



# HEADQUARTERS GAZETTE

Volume 1 – Edition 3

June 2003

## **Provincial Council News -**

### **Annual Registration:**

It gives the Provincial Council great pleasure in announcing that the annual registration fee will remain at \$45 per person for the 2003 – 2004 Scouting year.

Forty dollars is to be forwarded to the Provincial Council and Five dollars retained for the Group to use.

We are able to do this for a number of reasons, but the biggest reason being the fact that we have had no insurance claims for six years. This is due to you, our Leaders, paying close attention to risk management, and to safety issues. Keep up the good work!

### **Honours and Awards:**

The BPSA-UK National Council is pleased to announce the awarding of the Medal of Merit to the following BPSA-BC members:

Mr. WJ (Bill) Nangle – Chief Commissioner BPSA-BC; and  
Mr. RE (Ron) Long – District Commissioner – Okanagan

Congratulations and Well Done!!

## **Evaluate, Review, Reflect**

Looking back, looking forward, looking in...

Even as our Explorers are looking at what they need to do, what they have done, and what they think they can do, we should be doing the same thing. Evaluating our performance, reviewing our goals, and reflecting on the difference between the two are important aspects of leadership, and of Scouting in general. Through the advancement method, we teach Explorers to set goals, do their best, evaluate their performance, and learn from their experiences. To be effective unit leaders, *we must* do the same thing.

### **Looking Back**

At every opportunity, a Scouter needs to evaluate what he or she is doing. The GSM needs to evaluate how effective the Group Council meetings are. The Group Committee Chair needs to evaluate how good a job the group committee is doing raising funds. Evaluation is the only way we can see where we are, compared to where we've been and where we want to go. Like an Explorer, we set a goal for ourselves, work toward that goal, and occasionally look back to see how much progress we've made.

If you've ever tried hiking in deep snow, you'll have a pretty good idea how important evaluating our progress can be. You see, if we just start hiking through the snow, pretty soon we start thinking about how far we've gone, and how far we have to go. If we don't look back, chances are we'll think we've progressed farther than we have. The longer we go without looking back at our progress, the more discouraged we'll be when we finally do.

That doesn't mean we need to look back at our progress every couple steps. That can be equally discouraging because we won't be able to see much progress. The trick is to look back just often enough to reassure ourselves that we're making progress, and that our progress is in the right direction. The rest of the time, we need to keep one eye on where we're going, and one eye on where we want to be.

So, when we evaluate the job we're doing, we're basically making sure we're going in the right direction, looking at what adjustments need to be made, and estimating how far we have traveled. Our evaluation helps us review and reflect on what we're doing, just like evaluation helps an Explorer understand what they have learned, and figure out what they need to do.

## **Looking Forward**

In almost everything we do, we spend most of our time looking forward, so you may ask why it's so important to talk about it here. Well, think about the last time you drove to work.

Most of the time you spent looking at the road in front of you. Occasionally you checked your mirrors, and looked around at the traffic around you, but most of the time you were looking at where you were going. So, ask yourself, how many times have you made that trip? How many times have you found yourself pulling into the parking lot with only a vague memory of how you got there? That's what happens when we become too familiar with what we're doing or where we're going. We know the path so well; we hardly notice it as we travel.

In Scouting, and indeed in life, we need to review where we're going occasionally, just as a reminder. For many long-time Scouters, the job they do is very familiar. They've been there, and done that so many times they're hardly surprised. Reviewing the things we do helps us keep our eyes open. When we take the time to review our goals, if we're familiar with the path to our goal, like the route to our place of work, reviewing helps us look for detours that may crop up, or problems we may encounter. When we couple that with evaluating, we're better prepared to deal with sudden changes that need to be made. Reviewing is mentally going over the route or path, and helps us anticipate the things that might come up as we travel.

## **Looking In**

Reflection is as important as, and sometimes more important than, evaluating and reviewing. Reflection is what helps an Explorer learn to tie a bowline. Evaluation helps them see the mistakes they have made on their first couple tries. Reviewing helps them see what the end result of a bowline is supposed to be like. Reflection helps them make the leap between what they have done, and where they want to go. The same is true in everything we do, including our jobs in Scouting.

Like that Tenderfoot, a Scouter is taught how to do his or her job, does the job for a while, and then reflects on the experience. That reflection helps the Scouter learn how to apply his or her knowledge of the job using his or her personal abilities. Through reflection, we learn what we're good at, and what we're not so good at. That helps us be better adult leaders, because it focuses our attention on the things we need to improve.

If we don't reflect on what we've done, or are doing, we can't learn from the experience until it's too late. Reflection should be a natural part of what we do as leaders, just as reviewing and evaluating should be. It's what we want our Explorers to do.

## **Tying It All Up In Knots**

A normal program year in a Scouting unit provides plenty of opportunities for evaluation, review, and reflecting. We, as Scouters, should take full advantage of these opportunities to ensure we are doing the best we can for our Explorers. We also need to encourage our Explorers to evaluate, review, and reflect on not only their advancement goals, but also their jobs as leaders, and their life "outside" Scouting.

Teach your Explorers that complaining about a problem doesn't make it go away. We should evaluate the situation to figure out why the problem occurred. We should review the situation to see how the problem affected our goals. And, we should reflect on the situation to see what can be learned from the problem. But, remind them that problems are not the only things that should be evaluated, reviewed, and reflected. The things we do that are successful, or go off without a hitch, can also teach us a thing or two.

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## **Quick Camp Breakfast**

### **Breakfast Pitas:**

Serves two

2 pocket pitas

One can Spam

About four ounces of cheddar or other hard cheese

Cut pitas in half and pull the pocket open. Slice the cheese thinly and put 3-4 slices into each pita half. Open the Spam, cut into 1/4 inch slices, and fry in frying pan or the bottom of a pot. When the Spam is cooked, slide it into the pita pocket with the cheese.

Briefly fry the pita in the same pan to soften the cheese. Canadian bacon or other meat can be substituted for the Spam.

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## **It's Not Winning Or Losing**

Scouting is a game. At least that's what it's supposed to be. Some would even say it's supposed to be a game with a purpose, but it seems to me that there are an awful lot of people out there who tend to go to extremes. There are those who put all of their emphasis on the game, and there are those who put all of their emphasis on the purpose.

One thing we should all remember is that Scouting is supposed to be a game for the youth who are Otters, Timber Wolves, or Explorers. That means for them it should be fun, exciting, and with relatively few rules. It should appear to them to be just a fun activity. Sure, we've got the Scout Promise and Law, which constitute the rules of the game. Some would say that these two elements make Scouting an impossible game. No other game requires a player to follow the rules even when he's not playing!

While that's generally true with games like football, or chess, it's not true of Scouting simply because the game *never* ends. It starts when a member first promises that he "understands and intends to live by the Scout Promise, Scout Law, Scout Motto". If the game is played properly, it lasts forever regardless of whether the individual still puts on a Scouting uniform.

Like most games, Scouting has an ultimate goal, a set of rules, and a well-defined playing field. Over the years many have developed strategies for playing the game; ways to make the game more exciting, but the overall goal of the game hasn't changed. For example, the goal of football is to score as many points as possible in 60 minutes while preventing your opponent from scoring. This has been a goal of the game from the moment it was first developed. Over the years many improvements have been made to football to make it safer, more exciting to play, or more exciting to watch. That's much like Scouting. The basic rules of football - the rules that define how football is played, scored, etc. haven't changed just like the Scout Promise and Law haven't changed. The other rules that protect the players, define what is allowed and what isn't, and such have changed to make the game safer and discourage cheating. Scouting has the same thing in our *Youth Protection*, *Leave No Trace*, as well as the rank requirements and proficiency badges.

## **It's How You Play The Game**

Imagine what football would be like if all of the effort involved in the game was focused solely on the aims of the game, with no regard to how the rules expect the game to be played, or what is allowed or not allowed. Some would point to Australian Rules football, or Rugby.

Both of these sports, however, still have rules that must be followed. No, football would resemble warfare if the only focus is on scoring points and keeping your opponent from scoring them. Now imagine what Scouting would be like if all of our focus was on building character, fostering citizenship, and promoting fitness - with no regard for how that's done. It sounds impossible, but there are folks in Scouting who's sole focus is on the aims of Scouting. They don't care how Scouting is done as long as it achieves the three aims. It's what I call anarchy.

Imagine what football would be like if all of the effort involved in the game was focused completely on the excitement of the game. They don't care what the goal of the game is, or how it's played, as long as it's fun. Imagine what it would be like watching a game where any rule is seen to take away from the fun and excitement. Well, the first thing you'd notice is that it would be pretty hard to score any points. On the offensive side each player would be trying to do whatever he thought was fun instead of working together to move the ball down the field and score points. On the defensive side you'd have chaos. Assuming the quarterback managed to throw the ball, chances are pretty good the receivers would have been knocked unconscious shortly after the ball was snapped.

Suffice it to say, there'd be a lot of turnovers. Now, imagine what Scouting would be like if all of our focus was on having fun. Aside from the chaos, you'd see a lot of kids running around doing whatever they like to do, and all of the things that need to be done wouldn't get done.

My point is that everything that goes into this game we call Scouting is there for a reason. The BPSA - BC and WFIS are charged with the task of making sure the aims of the movement are met, but at the same time, it has to make sure Scouting is fun and exciting. Despite what some may think, every rule and requirement is strictly analyzed to ensure that it promotes the aims of Scouting, follows the established rules for how the game of Scouting is played, and keeps Scouting fun and exciting for those who play it. When the requirements for a proficiency badge are reviewed, every proposed change is weighed very carefully to maintain the balance between the aims, the methods, and the game itself. We as Scouters should do no less in running our units.

## **The Wolf Den**

### **Games For Timber Wolves**

#### **Find the Bell**

Evening game, outdoors/indoors.

Equipment: a little bell that rings easily.

Formation: circle.

Have the group sit in a circle. Choose one person to sit in the centre of the circle.

The leader gives the bell to one of the players, who begins to pass it around the circle.

The object of the game is to pass the bell quietly so that the person in the middle cannot guess who is holding the bell. Players may not silence the bell by holding the clapper – they have to try to pass it carefully enough so that it does not ring.

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#### **Tadpoles**

Indoors

Equipment: 1 ball; whistle

Formation: Teams

The Pack divides into two teams. Team A stands in a circle with one Cub in the centre, holding the ball. Team B stands in line, like the tadpole's tail, coming from the middle.

When the leader calls 'GO', the Cub in the centre of the circle starts to throw the ball to his team, one by one. Meantime, the Cubs in Team B in turn run around the circle and back to their places. When the last Cub in Team B is back in his place, the leader blows the whistle and Team A stops. Team A says how many throws the Cub in the centre has made and when the teams change places, Team B tries to beat Team A's score.

## Fun Along The River Banks

### Crafts for the Otter Pack

#### **A Sun Catcher:**

##### You will need:

1 clear plastic lid  
string or yarn  
stickers or construction paper.

##### How to:

- 1) Punch a hole near the rim of the clear plastic lid.
  - 2) Glue stickers or designs cut from construction paper in the centre of the lid.
  - 3) Tie a string or piece of thread through the hole, and hang the sun-catcher in a window.
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### **Everywhere We Go - Yell**

(Leader does line and Otters answer back with the same line - repeat however many times and last time, last line will be "You'll have to wait till next time")

Everywhere we go!  
People always ask us,  
Who we are  
So we tell them  
We are Otters  
Mighty, mighty, Otters  
Couldn't be prouder  
So if you haven't heard us  
We'll say it a little louder

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## Patrol Leaders Corner

### Ten Tips for Being a Better Patrol Leader

What does it take to be a good Patrol Leader? Here are 10 keys to effective leadership that Leaders can provide to a youth member about to assume a role important both to the quality of Scouting experience the patrol receives, and to their own personal development.

**1. Be a good communicator.** You do not have to have a commanding voice to be a good leader, but you must be willing to step out front with an effective "Let's go!" A good leader knows how to get and give information so that everyone understands.

**2. Keep your word.** Don't make promises you can't keep.

**3. Be fair to all.** A good leader shows no favorites. Don't allow friendships to stand in the way of being fair to all members of your patrol.

**4. Be flexible.** Everything won't always go as planned. Be prepared to shift to "Plan B" when "Plan A" doesn't work.

**5. Be organized.** At patrol meetings, record who is responsible for each task, and have the duty roster filled out prior to going on a campout.

**6. Delegate.** Some leaders assume the job will not get done unless they do it themselves. Most people like to be challenged with a task. Let them try doing things they haven't tried before.

**7. Set the example.** Whatever you do, your patrol members are likely to do the same. A cheerful attitude can help keep everyone in good spirits.

**8. Be consistent.** Nothing is more "Jump to Next Box" confusing than a leader who is one-way one moment and the opposite a short time later. If your patrol knows what to expect from you, they will more likely respond positively to your leadership.

**9. Give praise.** Often, "Nice job!" is all the praise necessary to make an Explorer feel they are making a worthwhile contribution.

**10. Ask for help.** When confronted with a situation you don't know how to handle, ask someone with more experience for some advice and direction.

## **Troop Corner**

### **That Disruptive Explorer...**

**First, have something planned** for every meeting and start the meeting on time. Explorers will quickly get bored and restless if they have to sit and wait for leaders to come up with something for them to do. Early arrivals will get restless if they are told, "We are waiting for a few more to show up before we start."

Always have a planned secondary activity in your back pocket for those meetings when a scheduled speaker cancels at the last minute or the person responsible for the night's activity doesn't show up.

If Explorers become rowdy, we ask, "What would happen if you acted this way in school?" We explain that adult leaders and their fellow Explorers deserve the same respect as their teachers. Finally, if you have an Explorer who is virtually uncontrollable, you have to insist a parent or guardian accompany him or her to troop meetings and activities.

**During planning sessions**, the Court of Honour should brainstorm ways to make troop meetings more interesting to members who might be losing interest. Most young people have a tendency to lose interest in activities that last more than 30 minutes. If the adult leaders guide and mentor the Troop Leader and the Patrol Leaders in following an "ideal" troop meeting plan, and if the adults provide hands-on "tender, loving care," this may reduce the chaotic appearance of a meeting.

**An Explorer who disrupts** a meeting by clowning around may not understand the meeting's topic and know little, if anything, about it. They may be afraid of making a mistake or failing in front of their peers.

Or perhaps they just can't sit still. This is where adult leadership comes in. Every troop has something that needs to be done—inventorying gear, cleaning up troop boxes, or some other little project. Assign the troublesome Explorer to work on the project with a Senior Explorer and a couple of adult leaders.

Giving the Explorer some personal attention and a little patience may boost their confidence and give them a better understanding of what's going on within the troop

## Backpackers Corner

Looking forward to that upcoming backpack trip, but dreading the same old backcountry routine of oatmeal for breakfast, Gorp for lunch, and Ramen noodles for dinner? Think again: heavenly food doesn't have to be heavy.

Perhaps the only thing Richard Simmons has in common with the average backpacker is an interest in "eating light." Of course, backpackers care more about how much their meals weigh than they do about their own weight. Still, just because you carry your kitchen on your back, doesn't mean you have to eat nothing but trail mix and energy bars. Every backpacker's skill set ought to include the ability to prepare a well-earned meal to restore both spirit and the body.

1. **Spice it up.** A few key seasonings such as salt, pepper, garlic salt, and basil are a backpacking gourmet's best friend. They weigh next to nothing and can transform a mediocre spaghetti sauce into something ambrosial.

2. **Pack some veggies.** Garlic and onion will stay fresh for any trip shorter than the Lewis and Clark expedition. Other vegetables, such as carrots, celery, eggplant, and mushrooms, can be stored in a brown paper bag and will add vitamins and flavor to any meal. If you invest in a home dehydrator (about \$30), you can dry some of these ahead of time for longer trips.

3. **Eat the meat first.** Meat, if properly prepared, can stay fresh for a day or even two. You can even carry frozen meat for a day wrapped in a plastic bag and stuffed deep in your pack. If you're going to be hiking in cold weather, take advantage of nature's free refrigeration to preserve fresh foods that would perish on a summer trek.

4. **Repackage.** You can buy all kinds of "gourmet" dehydrated meals at any outdoors supplies store, but you'll also find a wide variety of convenient "just-add-water" foods at your regular market. Simply repackage these in individual plastic bags for easy storage. Couscous, for instance, cooks up quickly as a tasty rice substitute. Of course, you'll need to pack out all bags and foil packages.

5. **Pack snacks.** Be sure to bring foods such as Gorp to eat while you're hiking. That way, you won't be famished and impatient when it comes time to cook the real meal.

6. **Bring extra.** If you're buying pre-packaged meals, be sure to buy extra. Although many of these claim to be a double serving, hiking up hill all day with a 40-pound pack does wonders for the appetite.

7. **Plan some special dishes.** If you're not a natural cook, you aren't condemned to dehydrated omelets from a bag. Get a good cookbook for backpackers and learn how to make polenta cakes and crab a la king on the trail.

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**That's it for this Newsletter. Have a good, and safe summer.**