

To ensure that everyone who needs a ride has one, we have attached a form asking for your permission to include your phone number on a list of parents in your section. You could then refer to this list if you found yourself in need of car-pooling.

The second change involves procedures for screening adult volunteers, including casual and parent helpers. To ensure the new procedures are clear to all, we have attached a copy of the procedures that can also be found on the web at [www.scouts.ca](http://www.scouts.ca) in the *Camping and Outdoor Activity Guide*.

To administer the screening policies and procedures we will need your cooperation. Casual and parent helpers are a valuable part of our program delivery, especially on outings and camps. All sections (e.g. Beavers, Cubs, Scouts, etc.) need to rely on parent help from time to time. If you are prepared to offer your skills and abilities as part of the leadership team, or would be willing to lead/coordinate specific events/activities throughout the year, it will be necessary for you to complete the Scouts Canada screening process, which includes providing a clean Police Record Check. On top of the attached sheet is also the procedure for obtaining a Police Record Check. Please note that parents simply attending an event/activity/camp to accompany their child do not have to complete a Police Record Check.

Again, thank you for your cooperation with these new changes. If you have any questions please do not hesitate to call one of the leaders.

### Well Done!

Living in a world where change has become a constant, it is important to be quick to learn and adapt to the changes as rapidly as possible. We compliment the 1st Greely Group and Bell's Corners Eagle Pack for their ability to quickly recognize and adapt to the most recent changes, and their communication of the changes to parents.

Scouts Canada encourages other groups to follow the lead of these groups in adapting to the most recent changes, and communicating them in a positive manner to parents. ^



## Scouting's Mission

The mission of Scouting is to contribute to the education of young people, through a value system based on the Scout Promise and Law, to help build a better world where people are self-fulfilled as individuals and play a constructive role in society.

## Énoncé de Mission du scoutisme



La mission du scoutisme consiste à contribuer au développement des jeunes afin de leur permettre d'atteindre leur plein potentiel physique, intellectuel, social et spirituel en tant qu'individus, citoyens et membres de la collectivité sur les plans local, national et international par l'application de nos principes et pratiques.

# Take Your Group on an International Scout Trip

by Lena Wong

**I**nternational travel with Scout-  
ing youth is something many lead-  
ers experience each year. Trips can  
vary from a weekend camping trip  
just across the border into the U.S. to  
participating in a community develop-

ment project in a Third World country.  
Good planning is an essential part  
of any successful trip. The further  
you go, the more important it is that  
your pre-travel preparations include all  
possibilities.

Travel has changed a lot in the last  
15 months, so here are a few pointers  
to help you organize a great trip  
for youth.

## Bon Voyage, But...

Start your planning by visiting  
the Department of Foreign Affairs'  
and International Trade's web site  
([www.dfait-maeci.gc.ca](http://www.dfait-maeci.gc.ca)), and down-  
load "Bon Voyage, But..." or use it  
on-line. It is full of information and  
sound advice. You'll find direct links  
to all the government information  
available to international travellers.  
Below are some examples you'll find  
on this web site.

## Passports

All Canadians travelling abroad  
need a valid passport. In the past,  
children could be included in their  
parents' document, but this is no  
longer true. The only exception ap-  
plies to families where the passport  
was issued prior to the new rule; in  
this case, the passport is still valid.  
You can pick up an application form  
from your local post office, some  
travel agents, or you can download  
one from the Passport Office web site  
([www.dfait-maeci.gc.ca/passport/](http://www.dfait-maeci.gc.ca/passport/)).  
You can even link up through "Bon  
Voyage, But..."

Make sure you get a "Child Pass-  
port Application" for anyone under  
16. Those over 16 require an "Adult  
Passport Application." Make sure  
everyone in your group has a valid  
passport even for trips into the United  
States; you never know when you may

need it. In case of passport loss, ask  
all your participants to make two  
copies of the passport identification  
page: one to leave at home and one  
for the group leader to carry with all  
other documentation. Note that most  
countries require foreign visitors to  
carry a passport valid for at least six  
months after arrival in the country.



## Visa

Some countries require travellers  
to obtain a visa. To see if you need one  
for your destination; just visit the  
Department of Foreign Affairs web  
site at [www.dfait-maeci.gc.ca](http://www.dfait-maeci.gc.ca). Click  
on "Before You Go: Travel Reports",  
on the right hand side of the opening  
page, and follow the trail to the coun-  
try you are visiting. You can also  
follow the link from "Bon Voyage,  
But..." These reports will advise you  
on visa requirements, immunization,  
health concerns, safety matters and  
general information. Make sure all  
group members obtain their pass-  
ports in plenty of time to apply for a  
visa, if one is needed.

## Medical Insurance

Adequate out-of-country medical  
insurance is an absolute must for  
anyone travelling outside Canada.  
Do not rely on your provincial health  
plan to cover all costs incurred  
abroad. In most cases you can pur-  
chase medical insurance through  
travel agents. Some credit cards pro-  
vide travel insurance coverage, as do  
some employment health insurance  
plans. Make sure that whatever cov-  
erage you use, you have a worldwide  
emergency hotline to call in case of  
trouble. Check to confirm that the  
insurance covers hospital and med-  
ical costs, medical evacuation and  
medical escort if required. As well,  
check to see if the insurance compa-  
ny pays foreign hospital and related  
medical costs up front, or if you are  
expected to pay and be reimbursed  
later. Consult the checklist in "Bon  
Voyage, But..." for other insurance  
issues.

## Trip Cancellation Insurance

Groups and individuals travelling  
by commercial carriers can purchase  
trip cancellation insurance, together  
with medical insurance. It covers  
most travel costs, in case you must  
cancel for medical or other specified  
reasons.

## Travel Agent

If you're booking travel with com-  
mercial carriers, use a reputable trav-  
el agent to help you buy tickets, and  
perhaps arrange some, or all, of your  
accommodation. This adds an addi-



tional cost to your trip, but it will take a lot of work off your hands and can avoid some very expensive mistakes.

### Scouts Canada Requirements

Scouts Canada's *Camping/Outdoor Activity Guide* is now on our web site. Check it out by surfing to [www.scouts.ca](http://www.scouts.ca), then going to "Leaders" then "Resources." This publication is a "must read" for leaders taking their group on any camping or outdoor event. You will also find the forms you need to complete the paperwork for Scouts Canada groups travelling abroad. These include:

- ☐ Scouts Canada Physical Fitness Certificate (one for each group member)
- ☐ Scouts Canada Parent/Guardian Consent Form (one for each person under 18 years of age)
- ☐ Camping and Outdoor Activity Application (both pages completed and signed, as indicated)
- ☐ Scouts Canada Tour Permit, completed and signed, as indicated
- ☐ Photography Release Form (one for each person). You'll likely

take photos during your trip, and these may end up in a local Scouting publication or even **the Leader Magazine** if you decide to write about the event. Find this form on our web site under "Leaders" then "Forms."

### Important Note

The Tour Permit is required for Scouting travel outside Canada, and must be fully completed and signed to be valid. Any permits forwarded to the National Office without the required signatures, confirmation of Out of Country Medical Insurance and Trip Cancellation insurance, will not be issued. Old forms are not acceptable because they do not provide all the required information. As well, you need Tour Permits to be accompanied by a completed Camping and Outdoor Application if the group is camping and/or participating in outdoor activities at their destination. The only exception to the Tour Permit requirement is if a tour is into the USA, the distance from home is not more than 200 km, and the trip duration is less than 12 hours.

### Where to Go

Most Scouts Canada groups travelling abroad attend Scouting events. To find an event you and your group may be interested in, visit our web site ([www.scouts.ca](http://www.scouts.ca)) and click on "International" then "International Events Calendar." Here, you will find a link to the World Scout Bureau's list of International Events. Or, contact us at the National Office for information about events. Following are a couple of events that will give you some idea of the range available.

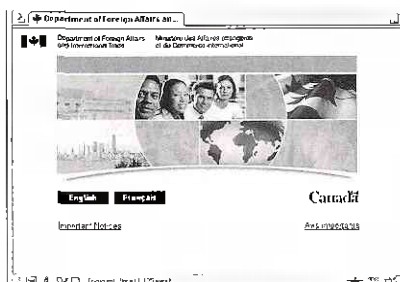
#### Scotland, Auchengillan 03

August 2 - 9, 2003. This event takes place in Stirlingshire, and is open to youth aged 10½ to 18. Those over 18 years of age can attend as group leaders or staff. The cost: £55 for leaders, and £30 for youth.

#### Iceland, Nordjamb 2003

August 5 - 13, 2003. This event is open to youths, Rovers and leaders aged 15 to 30. The event uses the entire country for activities. Cost: US\$280 per person, and includes food and land transportation in Iceland.  $\wedge$

**The Department of Foreign Affairs' web site is full of information and sound advice.**



### New Redesigned Passport

The redesigned passport is being introduced as part of the Passport Office's commitment to provide Canadians with documents and services internationally respected.

Why do we need a new passport design?

The Passport Office has developed a new design for the passport with enhanced security features making it virtually impossible to alter or forge. This reflects our commitment to continue to stand up to the highest security standard in the world.



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# Fun at the Pond

by Ruth Dubeau



**D**ECEMBER IS an exciting time of year. Not only does it offer countless program activities, but many games and crafts tie into a spiritual theme.

Excitement sparkles in children's eyes as they wait for Christmas and the first heavy snowfall to blanket the area. Here are some party activities to enjoy in December.

## Popcorn Tree

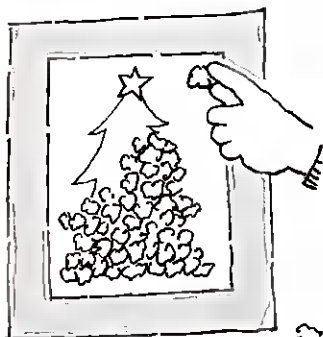
Beavers will enjoy indulging their creative talents by making this popcorn tree. (Jewish Beavers can form their popcorn into a dreidel.) Start by spreading newspapers over your work surface. In one bowl, place red food colouring, in another put green food colouring, while in a third put yellow food colouring.

Dip 80 percent of the popcorn in the green food colouring, and the remainder in either the red or yellow. Then, set the popcorn aside to dry on a newspaper. (Use a hair drier to hasten the drying process.)

Cut a frame out of brown construction paper, and glue it to the sheet of white paper. (See diagram) Within the frame, draw or paint a Christmas tree.

When the popcorn is dry, glue the green popcorn to the tree and add the red and yellow popcorn so they resemble ornaments and lights. This craft makes a nice wall hanging.

## POPCORN TREE



Glue the green popcorn to the tree and add the red and yellow popcorn so they resemble ornaments and lights.

## Jingle Bells Game

This game is a variation of "Blind Man's Bluff." Before starting, make sure you clear the play area of objects that might trip your Beavers.

Blindfold all players except one, who holds a bell and rings it continually. On "Go!" the blindfolded players try to tag the other Beaver using only their sense of hearing to guide them. The bell-ringing Beaver may not run away, but may only walk slowly.

The first player to catch the one with the bell changes places. Give everyone a turn as the bell ringer.

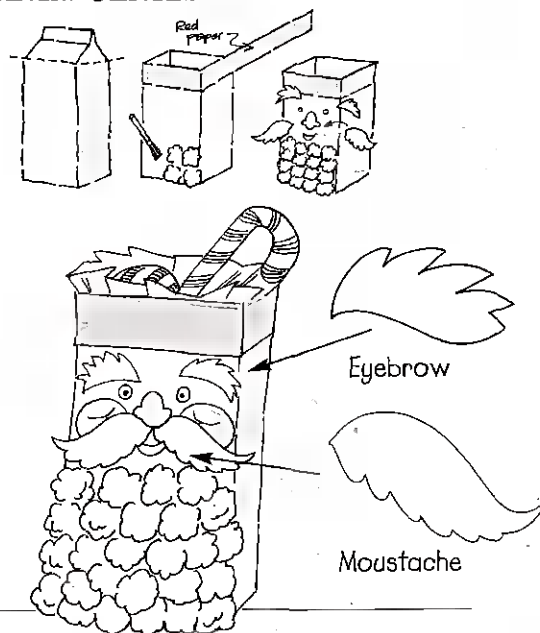
## Santa Centerpiece

This cheerful centrepiece will brighten up any meal. It makes an excellent gift for grandparents.

For each centrepiece you will need: a milk carton, coloured construction paper, scissors, paper paste, cotton balls, and liquid white glue.

1. Cut the top off a washed milk carton where the cardboard pinches in to form a spout.
2. Cover the carton with pink construction paper, and tape it securely into position. (See diagram)
3. Paste a red paper strip around the top of the carton. (This represents Santa's hat.) Glue cotton balls to the bottom half of the carton.
4. Trace a moustache and eyebrows onto white construction paper, and glue them in place.
5. Cut out two black eyes, a red nose, two pink circle cheeks, and a red mouth from construction paper. Glue them to the carton, pasting on the eyebrows and moustache last.

## SANTA CENTERPIECE





### Christmas Stocking Story

This participation game involves some preparation by a leader who must think up a story that involves many toys.

Sit your players on the ground and assign a toy name, which might be found in a Christmas stocking, to each. For example, the first child might represent a toy soldier, the second a doll, the third a colouring book, etc.

When your Beavers all know what they represent, a leader starts telling the story. Every time the child's name (i.e. toy soldier) is mentioned, he or she must get up and turn around once before sitting down again. The story may mention more than one toy at once for extra fun. Whenever the adult says "stocking", all the players get up and turn round before sitting down.

End the story with Santa Claus going up the chimney.

### Hanukkah or Christmas Card Hunt

Collect old Hanukkah or Christmas cards, and cut each in half. Put one half in a basket and the other half in a pile that you scatter around the room. Each child starts by taking a half card from the basket. On "Go!" they all race off to find the matching piece, and bring it to a leader to verify their choice.

When successful, a Beaver goes back to the basket and gets another half piece until all the cards have been matched up.

### Seasonal Mosaic

This project will result in a cheery, festive decoration to brighten your holidays. It takes 15 to 20 minutes.

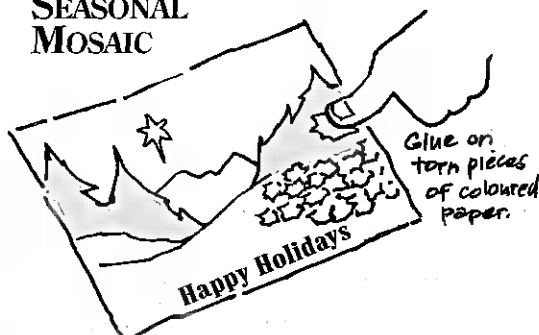
You will need: one sheet of white construction paper; a pencil; several sheets of coloured construction paper; glue; and double-sided tape.

1. Draw an outline of a simple holiday picture on a sheet of white construction paper. You might choose a star, a snowman, a dreidel, a Christmas tree, or a menorah.
2. Under the picture, in block letters, write "Happy Hanukkah", "Merry Christmas" or another appropriate holiday message.
3. Tear coloured construction paper into little pieces 1/2 cm square. Apply glue to the pieces, and attach them to the picture. (See diagram) Continue in this way until the whole picture is covered with colourful paper bits. Let it dry. (Some Beavers might want to apply the glue directly to the picture, then add the torn pieces of paper.)
5. Hang the mosaic on a wall, door or window using double-sided tape.

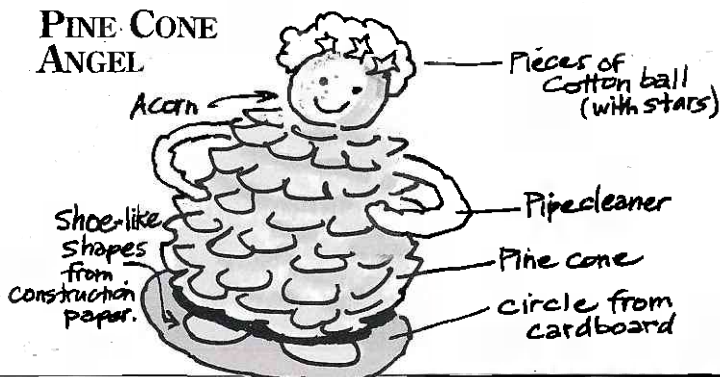
### Pine Cone Angel

For each angel, you will need round pine cones, an acorn, black marker, cotton puffs, star stickers, pipe-cleaners, construction paper, cardboard and glue.

#### SEASONAL MOSAIC



#### PINE CONE ANGEL



## BEAVER LEADERS GET THE JOB DONE

from Lauri Cunningham

One day, three Service Scouters were hiking. Unexpectedly they came upon a large, raging river. They needed to get to the other side, but had no idea how to do so. The first Service Scouter prayed saying, "Please Lord, give me the strength to cross this river."

Poof! God gave him big arms and strong legs, and he was able to swim across the river in about two hours. It took great effort.

Seeing this, the second Service Scouter prayed to the Lord, saying, "Please God, give me the strength and the tools to cross this river."

"Poof! The Lord gave her a rowboat, and she was able to row across the river in about an hour, after almost capsizing the boat several times.

The third Service Scouter had seen how this worked out for the other two, and so prayed saying, "Please Lord, give me the strength and the tools and the intelligence to cross."

Poof! God turned the Service Scouter into a Beaver leader. The adult looked at the map, hiked upstream a hundred metres, then walked across a bridge. Simple!

Hot glue an acorn onto the top of a pine cone. (Leaders should do this.) When it is firmly in place, tear pieces from a cotton ball and glue them to the top and sides of the acorn, making angel hair. Glue star stickers in a halo around the hair. (See diagram)

Twist a pipecleaner around the neck of the angel, forming arms.

Cut out two shoe-like shapes from construction paper and glue them to the bottom of the angel, then hot glue the bottom of the angel to an 8 cm circle cut from cardboard.

### Musical Chain

Let Keo be first in line to show everyone how to play the game.

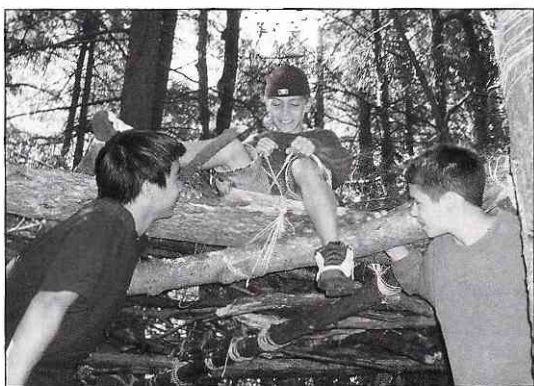
Arrange your players in a long line with Beavers holding onto the person in front. Give the first child in line something that will clatter when dropped. (A pebble-filled can works well.)

The leader begins to sing a Christmas song (e.g. Frosty the Snowman, Jingle Bells) and marches around the room with everyone else in tow singing too. At some point, the leader drops the rattle – a signal for everyone to stop singing and sit down quickly. The last child to sit down takes the rattle and leads the next round.

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## Sing About Presents and Peace

Sing this song to the tune of Frère Jacques.

We give presents, we give presents  
To our family, to our friends  
All the children love them,  
All the children love them.  
On Christmas Day, on Christmas Day

Our tree is decorated,  
our tree is decorated  
Gather round, gather round.  
We're having lots of fun,  
we're having lots of fun.  
On Christmas Day, on Christmas Day

We send peace, we send love  
To everyone, to everyone  
Join hand together,  
join hands together.  
Christ is born, Christ is born.



## Freeze Game

Here's a great game to play outside to burn off energy. Choose two "refrigeration units" who can freeze other players solid by gently tagging them. Tagged players are immediately thawed when two unfrozen players join hands around them and yell, "Thaw out!"

Who can work faster? The freezers or the thawers?

## A Mitten Tree

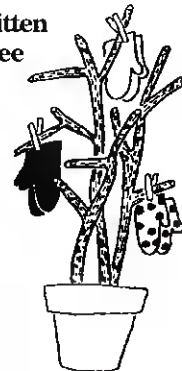
This craft activity builds spiritual focus into your seasonal activities. Children will also experience the joy of giving to those less fortunate.

The week before you do this craft ask every Beaver to bring a pair of mittens (new or clean used ones) to the colony to give away to a less fortunate child in the community. In addition, you will need a large bucket (or flowerpot) filled with sand, clothespins, and a few tall bare branches.

Fill the large bucket with sand, then stick the branches in it. Ask your Beavers to hang their mitten gifts from the branches using the clothespins. (See diagram) You might want to decorate the tree with other ornaments, like the pine cone angel decorations.

Enjoy your mitten tree for a week or two, then deliver the gifts to a local charitable organization.

Mitten Tree



## "Merry Christmas!"

This game is excellent for third year Beavers. Form your players into a circle holding hands. One child starts the game by saying "One." The next player says "Two", and so on around the circle.

When a Beaver reaches "Five" or any multiple (e.g. 5, 10, 15, 20) he or she yells out, "Merry Christmas!"

December is a happy time of year. Plan at least one Beaver meeting completely outside in the fresh air. (Skating or tobogganing is ever-popular.) Organize extra parent help, and set up a warm snack and hot chocolate. ^

— Ruth Dubeau is a jolly leader living in North Bay, ON.



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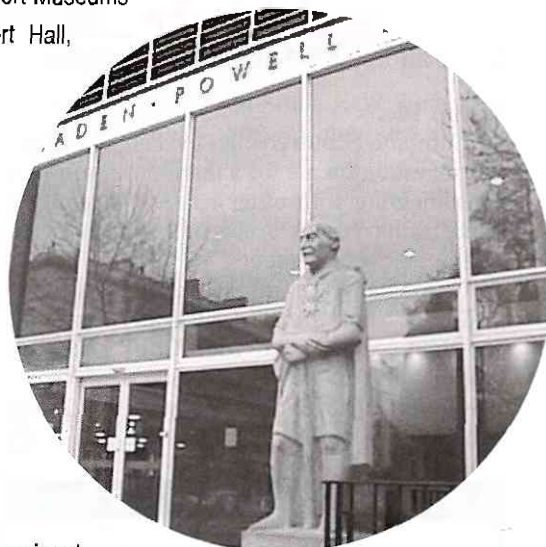
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*Make some  
Bannock*

*Construct a  
Tin Can Solar Cooler*

*Make a  
Foil Dinner*

# Terrific Green Star Ideas

*Have a  
Knot Relay Race*

*Make Shish Kebobs*

*Organize a  
Sasquatch Hunt*

by Ross Francis

**W**ith the introduction of the *Program Builder CD-Rom*, there's no more need for the *Pack Resource Book*; therefore, we're discontinuing it. Over the next few months, I will pick some of the more interesting ideas from the book and share them in this column.

## Camp Ideas

Combine Scoutrees, an overnight camp and a nature/conservation theme for a terrific weekend event. At a planning meeting with other leaders, organize a weekend so each leader comes prepared to teach at least one of the Green Star requirements.

One challenge might involve asking Cubs to lay and light a campfire; afterwards they could cook a meal for themselves. Give your Cubs a choice of activities (all relating to the Green Star) for their free time. If presented as a BINGO card, you'll find them begging for time to complete it.

Let sixers and seconds help plan and run a camp for the pack. Sixers and seconds should go to camp Friday evening so they can plan the menu and buy the groceries before the rest of the Cubs arrive for lunch on Saturday. Also, this will give them lots of time to arrange and set up activities for the other youths. If the sixers and seconds direct the activities and put on the campfire, they will develop additional leadership and teamwork skills.

## Shish kebobs (for Cooking on a Barbecue)

Alternating ingredients, each Cub pokes onto a skewer three cubes of beef or chicken, three medium mushrooms, three chunks of green pepper, three cherry tomatoes and three small onion halves.

Place them on the grill for 10 minutes, turning every minute or so. Don't forget to let your Cubs brush on the barbecue sauce.

**Caution!** Tell Cubs to take special care when pushing the meat onto skewers. It's surprisingly easy to accidentally skewer a hand or finger.

## Foil Dinner

On a piece of foil (30 cm x 45 cm), each Cub places in sequence, two strips of bacon, three slices of potato, a hamburger patty, a slice of cheese, five slices of carrot, 5 mL water, and some chopped onion.

Seal the foil, and place the packet on your coals for 15 minutes. Flip your foil package, and cook another 10 minutes.

## Chocolate Banana

Peel one side of a banana, and scoop out a 1 cm groove along the length. Stuff chocolate chips (5 mL each) in the groove; replace the cut-out banana and peel. Wrap the banana in foil and place it on the coals for 10 minutes.

If your Cubs like this tasty treat, why don't they try other ingredients like peanuts, raisins, and mini marshmallows in their banana?

## Bannock

Bannock is a traditional favourite of everyone. To make it you will need: 250 mL flour, 15 mL baking powder, pinch of salt, 5 mL sugar (optional), 5 mL lard (optional), and 125 mL water.

You can cook bannock in several ways. Kids love to roll the dough into flat strips and wrap a strip around the end of a stick, then roast it over glowing coals. (Make sure the bannock won't fall off the stick into the fire.) Another popular cooking method involves frying it in a pan using a little oil or margarine. When ready to eat, serve the bannock with butter and jam or honey.

To make dessert bannock, add berries, dried fruit, chocolate chips, or nuts to the dry ingredients before stir-

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the **leader**



ring in water. Or, you might try turning the bannock into pancakes by adding enough water to make a batter instead of dough.

### Tin Can Solar Cooker

To make this cooker each Cub will need: a pop can, coathanger wire, tin snips or strong scissors, aluminum foil, and a small mirror.

1. Cut a 5 cm wide window in one side of the pop can.
2. Cut a 20 cm length of coathanger wire, and remove any paint from it.
3. Line the pop can with aluminum foil with the shiny side up. (See diagram)
4. Poke a hole in the centre of each end of the can with the coathanger wire, then push the wire through one end. Skewer a wiener, and push the wire through the other end of the can.
5. Set the cooker in direct sunlight, and let the wiener cook.
6. Build another cooker at the same time, but on this one place a small mirror behind the wiener. Compare the cooking rates.

### Compass Radar Game

Cubs sit in a circle at the eight points of a compass around a blindfolded Cub who sits facing North. A leader points to a Cub in the circle who claps his or her hands once. The blindfolded Cub tries to identify the compass point from which the sound came. When he's successful, the two change places and another round begins.

Is this too easy for your Cubs? Then, make the circle larger and add more compass points by adding additional Cubs, leaders and parents.

### Sasquatch Hunt

Ask Scouts or Venturers to make a trail of Sasquatch footprints using chalk on pavement, or in the mud or snow.

Contact five or six cooperative neighbours close to your meeting hall. Prepare a wild sketch of the Sasquatch and give each neighbour part of the creature's description (3 m tall and hairy; long, brown fuzzy arms; mad, red eyes). Departing at intervals, sixes must follow the Sasquatch prints through the neighbourhood

and to the doors of people who spotted the beast and can give partial descriptions.

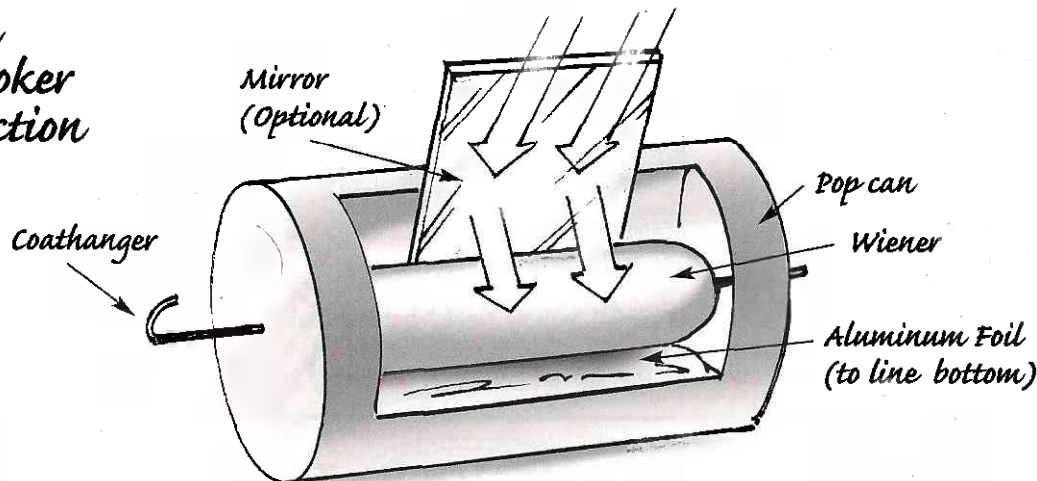
Back at the meeting hall, sixes pool the information they received, and with markers or crayons, draw a large colour picture of the Sasquatch using the descriptions. When they finish, show them the master drawing so they can compare their Sasquatch to the "original" being.

### Knot Relay Race

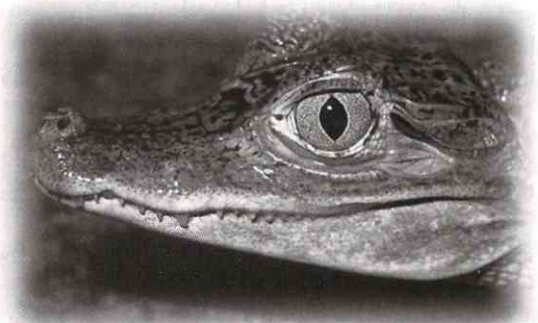
Give each six, five or six lengths of rope 2 metres long, and a chair. Each six must tie its ropes together beginning with a bowline knot, then a reef knot, a sheet bend knot, a fisherman's knot, and ending with a clove hitch around one leg of the chair.

When your Cubs have tied all of the knots, one six member sits on the chair while the rest of the group tests the knots by pulling on the bowline. If the knots hold, the members have finished and can sit down. The first six to be seated with all the knots done correctly in the proper order, wins. X

### Tin Can Solar Cooker Construction



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# Crafty Cub Christmas Ideas

by Susie Mackie

Plus  
**ELF TIPS!**



**R**ing in Christmas and bring out the best in your Cubs and third year Beavers by keeping them busy with these fun, inexpensive and just-right-for-Cubs activities! The descriptions feature "Elf Tips" – unique suggestions to make your project even more enjoyable.

## Candy Tree

This tiny tree is as cute as a baby reindeer. It's very easy to make, and would be great as a dinner place-setting decoration.

### Materials

You will need:

- ☐ Green chenille pipecleaners
- ☐ Chocolate candy (e.g. Hershey Kisses™, etc.)
- ☐ Pencil (optional)
- ☐ Yellow construction paper (optional)
- ☐ Scissors (optional)
- ☐ Glue (optional).

### Construction details

1. Wind a pipecleaner around your finger or a pencil. Then, bend one

end of the pipecleaner down, and press it firmly into the chocolate candy.

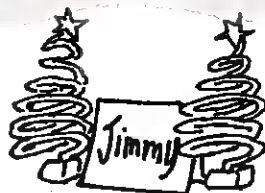
2. Position the pipecleaner so it stands upright. Spread its "branches" if desired.

3. Optional: Cut a little star out of construction paper, and glue it to the top of the tree.



### ELF TIP

Position two trees together (see diagram) to make a place-card stand.



## Jewelled Antenna Ball

Here's a perfect gift for Mom or Dad. Cubs will be proud to make and give this easy-to-make jewelled ball that will dress up any car or van antenna. It even sparkles in the sunshine as a reminder of Christmas love.

### Materials

You will need:

- ☐ Small, yellow Nerf™ ballistic balls (these come in refillable packs)
- ☐ Red, silver, gold or green paint

- ☐ Tulip glitter craft paint
- ☐ Paintbrush
- ☐ Artificial jewels (with one flat side)
- ☐ Thin Phillips™ screwdriver

### Construction details

1. Paint the ball with colored paint. Set it aside to dry.
2. Paint the ball with sparkle paint.
3. Make a little pool of glitter craft paint on the ball, then press a jewel into it. Repeat this step with as many jewels as you want.
4. Using a screwdriver, an adult leader should poke a hole up through the bottom of the ball. *Note: Do not poke a hole all the way through the ball! The ball is designed to sit on top of the antenna.*
5. Position the ball on your car or van antenna.

### ELF TIP

Try decorating the ball with puff-paint after it's dry.



## Pretzel Garland

There's nothing more fun for Cubs than making Christmas ornaments all by themselves. You can make this pretty garland in any size; your Cubs will love mixing and matching various colours of pretzels and ribbons to make a personal touch for the tree.



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### Materials

You will need:

- ☐ Pretzel twists dipped in white or dark chocolate, as well as undipped pretzels.
- ☐ Christmas ribbon (one metre per youth). It should be thin enough to thread through pretzel holes.

### Construction details

Thread one pretzel onto the ribbon, and tie the end to the pretzel. Continue weaving on pretzels until the ribbon is almost full. Secure the ribbon to the last pretzel, then drape them onto the Christmas tree (see diagram).



### Christmas Napkin Rings

Cubs will love making these festive napkin rings for the whole family.

### Materials

You will need:

- ☐ Paper towel tubes
- ☐ Old Christmas cards
- ☐ Ribbon
- ☐ Felt
- ☐ Sequins
- ☐ Glue

### Construction details

1. Cut the paper towel tube into widths to match the width of your Christmas ribbon.
2. Wrap ribbon (or felt) around the tube, and glue it into place. Add smaller ribbon trim (strung sequins or 1/2 cm wide ribbon) to the outside edges, or a Christmas card cut-out to the centre of the felt.



**ELF TIP** Personalize the napkin rings by writing names with glitter glue or puff paint.



### Gifts for the Birds - Stuffed Pine Cones

These inexpensive and easy-to-make treats will be welcomed by feathered friends on winter's long, cold days.

### Materials

You will need:

- ☐ Pine cones
- ☐ Bird seed
- ☐ Peanut butter (Alert! Make sure no one in your pack suffers from nut allergies!)
- ☐ Ribbon or braid

### Construction details

Collect pine cones, coat them with peanut butter, roll them in bird seed, and hang them on tree branches with ribbon.



### ELF TIP

Plan an outdoor party around this craft. Have Cubs decorate several outdoor trees, then admire their handiwork. Finish off by making some snowmen, singing Christmas carols, and sipping hot chocolate.

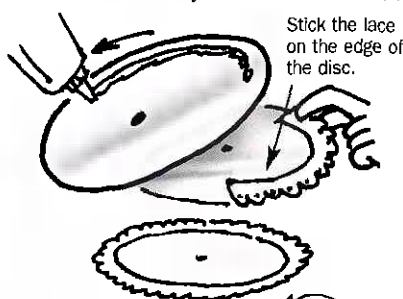
### CD Coasters

These coasters make a lovely gift, and are large enough for those big coffee mugs Dad likes. You will need:

- ☐ A few old CDs, preferably identically coloured ones.
- ☐ White cotton lace or Christmas ribbon; you can also get pre-pleated lace or trim in fabric stores.
- ☐ Glue.

### Construction details

1. Don't cut the lace before starting. This will make it easier to judge the length needed to circle the CD.
2. Spread some glue around the circumference of the CD. Take one end of the lace and start sticking it onto the edge, making small pleats as you go around. (See diagram) When you've finished, cut the lace and your coaster is ready.



### ELF TIP

Make a few matching coasters to give as a set.



Christmas crafts like these are sure to please busy Cubs; they'll help you deliver a rewarding and fun holiday program. X

— Susie Mackie works at the National Office.

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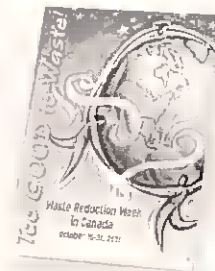


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# Waste Reduction Week: "Take Two"

by Ross Francis



**L**ast month we looked at some activities for reducing waste. Let's continue the theme.

Most materials that society uses are technically recyclable. They can be collected, reprocessed and manufactured back into the original product or something entirely different. Below are some activities to help Scouting youth appreciate the importance of recycling.

## Environmental Savings of Recycling Glass

Using a simple calculation, Cubs and Scouts can gain an appreciation of the energy and resource savings associated with recycling glass. Here's how.

1. Ask your Cubs or Scouts to save and bring in their family's empty glass jars for one week. Safely store the clean glass in a box somewhere out of the way.
2. Count the number of jars the youths bring in.
3. Calculate how much energy will be saved by making new glass bottles from the recycled bottles, as opposed to making new ones from scratch. Use the following formula to do your calculations. Recycling one glass jar saves enough energy to light a 100-watt light bulb for four hours.
4. Determine how many light bulbs could be lit for an evening (six hours) just from the energy savings from the bottles collected.
5. Can your Cubs and Scouts make a list of all the processes involved in producing a single glass bottle? Your list should include: digging for the silicon, trucking it to the processing plant, crushing and grading the material, refining it to remove impurities, etc. Thinking about the entire process will help youths to understand how much energy and effort they are saving when they "rescue" even one jar.
6. When your activity is complete, make sure you properly recycle all bottles.

## WASTE REDUCTION QUIZ

Test your knowledge with the following questions:

1. Every ton of virgin paper produced consumes how many trees?  
(a) 1 (b) 3 (c) 17 (d) 36
2. Making recycled paper consumes how much energy, compared to making one ton of virgin paper?  
(a) 60 percent more (b) the same amount (c) 60 percent less
3. Which of the following products is a hazardous waste?  
(a) paint (b) batteries (c) oil (d) all of them
4. Hazardous waste can be potentially harmful to:  
(a) air (b) water (c) land (d) all of the above
5. The three R's of effective waste management are \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
6. Archaeologists have been able to read the headlines of 40-year-old newspapers dug up from landfill sites because very little decomposition occurs under landfill conditions. True or False?
7. What percentage of Canadian waste is packaging?  
(a) very little (b) 30 percent (c) 50 percent (d) almost all of it
8. The largest component of Canadian household waste is:  
(a) kitchen and yard waste (b) pop cans (c) plastics (d) newspapers
9. Households in Canada generate a total of approximately how much garbage and recyclable material every year?  
(a) 50 million tons (b) 100 million tons (c) over 150 million tons
10. Of that amount, how much does recycling and composting divert from landfill?  
(a) 5 percent (b) 10 percent (c) 25 percent
11. The average household produces how much toxic waste (e.g. paints, pesticides, cleaners, prescriptions, batteries) per year?  
(a) 35 litres (b) 50 litres (c) 85 litres
12. Each person in Canada uses how much water per day?  
(a) 150 litres in winter; 200 litres in summer (b) 200 litres in winter; 275 litres in summer (c) 350 litres in winter; 450 litres in summer.

**Answers to quiz on opposite page. →**



Reducing waste is not just about using fewer materials and sending less garbage to the landfills. There are many other forms of waste. One of the biggest problems facing society is that of energy waste. Much of the energy that we use for lighting, heating, operating machinery and transportation comes from burning fossil fuels like coal, petroleum and natural gas. Of course, these all contribute to air pollution and global climate change.

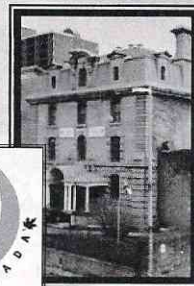
- ❑ Save energy by turning off lights, televisions and electrical appliances when not in use.
- ❑ Cut back on the amount of water you use for boiling foods. The more water you use, the more energy is required.
- ❑ Use microwaves for cooking, as opposed to conventional stoves. Microwaves cook in one-quarter of the time, and use 30 to 70 percent of the electricity.
- ❑ Wait until you have a full load before you use the dishwasher, washer or dryer.
- ❑ Clothes dryers are the most energy "hungry" appliances in the household. On a sunny day, think about using a clothesline.
- ❑ Walk or ride a bicycle to school or your friend's house. If the distance is too far, ride the bus.
- ❑ If you have a television that uses a remote, part of the television is actually on all the time. Why not plug your TV into an outlet that is controlled by a wall switch? Then use the switch to turn the television on and off.
- ❑ To make a room brighter, use one bulb of high wattage instead of several low watt bulbs. One 100-watt bulb uses less energy than two 50-watt bulbs.
- ❑ Use lower watt bulbs in closets or small spaces that don't require bright lights.
- ❑ Use hot water wisely. (Water heaters guzzle lots of power.) Avoid using hot water if cold water will do.
- ❑ Get in the habit of taking a shower instead of a bath; generally speaking, showers use less hot water.
- ❑ Watch for leaky faucets. Replacing a two cent washer can save hundreds of litres of water.

## QUIZ ANSWERS

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# Challenging Patrol Activities for Youth

by Ian Mitchell and Susan Muehlherr

**M**ost Scouts have their own ideas about what to take to camp and, over the years, will produce a personal "ideal" list. Here are some fun ideas that older Scouts can use to teach your new Scouts some packing skills.

## Backpack Adventures

### Blindfold Backpacking

Divide a patrol into two teams, and bring along two packs and all the gear for a weekend camp (e.g. personal, sleeping bag, cooking and camping equipment, and food). Put teams at opposite ends of the meeting area, and empty the packs into one pile in the centre. Allow each team to approach the pile and scrutinize it for three minutes before returning to the starting point. Blindfold individual Scouts and escort them to the pile to find (by touch) a pack

and the gear. Then, they must pack everything correctly in the backpack.

### Kit Packing

Again, use two teams and two packs, but much more gear than necessary (about 20 kg per pack). The challenge involves deciding what to take and what to leave so the pack will weigh no more than 12 kg. Check your Scouts' skill visually and by weight. To make it more difficult, you might even add blindfolds.



### Weighing In

This activity will give your members a keener ability to judge the weight of camping gear. Conduct a quiz that challenges Scouts to guess the individual weights of a backpack, sleeping bag, tent, clothes, extra footwear, and other camping objects. After your Scouts make their guesses, pack a backpack, and weigh it on accurate scales to see how close they were to judging the correct weight. Then discuss if there are any unnecessary objects in their pack.

As a follow-up activity, challenge patrol members to produce a weekend camping kit that weighs no more than 10 kg per person. It must include all food and camping gear, and stick to the list of gear recommended in the *Fieldbook for Canadian Scouting*.

## Tent Challenges

Try these activities based on a lightweight hiking tent. Impress on the Scouts that tents are expensive items and must be treated with care.

### No Poles

Devise a system of pitching a tent using no poles. Rig the tent to make sure your idea works.

### Pitch in the Dark

Blindfold patrol members, then have them erect a lightweight tent. See if all Scouts can get inside without removing their blindfolds.

### One-Hand Pitch

Pitch the patrol tent (either as a patrol or in two groups) with members keeping their dominant hand (whether right or left) in their pocket for the entire exercise.

### Island Pitch

Spread out a ground sheet. Put all patrol members, lightweight tent, poles and pegs on the sheet. Erect the tent without leaving the area of the ground sheet.

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## Cooking Challenges

So you're a great cook? See how you do with these challenges.

### *Cooking on the Move*

Make a fire, and boil an egg for three minutes in a moving wheelbarrow. The wheelbarrow must go around an obstacle course designed ahead of time.

### *Meal Hike*

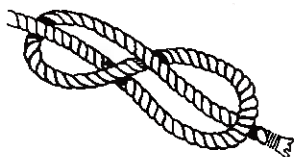
Scatter ingredients for a meal along a trail. Make sure you keep them in clean containers (e.g. clear, plastic bags) so they don't get dirty. Patrols must pick up the ingredients as they hike, then prepare the meal back at camp.

### *Tin Can Surprise*

At one end of a field, make a pile of canned food items, all with the labels removed. In relay fashion, each patrol member races to the pile, selects a tin, and brings it back, without showing it to the other patrol members. After each member has collected a can, the patrol must prepare a meal using the ingredients they picked up. Provide a can opener and basic camp supplies such as spices, flour, oil and pans.

## Outdoor Challenges

Try these knot and lashing challenges on a rainy day.



### *Camp Gadgets*

Provide six large plastic bags, some rope, and small pioneering timber. See how many camp gadgets you can make using one bag for each.

### *Message Carrier*

Devise and construct an apparatus for carrying written messages in either direction between the patrol tent and kitchen area at camp. The message must not touch the ground.

## Survival Challenges

Experience the real wilderness with these survival challenges.

### *Wet Fires*

On a really wet day, lay and light a fire using natural materials found around the campsite. Your Scouts must keep the fire going for at least an hour.

### *Survival Still*

Make a collector or still for water. Give pieces of clear plastic and a tin can to each patrol. Which patrol can collect the most water in a set amount of time?

### *Wild Food*

Identify five different edible wild plants. Prepare one of them, and taste it. *Caution!* Don't eat any edible wild plants until they are approved by someone knowledgeable about edible wild plants. A botanist parent would be most helpful for this activity.

### *Where's North?*

Show how to find North without the aid of a compass by day or night. See the **Leader Magazine** (June/July 2001) for ideas. X

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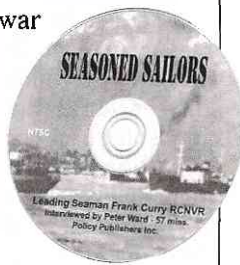
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# Beavers:

## *It's All About Non-Competitiveness, Cooperation and Sharing*

by Ross Francis

**"Sharing"** is the major focus upon which we base all Beaver activities. Scouts Canada believes the best way to teach young children and give them a chance to grow towards fully responsible adulthood is to provide a program in which they can experience encouragement and caring in an atmosphere of cooperation and *non-competitiveness*. This type of programming builds self-confidence and a feeling of self-worth. Through it, Beavers develop a sense of respect and caring for others because they don't have the added pressures of competition.

The Beaver program is built around Beaver Section Goals. In Beavers, we have purposely selected Program Goals to correspond with accepted early childhood education and development guidelines. Togeth-

er, program sections attempt to develop the whole person, as well as an in-depth appreciation of, and commitment to, Scouting's Principles and Mission.

The Beaver program emphasizes activities that encourage Beavers to:

- ☐ Find examples of God's love for them and the world
- ☐ Experience and express love and joy
- ☐ Express themselves
- ☐ Be healthy and have good feelings about themselves
- ☐ Develop a sense of belonging and sharing in small group activities
- ☐ Develop a sense of cooperation through non-competitive activities
- ☐ Appreciate nature

This philosophy helps establish the foundation that Beaver-aged children need to build on and grow from. This includes: meeting other children, learning to work/play together, expressing themselves, sharing, and participating, without the fear/expectation and pressure of having to perform and/or win.

So much of who we are and what we become depends upon how we feel about ourselves (i.e. self-esteem). Without having time in early developmental stages to develop the foundation and build self-esteem, kids sometimes find themselves facing pressure to perform and win, rather than simply participating and having fun. This can be devastating to a child when they, or the adults around them, create expectations that are too high. Not meeting these expectations or losing is hard enough at the best of times; it can be extremely tough on a young child who has not had an opportunity to develop self-esteem.

Adults know what it's like in the competitive world, and we have adapted to it. We choose to participate in different types of activities, and even choose careers based on the level of competitiveness we wish to encounter. Some of us play highly competitive sports, then choose other

more *cooperative* activities that strike a balance. It's this balance that Scouting strives to achieve.

That's why in Beavers, we focus on children simply playing together and having fun, playing games, exploring the outdoors and making creative crafts. The Beaver program has no badges for a reason, and the emphasis is on non-competitive games and activities at an age-appropriate level.

### Non-Competitive Games

Non-competitive games provide lots of fun, with no losers. They help build a foundation for playing games where the goal is to have everyone participate and cooperate as a group.

Following are several examples of non-competitive games that you can play with your colony.

### The Great Sneaker Hunt

Ask every Beaver to remove his or her left sneaker, then throw all the sneakers into a pile. On "Go!", each Beaver takes a sneaker from the pile (it must not be their own), and finds the child who is holding their shoe. When that person is found, they must trade sneakers. The game continues until everyone has traded the shoe that they pulled from the pile, and has his or her own sneaker back on their feet. How many times did each Beaver have to trade shoes?

### Hula Hoop Game

Get your Beavers to form a circle holding hands. A leader inserts the hula-hoop somewhere in the chain and the Beavers, still holding hands, pass the hoop around the circle.

### Cooperative Statue Tag

One or more Beavers are "IT", and run around the hall trying to tag the others. Once a Beaver has been tagged, he or she freezes in place with legs spread apart; they are not permitted to move. Other Beavers can release their frozen friends only by crawling through their legs. Change IT a number of times over the course of the game.

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### Cooperative Dr. Tag

Designate one or more Beavers as IT. They run around the hall trying to tag other Beavers who play the Doctors. If a Beaver is tagged, he or she must cover the tagged spot, and continue running until a doctor heals them by tagging them in this location.

Make this game even more fun and humorous by changing the rules to allow Beavers to be tagged more than once. Give everyone a chance to be IT.

### Blanket Toss

Bring in an old blanket, strong sheet or tarp. Form your Beavers into a square around the edges, and ask them to take hold of the blanket with both hands.

Now throw a beach ball onto the blanket and have your Beavers practise coordinating their lifting of the blanket to throw the ball high into the air, and then catch it. Once they have mastered this task, form a second group with a second blanket and see if they can pass the ball back and forth.

### "I Spy..."

Form the children into pairs, then ask someone to "spy" something by saying "I spy with my little eye something that is...." Now the pairs must work together, asking for clues, to find what they are looking for.

Each pair can only ask for three clues, so they may need to trade clues with other pairs to find the object. The goal is to find the object, however, it will take a cooperative effort to do it.

### How Many Words?

White Tail Beavers will enjoy this game. Give them a long word, and see how many smaller words they can make using the letters from the long word.

### Mini Olympics

Arrange your hall or field into a number of different stations. Provide each Beaver with his or her own Olympic Passport Challenge, where they can record their personal "Olympic records." The stations could include, for example, distance runs, jumping, throwing, and skipping.

Beavers travel around the field stopping at various stations simply doing their best and having fun. If they think they can do better by trying a second time, let them come back and try it again, recording both times. Typically, a child will get a better score the second or third time he or she attempts it, and feel a greater sense of accomplishment. The goal is for them to do their best, not compete for "best time."

These are just a few examples of quick things that you can do. Why not create some of your own? Try to take some traditionally competitive games and change them slightly to remove the competitiveness, and introduce cooperativeness.

Remember, you're working with five to seven year olds - children still building their foundation and developing self-esteem. Teaching them how to work and play together in a cooperative manner will be a helpful gift as they prepare to travel down life's road. ^

## IN THE MARKET

# Orienteering Markers: Great for Compass Activities

by Ben Kruser

**S**couts Canada is now carrying Suunto Orienteering Markers (#54185/\$8.95 each).

The markers are used in orienteering races, and can be quickly adopted for Cub, Scout and Venturer outdoor programs. Made of rugged nylon with a hang cord, the three-sided white and orange markers measure one square foot on each side. The size, colour and fabric make them easy to spot and extremely durable.

How would you use them? Following are some ideas.

### Connect the Dots Course

A connect the dots activity is the most basic compass course for beginners. Set up 5 to 10 bags over your compass course, and number them in numerical order. Each youth or team

gets a set of compass bearings that lead from one marker to the next. The course is complete when all markers have been reached.

### Shotgun Course

This course combines compass work with mapping skills. Set up the markers in a known configuration and distance. Each youth or team starts from a common spot. Using their compasses and pacing, the objective is to accurately locate and map out where all the markers are in relation to one another and to the common starting position.

### Bag the Marker

An offshoot of the Shotgun Course, each team or youth receives a scorecard, a map showing the location of each marker, the bearing from a common spot, and the bearings and distances to/from other nearby markers. Working against the clock, the objective is to see how many markers can be reached. Orienteering clubs often

have special hole punches for each marker, so racers can punch a score card when a marker is reached. These punches, however, are very expensive, so why not substitute a coloured felt marker instead?

### Orienteering Race

For more advanced map and compass work, give each team or youth a topographical map showing the location of the markers. Each marker can have a certain point value based on how difficult it is to reach. The objective, working under a time limit, is to gather as many points as possible. To do this effectively, the team or youth must first read the topographical map and plot out strategy. For example, they might ask themselves, "Do I run straight up and over the hill to a high point marker, or do I take a route around the hill and pick up more lower point markers?" Your Scouts will need map reading and orienteering skills, as well as a good set of lungs. ^

# How to Encourage Venturers to Discuss Important Questions

by Ian Mitchell & Susan Muehlherr

**W**hat are suitable topics to explore with Venturers?

The best topics are ones that Venturers initiate themselves. Recently, National Youth Committee members compiled a list of subjects that interest or concern teens greatly. To get started, Committee members created topics, then brainstormed the issues related to those topics. Review these subjects with your Venturers. What concerns them the most? Do they have any solutions or opinions to the problems described?

Before starting, make clear the purpose of the discussion, then establish the aim and identify possible objectives. This will help Venturers focus their thoughts. There are no right or wrong answers in discussions such as these. A Venturer advisor can help by drawing out the youths, and getting them to explain further. For example, an advisor could ask: What do you mean by that? What to you think (or feel) about it?

## **Small Groups Encourage Discussion**

If you split into small groups, you'll probably find the discussion proceeds better than if you stay in a large group. Assign each group a topic, and ask members to brainstorm questions, solutions and issues. When finished, reassemble and listen to each group's report on their subject. Your Venturers can contribute additional thoughts if they have other points to offer that weren't raised. Then summarize each topic and develop conclusions.

Who knows, your Venturers might just decide to adopt one of these topics as a community service project.

## **Serious Teen Issues**

### *Drinking and Drugs*

What are the Venturers' views on this topic? How can education help certain problems? Are drinking and drugs a common problem in the local neighbourhood? Do youths drink or take drugs with friends? How can indi-

viduals avoid pressure to partake? What new drugs are in use now? What immediate and long-term effects do they have on your body?

### *Safe Sex*

Do Venturers worry about AIDS, venereal diseases and other sexually transmitted diseases? Do they consider AIDS only a problem in other countries? Where do they get their information about these diseases? (From friends or from authoritative sources?). Can they always rely on what they hear other teens say about serious issues like safe sex?

### *Young Workers' Rights*

Do Venturers feel young workers are treated fairly? How can young workers learn more about job safety? Is there a place for complaints to be raised in your work place? Is it hard to get a job? What rights do all people have that no one can deny under any circumstances?

### *Mass Media*

Is everything you see or hear true? Who forms your opinions? Why do people want to influence your opinions? What effect does advertising have on teens? Is advertising mostly good or bad?

## **Relationships**

### *Conflict Resolution*

Why is it important to know how to resolve conflicts? Have the Venturers taken any courses? Have they taken Scouts Canada's FOCUS workshop? Why does not "talking it out" make resolving a conflict almost impossible? What are some ways to encourage two arguing people to creatively discuss their problem? Does shouting encourage or discourage communication and conflict resolution?

### **Abuse**

#### *Sexual Abuse*

What does "sexual abuse" mean? Why is this happening? How can people protect themselves? Would educa-

tion help? What can a youth do who is being sexually abused?

### *Bullying*

What are ways to identify bullying? How can bullying affect teens in a negative way? How can Venturers help people who are being bullied? Does peer counselling help? What about the victims? Refer to *Be Bright-Think Right* at [www.scouts.ca](http://www.scouts.ca).

## **Vital Safety Issues**

### *Scouting Program Safety*

Are Scouting programs safe for young members? How can members experience the illusion of risk without being in danger? What kind of activities do young children enjoy? Is Scouting providing them? How can Scouting provide a better program that meets the needs of members?

### *Internet Safety*

Should Scouting help teach Internet safety? Are teens concerned with this issue? What are some danger signs to watch for when surfing?

### *Playing Safely*

Are there safe places for children to play in your neighbourhood? (Identify several.) Is it more dangerous today than when Venturers were children? How can Scouting help?

### *Street Smarts*

Are there local community programs available to help teach street smarts? Could the Venturers provide a helpful program? Is there Neighbourhood Watch in the community? Do local organizations provide a helpful program?

These are but a few of the many issues that teens deal with today. Your Venturers will really appreciate being able to discuss them in a controlled, safe environment.

Identify a major issue in your community and challenge your Venturers to discuss it in depth. X



## SCOUTER'S 5

Use the thoughts gathered this month for your Remembrance Day ceremony.

### Words of an Unknown Soldier

I asked God for strength that I might achieve.  
I was made weak that I might  
learn to humbly obey.

I asked for help that I might do greater things.  
I was given infirmity that I might  
do better things.

I asked for riches that I might be happy.  
I was given poverty that I might be wise.

I asked for all things that I might enjoy life.  
I was given life that I might enjoy all things.

I got nothing that I asked for,  
but everything I'd hoped for.  
My unspoken prayers were answered.  
I am most richly blessed by God.

### Quotes from Baden-Powell

"The desire to 'happify' once instilled into the character of the (youth) is going to make all the difference in his (or her) relations and attitude to the community in after-life. It will make him (or her) the happy, helpful citizen whom we need, and this, after all, is the real aim of our endeavour in Scouting."

"And what is Duty? Why, it is just carrying out the Cub Law and Promise. So to be a true Wolf Cub you must know these by heart, understand them, and carry them out at all times."

Scouter's Five Minutes

November 2002

## RECIPES

### Easy Salsa Bean Dip

Kids love nacho chips and salsa. Here's an easy dip that will prove a favourite in all your activities.

Take one can of red pinto beans, and rinse them thoroughly. Mash half of the beans in a mixing bowl, then stir in the remaining beans, together with 80 mL of your favourite salsa, and 125 mL tomato juice. Add chili powder to taste. Remember that young taste buds are far more sensitive than older taste buds.

Serve this recipe with your favourite fresh cut vegetables.

### All-Star Fajita Salad

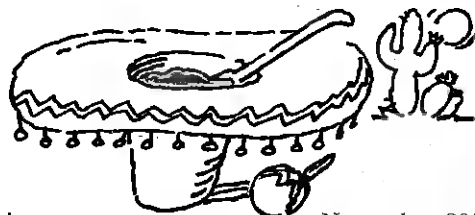
This salad is very healthy and will provide lots of energy for strenuous games.

Make your salsa by chopping up two plum tomatoes, half a medium-size avocado (peeled and chopped), 30 mL of fresh lime juice, 15 mL fresh cilantro (chopped), and 30 mL of olive oil.

Create "bowls" on four salad plates using eight, washed, small, red, cabbage leaves.

Combine and spoon the following ingredients evenly into your cabbage bowls: 500 mL of cooked chicken breast (chopped and shredded), one 15-oz can of red beans (drained), and 250 mL of small broccoli florets (microwaved until semi-cooked).

Top each salad with a scoop of salsa, 15 mL fat-free sour cream, and a chopped scallion.



Recipes

November 2002

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## Chicken-Nacho Supper

This supper is fast, healthy, and easy to make, even for Beavers.

Spread nacho chips over a large cookie sheet. Spoon salsa onto the nachos so a bit of salsa is on each chip. Scatter cooked, chopped chicken breast over the nachos, then top everything off with a liberal sprinkling of shredded cheese.

Put in the oven at 200 degrees C for five to eight minutes. Allow several minutes for the nachos to cool before digging in.

## Potato Nachos

This delicious recipe makes two or three snack-sized servings.

You will need two or three potatoes (long ones); 125 mL salsa; 50 mL chopped, green onion; 50 mL chopped, green pepper; and 125 mL shredded cheddar cheese.

Scrub the unpeeled potatoes clean, then cut them into thin slices (3 mm). Arrange the potatoes in a single layer on a large microwave-safe plate. Cover and microwave on the high setting for two minutes. (Note: You may require additional cooking time, depending on your microwave.)

Top each potato slice with a small amount of salsa, chopped green onion and green pepper. Sprinkle grated cheese over the top. Microwave the potatoes for about two minutes more, or until the cheese melts.

Be careful when you remove the cover as the potatoes will be very hot!

Cubs or Scouts might want to experiment with this recipe. They could add other vegetables like chopped tomatoes, mushrooms or carrots.

### Program Links

Cubs: Cooking Badge

Scouts: Cooking Badge

Recipes

## An Excerpt from B.-P.'s Last Message

"I believe that God put us in this jolly world to be happy and to enjoy life. Happiness does not come from being rich nor from being merely successful in your career, nor by self-indulgence. One step towards happiness is to make yourself healthy and strong while you are a (youth) so that you can be useful and to enjoy life when you are an (adult). Nature study will show you how beautiful and wonderful God has made the world for you to enjoy. Be content with what you have got and make the best of it. Look on the bright side of things instead of on the gloomy one. But the real way to get happiness is by giving out happiness to other people. Try to leave this world a little better than you found it..."

## Serve Others Now

"I expect to pass through this world but once. Any good thing that I can do, any kindness that I can show to any fellow creature, let me do it now. Let me not defer it or neglect it, for I shall not pass this way again."

— Etienne de Grellet du Mabillier

## Love and Peace: these Are the Answers

"We have learned that we cannot live alone in peace, that our own well-being is dependent on the well-being of other nations far away. We have learned that we must live as men and women, and not as ostriches, nor as dogs. We have learned to be citizens of the world, members of the human community."

— Franklin D. Roosevelt

Scouter's Five Minutes

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# Pretzel Making:

## A Great Anytime Snack

**E**VERYONE LOVES PRETZELS, and they're easy to make. What's more, they'll add a spiritual twist to your December theme party. How? Long ago, monks made pretzels and twisted the bread dough around to represent the arms of God hugging His people. Tell your Beavers and Cubs that story as they make their pretzels.

Here's how Beavers, Cubs and Scouts can make pretzels quickly and without any mess. Buy a package of frozen bread dough from the grocery store. You'll need one frozen loaf for every five youths.

Photo: Allen MacIntyre



**Pretzels are a terrific snack any time of year.**

Allow the dough to thaw immediately before your meeting, then when your members are ready to start making their pretzels, cut the bread dough into four or five pieces – one for each youth.

Let your pretzel makers roll their dough into a long string about 1-1/2 cm thick. Place them on a greased cookie sheet, and form the dough into a pretzel shape.

Finish by gently brushing a beaten egg solution over the top of each pretzel, and give each one a healthy sprinkling of salt on the top.

Following the cooking instructions on the dough package, put in the oven and bake until the pretzels are golden brown. Allow them to cool slightly before eating with butter and jam.

### Program Links

Cubs: Cooking Badge

## The Seven Days of Scouting



**S**ing this song to the tune of the 12 Days of Christmas.

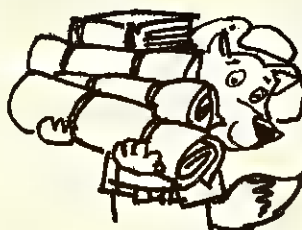
On the first day of Scouting,  
Akela gave to me...  
A book on how to hug a tree.

On the second day of Scouting,  
Akela gave to me...  
Two dirty socks, and a book on how to hug a tree.

On the third day of Scouting,  
Akela gave to me...  
Three well earned badges, two dirty socks and a book on how to hug a tree

*by 1st North Glenmore Thursday Cubs*

On the fourth day of Scouting,  
Akela gave to me...  
Four campfire blankets, three well earned badges, two dirty socks and a book on how to hug a tree.



On the fifth day of Scouting,  
Akela gave to me...  
Five first aid kits, four campfire blankets, three well earned badges, two dirty socks and a book on how to hug a tree



On the sixth day of Scouting,  
Akela gave to me...  
Six ropes a lashing, five first aid kits, four campfire blankets, three well earned badges, two dirty socks and a book on how to hug a tree.

On the seventh day of Scouting,  
Akela gave to me...  
Seven Kub Kars racing, six ropes a lashing, five first aid kits, four campfire blankets, three well earned badges, two dirty socks and a book on how to hug a tree.

— Thanks to Rita Kwan, Council Field Executive, Interior Region, Vernon, BC.





# Pedal to the Metal

## Father and Son Team Trek Across Canada for Diabetes Research

**W**hat do you get when you put a creative father with diabetes, and a son with extensive Scouting experience, together? A national fund-raising bike tour that has captured the hearts and minds of Canadians.

From May until mid-September this year, Mark and Adam Winegarden bicycled across Canada raising money and awareness of diabetes. Following the Trans Canada Trail, their bike trek fund-raiser has become the largest single public awareness event for diabetes in Canadian history.

It all started when Mark, a 40-year-old paramedic from Bradford, ON, discovered he had diabetes. An aggressive diet, medication and exercise regime helped Mark wrestle his diabetes into control. A major part of his exercise involves walking.

Mark's son, 13-year-old Adam Winegarden, a Scout with the 1st Bradford Group, became his father's personal trainer on these exercise trips. Adam learned to operate the glucometre (it charts glucose levels), and track his dad's blood sugar levels and body weight.

### "Let's Bring on the Adventure, Dad."

During one of these walks Mark developed the idea for a cross-Canada bike trip to raise money and awareness for diabetes. Adam was quick to recognize an unusual adventure opportunity.

"Look dad. You need support on this trip," said Adam. "It's a long way."

It didn't take long before Adam had convinced his dad to include him as his sole bicycling partner, supported by a small road team. After some careful research and planning, the Diabetes DMC Tour 2002 took shape. (DMC stands for diagnose, manage, cure.)

Mark and Adam set three goals for their trek:

- ☐ Increase awareness nationally, so diabetes is Diagnosed early.
- ☐ Promote lifestyle changes to Manage it aggressively.
- ☐ Raise funds to Cure diabetes.



### Fund-Raising on the Go

All across Canada, Mark and Adam have attended fund-raising events, community barbecues, pancake breakfasts, and other events to achieve these goals. They've met with mayors, dropped a puck to start a hockey game in New Brunswick, handed out information at shopping centers, and even met with the Premier of Manitoba.

What does Adam know about effective fund-raising? Plenty! This talented youth is almost an expert. Over a period of several years he raised \$3,000 selling popcorn in his Scouting group. What's his secret? "There's no secret," said Adam. "I just kept on going out. I never gave up."

Adam admits that Scouting experience helped him during this cross-Canada cycling tour. "Being a Cub and Scout taught me how to plan and

organize myself. That's pretty important for a trip like this."

An avid swimmer and cyclist, Adam harbored only one worry about the Diabetes DMC Tour: that his dad wouldn't be able to keep up. The concern proved unfounded. Together, they've pedalled all across Canada from Victoria, BC, to Musgrave Harbour, NF, covering a distance of over 11,100 kilometers. They finished on Sunday, September 16.

### The Home Stretch

"We want everyone to recognize the warning signs of diabetes so doctors can diagnose it quickly," said Mark shortly before he and Adam reached St. John's. Find out more by surfing to the Tour's web site: [www.diabetesdmc.com](http://www.diabetesdmc.com).

Adam suitably summed up this historic bike trek with these words: "I wish some of my Scouting buddies could see what I've seen this summer. Canada is a beautiful country."^

## WARNING SIGNS OF DIABETES

- ☞ Extreme fatigue or lack of energy
- ☞ Unusual thirst
- ☞ Frequent urination
- ☞ Change in appetite
- ☞ Unusual weight loss
- ☞ Blurred vision
- ☞ Frequent or recurring infections
- ☞ Cuts and bruises that heal slowly
- ☞ Tingling or numbness in hands or feet



# What's Important?

## Focus on Membership

by Rob Stewart

**“What are you going to focus on as your priorities?”**

*That's the number one question people have asked me since my appointment as President and CEO of Scouts Canada.*

### Achieving Our Mission

Scouts Canada is part of a worldwide Movement committed to developing young people, and helping them achieve their full potential. We achieve our Mission through weekly programs. Scouting must continue to expand membership, to reach as many young people as possible and expose them to the great leadership experiences provided by our dedicated section Scouters.

When we talk about membership numbers, some people tell us we're only interested in the bottom line. There's truth to that statement. Our membership numbers help us determine how many young people we are reaching and whether or not we continue to be a relevant force in youth development in Canada.

What can we do? Let's make sure that no child is turned away. Every parent who contacts Scouting should be assured a spot for their child in our programs. Often this requires leader recruitment, and parents are the prime source for leaders, so the two (recruiting youth and recruiting leaders) go hand in hand.

If your meeting space can accommodate more kids, or if your leadership ratio is high, help us all achieve the Mission by making sure no one gets turned away.

If our membership continues to decline we will cease to be relevant in Canadian society. Canada cannot afford to lose the great programs Scouting offers.

### What Else Is Important?

Scouting's success or failure rests with section Scouters who

deliver programs on a weekly basis. Regularly, we need to ask ourselves: "Is what I am doing helping section Scouters deliver their programs?" If the answer is "No," we should stop doing whatever it is.

The Movement's resources must reflect this commitment. For example, we developed the CD-ROM Program Builder to help both experienced Scouters and new leaders.



**Outside adventure: Now that's Scouting!**

The revised Training and Development Guidelines recognize that volunteers have limited time available. Scouting needs to make ever-better use of that time so they can learn how to become effective leaders.

Scouting's redesigned web site focuses on informing section Scouters of changes or new developments that affect their role.

All elements of our structure and organization should exist only to provide support for weekly programs; these must remain the center of our attention.

### Managing Risk

Today's world is very different from what it was five years ago. We need to continuously monitor and audit our activities, policies and pro-

cedures to ensure Scouting is providing as safe an environment as possible for all members. Often this requires extra work by many people, but parents must be able to feel confident that their children will have an exciting, fun, learning experience without fear of harm or injury.

Be assured that all decisions related to this issue are made while recognizing the impact they have on program delivery. We will not make changes simply for the sake of change.

### Youth Leadership

Scouting must continue to involve youth in all aspects of leadership. After all, we claim to create leaders. How do we reach this goal? We do it by providing them with opportunities to lead. This can be accomplished in every section in an appropriate manner. As well, we must continue to engage youth on committees and task forces where decisions are made about issues that affect them. Our current National Youth Committee is a wonderful example of young people committed to achieving Scouting's Mission.

Scholarship applicants each year are a living testimony to the great work of Scouting and the leaders we have. They highlight examples of Scouting success and relevance.

It all comes back to dedicating ourselves to supporting the section Scouter, and making sure every young person in Canada has the opportunity to join Scouting.

The future looks very bright, but here's the question I can't wait to face in several years time: "What do we do with all these kids?"

Let's Bring on the Adventure in every community in this country! ^

*Rob Stewart*

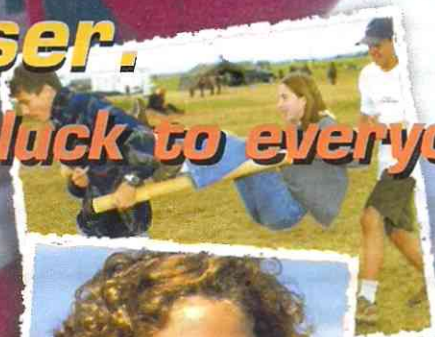
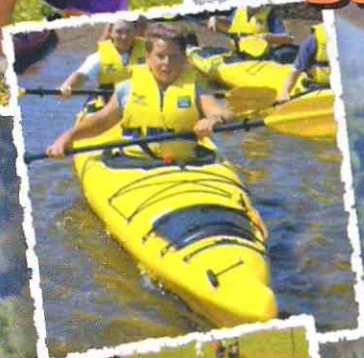




# Bring on the ADVENTURE

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Fund-raiser.***

***Good luck to everyone!***



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