

HEADQUARTERS GAZETTE

Volume 2 – Edition 3

November 2003

Provincial Council News -

Annual Registration:

Groups are reminded that Annual Registration packages should now have been sent in to Provincial HQ for processing.

Annual General Meeting:

Our seventh AGM was successfully held at the Chahal's Forestry Site, near Harrison Mills. The Secretary will distribute detailed minutes of the AGM to all registered members within the next 14 days.

Many thanks to Mike Bafia, our Treasurer, for supplying the mobile meeting facilities. This act was greatly appreciated given the temperature.

Thanks also go to Scouter Karl for providing Mug-Up on Saturday night.



Remembrance Day

Some of your youth members may ask why we as members of Scouting help celebrate Remembrance Day. The following article, while not strictly about Canadian Scouts, will give them, and you, an idea of what Scouting, and Scouts, did during the wars.

Since 1922, there has been an Honour Guard of Queen's Scouts (and formerly King's Scouts) flanking the door from the Foreign & Commonwealth Office to the Cenotaph in London, UK. There are no remaining written records in The UK Scout Association archives to tell us precisely the history of the first Honour Guard, but it is probable that the King's Scouts were there at the request of King George V himself.

So, what exactly did Scouts do in the First and Second World Wars that qualifies them to mount an Honour Guard at the Foreign & Commonwealth Office to this day, and to stand to attention in front of the Queen, the Prime Minister, Cabinet Ministers and all the representatives of Commonwealth countries as they file past? Well, for a start, an enormous number of Scouts served in the armed forces, police force, coast guard, and fire service since 1908, and have been highly valued by their regiments and squadrons for their prior knowledge and training. Many Scouts served in ambulance units, air raid patrols, and other civilian services.

By the end of the World War 2 more than 60,000 Scouts had been awarded the National Service Badge for their work at home. They had worked as First Aid orderlies, signallers, telephonists, Air Raid Precaution (ARP) messengers, stretcher-bearers, Coast Watch, Home Guard instructors and Rest Centre assistants. They had made camouflage nets, helped evacuate thousands of younger children from bombed city centres, harvested millions of tons of food and animal fodder, chopped wood on a massive scale (around 600,000 hours), and salvaged glass, metal and rubber for re-use.

However, it was the service performed by Scouts during air raids and the Blitz on London that showed outstanding courage and application of the words of the Scout Promise and Law. 80 young Scouts were given Scouting gallantry medals, and in London, Coventry and Liverpool the Silver Cross (Scouting) was awarded to entire Troops. Individual Scouts were awarded the George Medal and George Cross. Fifteen Scouts just old enough to serve in the forces were awarded the Victoria Cross. One particular service Scouts gave to London was guiding fire engines in from the outskirts of the city by the quickest routes to blazing buildings.

When they couldn't get any closer to the fires because of the danger, the Scouts provided First Aid treatment and a barricade to stop others getting too close. In an air raid on Manchester, Scouts rushed burned and wounded firemen to hospital and returned to the scene to carry on their First Aid work. In many cases, older Scouts took over from Leaders who had joined up or been killed, in order to keep Troops together.

That's just a small indication of the support and service given by Scouts at a time when their skills, training and team-spiritedness were called upon constantly. The uniform made them instantly recognisable as individuals who could be trusted to give directions or provide a focus in a crisis, such as an air raid. So, on the eleventh day of the eleventh month every year, Scouts march at the tail of the procession of veterans, alongside Guides and members of the Boys' Brigade who have also provided civilian services to the public. From the 1930s until the late 1950s, London's Rover Scouts had their own service and procession past the Cenotaph, and thousands came from all over the country to march.

Remembrance Day for Scouts isn't about marching like soldiers or glorifying war. It's about representing fellow Scouts who 'did their best' in frightening and dangerous circumstances for the sake of their community and their country.

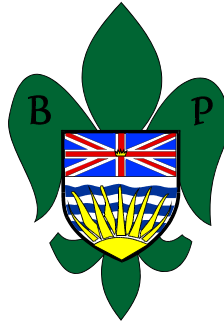


A Prayer of Remembrance

Today we remember with thanksgiving those who made the supreme sacrifice for us in time of war. We pray that the offering of their lives may not have been in vain. Today we dedicate ourselves to the cause of justice, freedom and peace; and for the wisdom and strength to build a better world.



Lest We Forget



Camp Recipe Corner

Here's a simple recipe for our first one. Send us your favourite's for future editions of the newsletter!

Eggs and Potatoes:

Serves: 1 to 2 people.
Prep time: 5 minutes

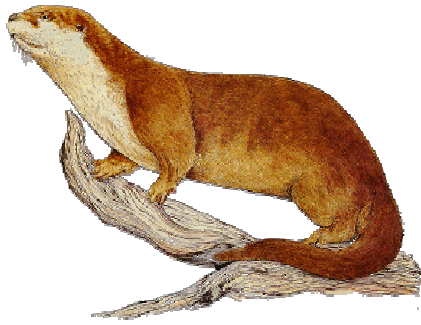
Ingredients:

potato (whole with skin that was boiled and cooked before-hand)
egg
tomatoes
onion
cheese
sausage
salt & pepper
foil

How to Prepare:

Cook the sausage and onions in skillet over open flame until done. Put aside. Cut the pre-boiled potato in half, and scoop out two spoonfuls of the center of each half. Put the egg, cheese, sausage, tomato, and onion in the center hole of each potato half. Season with salt and pepper, and put back together. Wrap the potato in tin foil, and throw on coals for about 5-10 minutes





Fun along the River Bank

Otter Games:

Last Detail

Place several simple objects in a box. Let the Otters study the box for several minutes. Turn away and remove an object, then see who can guess what is missing.

Co-operative Tale

The leader begins the first line of a story, e.g., 'Once upon a time, there was a giant frog,' - The next Otter is to continue the story, then it is the next Otter's turn and so on until the story is finished or when you would like to finish it.



The Wolf Den

TRACKING FOR TIMBER WOLVES

Following the tracks of an animal can teach you much about what it eats, where it sleeps, and its daily habits. Your tracking skill may lead you right to the animal itself

Tracking is not limited to following mammals

Insects leave tracks, too. So do reptiles. You can spend an hour of careful tracking and not move more than a few feet. In fact, if you can track a beetle through the jungles of a grassy lawn, you probably have the skill to track larger animals across any terrain.

Tracking is a skill...

...that you can learn only by doing a lot of it. You can learn in your own yard, vacant lots, fields, and forests. The following guidelines will help you get started:

First, find some tracks!

You must find some tracks before you can follow them. Winter snows hold a surprising number of tracks. During other seasons, try the soft soil near ponds and streams. In dry country, scan the dust for prints and look for pebbles and rocks that have been disturbed.

Study a single track

Get down on your hands and knees to study the shape of the track you wish to follow. Fix its details in your mind. You might even measure it and make a sketch of it. That will help you find it later, even when other tracks are mixed in with it. Use a tracking guide to identify the tracks, and the animal that made them.

Track early or late

Tracking is easiest early in the morning and late in the day, when shadows cast in the prints make them more obvious.

Look for more than just the prints

As you follow a trail of tracks; keep your eyes peeled for other evidence of the animal. Bent grass, broken twigs, and displaced pebbles help you see the animal's path. Watch for places where the animal has scratched or rubbed against trees or rocks.

Droppings

Animal droppings or 'scat' give evidence of an animal's diet. Break dry scat apart with a stick. Hulls of seeds, skins of berries, and bits of leaves suggest the animal is a vegetarian. Small bones, fur, and feathers appear in the scat of meat eaters. Scat tends to dry from the outside in. If it is completely dry, you know the animal passed by some time ago. Moist scat was left more recently. The animal may be near.

Imagine yourself in the place of the animal

If you lose the trail ask your self where you would go if you were the animal. Look in that direction. Mark the last track with a stick, then explore all around it until you find the trail again.

Notice important landmarks as you proceed

Don't become so interested in following a trail that you get lost. Be alert to your surroundings. Notice and remember landmarks that will guide you back to your starting point.

Don't disturb human artifacts

Over the centuries, humans have left traces of their passing. You may be fortunate enough to discover an arrowhead, broken pottery, or other artifacts of earlier cultures. If so, let them lie where you find them. Note the location very well and draw a map so you can find the spot again. Then alert local authorities. They will know if archaeologists should examine the site. The position in which artifacts are found can tell scientists a great deal about the people who made and used them. That's why it is important not to disturb them.

Collecting Tracks

Perhaps you've heard the old saying about low-impact hiking: "Take only photographs, leave only footprints." By making plaster casts, you can bring home some footprints, too.

When you find a track you want to preserve, mix up some plaster of paris. (You can get the plaster at a drugstore. The label will have mixing instructions.) Turn a cardboard strip into a collar by notching the ends together. Place the collar around the track and pour in the mix. Let it harden - 10 to 15 minutes in warm weather. Remove it and brush off the dirt. On the back of the cast, write the date and the location where you found the track. You can also cast plaster molds of tracks in the snow. In addition to plaster of paris, you'll need a mist bottle such as those used with window cleaner.

Spray the track with a fine mist of water and wait a few moments while it freezes. Mix the plaster using cold water (warm plaster will melt the print). Put a collar around the track and pour in plaster. Allow it time to harden.

By themselves, casts of prints are fine souvenirs of your adventures. You can also press them into damp sand to recreate the original prints - a valuable study aid for improving the tracking skills of everyone in your patrol.

Fun With Tracking

You can practice tracking just about anywhere. At home, try sneaking up on the family dog, the cat, and your brothers and sisters. In camp, sit very quietly near a trail and see how many Cubs pass by without noticing you. Would you like to play some tracking and stalking games with your Six? Here is one that have been popular with Cubs for many years:

Cross-Country Runner

The Cub who is the runner has a 1-minute head start. Every few steps he drops a few kernels of corn. The others in the patrol follow the kernel trail and try to catch up with the runner before he reaches a finish line about a mile away.

Timber Wolf Games:

What Am I?

Equipment: None

Formation: Circle

The Timber Wolves sit in a circle. One Cub goes outside the room, while they are away the others decide what they should be when he or she comes back. If they decide on a policeman, for example, they call them back and they have to ask each Cub in turn what they have to buy for themselves. One will say black boots, another a whistle, another a flashlight and so on. If the shopper goes right round the Pack without guessing what they are, they must go out again, and the Cubs will choose something else

Who Is Missing?

Equipment: None

Formation: Circle

The Timber Wolves walk round in a circle. When Akela gives a signal they all cover their eyes with their caps or their hands. The leader touches one of the Cubs on the shoulder and they leave the room as quickly and as quietly as possible, while the others still walk with their eyes closed.

When the leader calls 'STOP!' - the Cubs stop walking and uncover their eyes. The first one to give the name of the Cub who is missing, is the winner.



Backpacker's Corner

Some Advice on Keeping the Tent Dry

By Tony Wesley

Some tips for the novice. Veterans of camping will have learned these and probably have a few ideas of their own.

- Examine your campsite carefully before setting up the tent. That nice flat spot, is it a low point? If you camp in a hollow, you may end up camping in a puddle if it starts raining.
- Is this a new or borrowed tent? If so, put that rain fly on NOW even if the sky is blue. You can take it off, now that you know how to put it on. The tent will breath better with it off. But make sure you remember where it is. I met a couple that learned the hard way just the night before. They didn't know what the rain fly was, and put it under their tent as ground cover. It rained on them, and that's when they realize something was wrong. Reading the instructions in the middle of the night with the rain pouring down on them, they realized what they had done. So they had to unstake the tent, move it, and place the rain fly over the tent, which was rather soggy by this point.
- Are you camping under trees? The trees will help break the rainfall, but they will continue to drip after the rain has stopped. You win some, you lose some.
- A canvas under the tent is a good idea, but watch out. If your canvas extends out further than your rain fly, rain will run off the rain fly and onto the canvas. Depending on the slope, the rainwater may then run *under* your tent.
- You can improve your tent's rain resistance by applying seam sealer to your tent. Spending a couple dollars and a few minutes ahead of time will help. But don't expect miracles.
- Condensation will form on the tent's interior walls, unless you keep the tent ventilated.
- Placing the sleeping bag on a pad or an air mattress is a good idea. It will not only improve your sleep by keeping you warmer and bed softer, it will keep you up off the tent floor should you get water in the tent.

A little bit of water seems inevitable if you're camping in the rain. But some precautions and some common sense can make the difference between damp and wet. Oh, if you have room, toss that book you've been meaning to read in with your camping gear. If you get stuck in your tent waiting for the rain to pass, it'll be worth its weight in gold.



Patrol Leaders Corner

Patrol Meetings

We've talked a lot about what the Patrol Leader's job is and what you should be doing to help make your patrol the best it can be. If you have any experience in Scouting, you've probably given some thought to how much time an effort is involved in being a Patrol Leader. Well, you're not wrong. It takes a little effort and time to do all the things a Patrol Leader is expected to do, and you've probably realized by now that most of what we've been talking about simply cannot be done during the small amount of time you're given at every troop meeting for Patrol Corners.

The fact is, you're not supposed to be able to do all the things a Patrol Leader is expected to do during troop meetings. They're called troop meetings because they are for handling troop business and running the troop program. The time you have during weekly troop meetings for "Patrol Corners" is for you and your patrol to get together to prepare for whatever the troop is doing.

It doesn't sound fair, does it? Well that's because you and your patrol should be getting together on your own and doing patrol things. You're supposed to be getting together and having a Patrol Meeting. When and where you have them is up to you and your patrol. You could have them in your garage on a Saturday afternoon; in your living room on troop meeting nights before you go to the troop meeting; or, as one patrol I know of did, in the church parking lot an hour before the troop meeting. You don't even have to have the meeting at the same place and the same time every time. When and where is up to you and your patrol.

Of course, you have to have a reason to meet, and the most important reason for you and your patrol to get together is to do things as a patrol. I'm not just talking about "hey, let's go on a hike on the next troop campout". I'm talking about "hey, let's go on an overnighter next month on our own." It doesn't have to be a big activity; it could be as simple as getting together and going to a movie, or taking a hike somewhere. It could even be just getting together and working on advancement together.

Having Patrol Meetings gives your patrol something to do together away from the rest of the troop, and it leads to doing even bigger things together with or without the rest of your troop. Remember, the right kind of Patrol Leader keeps his patrol active. That means keeping your patrol active as a patrol as well as a part of the troop.

Patrol Meetings also give you a chance to run your patrol. You can spend a little time going over your Scout skills, planning for the next troop campout, working on advancement, and having some fun. Just like your troop meeting, your Patrol Meeting should have a little bit of business, a little bit of work, a little bit of learning and a little bit of fun.

Another important reason for having Patrol Meetings is so that you and your patrol can "Be Prepared" for whatever the troop has planned. In fact, if you've never had a Patrol Meeting before, you should start slow and have a special meeting to prepare your patrol for the next troop meeting or activity. The more meetings you have with your patrol, the easier they'll be. After a couple meetings you'll find that your patrol works better together. That means you're becoming a **real** patrol, and pretty soon you'll be planning your own campouts and activities.



Troop Corner

Packing a Pack

By far the most often asked question I get is "How should I pack my backpack". Since I have already answered this question many times for individuals, I thought I would just write it all down and so everyone could hear about it.

The method used in packing your pack depends on what type of backpack you are using. An external frame pack sits the weight differently on your back than an internal frame pack. For externals, you want the weight to sit low. This helps balance you better as you are hiking. Internal frame packs are made to hug the body more. For this reason, you want to place the heaviest items in an internal frame pack close to the middle of your back next to your body. This helps keep the weight close to your center of gravity. When most of the weight is near your center of gravity, you will be able to turn around easier without the momentum of your pack whipping you down.

Your next question is probably "But what about my tent and sleeping bag". These are probably the next two bulkiest items in your gear list. Sleeping bags are great if you put them in a compression bag. This is basically a stuff sack with straps on the side to cinch down the size. This reduced size can easily be packed in the bottom of an internal frame pack. Often with externals, the sleeping bag is lashed to the frame on the bottom of the pack. External frame packs generally have less room in enclosed compartments than internal frame packs so most people tie larger items on the outside. When packing your tent, you might think about splitting up the tent into parts: tent body, poles and rain fly. This way you can spread the weight out across a few people in your group. The poles can be tied to the outside of a pack pretty easily. The tent body and tent fly can be stuffed into the top of your pack. The main reason for this is that the tent body and rain fly have a coating of waterproofing on them.

When you fold a tent the same way over and over, this waterproofing can crack along the creases. By stuffing the tent and fly, they are never folded the same way twice and creases do not form. Another reason for putting your tent near the top of your pack is for easy access. The first thing most people do when they get into camp is put up the tent. With the tent being at the top of your pack, you save time from having to unload the rest of your pack just to get to the tent. This may not seem like much of a time saver, but if it is raining, having the tent near the top of your pack is a Godsend.

Clothes and smaller items are great to just stuff anywhere in your pack. Since camping gear tends to be in shapes that don't fit very well into a pack, there often is a lot of open space left in your pack. For internal frame packs, if you put your sleeping bag at the bottom of your pack, the bottom corners of the pack are usually empty. These are great places to stuff items like camp shoes, socks or anything else that can fit in there. A good idea is to place all your clothes in a stuff sack. Not only does this help organize your gear, but it also provides one extra layer in case your pack gets wet. The rain fly is a great item to stuff into open space in your pack.

A few more things to consider when packing are your raingear, water bottles and lunch. It is a good idea to keep your raingear in a place that is easy to get to. This can be in the top of your pack or in a pocket. When it starts to rain, you don't want to have to dig deep into your pack to grab your jacket. Water bottles should also be kept very handy. Many packs now come with "holsters" to hold water bottles on the hip belt. If your pack doesn't have one of these, an external pocket is a great place to put a bottle. If you are hiking with a partner, a pocket out of your reach can still be used. When you stop, your partner can grab your water bottle for you. You don't necessarily have to put your lunch in an external pocket or at the very top of your pack, but it should be pretty close. Most people take a sit down lunch while hiking, so your pack will not be on your back. This allows for you to dig into your pack a little for your lunch.

Last, but certainly not least, keep the toilet paper where you can get it in a hurry. That is one item that you do not want to have to dig around your pack for. When nature calls, your TP better be within reach.

These were just a few things to think about when packing your backpack. Everyone creates his or her own style of packing after doing it a few times. Pretty soon it will just become a routine and you won't even have to think about it.



The Night Hike

Hiking in daytime can be good fun, but hiking at night can be really thrilling.

A fine clear night in autumn or spring is the right sort of night for a hike, for you Timber Wolves; Night Hiking is great fun, on a fine night, and you will have the most enjoyable adventure you could wish to have.

The whole secret of making a success of Night Hiking lies in our Scout Motto: Be Prepared. Here are some of the things to Be Prepared for:

1. **Be Prepared** for rain. A light hat of some kind is well worth the trouble of carrying in your backpack; and you need a backpack for night hiking; I am going to tell you all the things you will need to put in it. The hat comes in useful for sitting down on for a rest; grass and ground are damp at night.
2. **Be Prepared** to feel cold when you halt for a rest or to eat. Carry a sweater or fleece jacket in your backpack, and a pair of woolen gloves. Put them on when you halt, and pack them in the rucksack again when you move on. You will thus feel the benefit of them during the halts, which you won't if you wear them all the time.

3. **Be Prepared** to feel hungry. The fact that you don't feel hungry when you are asleep in bed is no proof that you will not feel hungry when you are awake and out of doors. In fact, you will feel hungrier than ever, because of the exercise and the cold night air. Moreover, eating at intervals breaks the monotony, and makes something interesting to do-most Timber Wolves find it interesting anyway!

4. **Be Prepared** to feel thirsty. Though you won't really feel very thirsty, you will feel the need of a hot drink now and then. Thermos jugs are cheap enough nowadays Take a thermos or two full of hot chocolate, or something of the sort-and remember that most flasks hold about four very small cups full, and therefore two flasks are better than one, if two or three of you are hiking together with your Six.

5. **Be Prepared** to go somewhere, and not merely wander about within a mile or two of home. Plan the route carefully before the night, so that you get to some interesting place. Hike a local trail that you know in daylight and see if you can recognize places in the dark!



The next edition of the Gazette will be produced in January.