



HEADQUARTERS GAZETTE

Volume 2 – Edition 2

October 2003

Provincial Council News -

Annual Registration:

Groups are reminded that Annual Registration packages must be returned to Provincial HQ **no later than October 15th**.

Annual General Meeting:

The Association AGM is to be held on the 8th & 9th of November, and will be held at the Chehalis River Forestry Campsite. There will be a Provincial Executive Meeting on the evening of the 7th November at 1930 Hrs at the main campsite.

Please plan on attending. This is YOUR Association and YOU have a say in how it's run.





From the Trainers Desk

WHY TRAIN ?

Time spent in training is never wasted. Everyone benefits from a chance to develop him or herself. Part of the training offered to Leaders deals with their skills to mix and work with other adults.

That's the kind of training that stands to you both at work and in your own local community, never mind Scouting.

Training comes in bite-sizes. Most Courses are held over a weekend so that it can fit in with most people's working week or when you can get someone to look after your family.

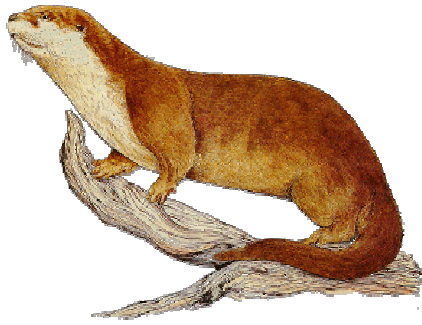
Those attending Courses are leaders just like you - with similar problems and resources - and you will find their solutions and approaches to Scouting a great help. Most participants say that meeting other Leaders and exchanging ideas is the most valuable part of a Course.

The Trainers are experienced Leaders who are trained to bring the most important aspects of Scouting to you in an entertaining and practical manner. Their experience adds depth and understanding to the Courses.

At the end of your successful training comes the presentation of the Wood Beads. Since 1919 this has been the sign of trained Leaders in Scouting throughout the world.

Remember training is not only good for you. It enables you to bring the best in Scouting to those young people that you lead and are in your care. Don't they deserve trained Leaders?





Fun along the River Bank

How do you go about actually running an Otter Pack? Here are a few things to bear in mind.

Firstly - do what works for you and your Pack

What works for a rural Pack with 30 Otters and 6 leaders will not work in an inner city Pack with one leader and 9 Otters. There must always be flexibility to make Otter Scouting work in your particular Pack. There is no hard and fast way of doing it - some Packs don't follow the Award schemes that closely and work wonderfully, others do and fail despite this. Use the basics, but adapt them to your circumstances.

Secondly - get as much help as you can

There is plenty of help and ideas available from your District, and Provincial H.Q. (resource material, documentation). Other leaders (your Group Scout Leader for one) can also help you.

Join in with other Otter Packs, at District events etc - people do not exist in isolation and neither should Otter Packs.

Thirdly - involve the Otters in the running of the Pack.

A good idea is to get the Otters in a circle and call it a log chew. Some of their ideas may be impractical but you'll be surprised at their input.

Fourthly, always try to plan ahead

A well thought out program is worth its weight in gold and will make your life easier and the Pack more successful.

Finally, take the time and effort to do your leader training.

Although you will learn a lot from formal training, a lot of what you learn on training courses is not on the agenda. Sometimes the best parts of what you will learn will be from other leaders who you would not normally have a chance to meet and you'll find that they will have lots of good practical ideas to share.

Even if you think you know it all, you can still pick up the odd piece of treasure - and even if you do know it all, you should be there sharing your pearls of wisdom !!

Otter Games:

Big Snake

The Beavers stretch out on their stomachs and hold the ankles of the Beaver in front of them to make a two-Beaver snake. They soon connect for a four-Beaver snake, and eight-Beaver snake, etc. The Beavers can try making the snake roll over, go over the 'mountain', through 'holes' or curl up and go to sleep.

Frozen Tag

One or two Beavers are 'It' and run around touching others. Once a Beaver is touched, they are frozen and can't move until someone goes under their legs or arms. The game goes on until the Beavers grow tired.



The Wolf Den

The Story of the White Scarf

The white scarf is given to children who have joined the pack, and have not yet been invested.

When Baden-Powell was in Africa he heard of a ritual from the Zulu tribe. When a young boy was approaching adulthood the Zulu warriors would paint the boy all over with a special white paint, this paint could not be washed off and would stay on for about six weeks. The paint was a symbol to the Zulu's that this boy was training to be a warrior. During the six week period the boy was not allowed to be seen by any members of the Zulu tribe and he was only given a shield for protection and a small spear to hunt and obtain food.

He would have to follow deer tracks and creep up near enough to spear the animal in order to get food and clothing for himself. He had to make fires to cook his food by rubbing two sticks, (he didn't have matches with him) and he had to be careful not to let his fire smoke too much, or it would catch the eye of Zulu hunters. He had to be able to run long distances, to climb trees and to swim rivers, he also had to be very brave and stand up to a lion or tiger or any other animal that attacked him.

He had to know which plants were good to eat and which were poisonous and how to cook them. He had, of course, to make his own cooking pots of the bark of a tree or of clay. He had to build himself a hut to live in, but well hidden. He had to be careful not to leave any tracks that could be followed. He had to learn not to snore, to keep his mouth shut and to breath quietly through his nose.

He had to do all this for 6 weeks, sometimes in burning heat, sometimes in cold rain, until the white paint wore off. If the boy could survive until his paint wore off he could return to the tribe and be accepted as a man and a warrior.

People saw this ritual they thought what a great way to let everyone know that this young person was doing something special, and learning some great skills that will help them along their way.

Now everyone knew that they couldn't paint the New Chums, but could give them a very special white scarf. This scarf would tell everyone in Scouting that this person is not yet a member of the Scouting Group and is doing their best to learn about Cubs. The White Scarf is also a symbol to all of the other Cubs and Scouts that the new member is a New Chum and they must take special care of them and to help them learn.



Timber Wolf Games:

Tail Tally

Indoors/outdoors

Equipment: 1 rope per Cub, colour coded for each Six; 1 whistle

Formation: Scatter

One Cub from each Six is a 'catcher'. All the other Cubs have a 'tail', a length of rope which they tuck into their back pockets. The 'catchers' try to snatch as many tails as possible in a given time. A Cub who loses his tail goes to a 'pen' from which he may be released if the 'catcher' from his Six gives him a tail.

When the leader blows the whistle, the Sixes return to their corners and count their tails, including those that their 'catcher' has snatched.

The Mystery Number

Indoors/outdoors

Equipment: A whistle

Formation: Circle

The Pack forms a circle with the Sixers in the middle. The Sixers choose a mystery number known only to themselves. The Cubs march round in a circle chanting the number of each step they take. When they reach the secret number, the Sixers chase them. After ten seconds, the leader blows the whistle and the chase ends. Any Cubs who have been caught go into the centre and help the Sixers. The next number is decided upon and the game goes on until time is up and the Cubs who remain free are acclaimed as winners.

Note: As the chasers become more numerous, they must hold hands until the mystery number is reached. Set a limit to the mystery number. Anything over ten becomes tedious.



Backpacker's Corner

Some Tips for Planning a 'Mini-Trek'

A "mini-trek" is a simple, low-stress way to acquaint younger Scouts with backpacking. Here are pointers from 3rd Colwood Rovers on organizing one:

Choose the right trail.

A relatively easy 12 to 16-Km trail that offers challenges along with spectacular sights is a good choice. Set a relaxed pace of eight Km or less each day. 3rd Colwood has two venues, and it's seeking a third; it abandoned one route that proved too tough.

Start planning six months ahead.

Collect a deposit from each participant for food, transportation, and miscellaneous items, like topographical maps and fuel.

Appoint a co-leader.

Don't reinvent the wheel: 3rd Colwood re-uses menus that worked on other trips. Other members of the troop—Explorers and parents—may be better at food or transportation, so let them take charge.

Teach backpacking basics.

One month before the hike, gather all participants to teach backpacking basics, from what to bring and how to pack it, to foot care and trail etiquette.

Hold a "pack check" meeting the night before the outing.

Food and Patrol gear is distributed here, and each Explorer's gear is inspected. 3rd Colwood groups their Explorers in Six-man "cooking patrols," rather than the usual patrol structure, to simplify load sharing.

On the trail, maintain an easy pace and tolerate complications.

Plan on a 10-minute rest stop every 60 minutes and have a 60-minute lunch break. Explorer hike leaders carry small two-way radios to keep the group together. One is a "sweeper" who waits with anyone who falls out of the column and can stop the whole group until the straggler is ready.

Keep camp time loosely structured.

The mini-trek should be fun for new backpackers, so allow time for exploring, and games.

**Patrol Leaders Corner****Believe In Your Patrol**

As a Patrol Leader, your own attitude toward the patrol is important. The rest of the patrol will act according to the attitude you show, and the expectations you set for them. That's why it's important for you to believe in your patrol from the very beginning. From the moment you become Patrol Leader, you should show the patrol that you believe in them.

That means you believe in each and every member of the patrol individually, and the group as a whole. It means you set high expectations for the patrol, and believe that they will meet those expectations. The first step in becoming the best patrol in the troop is believing that you can become the best patrol.

This is an important step toward developing the kind of real Patrol Spirit that will lead to the patrol becoming a real patrol. Remember, the rest of the patrol will quickly learn from your attitude toward the patrol and act accordingly.

If you develop the attitude that it's impossible for this group of boys to work together in any way, the rest of the patrol will see that. They'll then make it impossible for the patrol to work together. They'll never agree on a menu for the campout. They'll argue over every detail. They'll complain about the work that needs to be done, and be miserable even when the sun is shining.

Why? Because the patrol counts on its Patrol Leader to set the tone and point them in the right direction. To show them how to get where they want to be. If the Patrol Leader doesn't believe in their patrol, their patrol won't believe in themselves. That's the key. Your attitude is important in defining the attitudes of the rest of the patrol, which determines the attitude of the group.

Obviously, that's not easy to do. It's very easy to get discouraged, to get bogged down in the details or overwhelmed by a particular task. Remember though that your attitude toward the patrol can and will change the attitudes of the other members of the patrol.



Troop Corner

AVOID THE WIDESPREAD DANGER OF LYME DISEASE WITH PREVENTIVE TECHNIQUES, REGULAR BODY CHECKS FOR TICKS, AND RECOGNITION OF SYMPTOMS.

You've taught your Explorers how to avoid bears, bees, snakes, and skunks. But don't hit the trail until you inform them about one of the most dangerous foes in the forest—the deer tick.

Often smaller than a sesame seed, frequently mistaken for a freckle, this tiny, black-legged arachnid is more likely to attack your Explorers than any snake or Mammal. Without proper education and preparedness, the result could be a case of Lyme disease (LD), an infectious disease caused by a bacteria (*Borrelia burgdorferi*) transmitted into the body when a deer tick attaches to the skin for a blood meal.

The deer tick serves as a *vector* for the bacteria, which lives inside the tick's gut without harming the tick, allowing it to be transferred from one host—a deer mouse, for example—to another—you.

Ticks need one blood meal for each phase of their life cycle: larva, nymph, and adult. The majority of infections occur in spring and early summer, when the nymphs are prevalent. A victim often doesn't notice the tiny tick or imagines it to be a speck of dirt or a freckle.

Adult ticks feed in autumn and even early winter. But because they are larger and easier to spot, fewer adult ticks manage to stay attached to a person long enough to cause trouble.

Signs and symptoms

A so-called "bull's-eye rash," an expanding rash with a clearing area in the center, is noticed by a majority of LD sufferers. This rash, known as *erythema migrans* (reddish migrating rash) or EM, is the single clearest clinical indicator of LD. It's likely to happen any time from one day to one month after the bite.

Some people, however, either never get the rash or never spot it (ticks love to bite in hard-to-see areas); for these people, more subtle signs hint that trouble is brewing. These indicators may not show up for weeks or months after the bite, long after the victim has forgotten all about his hike in tick country.

The bacteria attacks so many different systems in the body that it has been challenging for physicians to diagnose the disease, particularly in areas where it is not endemic.

Signs and symptoms can be as widespread as numbness and pain in arms or legs, feelings of arthritis, paralysis of facial muscles (usually on one side of the face), swollen lymph nodes, fever, flu-like symptoms, stiff neck, severe headache, problems with concentration and memory, nervous system problems and, rarely, even an abnormal heart rate.

It's spreading

Reported LD cases have nearly doubled over the past decade, according to the Centers for Disease Control. Almost 18,000 cases were reported in 2000, and according to Lyme Disease Foundation statistics, the total could be more than 15 times that number—exceeding 250,000—if the estimated unreported cases were included.



A Deer Tick magnified.

"The main reasons for the increase in Lyme disease is a combination of more ticks near humans and a better recognition of symptoms," explains Dr. David Yoho of the Infectious Disease Consultants in Fairfax, Va.

"The heavy pressure of residential development has caused a lot more contact between the deer population and humans," he said. "There's also been a great increase in reporting, as more doctors are looking for the symptoms now that we know Lyme disease is out there."

In hardest-hit parts of the country, such as the Maritimes and the Pacific Coast, diagnosis has become increasingly streamlined, something that is advantageous to a victim of a tick bite in these regions.

Now what?

Fear of the disease doesn't mean you have to call off all outdoor hiking and camping, limiting your Explorers to safe, suburban activities. In fact, unless you switch to indoor mall-walking, you can't completely avoid all ticks. Tick-borne infectious diseases are transmitted at backyard barbecues, playgrounds, and Saturday morning lawn mowing, as well as in the woods along Fraser River.

Education, prevention, and prompt attention to signs and symptoms are the only solution. By teaching proper methods to the adults and youth in your Pack, Troop, or Crew, you should be able to enjoy the outdoors with confidence.

According to Chris Malinowski, communications director of the Lyme Disease Foundation, Scout and Venturer leaders should take these three steps before an outing:

- Learn about vector-spread diseases. Then teach parents and Explorers about those your group may be exposed to on an outing (virtually all outdoor activities can expose Explorers to insect and tick bites). Know what symptoms to look for should one become infected.
- Know and practice prevention techniques. Proper dress—light-colored clothing and long pants tucked into socks—can thwart a tick's effort to attach to one's skin. Ticks tend to be dark in color, and are easily spotted on white or khaki clothing.

Before an outing, apply an insect repellent with about 20 to 40 percentage of DEET (diethyltoluamide) to the skin. Also, applying a repellent containing the insecticide permethrin to your clothing—and only to your clothing—will greatly improve your level of protection. (Some products containing permethrin include Permanone and Duranon. Follow label instructions.)

Pitching tents away from tall grasses and staying in the middle of paths while walking are two of many ways to reduce exposure to tick habitat.

- Conduct thorough tick checks. Have Explorers check for ticks immediately after exposure to tick habitat and then again when they return home. A full-body, bare-skin examination is the most important aspect of prevention.

Knowing the proper tick-removal technique is also important. Scout leaders should have tweezers, alcohol swabs (to disinfect the tweezers and bite site) and a vial to save the tick for identification and possible testing for Lyme or other tick-borne disorders.

"These often debilitating diseases are increasing in prevalence and spreading geographically across the country," Malinowski notes.

Proper attention to educating all your members about prevention techniques can make a great difference in the health of the Troop, Crew, or Pack.

WANTED FOR THE GAZETTE:

- Articles about what YOUR group is doing.
 - Camp recipes.
 - Hiking and Camping trip reports.
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Who are Rovers?

"By Roving I don't mean aimless wandering, I mean finding your way by pleasant paths with a definite object in view."

- Baden-Powell

Rovers began when older Scouts wanted a section that was more defined to their age and ability. They wanted to continue getting the benefits of Scouts but at a more advanced level. In 1916, experiments were held with older Boy Scouts and, in 1917, pamphlets were distributed explain what Rovers were. Rovers became the third official section of Boys Scouts that same year.

However, a little know fact is that Rovers were originally formed in the British Boy Scouts (a separate association from the UK Scout Association) in 1913, and were then known as "The Imperial Service Corps". This development was discussed at a UK Scout Association conference at Easter 1914. This led to Senior Scouts being formed in the Scout Association, only to be quickly renamed Rover Scouts in 1917.

One of the goals in Rovers was to create happy, healthy, useful citizens. Rovers is about developing yourself as a person, through providing opportunities of leadership and a wide range of experiences which you probably would not be able to get otherwise. The main focus of the second is service to Scouting and the community in general. Rovers should be good examples for younger members of the community and Scouting.

The Rover program was based on a Knighthood theme. The symbol of St. George, patron saint of Scouts, was important. St. George is typical of what a Scout should be. He epitomized the qualities of selflessness and both moral and physical courage which Baden-Powell saw as being among the aims of Scouting.

The Rover program was basically an extension of the Scout program, be it Sea or Air specific. Rovers, however, tend to work in small, independent groups called Crews. Crews run themselves and plan their own activities. Often, members of the community and Scouting organizations misunderstand this.

BPSA-BC currently has four Rover Crews in operation, and hopefully the number of Crews will continue to grow!