



HEADQUARTERS GAZETTE

Volume 2 – Edition 6

March 2004

Provincial Council News -

Several important changes were discussed at the last Provincial Executive and have been accepted by the Executive. These changes will bring us into line with other BPSA Councils in Canada.

Effective the **1st February 2004**, Group Committees will be renamed, and called **Group Auxiliaries**. This new title correctly reflects their support role in the organisation. Please amend your handbooks and PO&R accordingly.

Effective the **1st September 2004**, all Group Auxiliary members will be required to pay the association annual registration fee. They will also be required to have a Police Record Check completed. Group Auxiliary members will not wear uniform.

The following Warrants of Appointments have been issued, and the appointments are confirmed effective 23rd April 2004:

- 1) David Dubois – 1st Logan Lake
- 2) Donna Middleton – 1st Logan Lake

The following long service awards have been approved:

10 Years Long Service:

- 1) Mike Maloney
- 2) Paul Lohmann
- 3) Mike Bafia
- 4) Charlie Weir

25 Years Long Service:

- 1) Ron Long
- 2) Terry Blaker
- 3) Sandy Weir



WFIS News –

September 2004. WFIS will be holding their World Conference from the 23 to 27 September. This Conference will be held in Duncan, BC. Attendance is restricted to provincial training staff and Commissioners. We are expecting members of the WFIS Regional Committees from Europe, South and North America and Australasia to attend.

This Conference was called by the European Region so that we may standardize leader training, child protection matters, ethics, and youth programming standards, as well as standardizing the various Regional By-Laws.

International and Canadian Camps



<http://www.3iversity.be/en/content/home.htm>

This Camporee is being sponsored by VVKSM St.-Michiels Brakel, which is member of the Flemish Association of Catholic Scouts and Guides. The dates are July 30th to August 10th, 2004. Cost is 200 Euros, which includes food, tours and camp fees. More information is available on their website.



<http://www.scoutsmm.qc.ca/public/index800.html>

Scouts Montreal Metropolitain will be holding a large Jamboree in 2007, and have invited all associations to attend, be they members of FSE, WOSM, or WFIS. As details come available they will be passed along.



<http://www2.globetrotter.net/aebp/>

Association des Éclaireurs Baden-Powell will be holding an international Jamboree in July, 2007. This will be in celebration of Scouting 100th Birthday. As details come Available they will be passed along.



Camp Recipe Corner

Here's more simple recipes for your next camp, once again direct from the dark and dusty archives of the 1st BC Rover Crew.....our eating (or is that cooking?) experts ☺

Quartermaster's Stew

Feeds 6 to 8 Explorers

Ingredients:

- 2 lbs of hamburger
- 2 cans of mixed vegetables (save liquid)
- 2 cans of potatoes (drain off liquid and discard)
- 1 packet of stew seasoning mix
- If desired:
- 1 can of stewed tomatoes
- Sliced fresh mushrooms
- Additional vegetables, such as beans, corns.

Preheat Dutch oven on fire, add small amount of cooking oil, and brown hamburger. Drain off grease.

Stir in stew seasoning mix, add a bit of water, and cook for 5 to 10 minutes.

Add vegetables with liquid. Chop up potatoes into small chunks and add to stew. Add small quantity of water if need to cover contents.

Place oven on bed of charcoal - 8 to 10 briquettes (more in winter) on aluminum foil, shiny side up. Cover with lid and put 2 to 3 times as many coals on top. Cook about 15 minutes.

Add tomatoes and mushrooms. Cook until potatoes are tender and stew is

bubbly and hot through- 15 to 20 minutes depending upon heat level.

Stir occasionally.

Bacon and Eggs in a Pita Pocket

This is an excellent new way to enjoy breakfast.

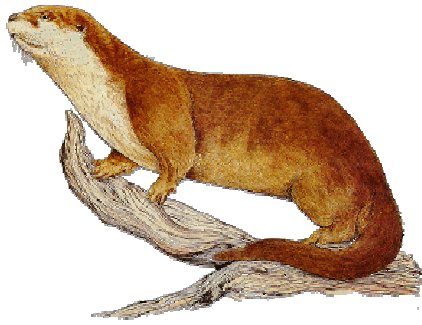
Ingredients:

- 3 strips bacon or sausage
- 2 eggs
- 2 pinches grated Parmesan
- 2 tablespoons salsa
- 2 pita pockets (I prefer Kangaroo)
- dry onion soup mix
- horseradish

Instructions:

Fry the bacon and cut into pieces when done. Fry the eggs in the bacon and then add the onion soup mix. Line toasted pita with a spoon of salsa and horseradish, then fill with eggs and bacon and top with cheese.

Serves 2. Preparation time: 10 minutes



Fun along the River Bank

Developing Program Ideas –

The Season and Events

Most program ideas are set around the season of the year. There's so much to offer. For instance, in October we have fall, with Apple Day and Halloween. In December we have various ethnic and cultural celebrations such as Christmas, Hanukkah, and Kwanzaa. Then there's winter, Valentine's Day, and Scout Week. In spring there's St. Patrick's and Mother's Days, and the list goes on and on. Nice thing about it, the list repeats every year.

Occupation or Hobby

Build a program around your job, a parent's job, a hobby, or a job or hobby the Otters would like to learn more about. You know: policeman, fireman, dentist, baker, and so on. Maybe you carve, paint, or raise dogs. Take a week or two to work on the theme and arrange a theme tour for the next: Such as wood and wood products and a visit to the lumber store.

Tour

We've started with a theme and included a tour, but why not start with the tour and work back to the theme. Plan your games, crafts, songs and stories around the tour. Visit a planetarium, children's museum, SPCA, or McDonald's. Humbly accept cookies from the bakery, take a stroll through a park (With Otters? Right!), and plan a picnic on your hike.

Special Themes

Travel the world, then explore space. Sail the high seas as pirates, and exchange international secrets as spies. Send out you Explorers as indians, and rustle them cattle as cowboys. Drop back in time as dinosaurs and explore the miracles of nature and science. Use a time machine to explore various periods in time.

Stories

Let the story plan your theme. For instance, start with the story "The Gingerbread Kid" then fill the program from there. Make gingerbread kids and/or decorate them. Let your Otters eat the gingerbread along with the fox in the story. Create flannel figures for the story. Using brown paint, let your Otters finger paint on pieces of butcher paper. When it dries, let them cut the paper into large gingerbread kid shapes. Create gingerbread puzzles.

Let your Otters act out the story. Sing related songs or recite poems. Create simple songs (use "Twinkle, Twinkle, Little Star" or "Three Blind Mice" as the music.) Write a poem. Try a science project — what would happen to the gingerbread kid in water?

Things

This is the area most often overlooked. "Things" are most often used as fillers for the program theme, but they could be the starting point for building your program theme. Consider sticks, and stones. And why not bones? Build musical instruments, and play with magnets. OK, leaders alert! Why not donuts? Junk is good — as a craft and recycling. Look at science things, such insects, plants, weather and wind. Build a fort.



Otter Game:

What Am I?

Formation: Circle

The Otters sit in a circle. One Otter goes outside the room, while they are away the others decide what they should be when the Otter comes back. If they decide on a policeman, for example, they call them back and they have to ask each Otter 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 Raft without guessing what the Otter is, they must go out again, and the Otters will choose something else.



The Wolf Den

Discovery Scavenger Hunt

Give each Six a list and half an hour to see how many items they can locate within the boundaries of your play area. Remind the Timber Wolves of the importance of making minimum impact. They write notes on the items they observe in each category but do not collect specimens.

When the hunt is over, Sixes gather and compare findings. If their report includes particularly interesting observations, take the whole Pack for a walk to see them.

Six Instructions

As a Six, find as many of these natural items as you can within the designated area.

1. Two things with chlorophyll in them
2. Coniferous trees
3. Things that fly
4. Parasites
5. A natural object that is red
6. Plants with berries
7. Something you might use if you were fishing
8. Something that swims
9. Insects
10. A natural object that is blue
11. Things that are part of the food chain
12. Evidence of disease
13. Mammals
14. An example of the interdependence of natural things

Timber Wolf Game:

Ride 'Em Cowboy

Equipment: Per team: 1 ten-gallon hat; 1 cowboy belt, holster and gun; 1 chair; 18 inflated balloons.

Formation: relay.

Divide the group into teams of six. A chair is placed about fifteen to twenty feet in front of each team.

On 'Go', the first person on each team puts on the ten gallon hat, cowboy holster and gun and places a balloon between their knees. They proceed in bowlegged fashion to the chair, where they place the balloon on the seat and ride the 'bronco' until it 'breaks'.

The Timber Wolf returns to the line, passing the hat and belt to the next cowboy.

The game proceeds in this relay fashion until all broncos have been broken.





Backpacker's Corner

Conquering Blisters:

Nothing—not rain, nor mosquitoes, not cold, not heat, not even an annoying person who someone insisted on bringing along—nothing can derail a perfectly good hike as fast as a niggling little blister, especially when it multiplies in size until it's the only thing you can think of step after miserable step. We've all had them. But what's a hiker to do? Is there away to avoid these annoyances? You bet!

After suffering my share of hobbled hikes, I decided to see if I couldn't find a solution. I talked to boot reps, questioned my hiking buddies, and tried on enough boots to outfit a centipede. What I learned got me through all 2,158 miles of the Appalachian Trail without a single blister. Here's the scoop:

Double check the boot fit. If you're a beginning backpacker and you're not used to the feel of hiking boots, wear them at home for a couple of days for several hours to be sure they are comfortable. Seek out a reputable store and an experienced salesperson to find the best fit. If you wear them at home and they don't feel right, you can take them back to the store for exchange.

Break in your boots. This is usually as much of an issue of toughening your feet as softening your boots. Any way you look at it, your feet and boots are going to have to reach a compromise, and better they work out their differences near home than on the trail. I like to walk about 50 miles in new boots before I hit the trail (which is great exercise, too). But even trustworthy comfy boots need to be reintroduced to your feet if you've been sitting around all winter. Before a big trip, I'll go out for a couple of four- or five-mile shorties near home, just so my feet and my boots can renew their acquaintance.

Wear wicking socks—polypropylene or nylon are fine—under a pair of wool or wool-and-nylon blend outer socks. The wicking socks are less abrasive, plus they move moisture away from your feet. Never wear cotton socks—cotton absorbs moisture and practically guarantees blisters.

Go easy on the mileage and keep your pack weight as low as possible.

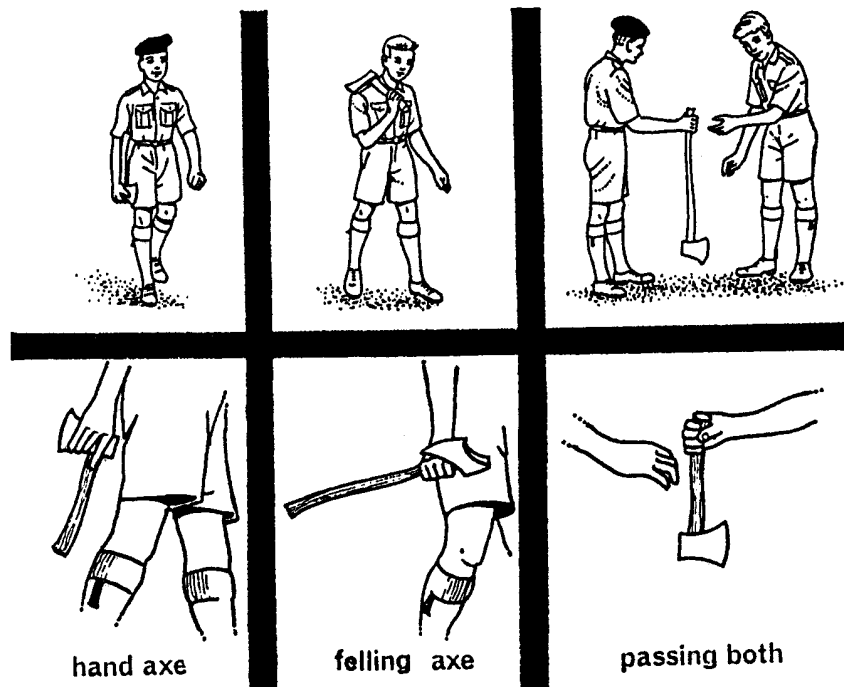
The absolutely number one most important rule of blister prevention: The second you feel the slightest hint of something rubbing in your shoe, STOP! Ignore your hiking partner's pleas to just keep going. Find the pebble, grass-seed, clump of dirt, grain of sand, or wrinkle in the sock. If it's a tight boot that's causing trouble, rub the inside of your boot with the blunt rounded end of a Swiss army knife to try to stretch the leather or fabric.

If you know you've got a vulnerable trouble spot, like the back of your heel, put a piece of moleskin on it before you start walking.

Treat a hot spot with moleskin on the trail. If a blister has already started forming (it can happen in mere seconds), use a dressing called Second Skin (available from any good pharmacy). This dressing was developed to treat burns—and after all, blisters are nothing more than friction burns. Whether you're putting moleskin over a hot spot or adhesive tape over a Second Skin dressing, remember that tape adheres better to dry skin than wet skin—so use a bandanna to dry your sweaty feet first.



how to carry and pass an axe





Patrol Leaders Corner

Treating Water:

Here's the scoop on water: It's no longer safe to drink water straight out of a river, a stream—or even a pond. That's because in recent years, backcountry parasites such as *Giardia Lamblia* and *Cryptosporidium* have set up shop in our wild places, traveling from mammalian intestines to pristine-looking streams through feces. Other contaminants include pesticides and herbicides.

The simple fact is this: If you don't treat backcountry water, you're risking spending your vacation in intestinal distress. Here's how to stay out of trouble:

Boiling. This is the tried and true method of killing microscopic beasties, but it takes a lot of fuel. Fires work, but they're not exactly minimum impact, plus your water ends up tasting like wood smoke. If you do use a fire, decant the water from one bottle to another to get rid of the sour burnt taste. Or throw in a couple of herbal teabags.

There's a lot of disagreement over just how long you need to boil water for. Some agencies recommend five minutes or even longer, especially at higher altitudes. Others say that a strong rolling boil at any altitude will kill the cooties. The Centers for Disease Control recommends three minutes to make sure everything is really and truly dead, including hardy viruses (more a problem in developing countries than in the Canadian Wilderness).

Iodine. Iodine has some compelling advantages: it's lightweight, reliable, and trouble-free. But it does not kill the most recent arrival on the microbial scene: *Cryptosporidium*, which causes giardia-like symptoms and has no cure (the disease runs its course in 7 -10 days). Iodine is available in liquid, crystals, or tablets. Read the directions for how much to use and how long to wait—more iodine and longer waiting times are required in cold or especially dirty water. To mask the flavor, you can drop in tablets made by Potable Aqua. Or stick a piece of lemon peel in your water bottle—it'll freshen several litres. **Note:** it's not a good idea to use iodine for days on end, but it is an excellent idea to carry a few tablets, even if you plan to mostly filter or boil your water. That way, even if you don't feel like filtering or boiling (say it's terrible weather and you're exhausted), you'll still be able to drink

Filters. Few pieces of backpacking equipment are as vilified as water filters. Think of filters as microscopic strainers. They give you clean water with no bad taste—and no residue of fugglies floating in your canteen. To choose a filter, first look at the "absolute" pore size, which should be 1 micron or less for hiking in North America: That'll take care of both Giardia and Cryptosporidium. For hiking abroad, you may also need a filter that can handle viruses.

Fuss-free filtering. Clogging is the main filter problem. You can help prevent it by keeping the filter element as clean as possible. Start by using clear water. If that's not an option, let clouded water sit for a while so that the gunk settles on the bottom. You can also pre-filter water through a bandanna or use the pre-filter that comes with some filter systems. If you're filtering directly from the water source, use a float to keep your intake tube off of the river or lake bottom.

Unclogging. Filters clog because they do their job: The gunk that clogs them is gunk you'd otherwise be drinking. Make sure you take your filter's directions into the field with you. Some ceramic filters can be cleaned by scrubbing the element with an old toothbrush. Others can be wiped clean. Some filters can be backwashed, which is a temporary solution. Reverse the intake and output tubes, then pump backwards so the water flushes the gunk out of the filter element. After backwashing, you must run clean water that has been treated with iodine or bleach through the filter and its hoses.



Troop Corner

How to Build a Winter Fire:

It's going happen. And when it does, it won't be on a sunny summer day when the light lingers till late and the wood is crackling dry. Nope, you heard it here first. Murphy's Law is going attack your stove on a cold and wet night. And when it does, life can start to seem pretty grim, especially if the food you're carrying needs to be cooked to be eaten.

So rule number one: Always have some extra snack food handy so that even if you can't cook, you *can* eat.

And rule number two: Know how to build a fire.

But building a fire in the snow is a little trickier than in the middle of summer. Here are the basics:

Gather all your wood first. Organize it by piece size so that you'll have just the right piece when you need it.

Even wood buried under a layer of snow can be dry enough to burn, especially if the snow is light and fluffy, which means that it has less moisture content. The worse the snow is for making snowballs, the better your chance of finding dry wood.

Break a stick to see if it's dry inside. If it cracks, it most likely is. But there's one exception: If you're hiking after a winter rain, that crackling snap could be ice, from water that soaked through the wood and then froze. If that's the case, you'll need to look for dry wood in protected areas, like under thick vegetation or in the hollow of an old tree stump.

Try wood from different places around your site. Keep track of what wood you found where, so that if some of it goes up well and some of it simply smolders and smokes, you'll know where to return for more of the good stuff.

Wet or damp wood can take some time to get going. That's why fire starter is one of the ten essentials. You can buy fire starter at an outdoor store, an army-navy store, or at convenience stores in many rural areas. Look for tubes of fire ribbon, balls of wax mixed with sawdust, or tablets made of petroleum.

My favorite in-field trick is using laundry lint, which might be hanging around the inside of your pockets somewhere. Another quick fire-starting trick: If you've got a little petroleum jelly or cooking oil, and a Q-tip, apply the oil (or petroleum jelly) to the Q-tip and set it alight. You can also use old guidebook pages or the pages of that lousy paperback you've been toting along to read at night. Don't bother using toilet paper — it burns for only a second.

Pine needles and birch bark are great fire starters. But don't rip birch bark off of living trees — look for downed stumps.

If the snow isn't too deep, dig a hole to make the fire on solid ground. If the ground is completely covered with very deep snow, tamp down the snow so it's a solid, hard platform. (This will also form a depression, which will act as a windbreak.) Then put a layer of wood down on the snow, and build the fire on that. (Otherwise, the fire will sink into the snow and go out before it even gets going.)

When the fire is roaring, put any damp wood around it. The heat from the fire will dry it out, and you'll have a stash of dry wood for later, or for morning.

Practice this skill often, you never know when you will really need it!





SCOUTERS FIVE

On My Honour

***On my honour, I will try,
There's a duty to be done and I say aye,
There's a reason here and a reason above,
My honour is to try and my duty is to love.***

At campfires, my old Rover crew always sings one song, which we treat with almost mystic consideration. It is the old Girl Guide song "On My Honour". I still find myself singing it under my breath at odd times.

When I sit down to think about the words we sing, it strikes me that they would be virtually incomprehensible to most young people who are not involved in Scouting. Why have words such as "honour" and "duty" come to mean so much to us and so little to the vast majority of the world? The answer to this question is important, not for what it says about my Rover crew, but for what it says about Scouting in general and the unique role Scouting can play in the moral development of the world's young people.

A recent article in the Wall Street Journal examined whether public schools should teach morality. Many educators and parents are concerned that children are growing up without the ability to make simple distinctions between right and wrong and without an understanding of social responsibility. As examples, it quoted a 1989 survey conducted on behalf of the U.S. Girl Scouts. The survey revealed that 47% of students would cheat on an important exam and 66% would lie to achieve a business objective.

Although the word "morality" has an archaic ring to it, these American educators have found the concepts it embodies important enough to reintroduce in their courses of study. Similarly, the words "honour" and "duty" in our campfire song sound old-fashioned but mean a great deal to countless Explorers and Leaders.

Scouting has many different meanings and benefits to those involved--fun, friendship, adventure, and the outdoors. Without discounting them, it's important that we keep in mind the stated purpose of BPSA: to help young people develop their character as resourceful and responsible members of the community by providing opportunities and guidance for their mental, physical, social and spiritual development".

If, as Leaders, we provide fun and challenge but ignore the areas of morality and social responsibility, there is little to differentiate our programs from the sports leagues, music programs and other activities that seem to drain our membership. While morality is fundamental to the true meaning of Scouting, it is not a concept easy to grasp or to communicate.

Some have argued that moral education should no longer be part of Scouting because it represents outdated, white, Christian, upper middle class, imperialistic values connected with the founder of the Scouting Movement, Lord Baden-Powell. In fact, morals are simply the principles through which we distinguish right from wrong. The values associated with morality are universal--trust, courage, honesty, and responsibility--words with strong associations in Scouting today. The growth and success of Scouting in so many areas outside the industrialized world attest to the global acceptability of Scouting's aims.

Social responsibility, an idea relatively easy to grasp, is one of the core values inherent in morality. As B-P wrote in Scouting for Boys, "When in difficulty to know which of two things to do, (the Scout) must ask himself, 'Which is my duty?'--that is, 'Which is best for other people?' --and do that one.

In a broad sense, responsibility entails both accountability for one's own actions and benevolent concern for other people. An awareness of the world around them and attention to the effect of their own actions on others--these characteristics often distinguish Explorers and former Explorers from others. Today's young people are often reproached for being self-centred, but it does not seem to apply to many of those who have come through Scouting.

For previous generations, Scouting was just one of the guiding forces in the life of young people, following the lead of the family and the church. The Wall Street Journal article that prompted me to think about the role of morality and social responsibility in Scouting quoted a U.S. public school survey which showed that on average, parents spend just 15 minutes a week in 'meaningful dialogue' with their children. The primary providers of values to those children are their peers and television. Similarly, involvement with institutionalized religions has declined steadily since WW2, particularly among young people.

In today's society, we have an opportunity to provide moral guidance through Scouting. We also have the mandate to do so, implicit in the writings of the founder of Scouting, the stated purpose of BPSA, and the promise every member makes at their investiture.

We instill values through our programs in a number of ways. First, we pass them on by the example of our own lives as leaders. That does not mean we are expected to live as saints, but it is important that we keep reminding ourselves that young eyes are on us. Simply by giving our time and effort to a section, we are impressing the importance of concern for others.

We also instill values through the teamwork required to complete a wilderness camp and the self-leadership structure of our dens, sixes, patrols, and crews. As American black activist Booker T. Washington said, "Few things help an individual more than to place responsibility upon him and let him know that you trust him."

As Timber Wolf leaders, we may find it easier to drop the closing pack prayer than to explain its meaning and justify its existence to our Cubs. As Explorer leaders, we may find it easier to ignore the Explorers who use foul language, if we know that's how they talk at home. As Sr. Explorer leaders, we may find it easier to pretend we are not aware when a couple of young people go off for a smoke behind our backs, if we know this is acceptable behaviour around their friends and at school.

And yet, as leaders, we have both a duty (there's that word again) and an opportunity to make the words of our promises meaningful to our young people. If we fall short, we are not delivering the full potential of our programs.



Training

Many people have asked what BPSA – BC wear instead of a Gilwell Neckerchief. Due to Scouts Canada's copyright, and their intellectual property rights, we cannot use the Gilwell Neckerchief.

In order to be completely different, and to allow our Wood-Bead Neckerchief not be confused with that worn by WOSM Associations, the Provincial Council have chosen to use a Neckerchief of Maple Leaf tartan. The Maple Leaf tartan is Canada's national tartan, and was designed by David Weiser of Toronto.

The Maple Leaf tartan, shown below right, incorporates into its weave the colours of the maple leaf through the seasons: green in summer, gold in early autumn, red at first frost and brown when the leaf has fallen.

The badge shown below, on the left, is placed on the back of the Neckerchief. This badge is worn on the Neckerchiefs of all WFIS Wood-Bead holders.

