

scouts' book of





# **THE SCOUTS' BOOK OF ACTION IDEAS**



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## INTRODUCTION

Hi! Ready for an exciting year of Scouting?

Here's a book of ideas and activities to help you and your leaders build exciting, challenging fun-filled programs for your patrol and troop.

Use the activities as shown or take the ideas and create your own — be adventurous.

String activities together in whatever way makes sense to you.

Look ahead to special events during the year so you are prepared and don't discover them until too late to participate.

Share your ideas and dreams with your patrol and your leaders so your enthusiasm is catching and they know the things you are really interested in doing. If you don't put out what you want there is no way others can respond. Like anything else you want to do — it all begins with you.

With the help of your leaders, you and your pals can make Scouting what you want it to be.

Doing things with your patrol is the real fun thing about Scouting. How to plan and work together is described in Chapter 2 but let's start in by doing something — over to you!

### NOTE TO LEADERS:

Leaders may choose to use this book to gather ideas which may be shared with boys, Patrol Leaders and the Court of Honour to stimulate patrol and troop activities.

Leaders seeking more guidance on communication skills, working with groups and leadership (p. 46 in this book) will find considerable help in *Helping People Grow*, catalogue #21-213 and *How to Help Children Like Themselves*, catalogue #20-812.



1.

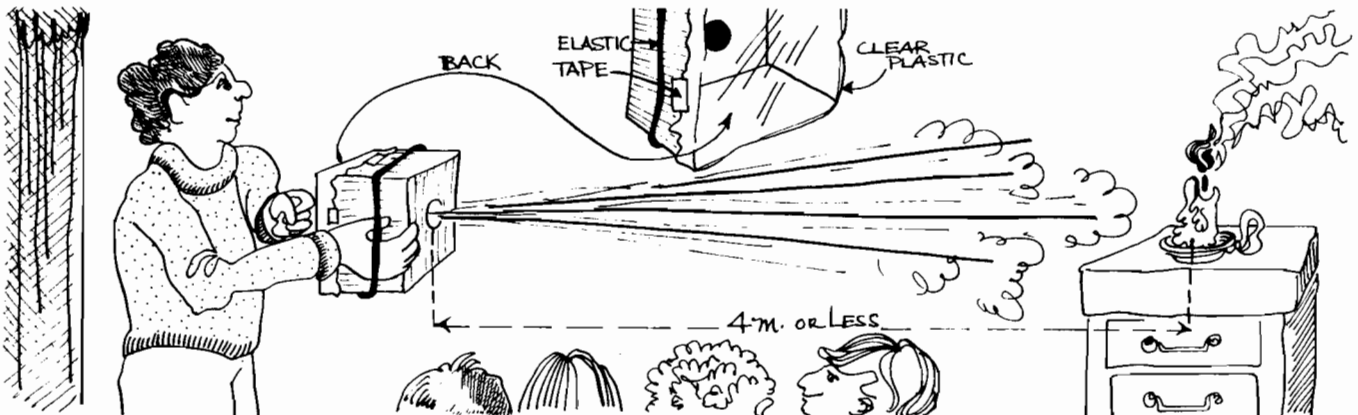


## THINGS TO DO ALONE OR WITH YOUR PATROL

Here are lots of different things you can do by yourself or with your patrol. Choose those you are interested in, change them, add to them join two or more together to make a challenging, exciting program. It doesn't matter if all the

things you try don't work, so long as it was fun and you learned from the experience — good inventions usually come from a lot of experimenting. "He who never made a mistake probably never made anything!"

### THE VORTEX...A GENUINE INVISIBLE RAY MACHINE



Stretch a sheet of thick polythene over the open top of a strong cardboard box and seal it in place with masking tape. Cut a 7.5 cm diameter hole in the opposite face of the box. Slip a strong rubber band over the box. Aim your vortex at a candle 4 m. or more away and tap the polythene smartly. A current of air will travel across the room and snuff out the flame.

Experiment with different sized holes, focussing two or more vortexes on one spot. What games can you invent using one or more vortex? How about making a battleground — a blanket over blocks to make hills, toy soldiers and buildings made with playing cards? Each side has one or more vortexes — you make up the rules.

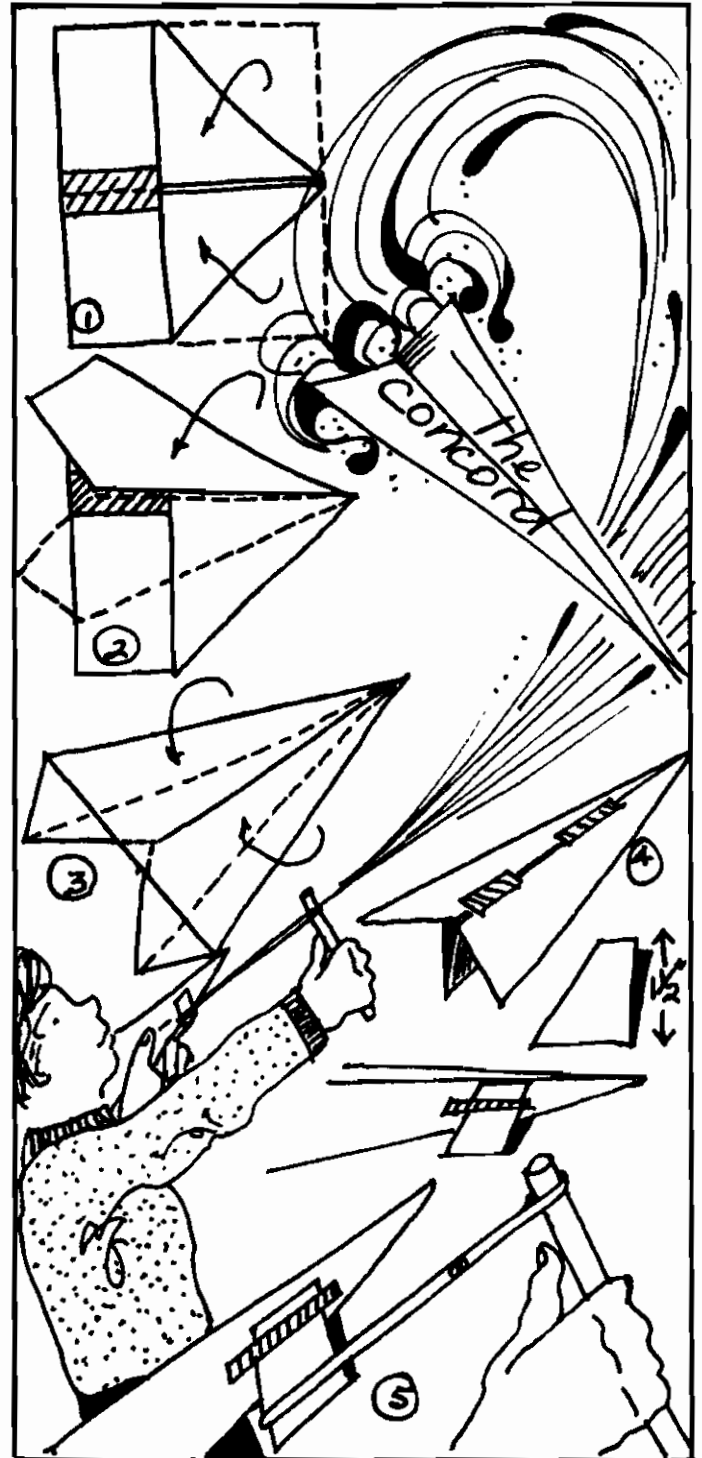
## AIRPLANES

Here are two paper airplanes you can fly. Have distance, aerobatics and time trials, with your friends. Which plane performs the best under different conditions?

### THE CONCORDE

Note: Make all folds carefully and sharp so that all points are sharp.

- (1) Take an 8½" x 11" sheet of paper. Fold in half along shorter axis. Unfold. Turn over. Fold two opposite corners over to the centre crease. Press in place.
- (2) Fold the two edges created above over to the centre crease. Press in place. Now, fold both outside edges together along the centre crease. This gives you a "W" shape when viewed on end.
- (3) Press the two centre parts of the "W" together and line up the wings on either side. Scotch tape along the top of centre to hold the two parts together.
- (4) Cut a piece of paper or card as shown and stick to underside of nose for catapult. Place elastic band over a pencil and launch your supersonic jet.



## F.16

Note: Make folds carefully and sharp so that all points are sharp.

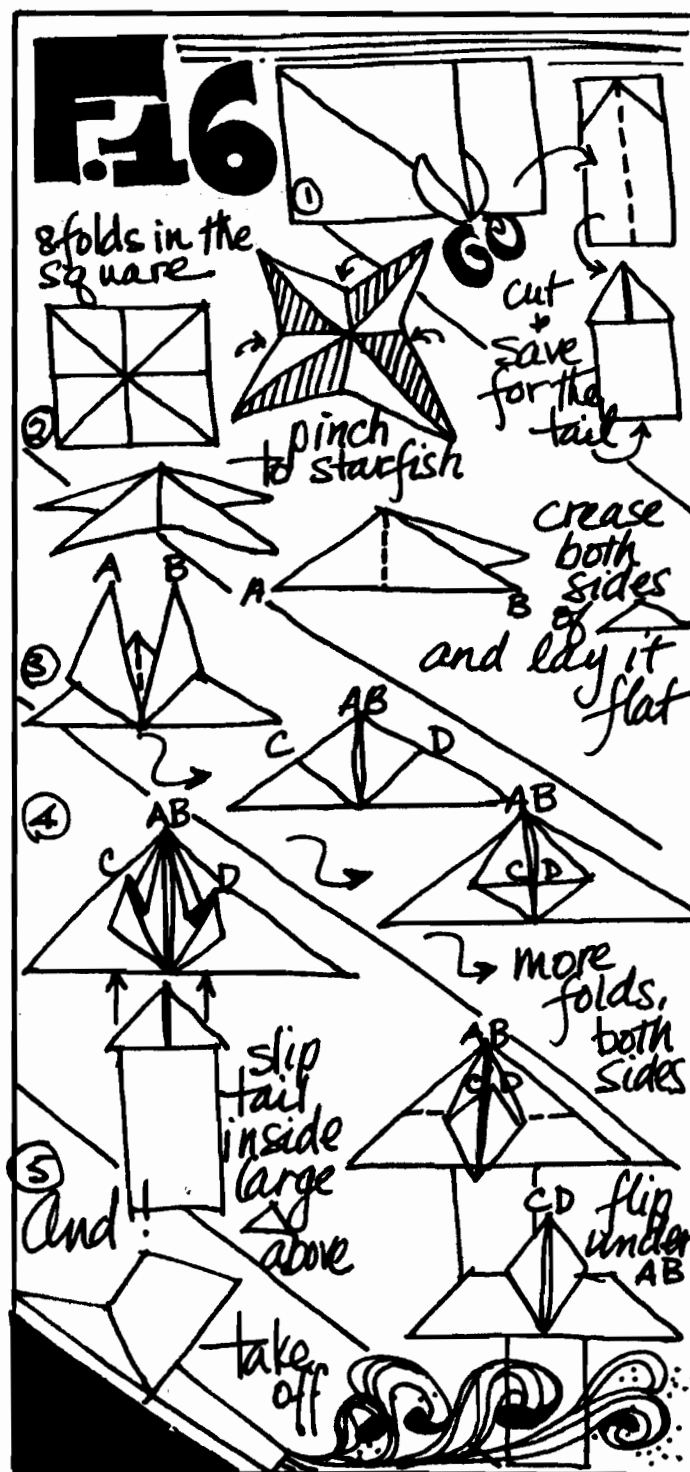
- (1) Take a sheet of paper  $8\frac{1}{2}$ " x 11". Fold one corner over so the side is along the top edge. Cut off the strip left over. Fold this strip in half lengthwise and point one end by folding the corners into the middle — lay to one side.
- (2) With the large square, unfold original diagonal and fold along the other diagonal on the same side; unfold. Turn square over and fold in half east/west, unfold and fold north/south. Make sure all folds go through the centre point. Pinch into starfish shape.
- (3) Press starfish flat into 2 triangles one on top of the other. Fold top corners A & B to the point. In turn fold points C & D to the middle folding first up, then down (2 folds each side).
- (4) In turn, pinch points C & D and fold so they point towards the top of the triangle.

Now insert the pointed end of the previously folded strip into the large triangle pocket and push to end. Make sure centre fold is under centre of wing.

- (5) Fold under point AB so that point CD becomes the nose, making sure this fold is parallel to the trailing edge of the wing.

Lightly fold wingtips upwards so the tips are higher than the centre.

Hold with thumb and finger under the wing by pinching centre piece and throw it forwards and — Woweee!







### MUGS AWAY!

Scouts in pairs compete to see which pair can take a mug of water the full distance in the fastest time with the least spillage as shown on the dipstick. The string line runs through the handles.

### HAVE YOU REALLY GOT YOURSELF UNDER CONTROL? — PROVE IT!

With one ankle tied to a stake and eyes tightly shut — not blindfolded — walk out to the limit of the rope and tap a tent peg lightly into the ground. Move six paces to the right or left — still keeping the rope at full stretch — then return and drive the peg home with a few clean blows (no groping). Are you sure you kept your eyes shut?





## BLIND PIRATE

A good game for a hot afternoon. One person is blindfolded and sits under a bucket of water. He is armed with a water pistol or stirrup pump and supply of water. He may simply point his finger at the stalker. Other members try to get close enough to pull the rope and douse the "pirate". Anyone "caught" (hit with stream from water pistol or pointed at directly) goes back to the start.

## BLIND GALLOP

The guide makes frequent changes in direction, keeping the rope taut without tugging or jerking. The changes should not be too quick and sharp. The blindfold runner must try to keep abreast.



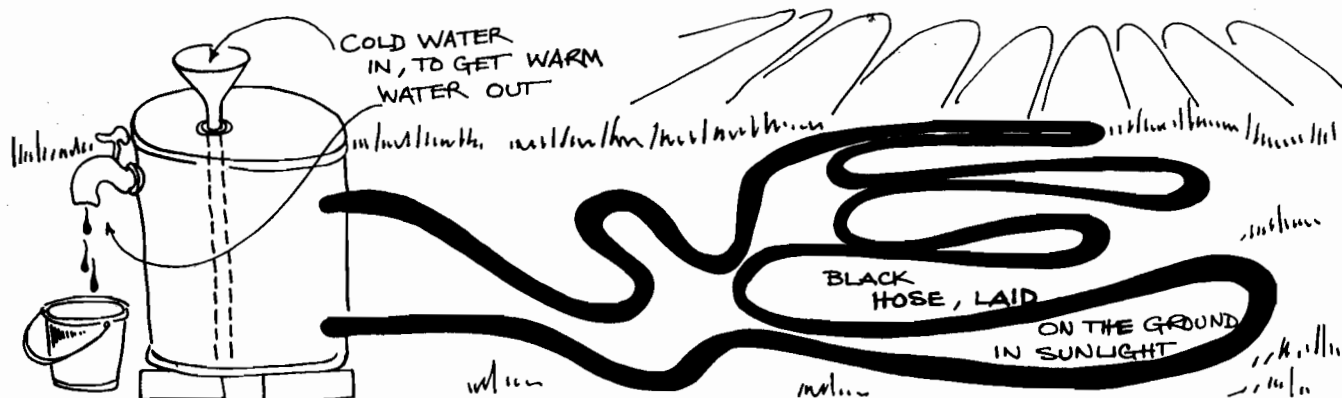


## BLINDFOLD TRAIL

String about 100 feet of binder twine along a varied course. All the patrol is blindfolded. By following the twine they have to go round the course in as short a time as possible. A really

good test of leadership, communication and co-operation. Discuss the experience afterwards and receive comments from a person observing you.

## SOLAR HEATING



There's a lot of talk about solar heating today. Try some ideas of your own, some that might be used in camp. Two principles to remember:

1) Heat (sunlight) is absorbed more by dark, non-glossy colours (dark green and black being the best). Insulate as far as possible to remove loss of heat from air currents, etc.

2) Hot air/water rises. Do not heat tightly closed containers, they might explode.

### HEATING TANK

Use garden hose. While solar heating may not boil water, it can warm it considerably and thus cut down on the time and fuel to bring water to a boil. (See drawing).

## MAGNIFYING GLASSES

Focus sunlight onto tinder and it will burst into flame. How long will it take to boil a half pint of water? Can you bring a group of magnifying glasses to bear.

Beware. Focussed sunlight is very bright and can damage the retina of your eye if you look at the spot without sunglasses, for more than a second or two.

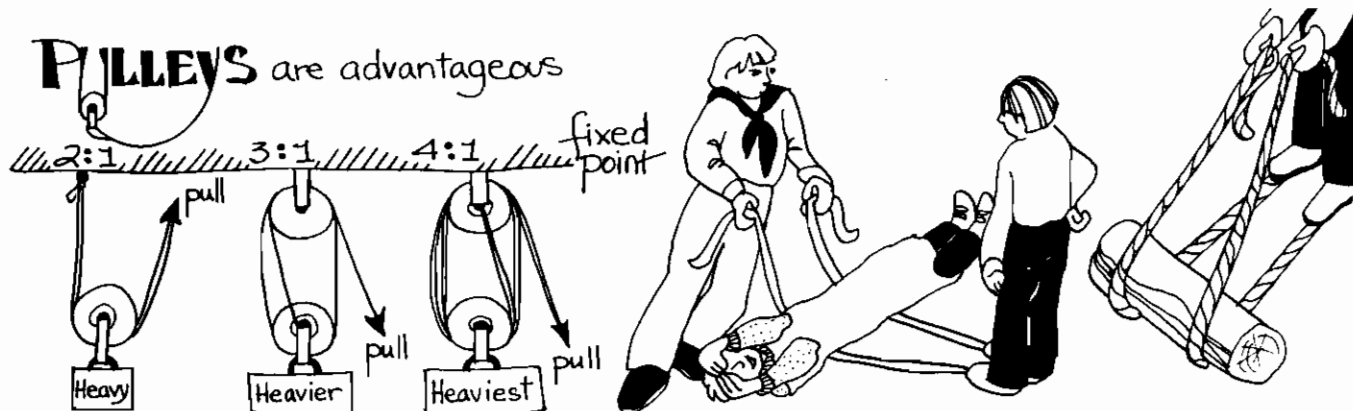
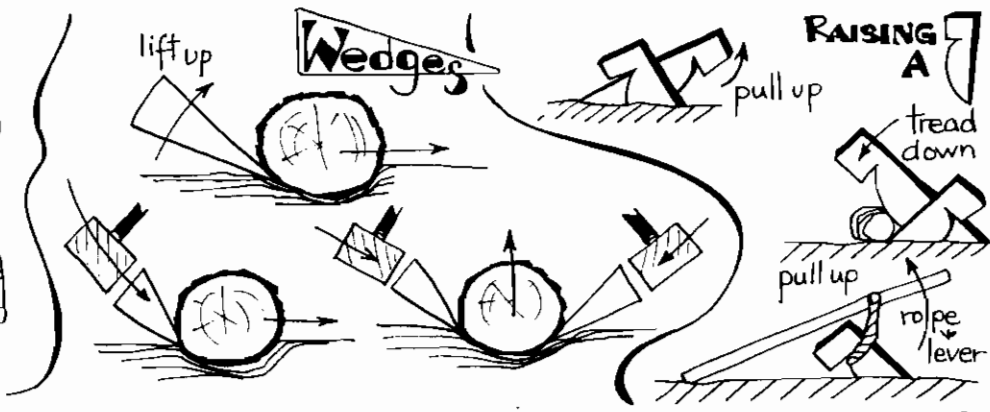
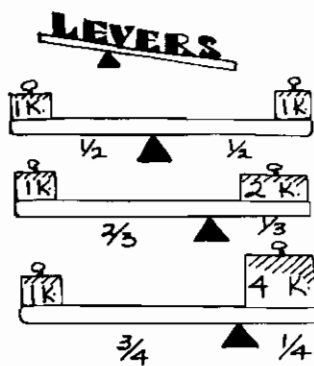
## USING REFLECTORS

Using the shiny side of aluminum foil make reflectors to radiate sun's heat at a pot. Keep free access of air to pot at a minimum as it will act as a coolant.

## HEAT A LARGE STONE

Heat a large stone in the sun and use it to fry on. Give the stone plenty of time to soak up enough heat.

## LEVERS



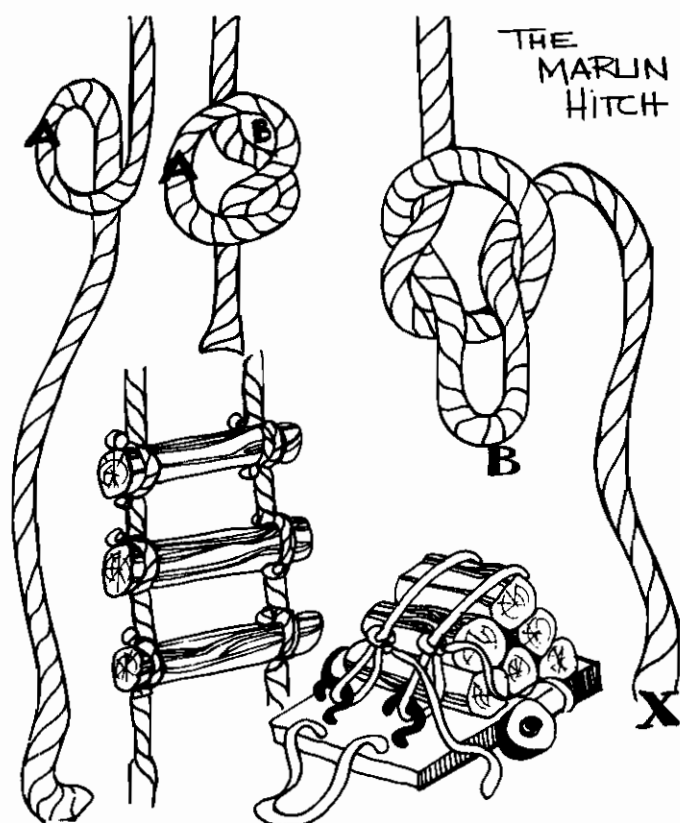
Uses mechanical devices to increase the effects of human power. The principle is that the force exerted by a standard pressure is increased by the length of the lever.

Get familiar with these devices so that you have a feeling for how they work. You will find uses for them all through your life. Devise some games like tent peg driving and pulling, using a

lever...How fast can you do it? Have log hauling games, pulley tug of wars, etc.

## PARBUCKLE

Roll a volunteer in canvas, sacking, an old blanket and use him to demonstrate the principle of the parbuckle.



## MARLIN HITCH

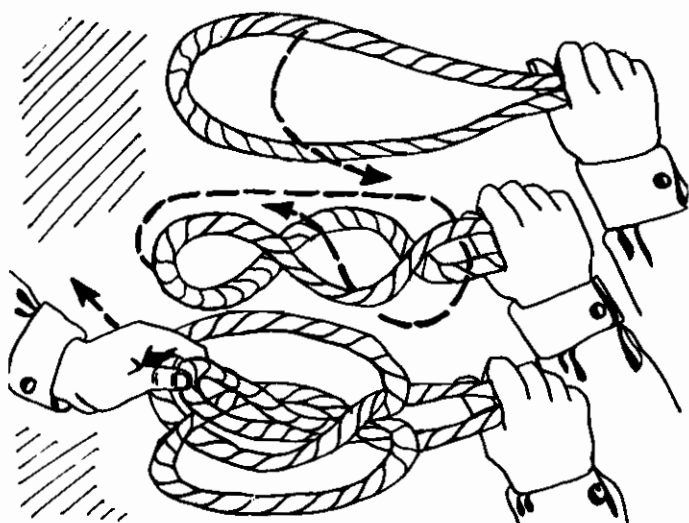
Make a half hitch "A" on the standing part. Put your fingers down through "A" and pull a loop "B" through "A".

## SIMPLE ROPE TACKLE

Begin with a marlin hitch:

To make a 2:1 tackle for tightening a guy-line or pulling a rope really taut, pass the end "X" around a peg or hook and back through the loop "B", and pull.

A marlin hitch may also be used in making a rope ladder. The rungs are passed through loop "B" and knot is tightened by pulling on "X".

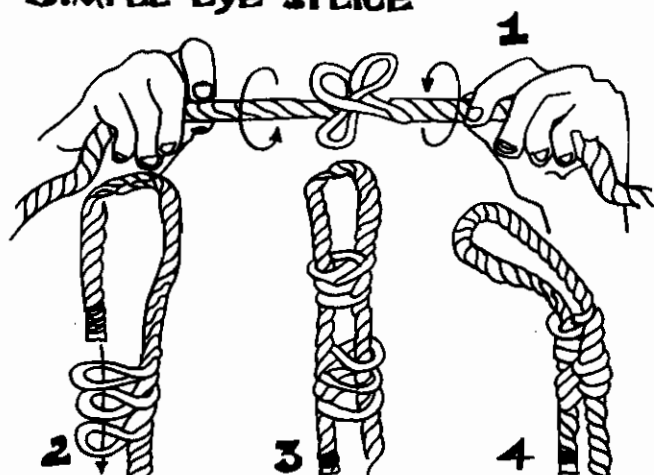


## MANHARNESS HITCH

Its great advantage is it can be tied anywhere in a rope without using the ends.

As its name suggests it can be slipped over your shoulder to haul a log, toboggan etc. The loop can also be used for a rope tackle as with the marlin hitch.

## SIMPLE EYE SPLICE



## SIMPLE EYE SPLICE

Fig. 1 — Twist rope against the "lay" to unlay three strands.

Fig. 2 — Arrange loops in the correct order, as shown. Pass the short end of the rope through the loops, with a good "tail" below the loops.

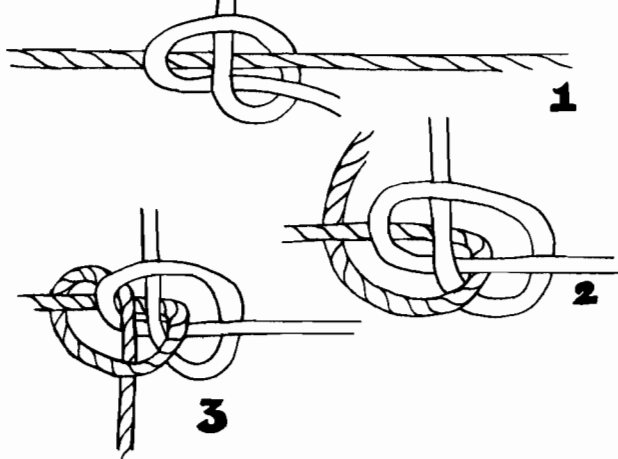
Fig. 3 — Repeat the unlaying process in the short end and pass the standing part down through the loops.

Fig. 4 — The eye will be at full size when the two sets of loops are locked together, as shown. But it can be made smaller by drawing the two sets of loops apart.

Practice this eye splice and teach the Scouts in your patrol.



## HUNTER'S BEND



## HUNTER'S BEND

An excellent knot for joining two synthetic fibre (nylon, propylene) ropes. Its double lock prevents ropes from slipping. A reef or sheet bend will slip in these ropes.

## HIGHWAYMAN'S HITCH



## HIGHWAYMAN'S HITCH RELAY



One end of the rope is tied round the "horse's" waist with a bowline. The other end is held by the rider. Teams compete two at a time. The riders make fast to the hitching rail with a Highwayman's Hitch before dismounting. They must then dive under the rail and run to touch

the wall before remounting, releasing the horse and riding back.

Develop your patrol skill in this race and then challenge the other patrols at troop meeting. Here are some others:



### HOPPIT RELAY

Patrol members stand in line one behind the other. Each boy puts left hand on left shoulder of boy in front:

- lifts his right foot backwards from the knee;
- holds the ankle of the right foot of boy in front with right hand.

On the word "GO", the patrol hops forward in unison. When you've mastered that, try going backwards.

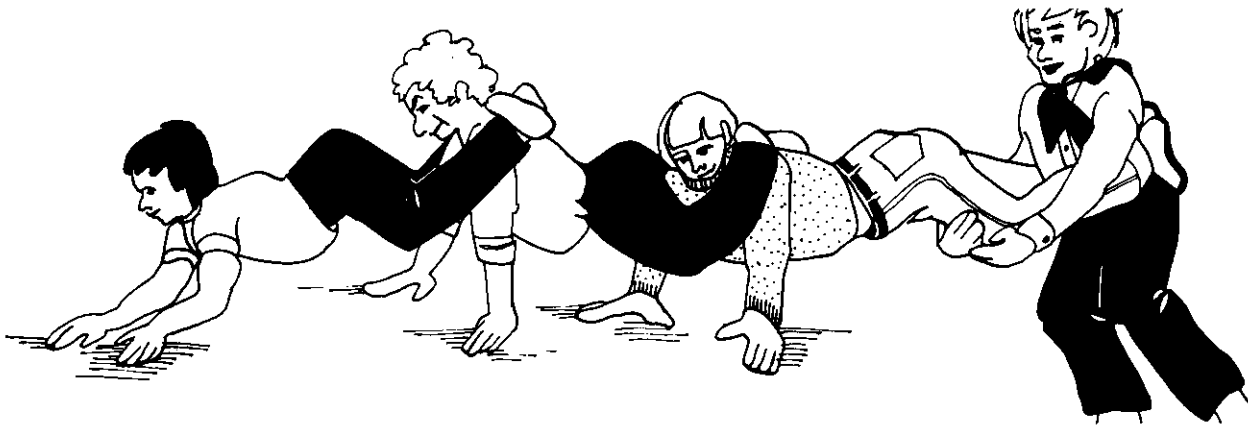
### PIGGYBACK PULL-AWAY

Boys pair up and one mounts the other piggyback fashion. Mounted pairs find another pair and riders, back to back, link arms at elbows. At the word "GO", riders and horses try to unsaddle the other.



### CATERPILLAR

Patrol bunched up tightly astride a pole. Must keep step. Run up to line forwards and then backwards to start. Alternative: go around a chair and turn round again when back at start.



### LONG WHEELBARROW

Boys in line one behind the other. Last boy holds ankles of boy in front who takes his weight on his hands. Boy in front takes his

weight on his hands and puts his ankles over shoulders of boy behind — and so on. At the word "GO", move forward in unison!



### SKINNING THE SNAKE

Join hands, everyone goes through everyone's legs until patrol is all standing again. Don't break the snake. Alternative: link from the

back with hands through the legs of man in front. Skin from the back.



## WHAT'S GOING ON HERE?

1) Go outdoors to some natural surroundings. Choose a piece of likely looking ground and mark out with string an area 1 meter to 3 meters square. Within the area conduct a search and list everything found. If it won't harm

the terrain, dig down 5 cms. to find what is in the surface soil.

2) Find a natural pond and repeat the process. You'll need to take along a net and some cans. Don't disturb the pond more than necessary.

3) Try the idea out in a built up area.



## WHAT WOULD YOU DO IF?

What would you do if your baby brother swallowed a marble and started to choke?

What would you do if you were frying bacon and the fat caught fire?

What would you do if in the middle of playing British Bulldog one of the patrol came to you and said: "I can't remember where I am."

For your next patrol meeting suggest each member brings his own "what would you do if" problem (with a back-up in case of duplication). These could be staged as dramas and the individuals have to act out their responses immediately.

## FLASH FLOOD

The area will be flooded to a depth of 4 ft. in five minutes time. With your patrol, find a place and materials so that you can be dry, comfort-

able and warm for five or six hours and prepared to make hot soup or a hot drink. Remember, there will be no electricity during this period.



## PERSONAL SWING BRIDGE

The vertical pole can be guided by two boys — keep it leaning away from the near bank. Or it can be guyed from both banks.

The horizontal pole needs to be suspended from the vertical one so that the boy standing on it may rotate it from one bank to the other with his legs.

When it's in place on the other bank, he zips across!

## SURVIVAL

Find someone in your community who knows about edible plants, berries, roots and arrange a short hike to identify these natural foods. Discover how to prepare these and make yourselves a meal. Don't eat anything you are not sure is safe.





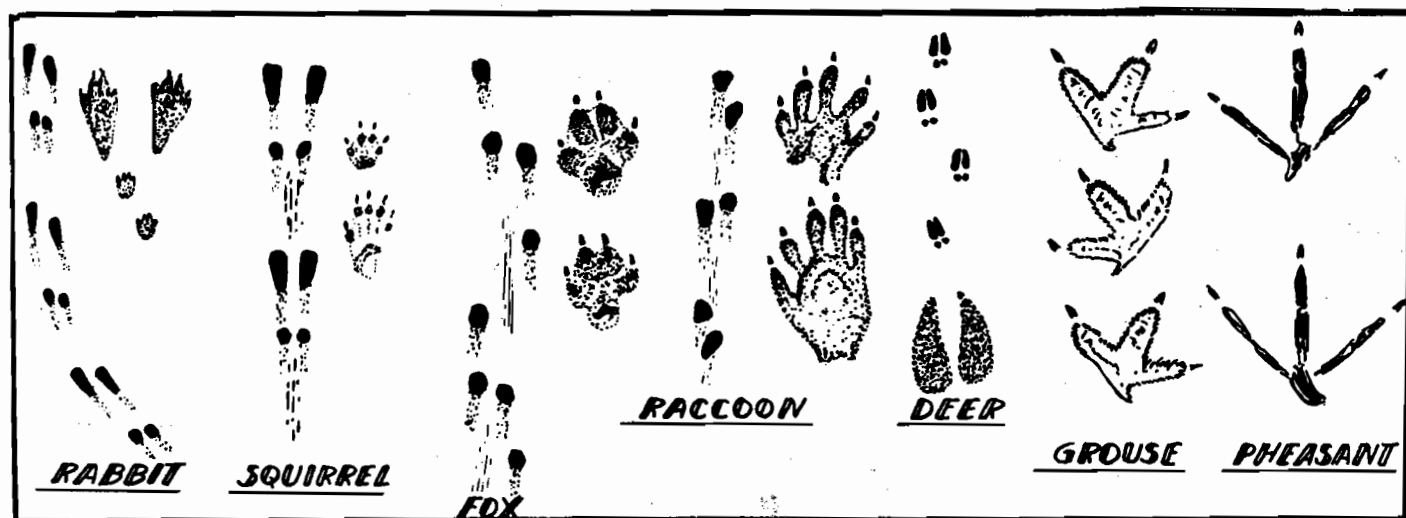
## SMELLS

Get each member of the patrol to bring two items that smell (orange peel, paint, cinnamon, pine needles) each in a separate bag. When the patrol is assembled they sit in a circle, blindfolded. Each boy then passes one of his "smells" around the circle and everyone tries to identify the smell.

## SANDPIT STORIES

Find a sandy place 3 metres square and have two or three members of the patrol enact a little scene on the sand and then leave. The rest of the patrol, who have not been watching, now have to decide what occurred from reading the story in the sand.

Rake over the sand and repeat with two others making the story. Do some things like running, walking backwards, limping, carrying someone on your back, a forward roll, and see what the tracks look like.



# KITES

Making and flying kites is a lot of fun.

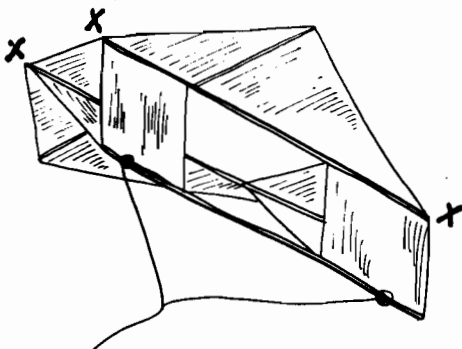
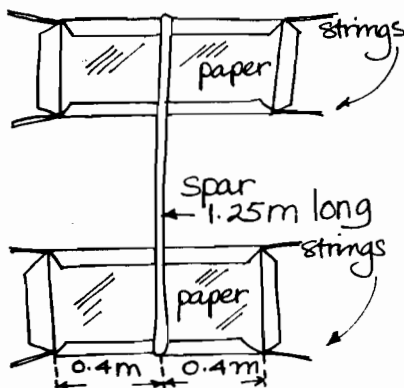
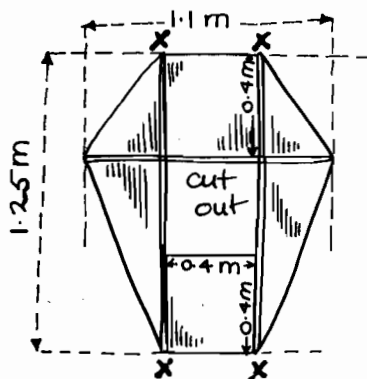
Decorate a kite to make it look like a bird, butterfly, airplane or dragon.

You can see whose kite will go highest; highest in 10 minutes.

You can have battles by crossing strings.

Once your kite is flying you can send messages, balloons and similar articles aloft by loosely looping them to the kite string.

Here are two different types you may try to make in your patrol:



## THE FRENCH MILITARY, CONYNE OR PILOT KITE

This kite is easy to make and flies extraordinarily well. It is very stable and is good in heavy weather. The choice of materials is not critical and good results can be had with 6 to 10 mm. dowel, string and strong brown paper and some glue.

1. Make the top of the kite out of two pieces of dowering 1.25 m. one piece 1.10 m. and one piece 0.4 m. Lash together with string and glue.
2. Notch ends of the dowel and run string round the ends and glue it to fix it in place.
3. Put the top on a large piece of paper or other covering. Nylon sailcloth is excellent. Cut out leaving 50 mm. extra to turn over the string and glue.
4. Cut out the centre piece and glue round the edges.
5. To make the keel of the kite, tie four lengths of string 1 metre long to another piece of dowel 1.25 mm. long.
6. Cover each pair of strings, turning the edges over the string and glueing them.
7. Tie the keel to the top of the kite at the X's and-glue the flap to the material of the top.

## VIETNAMESE KITE

### Materials

Tissue or newspaper 12" square plus scraps; crepe streamers for tail, 4 pieces 50" long by 1" wide; matchstick thick bamboo reed, one piece 24" long and one piece 16" long; rubber cement; lightweight string for bridle 24" long. Tools: scissors, pencil, ruler.

### Instructions

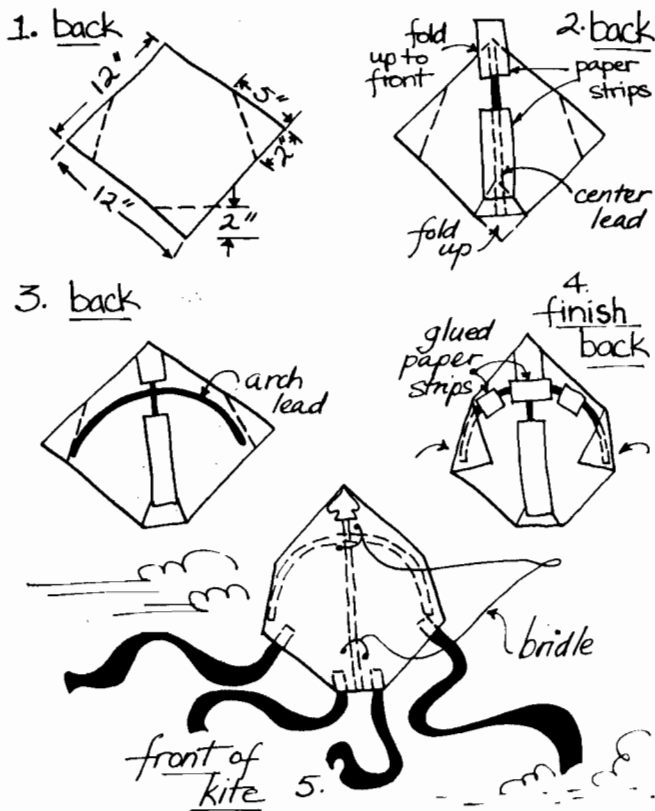
Illustration 1: Crease paper on the broken lines as shown.

Illustration 2: Glue centre reed (about 16" long, trim as necessary) in place by covering with strips of paper. Glue bottom flap up over centre reed and a narrow strip of paper over the tip, folding corners of this strip to front as reinforcement.

Illustration 3: Measure and cut reed for arch to fit, as shown. Be sure the reed is strong, with a good, natural curve.

Illustration 4: Glue left and right corner flaps over arched reed. The easy way to do this is to glue one side first without trying to hold the arch in place. Let it dry, then glue the other side. Hold until it dries. Glue paper reinforcements over intersection of reeds midway between centre and corners. Now turn the kite over.

Illustration 5: Tie bridle strip over intersection of bamboo spars then over centre spar 2" up from base of kite. Set angle of bridle by tying loop as shown. To find correct tying angle, hold kite by the bridle over a table. The spine (centre reed) of the kite should be tilted upward at about a 15 degree angle from the horizontal. Add tail.



# SKATE SAILING



Here is a sport for which you can equip yourself in a day or two and, provided you have some skates, you can go skate sailing on the first windy day. It is not nearly as dangerous as ice boating and, if the wind dies, you simply fold up your sail and skate home.

Here are some ideas for building your own skate sail.

## Materials:

- 3 bamboo poles, 8' long x 1" diameter,
- 1 bamboo pole, 5' long x 1/2" diameter,
- 1 piece unbleached sheeting, 81" x 109" or, since this is double-bed sheet size, acquire one sheet from your mother.
- strong waxed cord for lashing.
- pattern for your sail is shown in Figure 1.

Take the sheet and cut it to the shape illustrated. This reduces the amount of area at the top of the sail so that the sail does not become top heavy and blow you over in a sudden gust. Sew a one inch hem across the top and bottom of the sheet. Down each side sew a double hem, wide enough to form a casing through which the vertical spars may be passed.

You will have to lash the boom or cross-piece to these spars, so cut a piece out of this casing, about six inches below your shoulder height, to expose each spar. If you cut out a fairly long piece, you may adjust the position of the boom according to the height of the user so that the sail does not touch the ground when the boom is in position on your shoulder.

For a more durable sail, sew in a reinforcing piece at each of the four corners. Use the two triangles you have cut from the sheet to make these pieces. Thumbtacks at each corner will prevent the sail from slipping on the spars.

When you have completed making the sail you may wish to dye it a brilliant colour or tie-dye it for a special effect.

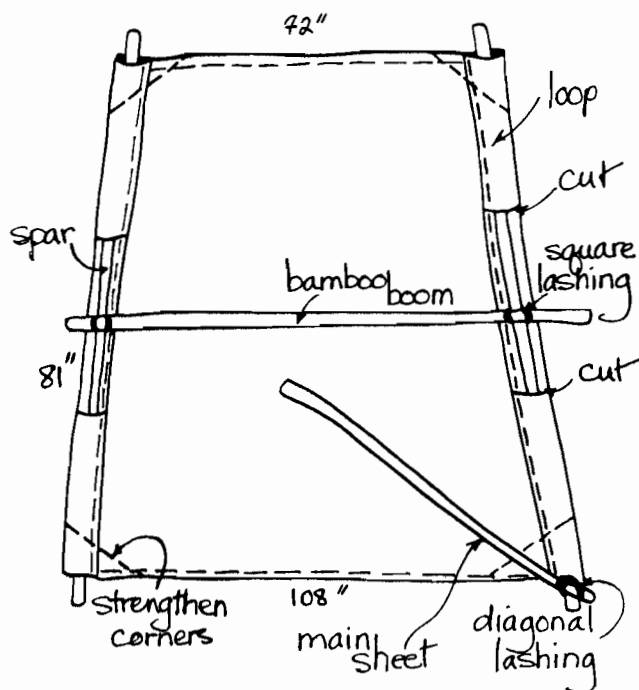
To assemble your skate sail, pass the spars through the casings at each side of the sail. Use a square lashing to fasten the boom to each spar. The boom should spread the spar so that the sail is taut. Ensure that your lashings are tight and that you use WAXED cord; otherwise, when you get out on the ice and the wind catches you sail, it may become slack.

You should have one piece of bamboo left. Here's what it's for. Lash one end of this piece to the bottom corner of one of the spars. This will be your "main sheet" and will help you point your sail in the right direction.

When assembled, with one hand, place the boom on your shoulder at its mid-point and hold the "main sheet" in the other hand.

Now you are ready to sail.

You will be steering with your skates, so make sure your rudders are well sharpened before you start out. The most important thing to remember is to keep the sail between yourself and the wind. The easiest manoeuvre will be to sail before the wind. To do this, rotate the sail so that it is behind you, and roughly in line

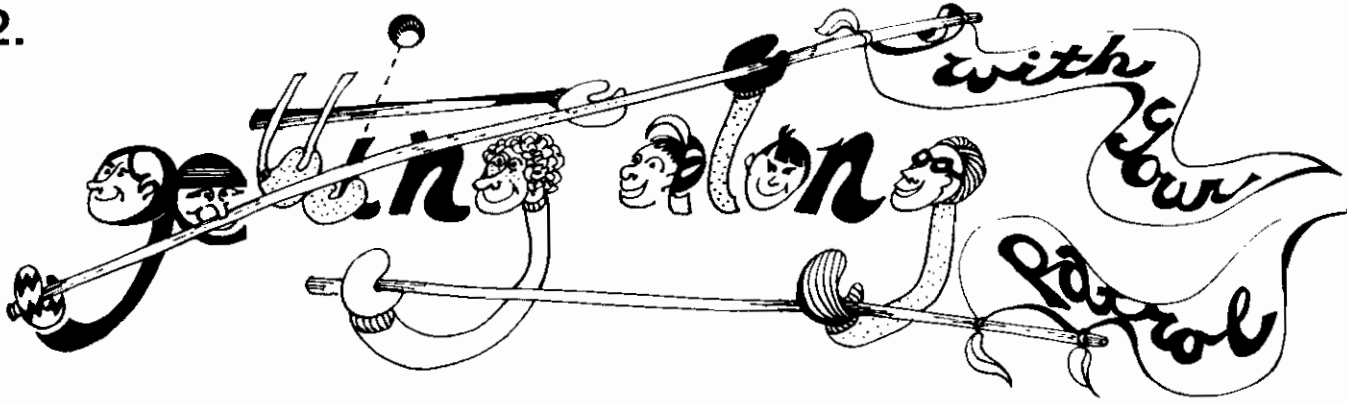


with your left shoulder (assuming you are carrying the sail on your left shoulder). Pull your main sheet forward to steady the sail. If the wind is behind you, it will catch the sail and push you down the ice, providing quite an unusual sensation. As this is really the basic "point" of skate sailing, you will do well to practise this for a while until you get accustomed to balancing yourself and steering. This is also the fastest way to skate sail so it might be useful to learn how to stop. First, bring the sail around so that it points in your direction of travel. Then do a sharp turn-around INTO the wind.

You may also sail to windward after you have become accustomed to balancing on your skates. To sail to windward, pivot the sail so that it is about 45° into the wind. Steer yourself in the same direction as the sail is pointed. By zigzagging or tacking back and forth you can sail into the wind. This requires considerable practise, but the essential point to master is "coming about". With the rig illustrated and, moving rapidly with the sail between him and the wind, the skater transfers the sail to the other shoulder, while turning into the wind, by passing the sail across the front of his body. A rope tied from the main sheet to the boom will prevent the boom from falling to the ice when it is let go, and it may be retrieved easily by the free hand opposite the sail.



2.



Probably one of the reasons you joined Scouts was to have fun and do adventurous things with some friends.

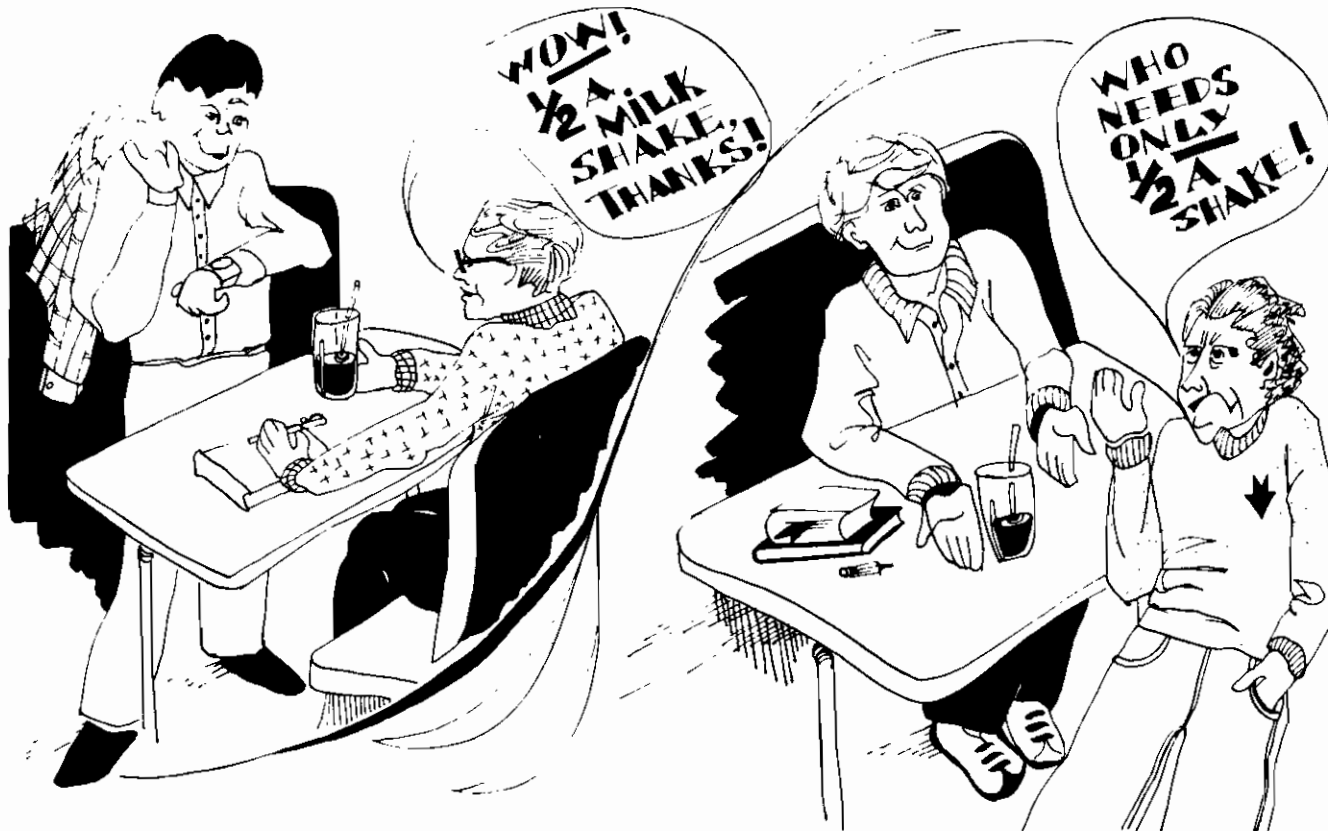
The Scout patrol is designed especially to provide opportunities for fun and adventure, but only you and your patrol, with Scouter's help, can turn the opportunities into happenings.

## ACCEPTING

Think about the guys in your patrol for a moment. Conjure up a picture of each one. They all look different. Their voices are different and so are their talents. Think about what it is that each contributes to your patrol, and how you all benefit. Come up with at least one good point about each one — including yourself.

Generally, it may be easier for you to find things you don't like in people, than to find things you do like. The answer tells you something about yourself. It shows whether you have a positive or negative outlook toward life. Since we generally find what we are looking for, life is much more rewarding and exciting if we have a positive outlook. If we expect a person to do something miserable, we'll probably find that he does it. If we expect him to do something good, we'll probably find it as well. But, we'll likely overlook the positive if we're looking for miserable behaviour.

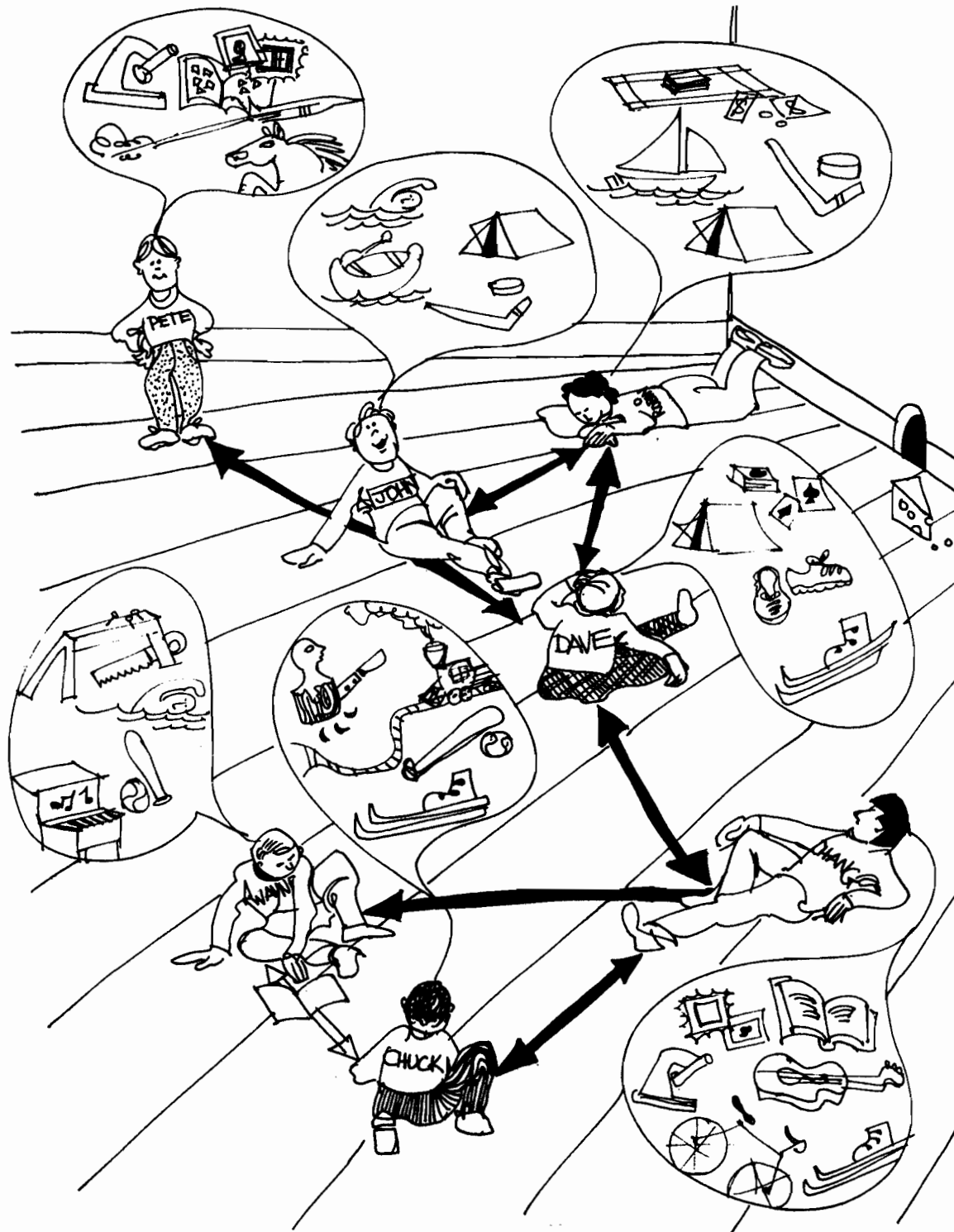
Part of the strength of a patrol lies in the fact that each person is different and brings different resources to the group. Think how boring it would be if everyone were alike — if we



all looked alike, had the same ideas and skills, liked exactly the same things. Yuck! There would be no stimulation at all, and a lot of things couldn't be done because no one had the know-how.

So, point one is: enjoy the differences in the members of your patrol and accept each person as he is.

Diagram of friendships and interests in a patrol.



## FEAR AND TRUST

Point two is: develop trust in one another. Trust that no member will deliberately bug you, and that members will try to support each other.

Get your patrol together and pair up. Or, if you can't do that, find a friend. Have one of you agree to close his eyes and try to keep them closed while the other guides him on a "blind walk" for 5-10 minutes. This is an exercise in **trust** and, since the guide is responsible for the safety of his partner, in no way is he to play tricks on his "blind" friend.

At the end of the walk, the "blind person" opens his eyes and you both talk about the experience. Then change places so that the other partner is guided on a "blind walk". Again, discuss your experiences, and talk especially about the feelings you had.

The walk should be as varied as possible — indoors and outdoors, up and down steps, over different ground surfaces, etc. You can add interest by stopping to listen, smell and touch different surfaces and things. Experiment as you go along. Support and encourage the "blind" person but don't try to force him to do anything he doesn't want to do.

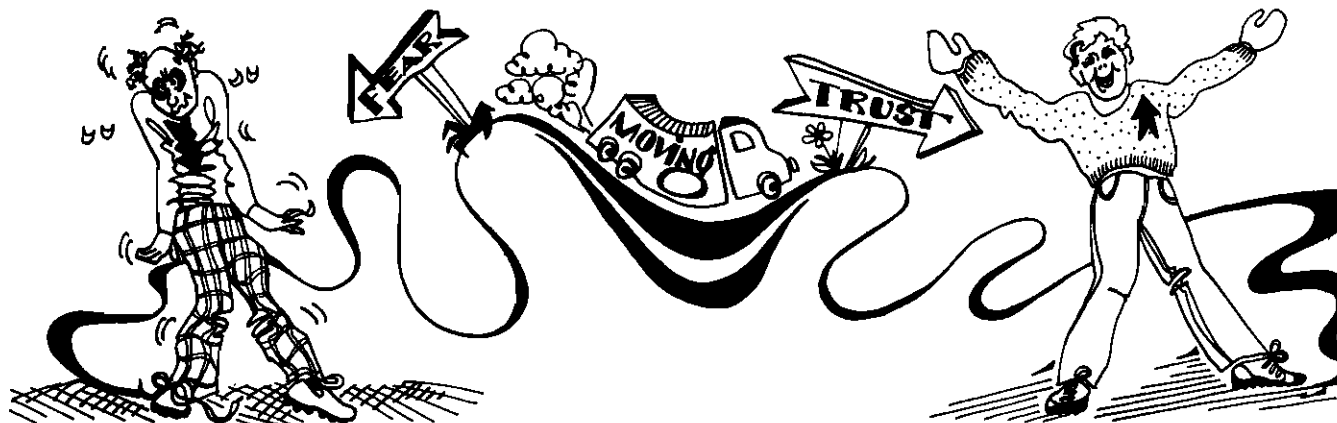
Confidence is another word to describe trust. First, I have trust or confidence in **myself**. Then I can develop confidence in other people and in different situations. I may feel very confident on skis, but be quite afraid to stand up and make a speech. If trust (confidence) is on one end of a scale, fear is at the other end.

As we move away from fear we become more trusting.



One of the ways you can measure your trust is by how much or how little fear you feel. In the blind walk, did you want to open your eyes at certain times? Maybe you did. That is a sign of fear.

It's okay to feel afraid, because fear is a feeling that helps protect us from harm. The important thing is to sort out realistic fears from unrealistic ones. For example being afraid in the dark because a ghost may jump on you is unrealistic, but being afraid in the dark while walking through broken country where you might injure yourself is realistic.





In your blind walk you should try to separate your feelings of fear. Which ones come from lack of confidence or trust in yourself, and which come from your thoughts about the person guiding you? Take a blind walk with other partners. Do you feel more confident with some than you do with others?

What feelings of fear, if any, do you have when you are guiding someone else? Which are fears about yourself and which are fears about your partner?

One other thing to think about in this exercise is how much did the "guide" try to control the blind person? Did he give him no freedom to make decisions for himself, or did he offer guidance but let him be in control of himself? How did you both feel about this? Do you see a connection between control of and respect for others? This might be a good discussion to have; ask a Scouter or Venturer to join you.

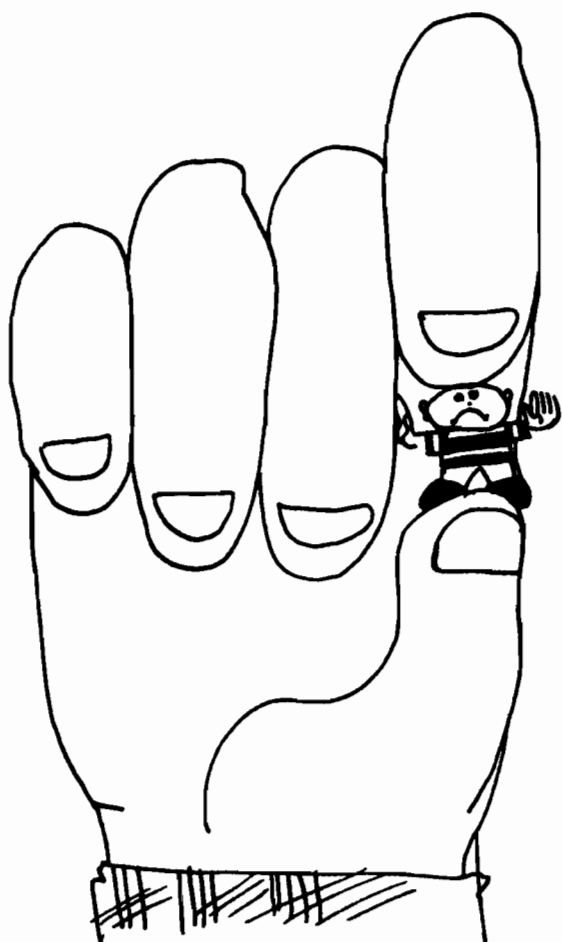
Another trust exercise your patrol can do is the "trust role". Members stand in a fairly close circle and face inwards. One person volunteers to go into the center and the gap is closed. The person in the center must stand feet together with his knees and body straight. He closes his eyes and lets himself topple over. As he falls toward the circle, hands come up to hold him. They pass him around or gently push him back so that he falls in another direction. Keep this up for two or three minutes. Again, no fooling around. The person in the center is trusting his buddies. Break that trust and he may never trust anyone again.

When a person has had enough, talk about the experience: what it felt like generally, how it felt to trust your body to other hands, what messages those hands gave. Send in the next volunteer.

A boy who is not ready for it, shouldn't be forced to go into the center. Remember that all the guys are different. Some will be much more able to trust than others. Accept this and help them to grow in confidence by encouraging and supporting them. Jeers and put-downs will do exactly the opposite. They have no place in your patrol or in Scouting.

Experiencing these exercises will help your patrol to come together as a cooperative team and will make it a good place to be.





## AVOIDING PUTDOWNS

Have a Scouter or someone else set up a blindfold trail for your patrol to follow (see p. 6).

After the event, sit down and talk about what happened. Lay the following ground rules for the discussion.

- (1) no name-calling or blaming.
- (2) describe what happened and, if you want, tell how you felt about it.

For example: If two of you bumped together and you fell into the ditch:

"Tony and I bumped together and I fell into the ditch," is a description of what happened.

"Tony knocked me into the ditch," is blaming Tony for you falling into the ditch.

"Tony is a bully!" is name-calling.

You know how you feel when you're called names or blamed. If you describe what happened without unnecessary comments, it allows members to look more objectively at the happening, and lets everyone keep his self respect.

Some of the things you might want to discuss are:

- what it felt like not knowing where you were going
- what other members did that was helpful or not helpful
- how information was passed along
- what was the result of grumbling or blaming, if either happened?
- how well did the patrol do?
- in what ways do individuals think they could make a better contribution?
- what does the Scouter have to add after watching the exercise?
- what can your patrol do to improve its effectiveness?

How about making the ground rules for this exercise both in your patrol and in your everyday life?





Blaming and name-calling are two of the biggest blocks to communication between people. They are putdowns intended to make others feel bad about themselves. They destroy respect and generate hostility.

Earlier it was suggested that you try to accept others as they are. That doesn't mean that you have to like everything they do. If a member of your patrol does something that interferes with what you are doing, or is meant to annoy, describe to him what he is doing and how you feel about it. Do it without calling him names, blaming him or making judgements. For example:

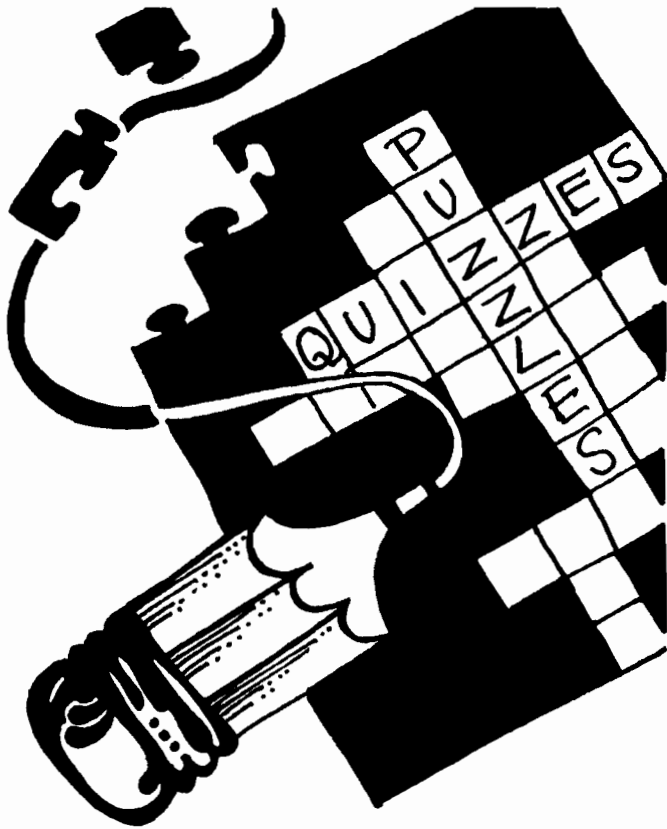
"Joe, you're bouncing the ball while we're talking and I can't hear."

"I know I'm not very good at doing this yet, Jack, and your laughing at me doesn't help any."

It won't be easy to change to this way of acting but if you work at it as a patrol it won't take long. It won't always get the results you are hoping for but it will leave you (and hopefully the other guy) feeling good about yourself — **THAT'S IMPORTANT!**

Blaming, name calling builds walls between people.



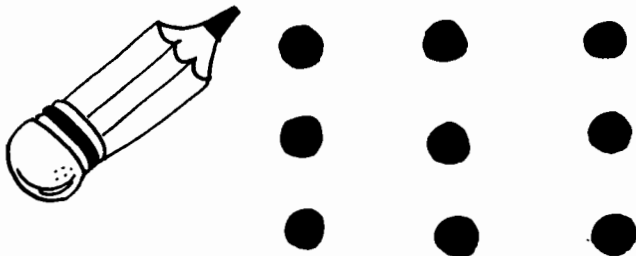


## THE POWER OF THOUGHT

One of the most exciting things about growing is that we become more skillful as a person and more in control of our own lives. What does that mean? Let's start by taking a look at how we think affects what happens.

Try these three puzzles:

- 1) Without removing your pencil from the paper and without retracing any lines, join all the dots with four straight lines. Start where you like.



- 2) A drawer contains 10 black socks and 15 blue socks, randomly assorted. You want to take out a pair of matching socks but the room is too dark to see them. What is the minimum number of socks you must take from the drawer in order to be sure you have a matching pair?

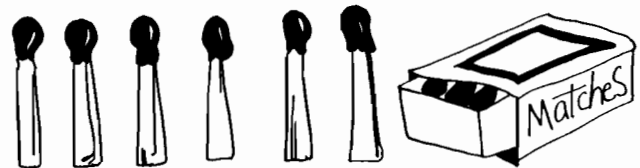
- 3) Two train tracks run parallel except for a stretch where they go through a tunnel. There the two tracks join to become one because the tunnel is too narrow to accommodate both. One afternoon, a train enters the tunnel going full speed in one direction, and another train enters the same tunnel, racing in the opposite direction. Both trains were going at top speed yet there was no collision. Explain.

The answers are on page 83, but make a good try before you take a look.

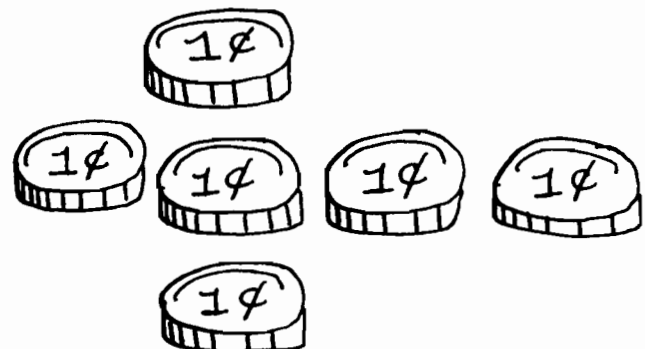
If you found these hard to solve (most people do) consider what kind of thinking might have made you miss the solutions. Often, when given the answer to a puzzle, people say, "Oh, I thought I had to stay within the square of dots!" or, "Oh, I thought you meant at the same time!"

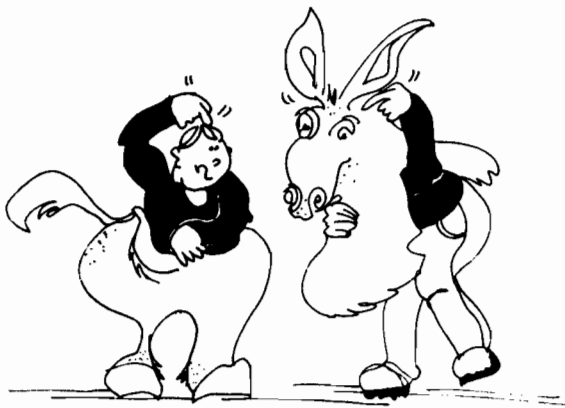
Now try these. Answers on page 83.

- 4) Top dollar. Why are 1981 dollar bills worth more than 1980 dollar bills?
- 5) Can you arrange six match sticks to form four equilateral triangles?



- 6) Place six coins in this pattern. Now move one coin so there are 4 coins in each row!





You see. The way we think about each problem can limit our ability to solve it. This kind of thinking is called assuming. Although it's okay to assume, locking yourself into any assumption without checking if it's true, can completely throw you off course. When we assume, it can make an ASS of U and ME.

To check out how much assuming we do, try this:

### WHERE'S JOE?

A leader had just turned off the lights of the meeting room when a man appeared and asked for Joe Smith. The Troop Scouter consulted with a patrol leader. A boy ran off. Later a boy arrived on a bicycle. Mark the following statements about the story TRUE, FALSE or questionable.

1. A man appeared after the Troop Scouter turned off the lights of the meeting room. T F ?
2. The leader who turned off the lights was a man. T F ?
3. A man wanted to know where his son was. T F ?
4. A P.L. went to get Joe. T F ?
5. Joe was a Scout. T F ?
6. A troop meeting had just ended. T F ?
7. Joe arrived later on a bicycle. T F ?
8. A Scout ran to get Joe. T F ?
9. The statement is about three adults and three boys. T F ?
10. The event took place at night. T F ?

You could try this in your patrol. Let each boy answer alone first. Then discuss and agree on your answers by consensus. (For the correct answers see following).

### Answers to "Where's Joe?"

All statements are questionable. We can't be sure if they are right or wrong.

- (1) We can assume the "leader" and the Troop Scouter are one and the same person, but we can't be sure.
- (2) The leader who turned off the lights might have been a female Cub leader or a leader of any other group.
- (3) We don't know if the man was Joe Smith's father; we don't know if Joe is a boy or an adult.
- (4) We don't know if the P.L. was the boy who went off.
- (5) We don't know what Joe Smith was.
- (6) A troop meeting might have ended or could be about to start after another meeting had ended.
- (7) We don't know who arrived on a bicycle.
- (8) We don't know if anyone ran to get Joe. All we know is that a boy ran off.
- (9) It all depends on the assumption you make about how many leaders there are, and whether Joe is a boy or an adult.
- (10) We know the lights were turned off, but it's often necessary to have lights on in the daytime in meeting rooms.

Become aware of the assumptions you make. If they're correct, stay with them. If not, don't let them restrict you. How we think about something or someone directly affects how we feel and, consequently, how we act. For example: You receive a message that the principal wants to see you.

You think	You feel	You act
A1 "What have I done wrong?"	fearful	defensively
A2 "Here comes a pat on the back!"	excited	enthusiastically

No matter what the principal's reason for calling, the boy he sees

- in A1 is on the defensive and may be quiet, sulky or hostile.
- in A2 is enthusiastic, lively and eager.

Which boy do you think will have the most positive effect on the principal? On himself?

Now, take a moment to think about yourself. How do you usually feel? What is it you are usually thinking that makes you feel that way?

You see, just as your thoughts (assumptions) affected your ability to solve problems, so your thoughts decide your inner feelings. For example, if you are enjoying yourself, you feel good. You say to yourself, "hey, this is fun," and so it is. Since no one but you controls what you think, **you** control how you feel. **You choose** to feel the way you do.

That may sound unbelievable but it's true, and it's really quite exciting. Have you ever felt a bit like a puppet — as though others were pulling your strings? Makes you feel you don't count for very much, doesn't it? Well, now you can pull some of your own strings. When others





"John, you stupid idiot!" "You're hopeless!" "What a dope!" "How can you be so stupid?" "Don't you know better than to...?" All of these reactions attack the person and cause feelings that tend to blot out any learning. They are not helpful. If you receive enough of this kind of comment, you might even start to believe it, to feel bad most of the time and to say "what's the use!"

Start pulling your own strings. If you have problems learning at school, stop saying things like: "I'm stupid." "I'm no good at...", "I'll never be able to do..." Instead, say things directed at the problem like, "I haven't learned...yet." "I must find out how to..." "I'll ask for help with... so that I can do it."

Of course, you have to want to improve. It won't happen if you don't care. That's another string.



call you names and try to put you down, you can **choose** not to be put down. You can choose not to shout names back. You can say, to yourself or aloud, "That sounds like a putdown, and I choose **not** to be put down." Or, "I may have done something dumb, but that doesn't make me a dummy!"

It is important to know how your actions affect others. By all means listen to what people say. But don't let their negative criticism put you down. Criticism which describes the happening and its consequences is helpful. Criticism becomes destructive when it attacks the person rather than his actions.

"John, you stood the pot on the fire and it tipped over," is straight description. It's okay, and can be helpful.

# LOBBY LANGUAGE

## GETTING THE MESSAGE THROUGH

Have you ever played a card game called CHEAT? Get some of your patrol together and have a few games. The rules are simple.

**Cheat** — (for 3 to 6 players)

The whole pack is dealt out to the players. Look at your cards and sort them by number (aces, twos, etc.) The aim of the game is to be the first to get rid of all your cards.

To play, have the person on the dealer's left lay face down one, two, three or four cards, and say "(The number of cards) Aces." The next player has the choice of calling aces or twos. Once twos have been called, the choice is twos or threes, and so on.

The cards played do not have to be of the face value called. For example, if a player doesn't have the necessary cards when his turn

comes around, he can play any card or cards from his hand and say, for example, "one three". Of course, that's cheating! It's up to the others to decide if he's cheating or not. If someone thinks the player is cheating, he calls "Cheat!". The person challenged must then turn up the cards he played last. If he's caught cheating, he has to pick up all the cards played so far in the game. He then must start the play at the last choice of number; two's or three's as the example. If he was not bluffing, the challenger has to pick up all the cards and set the game going again. If nobody is out of cards by the time you reach kings, the next call is aces and the process is repeated.

Can you tell when someone is cheating just by watching him? What gives you the clue? Facial expressions? Tone of voice? Different body action (body language)?



As you become good at reading the signs that tell you someone is cheating, other players may try to imitate these signs when they are **not** cheating in order to fool you. Can you spot the difference?

Have each member wear a face mask or a brown paper bag with eyes and nose cut in it. Play Cheat again, or try another activity game that involves talking. What's different? How does it feel when Joe is laughing while his mask stays grim-looking?

Did you know that the word "phoney" (meaning unreal) came into our language soon after the telephone became popular? People talking over the telephone seemed unreal. It wasn't the words that were unreal, it was hearing the other person without being able to see him. There was no body language!.



When we communicate with others, 90% of the message is sent by body language and the tone of voice, and only about 10% is conveyed by the words.

By body language we mean eye contact, facial expression, body movement, head nodding, arm/hand movements and the position of the body.

Look at these pictures. Who do you think might not be telling the truth? What makes you doubt his words?





Body language can be so strong that words are often unnecessary. Try statues in the park. Have one or more boys pose in such a way that the message comes across without any words being used. What do these poses say to you?



Take the phrase, "Come here, Joe." How many different meanings can you give it by changing the tone of your voice, the emphasis you place on the words, and the body language you use while you say it? You should come up with at least five. Try the same idea with:

- "Whose neckerchief is this on the floor?"
- "These dishes have not been washed."
- "You really did a good job of that, Pete."
- "What's the time?"
- "I am...(your name)."

In clear honest communication, body language, tone of voice and words all convey the same message. When they send different messages, the message you receive is confused. And, if that's the case, you can bet that the message sent by body language is probably the true one!

## CHOOSING & PLANNING PATROL ACTION

If you don't know where you're going, how will you know when you get there? It's good to do things on the spur of the moment, but if you want certain things to happen, you have to set goals and plan to reach them. From time to time your patrol should sit down, set some goals that

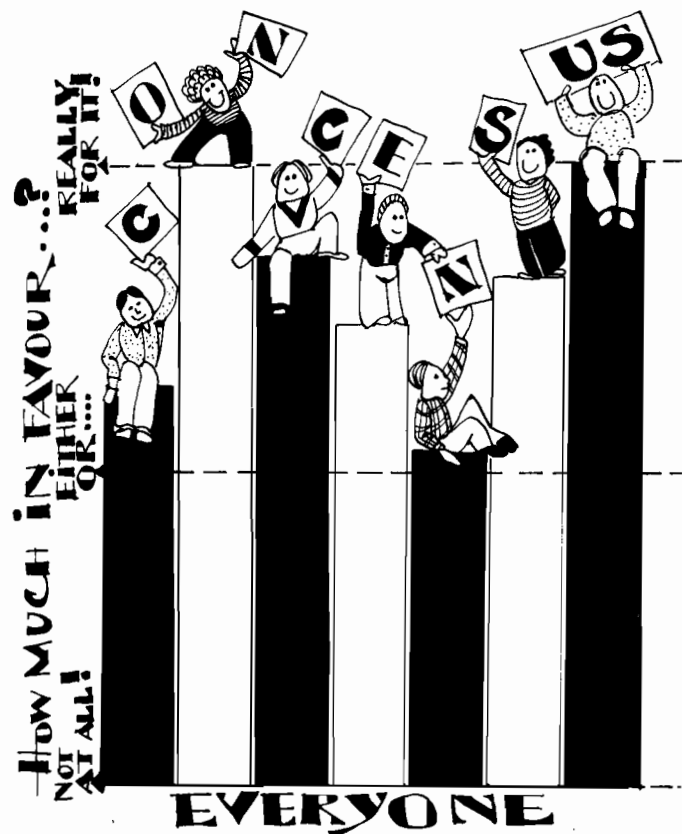
are important to it, and plan how to reach them. This is a particularly important thing to do at the beginning of the Scouting year.

Here are some ideas to help you plan well and to have fun while doing it.



**1. PARTICIPATION** — planning is for everyone, so make sure everyone gives his ideas, wishes and opinions. When an activity de-

pends upon everyone taking part, make sure that each person has a say in making the decision.



of voting, have everyone say what he likes or dislikes about each choice of activity. Do this until every member is at least more in favour of than against the final decision. Pressuring boys to change their minds is not allowed. Having talked out the alternatives, each boy will be able to see the benefit of the decision for the patrol. This is called consensus. It takes longer than voting, but you have everyone agreeing and the support is almost certain to make the final result better.

### AN EXERCISE IN CONSENSUS DEVELOPMENT

Ask someone who is not in your patrol to count out a number of dried beans or peas (between 200-400) into a glass jar with a screw lid and to put the number in a sealed envelope.

Take the jar to a patrol meeting.

- Each member estimates the number of beans in the jar. 5 min.
- Without revealing how many they estimate, members share how they reached their decision (i.e. guessed, counted the number in a layer and multiplied, etc.) 5-10 min.

**2. CONSENSUS** — a way to make group decisions without voting. When you vote, some people win and others lose. The losers are unlikely to back up the activity. Instead

- c) As a patrol share estimates and reach consensus on the number of beans, (no averaging or voting) 10-15 min.

d) CHECK WITH NUMBER IN ENVELOPE.



Discuss how members felt about the process. Was consensus close to answer or was an individual closer? How does he feel about being talked out of his estimate?

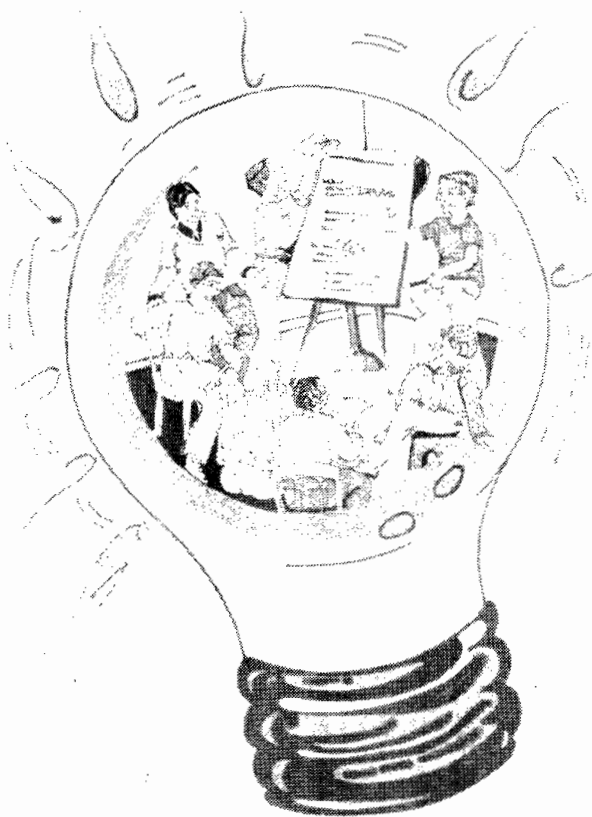
**3. GREENLIGHTING** — sometimes at meetings, everyone wants to talk at once and no one seems to listen to what others are saying. If you have this problem, try greenlighting. Before a person may add something to the discussion he must say something positive about the last speaker's ideas.

For example:

- 1st. speaker: "I want to work on the Camper Badge, so I think we should have several weekend camps."

- 2nd speaker: "I'd like weekend camps too, because I want to do bird watching and it's much easier to do at camp."
- 3rd speaker: "Bird watching is a good Scouting activity, but I'm not interested in it much. I'd rather have a chance to practise more swimming."

This way everyone knows his idea has been heard. It also helps the group to reach consensus.



**4. BRAINSTORMING** is a way to come up with different ideas and new ways to do things. You'll need a flip chart or a large chalk board, and a volunteer to write down every idea. The rules are:

- give your ideas as briefly as possible and as quickly as they can be written down. The wilder the better, because that leads to even more good ideas.
- build on other members' ideas if possible.
- accept and write down every idea with no questions and no comments.
- stop when ideas run out.

When you've reached this point, it is time to ask questions that clear up confusions about any of the ideas. Then:

- look at your list to see if any of the ideas fit together. Cross out those that either are impossible, or don't interest anyone.
- discuss the ideas and select those you're likely to use.
- discuss this first selection of ideas and choose those you want to work with.



**5. MAKING GOOD DECISIONS** — the secret of making good decisions — ones that work for you is:

- a) **Be clear about your goal.** Being clear about the goal is particularly important when working with a group. The same words often carry different meanings to individuals.

It's not much good discussing where to camp if members haven't agreed they want to go camping. If you are lost, the goal is to get to your base. There are many solutions to that problem — but that is the goal. Its solution depends on examining the facts.

- b) **The Facts.** Get all the facts you can that will help in making your decision. Think of the 6 W's that ask all questions. What? Where? When? Who? Why? HoW?

So we are lost. What's the time? How long to darkness? Where were we last sure where we were? What direction have we been travelling since and for how long? Be sure your questioning gets as specific as you need. We call this peeling back the "w" onion. Where is the museum? In Ottawa. Whereabouts in Ottawa? Centre Town. Whereabouts in Centre Town? On McLeod Street. What number of McLeod Street?

- a) **Consider the facts.** What facts go together? What are critical facts? Using the facts start to develop possible solutions/decisions.
- b) **Choose most likely solutions/decisions.** Test them out. What will likely happen if we do this? What's the worst thing that might happen?
- c) **Make your final choice** — decide.
- d) **Put decision into action.** Who is to do what? When? Who else needs to know?
- e) **Evaluate.** After the decision has been carried out, how well did it go? What were some of the factors that influenced the result? What have you discovered that will be useful in future decision making?

Going through these steps gives you the best chance for making good decisions.

Once you get familiar with them they will become a part of your thinking process. Even in emergencies your mind will whizz through these steps and help you make a sound emergency decision.

**6. ACTING ON DECISIONS** — Now's the time to follow up on the idea(s) you've chosen.

- discuss how you will organize to do what you've chosen. Who'll do what, when, and how?
- share responsibilities for carrying out the job, and make it very clear what each member has to do.
- check on progress by agreeing to report at certain times.
- carry out the activity.
- review what happened.

The purpose of reviewing is:

- to learn about and improve your planning and preparations.

- to give members feedback on what they've done.
- to explore the enjoyment of the activity.

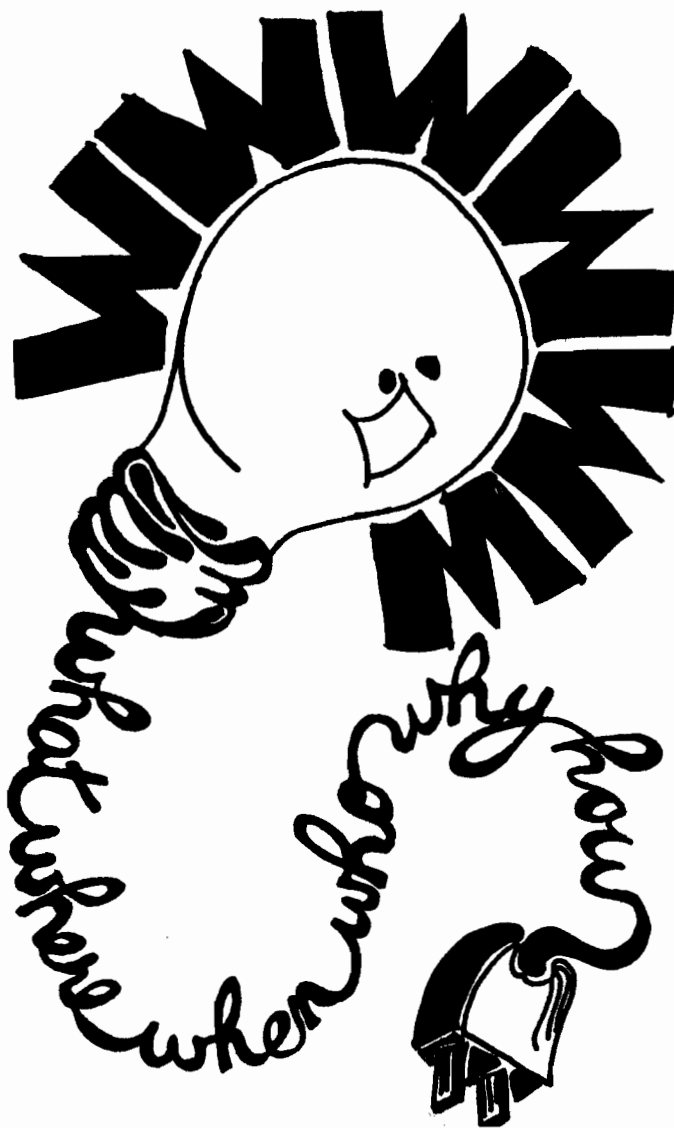
Did you do what you set out to do? If not, what are the main reasons and how might you correct them another time? If so, look at what you did and give yourselves a pat on the back!

If things went wrong, **don't blame anyone**. Simply describe what happened.

And if someone did a super job, be sure to tell him and describe what he did so well.

"Hey, great thinking Pete! Your idea about taking along emergency food saved us a hungry walk home."

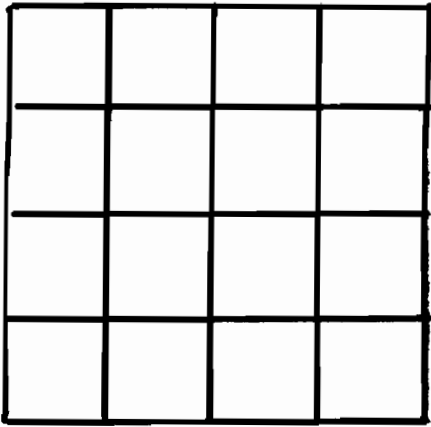
Try to find something positive to say about everyone. People need encouragement so that they can feel good about themselves and grow.



## CREATIVE THINKING

Here are some creative puzzles for you to try for yourself and with your patrol mates. (Answers on p. 83).

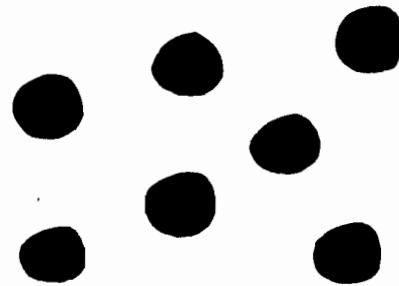
1. Squares Aplenty — Creativity often involves freeing ourselves from set notions when dealing with a problem and seeing in it something others have missed. The creative mind refuses the restrictions of the apparently obvious. How many squares do you see?



2. Larry is languishing in jail. The jail has multiple locks on the door; the walls are made of concrete extending 24' into the earth. In the middle of the ceiling, eight feet above Larry, is a skylight just wide enough for his emaciated body to squeeze through. The cell is totally bare, so there is nothing he can climb on to reach the skylight.

One night, in desperation, he had an idea. He started digging in the floor, knowing he could never tunnel out. What was his plan?

3. How could you put your left hand completely in your right-hand pants pocket and your right hand completely in your left-hand pants pocket, both at the same time? (You are wearing the pants)
4. Visualize three playing cards adjacent to one another. A four is just to the right of a three. Another four is just to the left of a four. There is a diamond just to the left of a heart, and a diamond just to the right of a diamond. Can you name the three cards?
5. There are 12 one-cent stamps in a dozen, but how many two-cent stamps are there in a dozen?
6. Rearrange the seven dots so that they make five straight rows, with three dots in each row.



7. At low tide a ship is moored in harbour with a rope ladder hanging over its side. The rungs on the ladder are one foot apart and there are 20 of them above the water line. Assume the tide comes in at a rate of 6" per hour. How many of the ladders' rungs will be above water at high tide 6 hours later?

## KEEPING FIT

Part of feeling an O.K. person comes from a sense of feeling healthy and fit. When you feel well, you think better, you enjoy life better and more things go right for you. Take time for yourself. Enjoy being in the shower — sing or shout as the water jets tingle over your body and it's good to feel alive.

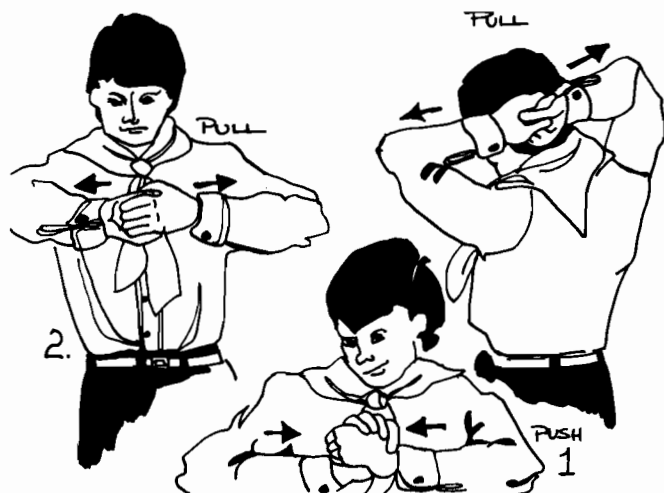
Take time to enjoy your food and to savour it. Are you stuck on liking only a few things, or do you enjoy the adventure of trying new and different foods and ways of cooking? Eat a balanced diet to give your body the right materials with which to build.

Enjoy the fun of developing your body, ventilating your lungs and drawing in lots of fresh air, feeling the blood rush around your body, feeling your muscles developing and responding, and being able to do tougher physical things with more ease and skill. Take time

to look around you and enjoy the sun, rain-drops, snowflakes, and colours in trees, the birds, flowers and other people — find something new each day. Then at the end of the day, slip into cool sheets, and experience the joy of relaxing and a sound sleep.

Working for the fitness and other badges will help you better understand and be able to do many of these things. Your patrol and troop programs will be full of activities and give you lots of opportunities to choose from to help your physical development.

Start any exercise program slowly — say five times each for the first week, then increase to ten for the next week, when you are ready do five more, and so on. Set yourself a target to do a set of exercises each day, every other day, Wednesdays and Sundays, whatever, so long as you stick to it.

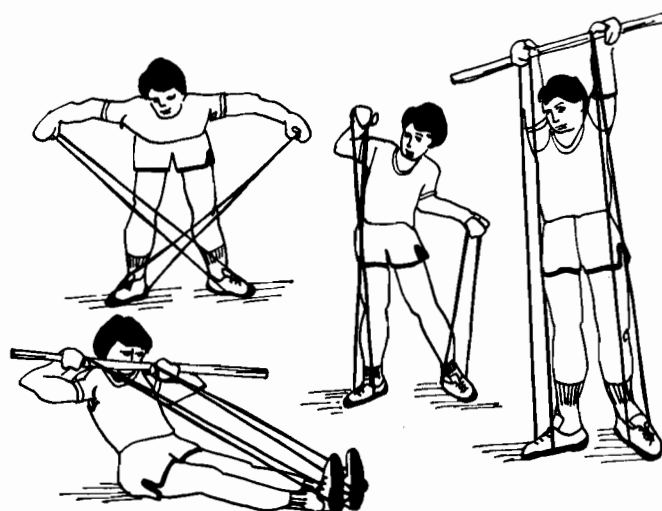


Here are some exercises you can do anywhere; while waiting for a bus or anytime you have five minutes with nothing special to do.

1. Fold your hands together so that the palms face one another in front of your chest. Push one hand against the other as hard as you can, let one hand win a bit and then the other. Try not to hold your breath, breathe in and out deeply and steadily.
2. Clasp hands by curling fingers and locking them together in front of your chin. Now pull as hard as you can, again, let one hand win a bit and then the other.

### Rubber Tire Gym

Use two bicycle inner tubes and a broom handle to make this muscle builder. Then try these exercises.





## 1. PUSH UPS

Lie flat on stomach, hands flat on floor level with your face, toes on floor. Keeping your back and legs straight, push down with arms and lift your shoulders until arms are straight (or as far as possible). Lower slowly and repeat. Start with 5 push ups or as many as you can do comfortably, and increase steadily by 2 push ups each week. (For chest, arm and shoulder muscles).

## 2. SIT UPS

Lie flat on your back, legs straight, hands at your sides. Tuck your toes under a bar or have someone hold them for you. Without any assistance from your arms, sit up and reach for your toes with your fingers (or as far as you can go). Lie down again slowly.

When you can do this comfortably, clasp hands behind your head, sit up and push your head as far down to your knees as possible.

Again start at 5 sit ups and increase gradually each week.

Another sit up exercise is described in #7, and is especially for people with lower back problems. (For stomach and back muscles).

## 3. STRETCHER

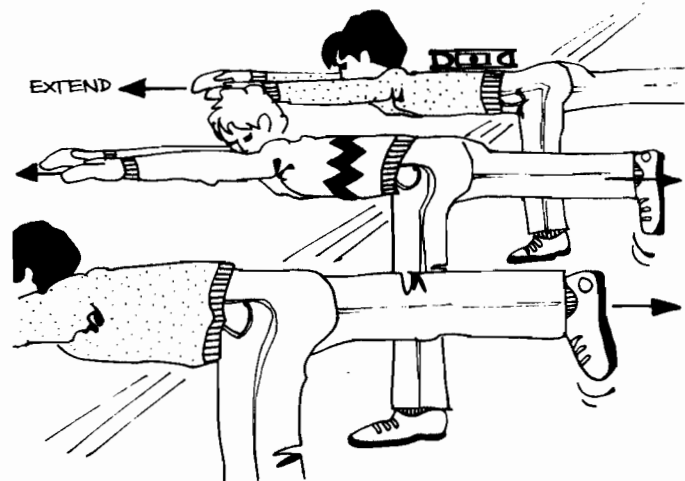
Stretch one arm above your head — keep striving to reach higher — bend body toward the opposite side. Repeat with other arm — both arms.

## 4. KNEE BENDS

Stand on one leg and do knee bends — up and down. Change legs.

## 5. ARM PRESS

Sit in a chair with arm rests. Place your hands and arms to the elbows on the arm and try to raise your bottom and thighs, keeping knees bent. Place only your hand on the arm and raise and lower the rest of your body.



## 6. EXTENSION

Stand on one foot, extend the other leg as far backwards at the same time as you reach as far forward with both arms, putting your body in a horizontal line. Change legs.

## 7. SIT-UPS

Lie on your back, knees up and arms stretched toward them. Tilt your pelvis up and sit up as far as possible — hold for a count of 6, lower. Repeat pushing arms to the right of your knees and again to the left. (Suggest you don't try this while waiting for a bus!).

Some games to play while waiting with a friend.

## 1. SCISSORS, PAPER, STONE

There are three hand positions to learn. (1) Scissors: extend the hand with two fingers apart like scissors (like the Wolf Cub salute) (2) Paper: Extend the hand flat (3) Stone: is a clenched fist.

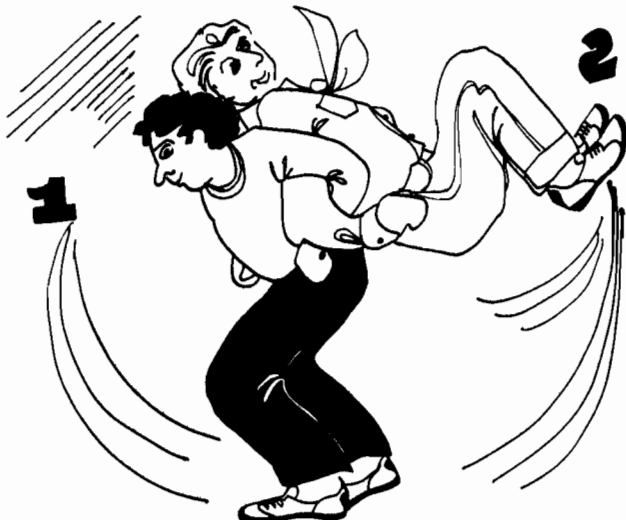
The rules are: Scissors cut paper  
Paper wraps up stone  
Stone blunts scissors

Players stand with right hand behind back and say. "1,2,3, Go!" At the word "Go", players flash out their hands in the shape each one has decided will win the round. For example: one puts out scissors and the other stone; stone wins the point as it blunts scissors. If two the same are put out, no score. Keep it moving fast.

## 2. SNAP SLAP

Two people stand facing one another, arms bent at the elbows hands touching. By earlier decision one person's hands are face up under the others which are face down. Opponents look each other in the eye. The object is for the one whose hands are underneath to move his hands quickly and to slap the back of the others before he can move them away. If a slap occurs, slapper wins a point and continues until he misses, when it's the other person's turn to be underneath. If the top person moves his hands away before the slapper moves his — it counts a point to the slapper.

The slapper may blink, change the tension in his hand to cause the other to move too soon, but any partial move away by his hands counts as a full attempt. Keep it moving fast — it's a good way to warm up hands on a cold day!



## 3. CAMELS

Stand back to back, link arms at the elbows. One man leans forward and pulls the other up on his back. Then rock back and the other pulls the first man on his back. Roll back and forth gently — it's not a competition.

## 4. CRAB TUG-O-WAR

Stand back to back, bend forward and put arms through legs and hold hands with opponent:

- i) Try to pull opponent through your legs or,
- ii) Try to walk away and drag him with you.

## 5. MIRRORING

Two people stand face to face, bend arms at elbows and put hands up flat facing partner's, but not touching. Partners look each other in the eye. One partner moves one or both hands slowly up, down, or sideways but keeping them in the same plane. The other tries to keep his hands shadowing his partners. Change turns.

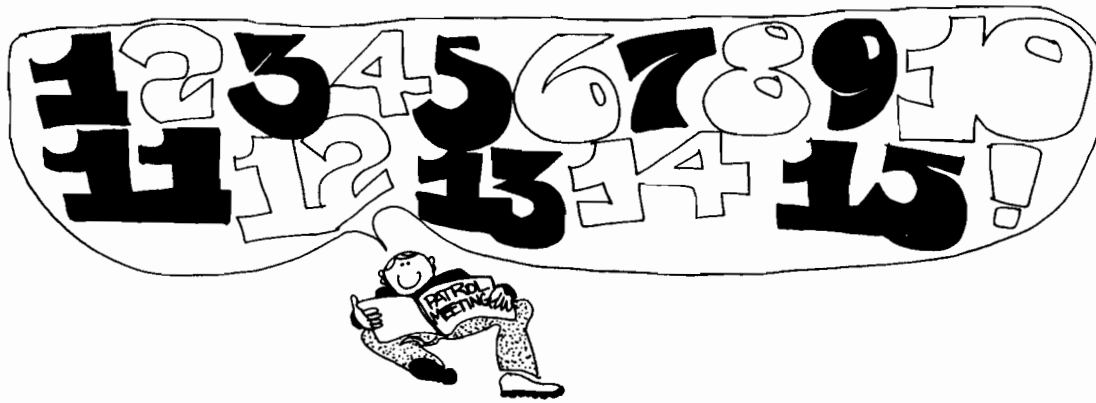
## 6. HEAD PUSH

Two people stand face to face, legs apart and arms extended fully to left and right, palms, arms and chest touching. Each presses against his partner as hard as possible without moving arms or feet.

## 7. ROWBOAT

Partners sit facing on each other's feet, the legs of one inside the legs of the other and grasp each other's shoulders. They rock back and forth, when feet are off the ground the legs can be extended so that gradually the pair move along. This can be made into a race with other pairs.

3.



## 15 PATROL MEETINGS

Any time your patrol gets together to do something, planned or spontaneously, it's a patrol meeting.

Being together is fun, it's even more fun if each person shares in deciding what to do and has an active part to play.

Take a little time at each meeting to decide what the next meeting will be and who will organize it.

At the end of each meeting, take a moment to express appreciation to those who prepared and conducted it.

Any time can be patrol meeting time: during troop meeting; lunch break at school; evenings, weekends or even 7 a.m. - 8 a.m.!



### **PATROL MEETING NO. 1      TOPIC: SNOWSHOEING BADGES — WINTER SCOUTING, WINTER SPORTSMAN**

Borrow, buy or rent snowshoes. Get some instruction on the construction and care of snowshoes; how to wear and use them. Put on snowshoes and follow a set course. Now learn the technique for going uphill and downhill. Try running on snowshoes and have some races. If you really want to be nimble on snowshoes, set up a volleyball court and play volleyball, preferably on soft snow. If you borrowed the snowshoes, be sure to return them on time and in good condition.



### **PATROL MEETING NO. 2      TOPIC: ICE SAILING BADGES: WINTER SCOUTING, WINTER SPORTSMAN, SAILING**

A number of patrol meetings could be taken up in making an ice sail (see page 17). Whether you make, or are able to borrow an ice sail, get some instruction on how to use it properly and the necessary safety precautions. Get in some sailing practice and have a race or go round an obstacle course. If you take up ice sailing, make sure you are suitably clothed.



**PATROL MEETING NO. 3      TOPIC: FOIL COOKING**  
**BADGES: CAMPCRAFT, EXPLORER, WINTER SCOUTING, SCOUTCRAFT**

See menus, page 56 and foil cooking, page 55.

Patrol meets at place where they have permission to use stoves/light fires. In pairs patrol members choose a meal from pages 56-62 or from other sources. Be adventurous and try something different. On this occasion, make bread (bannock, damper biscuits, etc.) a main course, a dessert and a drink. Share information about the foods you ate and what you learned about cooking them; (cost, time to prepare, how to cook, etc.). Clear up — leave nothing but your thanks.



**PATROL MEETING NO. 4**  
**TOPIC: CREATIVE DISCOVERY AND SPIRITUAL DEVELOPMENT**

Before the patrol meeting, each boy is asked to select and bring with him a saying, quotation or piece of poetry which he likes. The patrol then selects an area of about 200 metres by 200 metres, in or close to their community, which offers a variety of physical features such as: trees, shrubs, flowers, stone steps, fountains, buildings, churches, statues, carvings, pictures or stained glass windows. Each boy or pair of boys then go through the area and try to find something to which they can relate the saying or reading they have chosen. They then think of a suitable way to link their saying to the item they have found and the meaning it has to them. The patrol then meets together, identifies the spot each person has chosen and goes on a tour from place to place. At each place the person who's chosen it relates his story, provides a few moments for people to talk about it and add their own creative inputs. The patrol then moves on to the next spot. When the exercise is over, spend a few moments to share how members feel about it and to discover what, if anything, it has done for the members of the patrol as a group.



**PATROL MEETING NO. 5      TOPIC: ORIENTEERING AND TREE RECOGNITION**  
**BADGES: EXPLORING, CITIZEN**

Ask your Scout Counsellor to give you an orienteering circuit which includes a variety of trees. With a book or a resource person, identify the trees by their silhouette, their bark, their leaf patterns.

You may want to split the patrol into two halves, and let the members of each half take turns in walking the next leg of the orienteering course. You can substitute wild flowers, edible plants, etc., for trees.



#### **PATROL MEETING NO. 6**

#### **TOPIC: EXPLORING PATROL INTERESTS**

Invite a parent or someone else in the community who has knowledge and skill in a subject of interest to members to share it with the patrol. Be clear about what you want him to do and for how long. Be sure to ask him to be prepared to demonstrate and/or give the patrol a chance to experience some aspect of his topic. Ideas, — fishing, squash, bee-keeping, dog handling, model railroad, climbing, cooking, handicrafts, photography.



#### **PATROL MEETING NO. 7**

#### **TOPIC: EXPLORING PLACES**

With the help of your Scout Counsellor, organize a visit to a place of interest in or near your community. After the visit, talk about the experience with your Scout Counsellor so that each boy can share the things that interested him and what he discovered. Ideas: radio/T.V. station, garage, lumbermill, cheese factory, packing plant, harbour, oil refinery or pumping station, sewage disposal plant.



#### **PATROL MEETING NO. 8**

#### **TOPIC: EXPLORING YOUR COMMUNITY**

#### **BADGES: CITIZEN, EXPLORING**

Divide a map of your community into areas of approximately 300 metre squares. Let each pair of Scouts in your patrol choose an area. Their job is to visit every part of their area and to bring back "important" information and to fill it in on a large map of their area. What is considered "important" information can be decided by the patrol. Here are some items that others have considered important: food stores open 24 hours, 24-hour gas stations, doctors, dentists, heritage or interesting buildings, factories/processing plants, telephone exchange, police boxes/stations, mailboxes, fire alarms, public phone booths.

When all the enlarged maps are completed, they can be put together to make a detailed map of what your patrol considers the important factors in your community.



#### **PATROL MEETING NO. 9**

#### **TOPIC: FIRES**

#### **BADGES: CAMPCRAFT, EXPLORING, WINTER SCOUTING**

In an appropriate place where you have permission, try some different ways of lighting a fire such as fuzz stick, pyramid, log cabin. Discover which is the easiest and which makes a fire the quickest. Which woods are best for starting a fire and which for making hot coals? Try varying the weather conditions: strong wind (have everyone blow or fan on one side of the fire while it is being lit and as it is burning) — in the rain (use a sprinkler hose). Have a competition to see which fire can burn through a string set two feet above the ground or which fire will first boil a litre of water.



#### **PATROL MEETING NO. 10**

#### **TOPIC: MEMBER'S CHOICE**

Arrange for each member of the patrol, in turn, to run a patrol meeting on his hobby or something in which he is interested. He will decide where the meeting will be held and may bring in another to help if he wishes. At the end of the meeting provide time for members to talk about what they have discovered and to show appreciation to their fellow member.

**PATROL MEETING NO. 11      TOPIC: COMMUNICATING**  
**BADGES: ARROWHEAD**

When I assume, I can make an ASS/ - out of /U/ - and /ME/



Invite a member of your council's adult training team to give you some experiences in how the assumptions we make affect our choices; how well we understand and are understood when we try to communicate with others; what are blocks to communicating and how to deal with them; how to give and receive feedback. Several meetings could be built around this topic. Ask your trainer for details.



**PATROL MEETING NO. 12      TOPIC: HOW ARE WE DOING?**  
**BADGE: ARROWHEAD**

As a patrol, discuss what you have been doing or not doing at patrol meetings; what you liked about them and what you'd like to change or add. Discuss troop meetings in the same way and decide how you will get the patrol's views to Scouter and/or the Court of Honour. Decide on some of the things you want to do and plan now.



**PATROL MEETING NO. 13      TOPIC: SERVICE TO OTHERS**  
**BADGES: CITIZEN AND CHIEF SCOUT'S AWARD**

As a patrol talk about service to others and good turns and see what sort of ongoing project you can take on, such as: visiting a shut-in or old folks' home regularly, talking and playing games with them; shoveling snow, cutting grass, shopping, walking the dog, etc. for an elderly couple or for someone who is ill; inviting a handicapped boy to join your patrol; inviting a boy from a poor family to camp with your patrol. What can you do for your sponsor, parents, friends? What needs doing in your community?



**PATROL MEETING NO. 14      TOPIC: BIRTHDAY PARTY**

Have a birthday party. When is your patrol's birthday? Throw a birthday party for your Troop Scouter or Scout Counsellor or whoever. Set up an "eats" committee to get the pop and food. A games committee to organize and collect materials for the games to be played. Choose a master of ceremonies and a welcoming committee. Plan the whole event and send out the invitations. (Invitations committee to make invitation notes and distribute). Be sure to end the party while everyone still wants to continue — never wait until it starts to fade away.



## PATROL MEETING NO. 15

## TOPIC: DO THINGS TOGETHER

As a patrol — play baseball, hockey, soccer, etc., go skiing, swimming, sailing, canoeing, go to a show or concert, visit a museum, gallery, university, football game, meet at someone's home to watch a special T.V. program, to swim, have a barbeque, play table tennis or other parlour games.

Above all, make sure patrol meetings are fun.

For more ideas for patrol/troop meetings, look in the activity pages.

## PATROL CHALLENGES

Lots of fun can be generated in your troop by your patrol issuing challenges to other patrols. "The Eagles challenge any other patrol, to tie all their members to a line with bowlines while blindfolded, in less than 50 seconds".

"The Bears challenge the Bob Cats to a game of Finnish hand ball at 7:45".

"The MicMacs challenge any other patrol to make a bigger pancake at breakfast tomorrow than we do".

Challenges of this nature can be part of your troop program. When I was a Scout one of the leaders presented a six foot African spear with lots of red hair along the shaft, to be awarded to the patrol that best met a series of challenges given to all patrols at the beginning of the year.

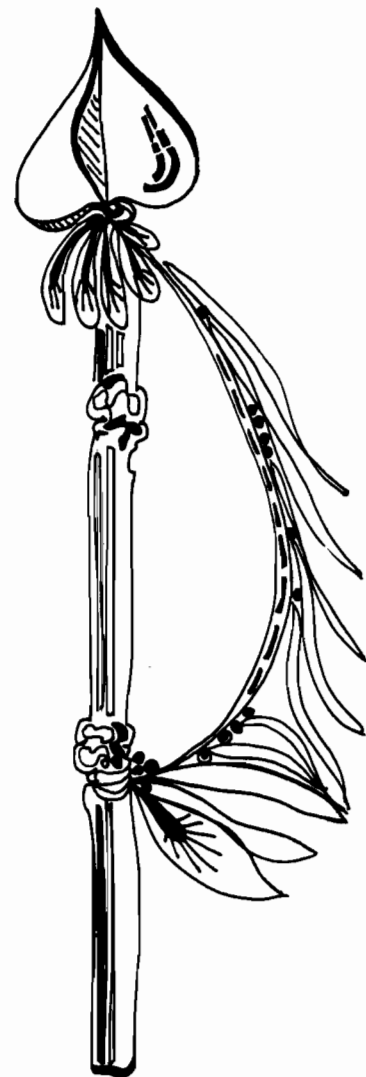
The Scouters and each patrol contributed to the challenges which had to be completed by the end of summer camp when the winners were presented with the Mzonga Spear, which they then kept in the patrol corner the next year.

These challenges gave us lots of ideas for things to do at patrol meetings, camps and hikes. While there was always interest in who won the spear, most of the talk was about the fun we had meeting the challenges.

Why not see if your troop would be interested. Perhaps the Scouters can come up with a suitable "trophy".

Challenges were in two categories, individual and patrol. Here are some suggestions to give you the idea — but dream up your own to suit the taste for excitement in your troop.

The challenge can be issued any time but it should run for about a year. Individuals and patrols may do as many items as they choose, but it's the quality of the experience which counts.





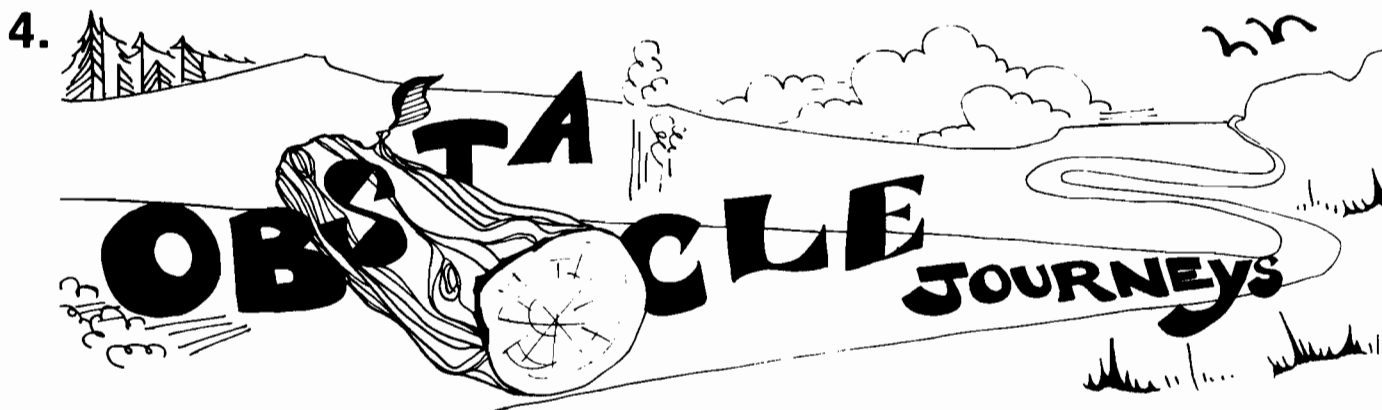
## INDIVIDUAL CHALLENGES

- Record the names, addresses and troops/companies of all Scouts and Guides you meet during the summer holidays.
- Photograph — a leader in a funny situation
  - an unusual tree, shrub or rock formation
  - an interesting piece of architecture
- Carry out a regular good turn for a shut-in, elderly or handicapped person.
- Introduce a boy with a handicap to your troop and invite him to join.
- Develop, with your family, a plan to conserve fuel (hydro, oil, gas, etc.) usage in your home.
- Grow an item of food and prepare a dish for the family with the results.
- Make a Mother/Father's Day gift.
- Make two fishing flies or lures and try them out.
- Make a 3 minute presentation to the troop about meeting one of your individual challenges.
- Make a bird feeding station and stock it throughout the year.
- Make a working model and demonstrate it to the troop.
- Start a regular fitness program approved for your age/size. Record your before and after measurements.

## PATROL CHALLENGES

- Produce a loaf of bread prepared and baked in camp in a camp made oven.
- Choose a local spot in a natural setting and maintain a weekly visit. Record the changes observed each week.
- Write a new round or song and teach it to the troop at a campfire.
- Design a program for Parents' Night to be held in February. Program to be handed in to Scouter by January 10th.
- Enter your patrol for an event at the winter fair.
- Make and colour plaster casts of 23 tree leaves.
- Visit the area marked on a provided map and decide what steps need to be taken to conserve the natural resources. Draw a large scale map of the area and make a time and work schedule of the jobs to be done. List the materials needed and where they can be obtained.
- Operate a garden plot and grow vegetables and/or flowers and put the products to good use in the community.
- Choose a Scouting country and find out what it's like to live there.
- Participate in Jamboree-on-the-Air, and try to contact that country.
- Design and use at camp a solar device for heating water or cooking food.





The following activities are designed to test patrol ingenuity, skill and leadership. The obstacles are probably best set up by troop Scouters, each at a base and patrols move from one base to another at agreed time intervals. Of course, you can please yourselves how you organize.

For each obstacle prepare a card (see below) which states the situation and what each patrol must do and how long they have. Other details can be added at your discretion.

### THE SWAMP

The swamp before you is infested with poisonous snakes. You are pursued by hostile natives and must get across within 20 minutes or fall victims to them. You may use any materials in the immediate area. Bad luck! One of your patrol has just broken his right ankle.

At each obstacle, there should be an observer who will give each arriving patrol its "card" and who will then observe and note the performance of the patrol, paying particular attention to any points previously agreed upon as being important.

At the end of each obstacle on the course conduct a debriefing session to help draw out the learnings. The process will be something like this!

- Members of the patrol first discuss how well they think they did.
- Observers will note the significant comments they make and reinforce them with their own comments.
- Be sure to avoid blaming. Boys are encouraged to describe what happened rather than make judgements about individuals.

Use the following questions as a guide to evaluate each obstacle.

### A. LEADERSHIP

- a. How was the leader chosen?
  1. by force of one individual
  2. by voting
  3. by general consensus
  4. none was chosen and none ever became apparent
  5. other (explain)
- b. Did the leader control to the end or was he replaced?
- c. What style of leadership was shown?
  1. delegation
  2. leader did all the work
  3. "loudmouth"
  4. threatening
  5. persuasive
  6. other

## B. PLANNING

- a. How was plan chosen?
  1. by discussion and vote
  2. by dictatorship
  3. by trying many suggestions
  4. none in particular was chosen
  5. after discussion of details
  6. by broad outline only

## C. PERFORMANCE

- a. How was plan carried out?
  1. everyone doing his part
  2. followed through to end
  3. led by leader
- b. Was goal accomplished?
- c. Were the restrictions observed completely?
- d. Could the goal have been achieved more efficiently and effectively?

---

### NO. 1 CHASM

#### Equipment

- two 8' picnic tables
- one 4" x 10" plank, 10' long
- one bucket  $\frac{3}{4}$  full of water
- 25' of  $\frac{3}{4}$ " rope

#### Goal

To get each member of the group, the bucket and all the water across a chasm of about 15 feet in diameter filled with vicious, bloodthirsty frogs.

#### Recommended Method

Boost one boy to the top of the picnic table and hand him the plank to place between the two benches. Throw the rope from one side to the other. Hand the bucket to the boy on top and have him slide it across the plank in front of him. Tie the rope to the bucket and let it down to the ground and then climb down using the rope as a handhold. The boy who has crossed then holds rope for others to climb up picnic table and cross over.

### NO. 2 STRETCHER CASE

#### Location

Any area that has something raised, along which to crawl, e.g. large rock, brick wall, horizontal monkey bars.

#### Equipment

- two long poles
- two short poles
- one "dummy" — pillow cases filled with rags to resemble a human

#### Goal

To construct a stretcher using the poles and transport stretcher and patient over the wall.

#### Recommended Method

Use belts, shirts, jackets, to make a stretcher.

### NO. 3 ELECTRIC SWAMP

#### Location

Same dangerous swamp as used in "Swamp Crossing" except this one is filled with electrifying eels.

#### Equipment

- one 15' pole

#### Goal

To get the entire group across the swamp.

#### Recommended Method

Hold the pole over the swamp. Boys should crawl down the pole to the other side. When several boys have crossed over, they should reverse the angle of the pole and let the remaining boys crawl up the pole.



## NO. 4 KENYA CARAVELLE

### Equipment

- one large drum or garbage can full of water
- one large pail
- one no. 10 can
- two logs
- six lengths of rope at least 25' each
- two coat hangers
- one stick 18" long
- one large sheet or ground cloth

### Location

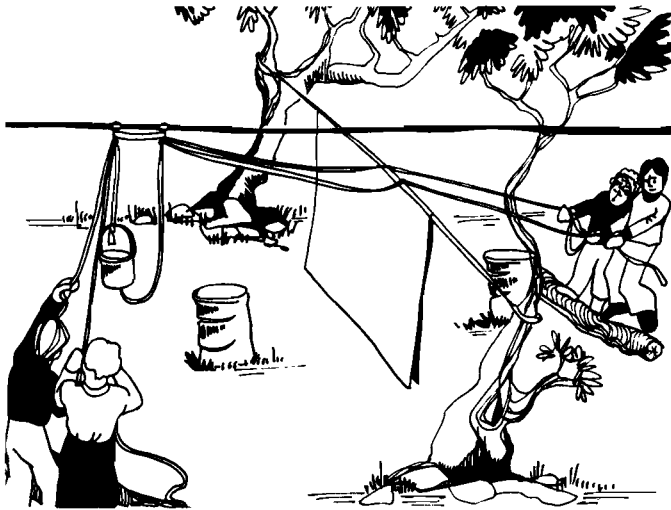
Wooded area with several trees in close proximity.

### Goal

To transfer five buckets of "explosive nitroglycerin" (use your imagination!) from the barrel to the container on the other side of the barrier. No boy may touch the pail for dipping or transferring.

### Recommended Method

Stretch a rope over the barrier and tie to trees at both ends (see diagram). Construct a moveable stick using the coat hangers for wire loops. Place ropes through the loops and attach to the can. Boys from both sides can pull the can across and also lower it down to the barrel or pail.



## NO. 5 SWAMP CROSSING

### Location

Any open area

### Equipment

- two poles about 15' long with the wide ends chopped to a point

- one shorter log
- one piece of cord suitable for lashing
- 50' of  $\frac{3}{4}$ " rope
- one 12' wide swamp filled with assorted man-eating alligators and carnivorous goldfish. Mark shore of swamp with clothesline.

### Goal

To get the entire group over the swamp with no one touching it. The bottom of the poles may touch the swamp.

### Recommended Method

Construct an A-frame type sheer leg and place the legs of the A-frame about 2' into the "swamp". Put a strong boy on the A-frame at the apex and push the A-frame up until vertical and then lower him to the far side by holding him up with the rope as the A-frame lowers. Once over, the boy shifts the A-frame so that its base is approximately in the centre of the swamp. Each boy then can be crossed over by pulling and holding from both sides of the swamp with the rope. The legs should be moved within two feet of the distant shore to pick up the last boy so that the A-frame can be supported by hand as he is lowered.



## NO. 6 ICE WALL

### Location

The side of a cabin or house. The wall should be about 10' high. Windows cannot be used.

### Equipment

- one 25' rope
- one awkward object such as a chair

### Goal

To get the entire group plus the awkward object up the imaginary ice wall onto the roof.

### Recommended Method

Build a pyramid against the wall. The top men should take the rope up as a safety line and to pull the awkward object up. The boys can then scramble up over each other.

## NO. 7 WALK THE TRIANGLE

### Location

A sandy area at least 30' wide

### Equipment

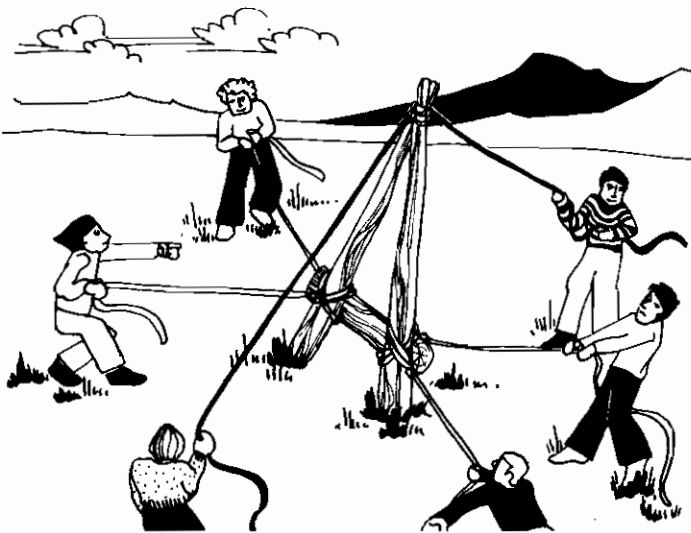
- three 15' poles
- lashing twine
- plenty of rope — at least 150'

### Goal

To move three 15' poles across the area of sand without creating drag marks in the sand.

### Recommended Method

Lash the three poles together in a triangular shape, with the bottom, horizontal pole at least a foot off the ground. Tie a double set of ropes to the apex and to the two lower corners. "Walk" the triangle across the area by proper manipulation of the ropes. A pail of water could be tied to the upper apex to make the task more difficult.



## NO. 8 ELECTRIC TUNNEL

### Location

Any open area

### Equipment

- one tunnel, about 15' long, 2' wide and 18" high, can be constructed of boxes, logs, picnic tables, etc.
- four blocks of 2" x 4" each about 12" long.

### Goal

To get the whole group through the tunnel. No one may touch any of the walls, interior, or exterior, or even the ground.

### Recommended Method

Send the boys, one at a time, through the tunnel using the blocks as insulating steps. Each boy upon reaching the other side, can simply toss the blocks back over the tunnel.

## NO. 9 STILTS OVER A SWAMP

### Location

Same dangerous swamp as used in "Swamp Crossing".

### Equipment

- two stilts
- one length of rope long enough to span the swamp
- one length of twine long enough to span the swamp

### Goal

To get the entire group across the swamp.

### Recommended Method

The first boy crosses the swamp on the stilts. When he reaches the far side he ties the rope up to form an arm rest. The stilts can be pulled back with the twine.

## NO. 10 TENT ERECTION

### Location

Any open area

### Equipment

- two similar tents
- blindfold for each member except one from each group.

### Problem

To erect the tents with all but one member of each group blindfolded. The leader cannot touch any of his mates or any of the equipment, but must direct them verbally.

## NO. 11 RETRIEVING DISTANT OBJECTS

### Equipment

- two picnic tables
- one bucket half full of water
- one 4" x 4" post 4' long
- one 2" x 10" plank 10' long with a 1" hole near one end
- 25' of  $\frac{3}{4}$ " rope
- one broomstick
- one coat hanger
- one pair of electrical pliers

### Goal

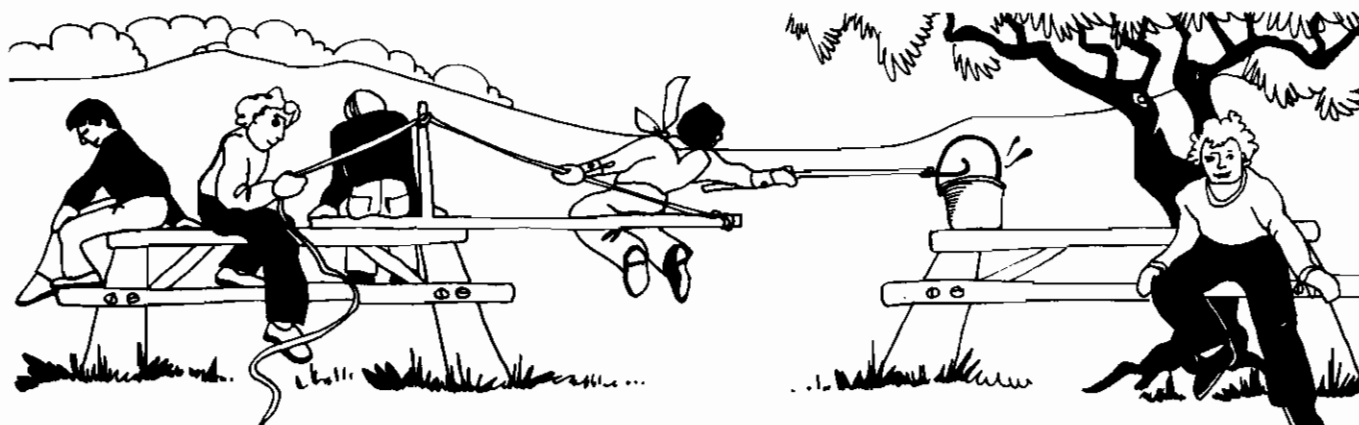
To retrieve the bucket from the picnic table which is placed about 12' from the other, without spilling any water.

### Recommended Method

Construct a cantilever beam by tying a knot on one end of the rope and passing it through the hole in the end of the long plank. Pass it over the end of the shorter beam which is held upright a short distance in from the other end and pull on the rope.

Make a hook out of the coat hanger and fasten it to the end of the broomstick. Have the lightest boy move over the plank with the broomstick and hook the bucket and pass it back to his team while the other members support the cantilever.

Of course, any other solution which works is acceptable except that the "river" between the two tables may not be used for support in any way.



## NO. 12 NUCLEAR FISSION

### Equipment

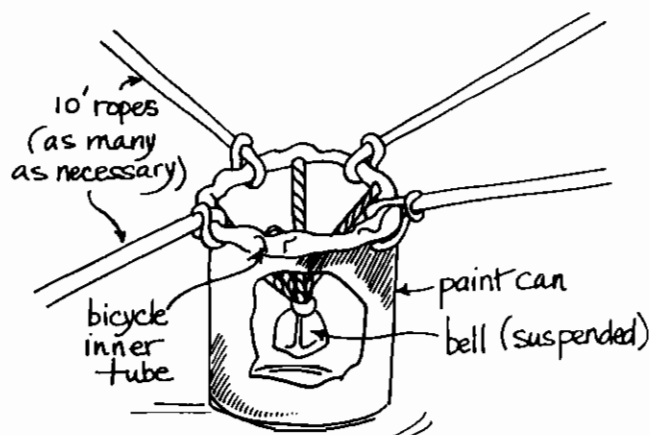
- 30' rope or strong string
- one old inner tube from a bike
- one old gallon paint can
- dirt
- a small bell

### Problem

This patrol task is to move a paint can (armed with a bell) over a course without setting off the alarm.

### The Activity

The patrol ties the inner tube into a circle which, when stretched, will fit over the paint can. Tie ropes about 10' in length to the inner tube, putting as many ropes as there are patrol members. The patrol installs the bell inside the paint can as shown in diagram. Set up an obstacle course using tables and chairs, over which the patrol must take the can.



### Some Ideas

For one run, blindfold one or more members or blindfold all the patrol except for one boy, who is allowed to give commands.

Now dream up your own obstacles and challenge the other patrols in the troop. Each patrol could set up and man an obstacle for the rest of the troop.

5.



## FIRES, COOKING AND MENUS

Immense damage is done every year because of poor outdoor practices and carelessness with fires. Please pay particular care when you are outdoors.

### PRECAUTIONS

Be careful not to damage trees and shrubs by ripping off branches. A dead branch will snap off cleanly — if it doesn't, then leave it on. Select a bare patch of hard ground or a flat rock surface for your fireplace so as not to damage any plant life. Remove all dry leaves, and any

combustible materials for 3 feet around the fire to avoid sparks setting a fire you cannot control. Do not light a fire on peaty/leaf mould soil. It can set alight fibrous roots which can smoulder underground and later erupt in a forest fire. Build your fire no larger than you need to cook your meal.

When you have finished with your fire put it out with water, thoroughly soaking the soil, wood and the ground. Dispose of any burned wood and ash (after soaking) in a suitable place, so as to leave no traces of your fire.





## PREPARATION

The secret to quick fire lighting, especially in bad weather is in careful preparation:

- thin, dry kindling
- a well laid fire
- the right woods.

Wood must be dead — most green (living) woods do not burn well. Dead wood snaps quickly and cleanly.

In wet weather look for dry dead wood on trees and shrubs. It may be wet on the outside but will be dry inside. You may also find kindling materials in holes under or in clefts in trees or rocks. If all else fails, you will have to use larger wood and split it into thin, dry pieces.

Collect all the wood you'll need **before** lighting your fire.

## WOODS

Use pine, fir, cedar, birch twigs for kindling, if possible. Add ½" - 1" diameter pieces of the same woods to get the fire going quickly.

If you have a choice add birch, maple, oak,

ironwood, butternut or elm, to make long burning hot coals on which to cook. Split wood burns better than unsplit wood. Remove thick bark.

## PUNK

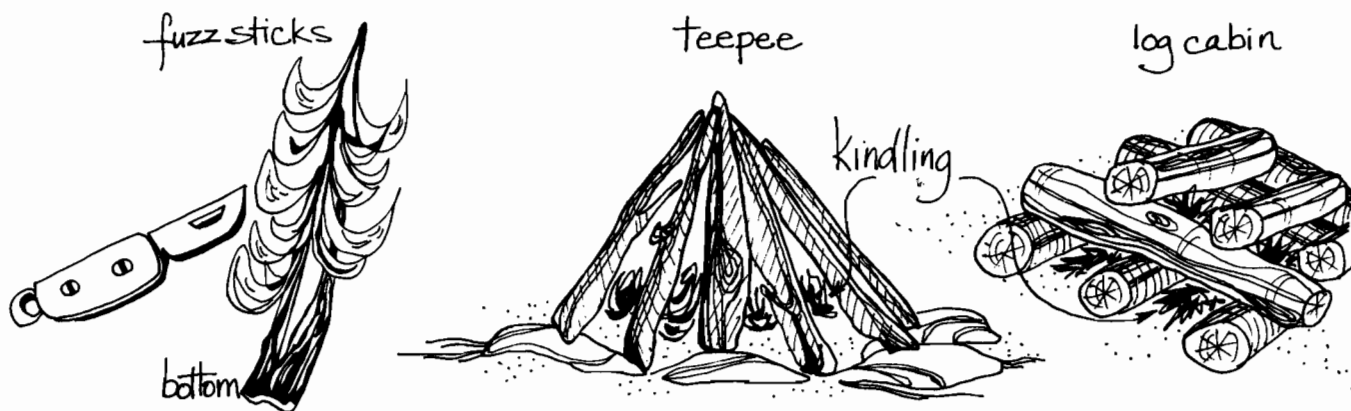
Can be made from dry pine needles, dry grasses, or plants. Spruce twigs (very thin) dead bramble or wild rose, paper, any dry leaves.

## STARTING

Set up your kindling by whichever method you choose. Time and care taken now pays off in a quick, good fire.

Around and over your kindling, build up your fire with thicker wood. You need to catch all the heat and flames from the kindling.

Put a match to punk or kindling on the windward side so the wind blows the flame through your kindling. As the fire catches add more and larger wood. Fire needs AIR so leave spaces between logs for circulation.



## COOKING

Pots suspended or on a grill over a fire are better than pots placed on the fire. They are less likely to tip and do not smother the fire.

Cook on hot coals whenever possible. Flame adds soot and is dangerous if cooking in fat or oil (frying). A flaming, smoking fire is also very uncomfortable to cook on.

Let your fire burn for some time to establish hot coals before starting to cook.

Except for boiling water avoid using fierce heat. Regulate heat required by the distance of pot from coals.

## STOVES

There are many types. Get familiar with the one you are to use by getting or reading the instructions carefully, and then follow them.

Before lighting make sure all connections are tight and spare fuel supply is removed. Make sure stove is firmly set and not wobbly.

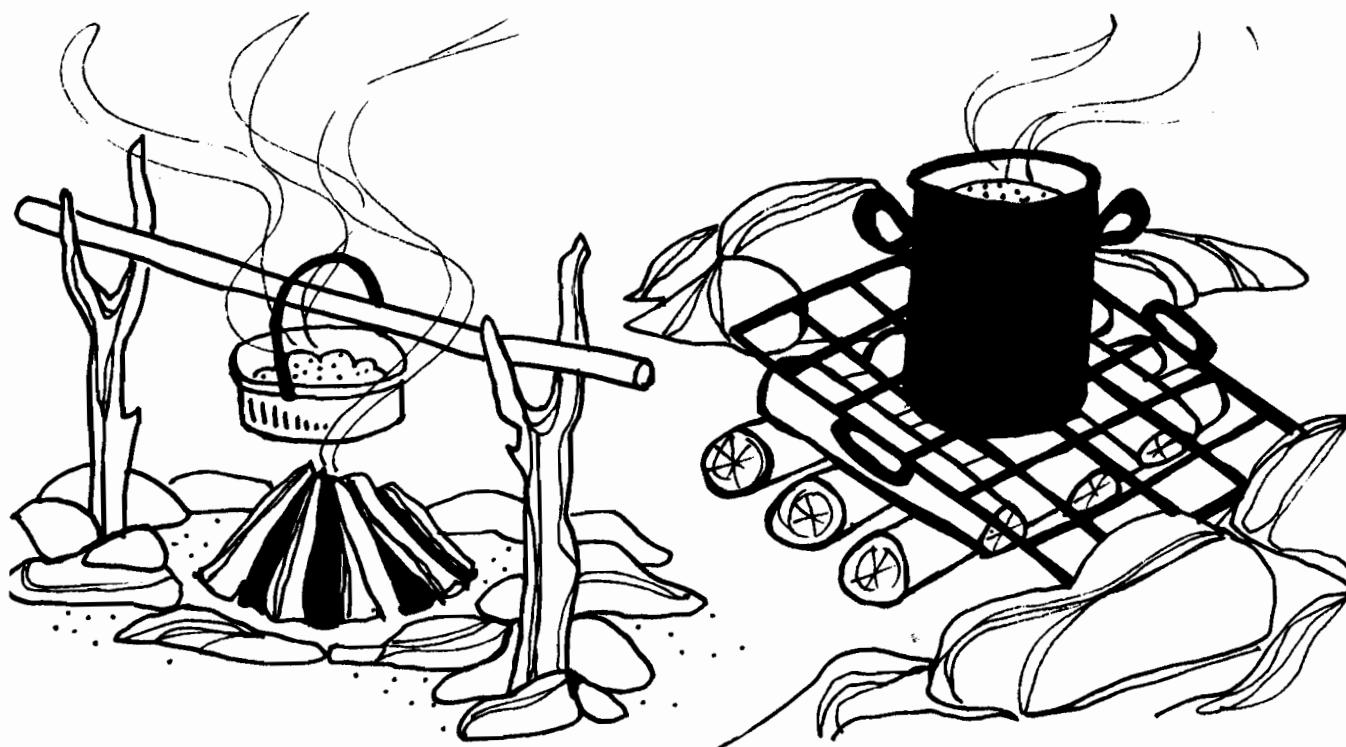
When lighting a stove keep your head to one side. Sometimes, flames may shoot straight up.

Make sure pots rest securely on stove and are not likely to tip. When recharging a stove, turn it off and remove any naked flames before adding additional fuel. Re-cap fuel supply and place back in stove. Do not fool around with stoves.

Cooking a meal on a one ring stove has to be well organized if there is more than one dish. The longest cooking dish has to be done first and kept warm while others are cooking.

## WASH UP

No matter on what you cook, as soon as the cooking is finished, put on a pot of water for washing up. It will then be hot and ready by the time you have eaten. And, if you are using a fire, it should just about be burned out by the time your water is hot.





## GLOSSARY OF COOKING TERMS

For those of you who are unfamiliar with the various cooking terms, we have compiled a glossary of common cooking terms to help you and your patrol cope with cooking.

**Bake:** To cook with dry heat (as in an oven).

**Barbecue:** To cook meat, fish or poultry over coals or fire, on or in a grill or spit.

**Baste:** To spoon natural food juices or additional liquid over cooking food for added flavour or to prevent scorching.

**Batter:** A mixture, usually of flour and liquid such as water or milk.

**Beat:** To mix ingredients quickly and evenly until light and creamy.

**Blend:** To thoroughly mix two or more ingredients.

**Boil:** To cook in boiling liquid (100°C at sea level) in which bubbles constantly rise to the surface and break.

**Braise:** To brown in a bit of hot fat and then cook slowly in a tightly covered cooking utensil, adding a small amount of liquid to prevent burning — generally used for tough cuts of meat.

**Broil:** To cook by direct heat radiant from coals or flames — used for meat, fish or fowl.

**Chop:** Cut into small pieces.

**Cream:** To make smooth and creamy, usually used when referring to fats and sugar.

**Dice:** To cut into very small pieces and same size (like cubes).

**Dot:** To sprinkle bits of food over the surface of another.

**Fry:** To cook in hot fat.

**Grate:** To cut into fine particles using a grater.

**Knead:** To work dough with hands, folding and stretching it to make it smooth and elastic.

**Panbroil:** To cook in an uncovered skillet without adding fat or using just enough to prevent burning or sticking.

**Parboil:** Partial cooking in boiling water.

**Simmer:** To cook slowly in a liquid over a low heat; the liquid surface barely rippling.

**Skewer:** To impale meat or other food on metal or wood shafts for cooking.

**Skim:** To remove fat and other particles that float on top of a liquid.

**Steam:** To cook directly over boiling water in a tightly covered container.

**Stew:** To cook slowly in just enough water to cover — similar to simmer.

**Toast:** To brown over hot coals or in an oven.

## HINTS FOR COOKOUTS USING ALUMINUM FOIL

**Temporary plates, cups and dishes** for baking and serving can be made from foil. The easiest way is to mold the foil over the bottom of a dish or container.

**Keeping ice.** Ice in picnic cooler or old-fashioned ice box will last longer if covered with foil.

**Dividers for frying eggs.** Make rings of foil to act as dividers for frying eggs. Place rings in a skillet with melted butter. Drop eggs in rings to keep them in good shape.

**Spatter shield.** When frying bacon, fish or other food that spatters hot grease, make a foil lid to rest on pan to protect you and the stove. Turn edges away from you slightly.

**Toasted sandwiches.** Sandwiches can be toasted on a hot plate by wrapping in a foil envelope. Wrap and place on a hot plate or embers for just a few seconds.

**Potatoes baked in the jackets** cook well if a cross is cut in potato and a little salt sprinkled on before wrapping closely in foil.

**Melting chocolate.** For recipes requiring melted chocolate, the mess of cleaning up afterwards is eliminated when chocolate is melted in a square of foil and floated on hot water.

**For melons.** If melons are cut before ripe, wrap in foil, leave out of refrigerator and they will ripen with no discoloration.

**Sprinkler top.** To make a sprinkler top for vinegar or oil bottles, just mold a piece of foil over bottle opening. Secure with a rubber band and punch small holes in foil.

**Turkeys & Chickens,** oven baked, do not burn on top if a strip of foil is placed over the breastbone for most of the cooking time.

**Freshly iced cakes** can be carried safely if wrapped in aluminum foil.

**A lifting handle.** To lift hot steamed puddings or cakes from steamers or tins fold a long strip of foil in half and in half again lengthwise and loop it under pudding bowl, so that two ends stick up a couple of inches at each side, for lifting purposes. Make similar lifting strips for cakes by arranging a second strip at right angles, inside the cake tin, before adding mix. This double sling method is particularly useful for lifting those cakes which are unsuitable for tipping out upside-down.

**Save clean-up time.** Casseroles, broiling and baking pans, even frying pans, are easier to clean if lined with heavy duty foil.

**For cook-outs.** Line your barbeque with heavy duty foil and build your fire right on the foil. It not only reflects the heat but distributes it evenly for better cooking. And it makes cleaning

easy — just bundle up ashes and drippings afterwards.

**Outdoor oven.** Foil can be made into an excellent reflector oven for outdoor baking. Shape it rather like a little three sided tent with open side facing flames, perhaps with the aid of a few sticks.

**Canteens** covered with foil keep water cool.

**Pot scourers.** When meal is over, scour pots and pans with a crumpled-up ball of foil.

FOIL COOKING	
FOOD	COOKING TIME
Beef	Whole roast: 20 min. per lb. with steady heat. Cubes in stew packets: 45 min. Ground beef patties: 15 min.
Chicken	Whole: 1-1½ hrs. Pieces: 30-35 min.
Fish	Whole: 20-30 min. Filets or steaks: 10-15 min.
Hot Dogs	5-8 min.
Lamb	Chops: 40-45 min. Cubes in stew packets: 45 min. Shanks stewed or roasted: 1½ hrs.
Pork Chops	30-35 min.
Carrots	Whole: 45-60 min. Sliced: 20 min.
Corn	20-30 min.
Potatoes	Whole: 40-60 min. Sliced: 10-15 min.

## TRY THESE MEALS



Just because you are camping is no reason to eat dull, monotonous meals. There is adventure in cooking and eating. Put variety into your meals, enjoy their preparation and take time to serve and eat them in good company.

### PANCAKES

#### DESSERT FLAPJACKS

Mix  $1\frac{1}{2}$  cups ready-mix pancake flour with 2 tablespoons sugar. Beat in one egg and enough milk (about one cup) to make a smooth but not too thin batter. Melt a little butter or margarine in the pan. Pour in batter to cover the bottom of the pan — that's what makes the difference between a flapjack and the usual 4-inch pancake. Cook one side. Flip in the air. Cook other side. Flap onto a plate and flop syrup on top.

#### BALLARAT PANCAKES

- 1 egg
- handful granola (or corn meal, oatmeal etc.)
- sweetener (honey, jam, sugar, syrup, etc.)

Mix granola with egg to make a paste thick enough to stick to the spoon. Scrape into heated, greased frying pan, mash into a pattie. Fry at low heat until lightly browned on both sides and egg is set. Serve with sweetener.

#### BULLSEYE PANCAKES

- 1 cup pancake flour (pre-mixed)
- $\frac{1}{3}$  cup powdered milk
- 1 cup cold water
- sliced luncheon meat — as much as a tin

Mix dry ingredients with water. Fry slices of luncheon meat on one side. Turn. Pour pancake batter over and around each slice of meat. When pancake browns, flip and cook other side.

Serves two or four, depending on age and appetite.

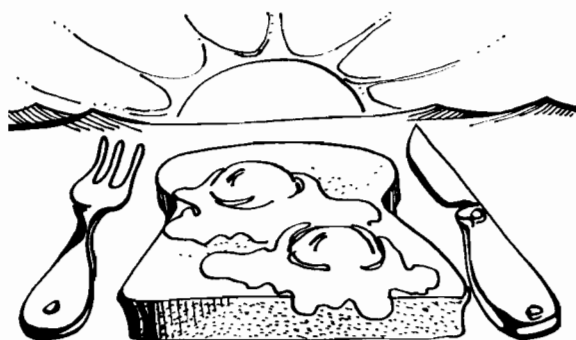
### THOUSAND ISLAND PANCAKES

- pancake batter (prepared or from scratch)
- diced leftovers

Prepare batter using your favourite recipe. Heat leftovers in a skillet, pour batter over top, cook same as regular pancakes.

NOTE: Grease skillet well. The solids tend to stick.

An imaginative title for a way to eat last night's supper for breakfast. It can be quite tasty — honest.



### BREAKFASTS

#### EGGS ON A RAFT

- |              |         |
|--------------|---------|
| • butter     | • bread |
| • pepper     | • salt  |
| • frying pan | • eggs  |

Take a slice of bread and cut out a circle about 2 inches in diameter. Toast slowly and lightly on both sides, using a forked stick.

In the frying pan, melt a hunk of butter, put the toast in the pan and wait until it sizzles. Now break the egg and place it into the hole so the yoke stays put. Heat slowly and evenly.

Sprinkle salt and pepper over the eggs and then cover. It will be done when the top of the egg is white. If you have no cover, turn toast over when underside of egg is cooked.

#### FRENCH TOAST

- milk
- pepper
- butter
- salt
- sugar
- syrup or jam

Break eggs into a bowl or pie tin. Add one cup of milk, dash of salt, pepper and sugar. Beat or stir mixture with a fork. Saturate slices of bread, then put them in a hot frying pan with melted butter. Fry to a golden brown on both sides. Turn with a spatula. Use jam or maple syrup to accompany your French toast.

**HELPFUL HINT:** Cracked eggs can still be boiled if wrapped in aluminum foil to prevent the egg white from escaping.

## SCRAMBLED

- butter
- milk
- salt
- eggs
- pepper
- bowl

Serve with toast and bacon.

Melt butter in your frying pan.

Break eggs into a bowl, add one tablespoon of milk for every two eggs, pepper, salt and mix well with a fork.

Pour mixture into a hot frying pan, stirring gently until it lumps up.

Don't overcook the eggs or they'll turn out rubbery. Scrambled eggs should be light and fluffy.

## POACHED

- eggs
- salt
- toast
- vinegar

Fill a frying pan or pot with water, adding a pinch of salt and a tablespoon of vinegar (vinegar keeps the white together).

Break the egg into the boiling water. As the white is setting, baste the top of the egg with the water in the pot, using a spoon. When the white is well set, (top of the egg is white) gently slip the spoon under the egg and slide on to some toast.

## HINTS FOR FRYING EGGS

Whether you like your eggs sunny side up, turned over, fried hard or soft, here are a few basic rules that will make them a success anytime.

- Don't have the frying pan too hot.
- Go easy on the grease.
- Don't overcook them.
- If you turn your eggs over to cook on both sides, salt the yolks before flipping over to prevent them from breaking.
- Always have the pan hot before dropping in the egg or it will run out too thin in the pan before it starts to cook.

## SOUPS

There is something very basic and comforting about the idea of a big pot of soup simmering away over an open fire. So here, for when the evenings turn chilly, are some simple soup ideas using brown or white stock as a base. Or any stock cubes will do but the real thing is much better.

### BASIC BROWN STOCK

- 2 lbs. shin of beef or meaty beef bones
- 2 quarts water
- 1 carrot, onion and piece of celery
- 1 teaspoonful of salt
- 10 peppercorns or a good sprinkle of pepper

Measure water into a large cooking pot and add salt. Remove fat from meat, wipe and cut in pieces. Bring very slowly to boiling point. Add vegetables and simmer for three or four hours. Strain through a sieve and skim off any fat when cold.

### BASIC WHITE STOCK

Prepare as for brown stock but use knuckle of veal or chicken carcass and omit carrot.

### POTATO SOUP

- 1 lb. potatoes
- 1 pint of white stock or water
- 1 onion and 1 stick of celery
- 1 oz. fat for frying
- ¼ pint of milk
- salt and pepper
- diced fried bread or toast

Prepare and slice vegetables thinly. Shake in melted fat at low frying temperature with lid on, for 10 minutes. Add liquid and simmer gently for 1 to 2 hours until the vegetables are soft enough to sieve. Season as required and sprinkle diced bread on top.

## **CELERY SOUP**

Make as above but substitute 1 lb. celery and one onion for vegetables. Real cream can be added at last minute. Use brown or white stock.

## **ONION SOUP**

As above but use 2 Spanish onions or 4 small ones plus a stick of celery for vegetables. For thickening any of these soups, blend ½ oz. of flour, cornflour or rice flour with ¼ pint of milk and add to finished soup.

## **RABBIT SOUP**

- 1 lb. of rabbit
- 1 pint of stock
- 1½ oz. flour
- 1 large apple
- onions, carrots or any suitable vegetables
- 1 heaped teaspoonful of curry powder
- fat for frying
- salt and pepper

Cut meat into small pieces, dip in the curry powder and fry lightly. Remove meat from pan. Add the flour, curry (optional), chopped onion and chopped apple and fry lightly. Add stock gradually, stirring. Add meat and other vegetables, season and simmer for about two hours.

## **OTHER SOUPS**

Other types of meat can, of course, be substituted for the above and a perfectly good all purpose soup can be made (or even invented) using all kinds of meat and/or vegetables as available, with added seasoning. But don't let it boil too fiercely, or the meat will be tough.

## **DINNERS**

### **PORCUPINE MEATBALLS**

- 1½ lb. ground beef
- 1 small green pepper, sliced
- 1 small onion, chopped
- 1 (8 oz.) can tomato sauce
- ½ cup rice
- 1 tsp. salt
- ½ tsp. pepper
- 2 tbsp. shortening
- 1 cup water

Mix beef, rice and seasonings. Shape into

small balls. Cook onion and pepper in shortening until tender. Add tomato sauce and water. Add meatballs, cover skillet, and simmer 30-45 min. until meat is cooked through. Makes six servings.

### **QUICKIE FRANKFURTERS WITH BARBECUE BEANS**

- 1 lb. frankfurters sliced into rounds
- 1 cup bottled barbecue sauce
- 1 (1-lb., 14 oz.) can of barbecue beans

Place sliced franks in skillet, add beans and barbecue sauce. Cover and simmer 15 min. or until franks are cooked. Makes 4-6 servings.

### **FLAME THROWERS**

Take a rye cracker, spread with butter, add a layer of vegemite (or marmite, mustard or ketchup, depending on taste and availability), add a thin slice of raw onion and a slice of bologna or salami. Cap with another cracker. Eat and breathe out — preferably downwind from the group.

### **CHILI WITH BEANS**

- 2 tbsp. bacon drippings
- 1 small green pepper, chopped
- 1 (15-oz.) can kidney beans or red beans
- 1 tsp. chili powder
- 1 lb. ground beef
- 1 tsp. garlic salt
- dash of pepper
- 1 small onion
- 2 (8-oz.) cans tomato sauce

Put bacon drippings into skillet. Add ground beef, garlic salt, and pepper. Let brown until meat loses its pink colour. Add beans, onion, pepper, tomato sauce and chili powder. Simmer over low heat 30-45 min. until chili is thick. Makes 4-6 servings.

### **CRISPY HASH 'N' CHEESE SAUCE**

- 1 (15-oz.) can corn beef hash
- 1 tbsp. bacon drippings
- 1 (1½ oz.) pkg. cheese sauce mix
- 1 cup milk
- flour

Remove both ends from the can of hash; gently push from one end onto board or plate in long unbroken roll. Cut into 4 slices flour on



both sides. Brown in skillet in drippings until crispy and hot. Serve with cheese sauce heated with milk as package directs. Makes 4 servings.

### HOT SWEET-SOUR MACARONI SALAD

- 1½ cup shell macaroni
- 1 can condensed cream of celery soup
- 1 tbsp. vinegar
- ¼ cup milk
- ½ cup sweet pickle relish

Cook macaroni in boiling water until tender. Drain. Heat soup with remaining ingredients until hot and well blended. Pour over macaroni. Stir until well mixed. Makes 6 servings.

### SMOTHERED HAMBURGERS

Boil eight medium-sized, quartered potatoes (for four people). Make 1 lb. chopped meat into small hamburgers. Fry them in a little fat. When done, pour two cans *undiluted* vegetable soup over them. Heat and salt to taste. Serve hamburgers-in-vegetable-gravy with potatoes.

### DEVILED HAM & EGG OMELETTE

- 6 eggs
- 1 (2¼ oz.) can deviled ham
- ½ tsp. salt, a dash of pepper
- 2 tbsp. chopped green onion
- 2 tbsp. butter

Beat eggs until frothy. Stir in remaining ingredients except butter. Melt butter in skillet; pour in egg mixture. Cook slowly, lifting eggs with spatula to let liquid flow underneath. When bottom is firm and top still slightly moist, fold in half and serve. Makes 3-4 servings.

Here are some international recipes to try.

### POTATO YAHNI (from Greece)

Peel potatoes and cut them into even slices. Heat some oil in a saucepan and fry onions until they are golden brown in colour; add tomatoes, and simmer until they are soft (3-5 minutes). Add the potatoes and the seasoning, together with a pinch of sugar and a bay leaf. Add enough water to cover half the mixture and then simmer until the potatoes are cooked and the sauce is thick (15-20 minutes). Serve with sausages — enough for four hungry people.

### RISSOLES (from New Zealand)

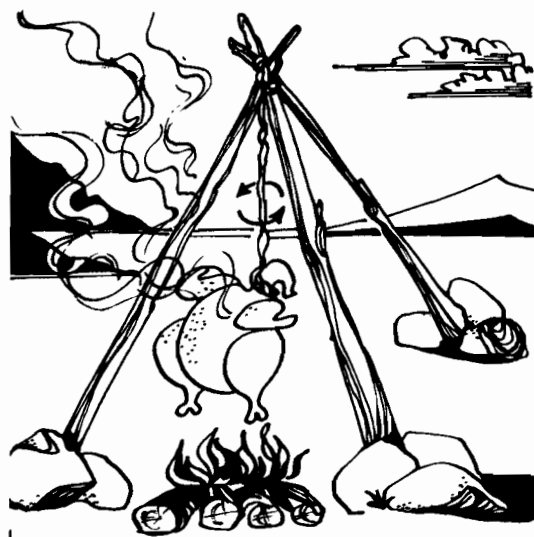
Mince any left-over cold meat. Peel and dice a potato, onion and carrot. Put all into a basin and add some chopped parsley and tomato sauce and salt and pepper to taste. Mix well and bind together with a beaten egg. Form into patties and wrap in tin foil ready for cooking on hot embers.

### CHICKEN ON A STRING (from France)

A chicken can be roasted over a fire on a spit but the French have an idea where you do not even have to turn the chicken...you hang it on a string over the fire and it turns by itself! (We accept no responsibility if your chicken refuses to turn!)

*Ingredients:* A chicken, lard or margarine and salt.

Make sure the chicken is cleaned of all entrails, etc. Rub the chicken inside and out with the lard or margarine. Sprinkle with salt inside and out. Tie a string at least 1½ metres long round the neck of the chicken and suspend from a tripod. The chicken should hang at least fifty centimetres above the ground beside the fire. Place a plate on the ground under the chicken to collect the drips of fat and use this fat to frequently baste the chicken. The bird will cook more quickly if the fire is equipped with reflectors.



### GOOD FOILED BARBECUE BURGERS

Combine 1 lb. hamburger thoroughly with ½ c. cracker crumbs, 1 beaten egg, and 1½ tsp. seasoned salt. Shape into 4 patties. Top each with a large onion slice and 1 tbsp. bottled barbecue sauce. Cook, turning twice, 15 min. in foil wrap. Makes 4 servings.

## **PYTT I PANNA** (*from Sweden*)

If you have left over pieces of cooked meat and potatoes here is a recipe used by Swedish Scouts to transform them into a tasty dish.

*Ingredients:* Cooked meat (practically any kind will do); cooked potatoes (about the same quantity as the meat); onions; salt; pepper; margarine or cooking oil; beetroot.

Heat the margarine or oil in a frying pan and add chopped onions. Cook for about five minutes and then add the meat and potatoes chopped into small pieces. Fry slowly for five to ten minutes, then add salt and pepper before serving with beetroot. If you do not think that this is enough for a meal, add a fried egg on top of each portion. You can serve it with either tomato or Worcester sauce.

## **POTATO WHACKS** (*from Switzerland*)

*Ingredients:* 5 or 6 fairly large potatoes; 2 eggs; 3 tablespoonsful of flour, dripping.

Peel and grate the potatoes, add the eggs and flour and then mix thoroughly. Work in two tablespoonsful of hot dripping. Fry the mixture a spoonful at a time until deeply golden brown.

## **DESSERTS**

### **FRUIT CRUMBLE**

Lightly cook 1 lb. of sliced apples or chopped up rhubarb, together with two heaping tablespoonsful of brown sugar and a squirt of lemon juice. Place the fruit in a greased pie dish. Crumble 4 ozs. margarine into 6 ozs. plain flour until the mixture looks like fine bread-crumbs. Add 4 ozs. of white sugar and sprinkle this mixture over the top of the fruit. Bake in an oven at 375° for approximately 35 minutes or until the top of the crumble is golden brown.

### **FRUIT FOOL**

Stew 2 lbs. of gooseberries, apples or other berries and then rub the stewed fruit, when cold, through a sieve. Make a pint of custard, following instructions on the tin and allow this to cool. Add custard to the fruit pulp and stir well. Whip up 4 tablespoonsful of cream until it is just thick and then whisk this into the fruit and custard mixture. Pour into a nice dish (or 6-8 small ones) and decorate top with a cherry.

## **RED RIDING HOOD PUDDING**

Lightly grease a deep pudding basin and line with strips of bread. Pour into centre stewed rhubarb, raspberries or other berries in season until bowl is not more than half full. Make a pint of strawberry jello and pour this over fruit in basin until it is well absorbed by bread, and full to the brim. Place a plate on top and weight with something heavy until set. Inexpensive and delicious. Experiment with other flavours.

## **APPLE FRITTERS**

Sift 1 cup of flour and 2 tablespoons of fine sugar and make a well in the center. Into this pour two egg yolks and one tablespoonful of melted, cooled butter. Gradually add 5 ozs. of milk and water (half of each) and beat well until smooth. Whisk one egg white stiffly and fold it lightly into batter. Slice up three medium sized apples and heat deep fat *with great care*, until a drop of batter rises immediately to the surface and starts to brown. Dip each piece of apple into the batter, drop in hot fat and dry until puffed up and golden brown. Drain on absorbent paper and sprinkle with fine sugar or sugar and cinnamon mixture.

## **BAKED STRAWBERRY ALASKA**

Whisk together 2 egg whites and 4 ozs. icing sugar until the mixture forms stiff peaks. Place a bought 7" sponge base on a baking tray and cover with sliced strawberries (at least half a pound). Now place a block of strawberry ice-cream on top and, working quickly, cut and spread it to fit the sponge base. Cover the whole thing with the meringue mixture, leaving no gaps. Bake for a very few minutes in a hot oven at 450° just until meringue peaks turn golden. Serve immediately.

## **SUMMER TRIFLE**

Crumble stale cakes in the bottom of an attractive bowl. Cover with mixed stewed fruit until well absorbed into cake. The fruit mixture can be any combination of apples, blackberries, raspberries, blackcurrants, strawberries or gooseberries. Make a thick custard and pour over top, covering well. Add a big blob of cream topping and a few chopped nuts.

## FRUIT GRILL

(suggested fruit)

- pineapple chunks
- plums
- strawberries
- cherries
- bananas
- melon
- marshmallows

Line a shallow baking pan with foil, leaving enough to fold across the top of the pan. Fill pan with suggested fruits. Allow one cup of fruit per person.

Arrange marshmallows on top of the fruit, (about four large marshmallows per cup of fruit). Fold foil over top of pan and heat on hot coals until the marshmallows begin to melt (about 15 minutes). Serve plain or over ice cream.

## JAMAICA BANANAS

- bananas (one per person)
- sugar
- lemon

Put a ripe, unpeeled banana into the ashes of a good fire. Roast for about half an hour until the skins look black. Rake out the bananas and split them down the center. Sprinkle the fruit inside with sugar and lemon juice. Eat as you like, with a spoon or your fingers.

## ORANGE CASSEROLE

- aluminum foil
- sugar
- oranges
- ice cream

Peel oranges and cut into even slices. Place in a baking tin in layers, sprinkling sugar between layers (Brown sugar will add a nutty flavour.) Cover tin with aluminum foil and place over hot coals for about half an hour or until oranges are hot and juicy. Serve with ice cream.

## MARSHMALLOW TRICKS

Here are two ideas you can use when toasting marshmallows over the coals of the fire doesn't thrill your group the way it used to.

- Toast chocolate-flavoured marshmallows on a pointed stick and then place hot marshmallow between chocolate chip cookies.

- Stuff the centers of doughnuts with marshmallows. Run a pointed stick (or skewer) through the doughnut and marshmallow and lightly toast over the hot coals.

## BAKED APPLE

- apples
- brown sugar
- aluminum foil
- raisins
- cinnamon

Core an apple and place it on a square of aluminum foil. Fill the core hole in with raisins, brown sugar and a dash of cinnamon. Wrap foil around it and bake for ten minutes on the hot coals.

## MUG-UP TIME — HOT CHOCOLATE

Boil three quarts of water and add four small bars of plain milk chocolate, one chocolate peppermint patty and two large cans of evaporated milk. Mix all ingredients thoroughly.

(Increase or decrease amounts according to size of group — one person or entire camp. Serves approx. 18).

## SOME SIMPLE SWEET TREATS

### CHOCOLATE CRACKLES

- 4 oz. cornflakes
- 1 oz. butter
- 1 oz. icing sugar
- 1 oz. cocoa
- 1 tablespoon syrup
- 12 paper cases

Sift icing sugar and cocoa into a basin. Gently heat syrup and butter in a saucepan stirring with a wooden spoon over a low heat until melted. Remove pan from heat. Add cornflakes plus sugar and cocoa and heap one good teaspoonful of the mixture into each paper case. Leave for about half an hour to set.

### COCONUT ICE

- 1 lb. granulated sugar
- ¼ pint milk
- 4 oz. shredded coconut
- red food colouring

Heat milk and sugar in a strong saucepan until it boils, stirring all the time with a wooden

spoon. Boil gently for 15 minutes. Remove pan from heat and add coconut. Beat well for a few minutes with wooden spoon and pour half mixture into a shallow, well greased tin. Tint remaining half pink with food colouring and pour pink layer over white half in tin. Leave to cool and then cut into squares.

## CHOCOLATE FUDGE

- 1 lb. soft brown sugar
- 2 oz. butter
- ¼ pint milk
- 1 large tablespoon drinking chocolate

Empty sugar and milk into a large saucepan and stir over low heat until dissolved. Add butter and bring to boil. Boil for approximately 10 minutes (in a gentle, soft-boil stage). Beat until it thickens, adding chocolate while beating. Pour into greased tin and cut into squares.

## STUFFED DATES

- 1 box dates, not the compressed kind
- 2 oz. marzipan
- 2 oz. shredded coconut
- 24 small paper cases

Split each date along the top and carefully remove stone. Divide the marzipan into 24 equal pieces. Roll into oval shapes and press one piece into each date. Place coconut in a bag and drop each date in one at a time, shaking date until coated with coconut. Place each one in paper case.

## MARSHMALLOW POPS

- 4 oz. marshmallows
- 1 oz. glazed cherries
- 1 oz. raisins (stoneless)
- 1½ oz. rice krispies
- 7 fancy drinking straws

Place marshmallows in a large basin over a saucepan of boiling water. Stir occasionally until melted. Chop cherries and raisins into small pieces. Add these and rice krispies to marshmallow, stirring well until well mixed. With slightly wet hands, form mixture into 14 balls. Place on a sheet of aluminum foil. Cut straws in half and press one into each ball. Leave to set.

## NIBBLES

### ALMOND NOUGAT *(from Nigeria)*

- ½ lb. sugar
- 4 tbsp. water
- 2 tbsp. honey
- 1 pkt. almonds (chopped)

Boil water and sugar on a low heat for about 5 minutes. Add honey and boil gently until mixture turns golden brown. Be very careful not to burn it. Remove from heat, stir in nuts and allow to cool. Then pull it with your hands, or pull it with another person. Keep doubling it and pulling it until the colour lightens. Roll it out and cut into pieces or bars.

### PINEAPPLE DRINK *(also from Nigeria)*

- 1 pineapple
- 4 cups of water
- 2 cloves
- small pieces of orange peel
- sugar to taste

Peel pineapple and chop into cubes. Place in a bowl and mash the cubes into a pulp. Add rest of the ingredients and 4 cups of boiling water. Allow to stand for 24 hours, then strain and sweeten.

### PEANUT BRITTLE *(from Jamaica)*

- 2 cups sugar
- ½ cup water
- 1 cup chopped peanuts
- 2 tbsp. butter
- ½ tsp. bicarbonate of soda
- ¼ tsp. cream of tartar
- pinch of salt

Mix sugar, nuts, cream of tartar and water in a pan and bring to the boil stirring all the time. Continue until the syrup forms a *hard* ball when dropped into cold water. Remove from heat, add soda, salt and butter. Stir well before pouring into a greased dish or tin. Make score lines before it sets.

### JAMAICAN COCOA

- 6 rounded tsp. cocoa
- 2 or 3 squares of plain chocolate (optional)
- 2 cups water
- 2 cups milk
- 4-6 tbsp. brown sugar
- pinch of salt

Mix cocoa, sugar and salt in a little cold water, then add 2 cupfuls of boiling water. Add the chocolate and boil for 3 minutes. Next stir in milk and heat to boiling point. (Serves 6)

**PENUCHE** (*from Brazil but originally Mexican*)

- 3 cups brown sugar, well packed
- 1 cup milk
- 2 tbsp. butter
- 1 cup English walnuts or chopped Brazil nuts
- 1 tsp. vanilla

Stir milk and sugar in a saucepan over a high flame until the sugar is dissolved. Lower heat and continue to stir constantly until syrup forms a soft ball when dropped into cold water. Remove from heat, stir in butter and leave until lukewarm, then beat until thick and creamy. Add vanilla and nuts. Pour into a buttered dish and cut into squares.

**MOUNTAIN MIX**

In equal proportions, mix unsalted peanuts, semi-sweet chocolate chips, and black raisins. Nibble as needed.

(You can add crushed hard candy, sunflower seeds or other nuts.) In the summer, I omit the chocolate (and suggest omitting the candy) because it gets a bit sticky.

**CAMPER'S NO-COOK FUDGE**

- ½ c. butter or margarine
- ¼ c. boiling water
- ½ c. cocoa
- ½ c. dry milk
- ⅛ tsp. salt
- ⅛ tsp. vanilla
- 1 lb. powdered sugar

Melt butter in boiling water, then add rest of ingredients. Mix well. Spread in buttered pan or plate. Top with nuts if desired. Place in ice chest to cool for half an hour. Cut and serve. Makes about 1½ lbs.

**FAVOURITE MARSHMALLOW S'MORES**

Toast one marshmallow and place on graham cracker. Cover with four squares of chocolate bar. Top with another graham cracker. (Note: Chocolate lovers will like to substitute thick brownies or chocolate cookies for the graham crackers.)

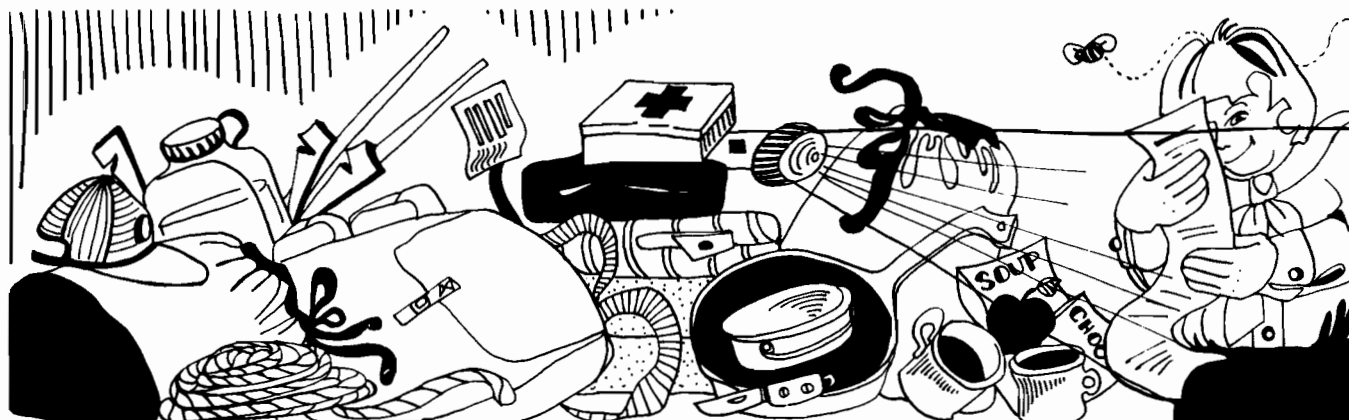
**INSTANT CHEESE CAKE**

Stir strawberry, pineapple, or peach jam into soft cream cheese. Blend in chopped nuts if desired. Spread between graham crackers. Chill until serving.

**HINTS**

Foil wrapped foods tend to scorch where there is direct contact with coals. To minimize this, use heavy-duty foil and put two separate wrappings on. Turn food frequently as it cooks.

## 6.



## SOME TIPS ON LIGHTWEIGHT CAMPING EQUIPMENT

### TENTS

The main purpose of a tent is to shelter you in bad weather. When the weather's fine, you don't need one. So, keep this in mind when you buy a tent. Look for these points.

— Waterproof closely woven material. Most tents today are of nylon. Nylon can only be waterproofed in the manufacturing process. Waterproofed nylon does not breathe, i.e., let air through. Consequently, all the moisture from the bodies inside condenses on the roof. It can rain inside when it's not raining outside! Nylon tents are much better if fitted with a fly sheet. In this case the fly is waterproofed nylon and the tent is not. Rip stop nylon has a heavy thread running through it at regular intervals which reduces the tendency to rip. Fine Cotton (especially Egyptian cotton) tents are usually more expensive. Cotton breaths and there are many proofing materials that are easy to apply and which do not interfere with "breathing".

Seams — all seams in a tent should be double stitched and preferably with a flat fell

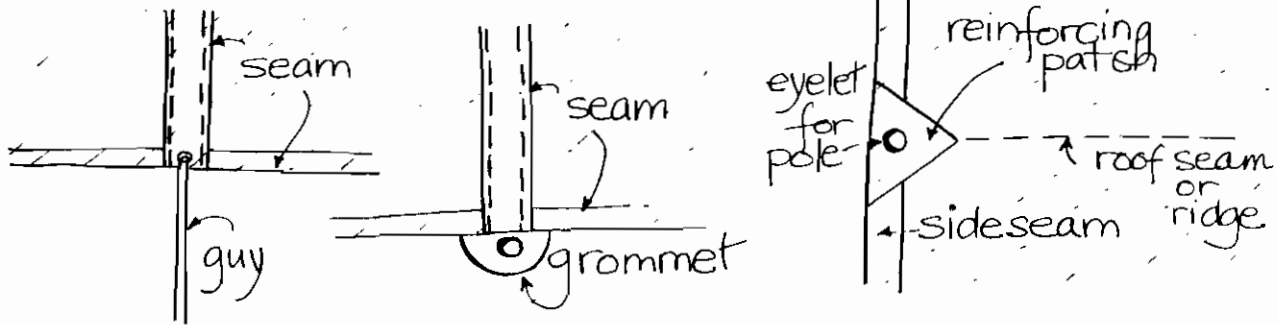
seam or be reinforced with tapes. Examine the stitching. Is it straight and even? Does it provide a secure fixing or is the material likely to pull away because it's too near the edge. Are edges turned in to prevent fraying. Is thread the same material as the tent? Cotton thread for example, shrinks in the rain but nylon won't — so a nylon tent sewn with cotton thread will pucker along all seams in the wet.

Poles — lightweight but sturdy. Poles take all the strain in windy weather. Make sure they are strong and do not bend or snap under pressure. The poles should be pre-cut into sections for ease of carrying. Make sure the jointing also is sturdy.

Guylines or peg eyelets should be attached to reinforced seams so the strain on them is taken along the seam and not on the single material.

The spot where the poles meet the roof should also be well reinforced by at least an extra layer of the same or stronger material.

## TENT REINFORCEMENT



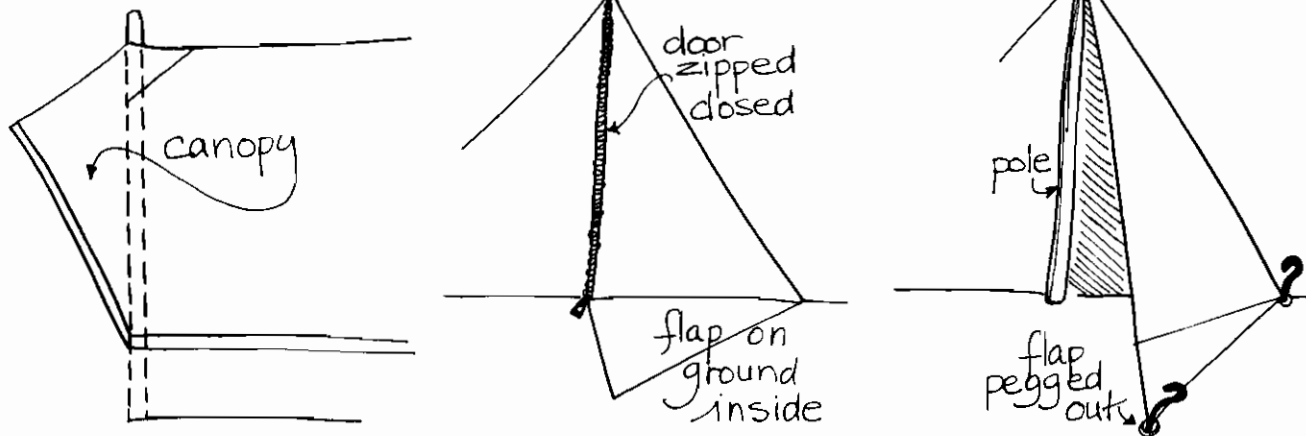
A tent with a porch over the door is preferable to one without since it provides more protection when door is opened.

Doors with an extension at the bottom which may be pegged out, are also preferable.

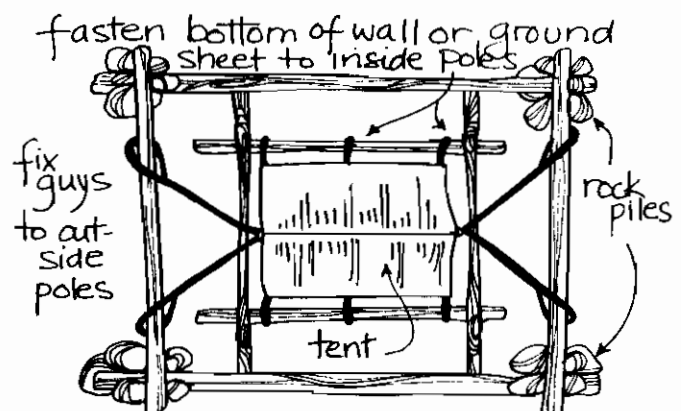
If doors are fastened with snaps, Velcro or ties make sure they overlap when closed.

Move your tent every three days if it's on the ground cover like grass, to prevent killing the grass, or lift the ground sheet every day by tying it up to the guylines.

## TENT DOORS



If you are unable to get pegs into the ground or to hold, build a frame of poles to fit around your tent. Fix guys to poles held down by piles of rocks.

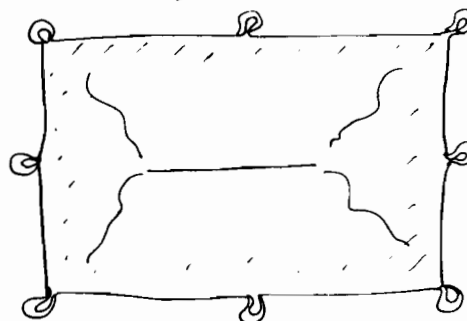




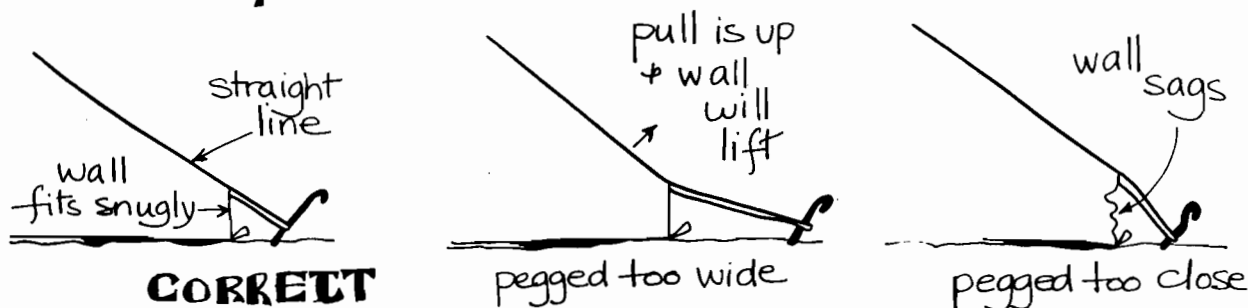
## PITCHING

1. Layout the floor and peg it, pulling all side edges taut.
2. Insert and lift pole(s) and peg out guylines.
3. Peg out corner guys making sure they are squarely over the corner of the floor.
4. Peg out other guys.
5. Open doors and roll up or peg out.

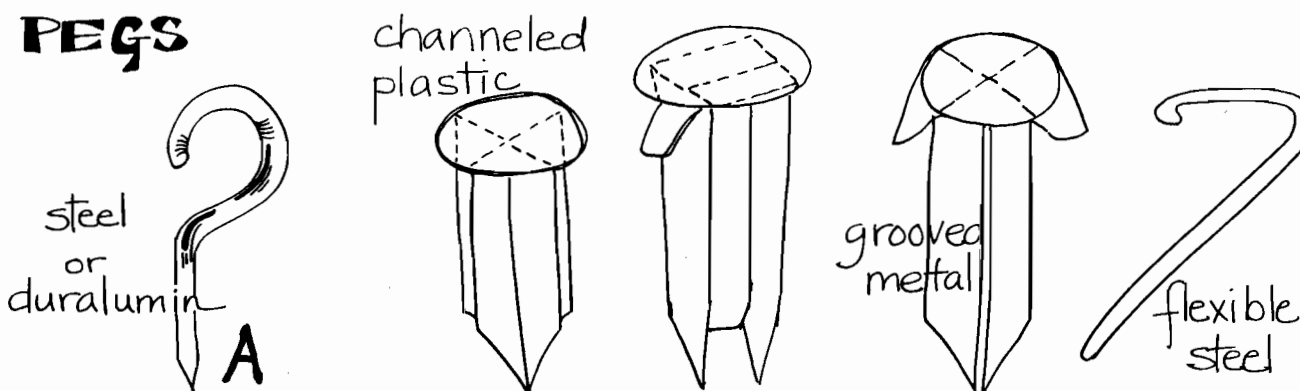
## PITCHING



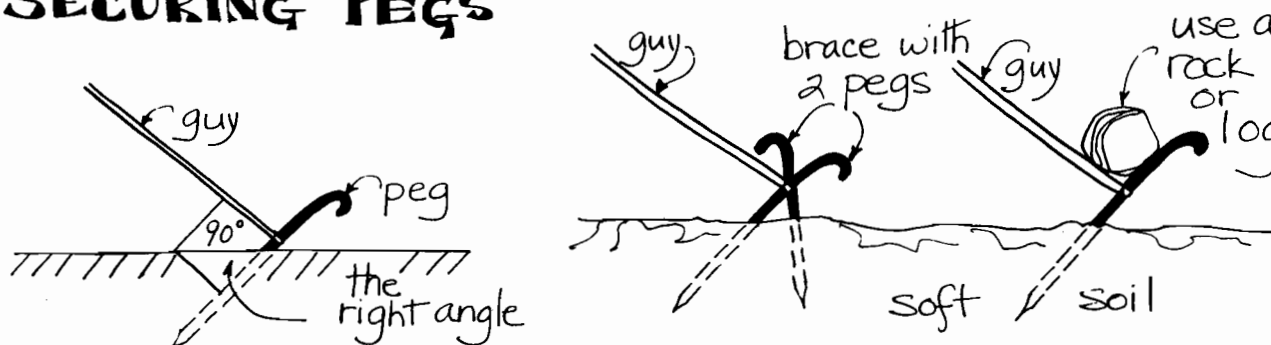
## PITCHING



## PEGS



## SECURING PEGS



## PEGS

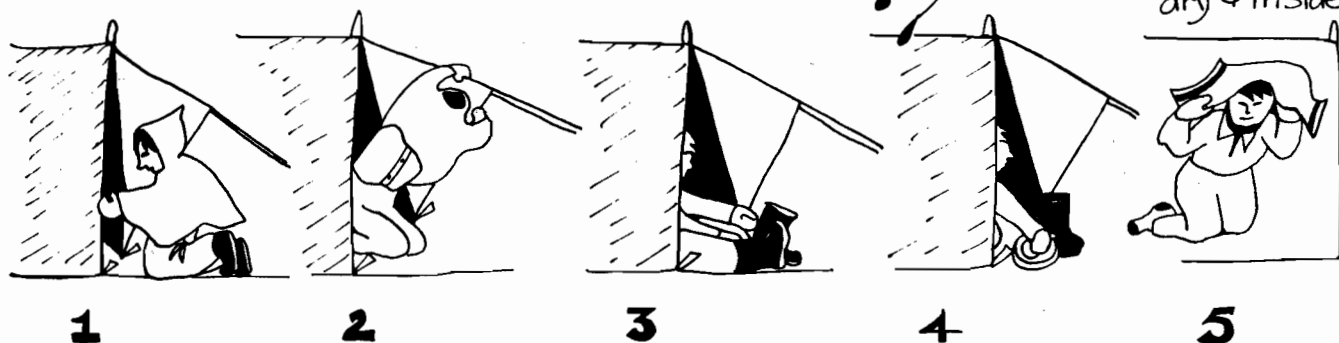
The type of peg varies with the soil. Sand requires longer pegs than earth. Long pegs can be a problem in hard clay or rocky ground.

Hopefully these pegs can be pushed in. If it's necessary to hammer them in type (A) is no good.

Pegs should be driven into ground at an angle so that guyline hits it at a right angle.

In soft soil pegs may be doubled or a heavy rock or pole laid on top.

## ENTERING A TENT ... WET



When entering a tent in heavy rain with a wet rain cape, 1) approach the tent, kneel and open doors, 2) turn around, back to open door, remove wet cape, 3) sit down in tent feet out, 4) roll up cape, remove shoes, place both under eave. Bring in feet and close the door 5) towel down as necessary.

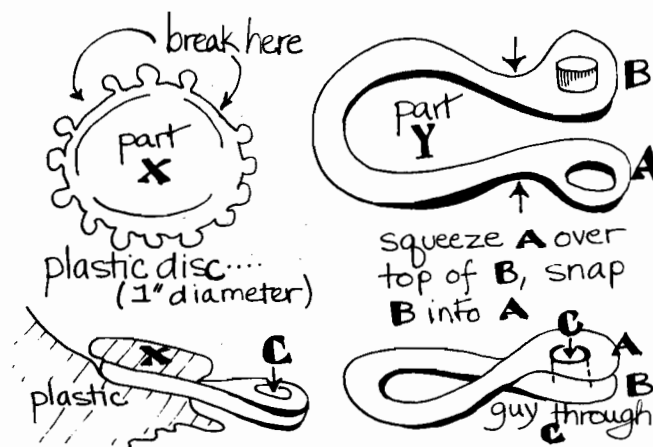
The process is reversed when going out.

In wet weather ensure that all bedding and clothing is at the far end of the tent from door. Keep an old towel or rag handy to wipe the ground sheet at door after people enter.

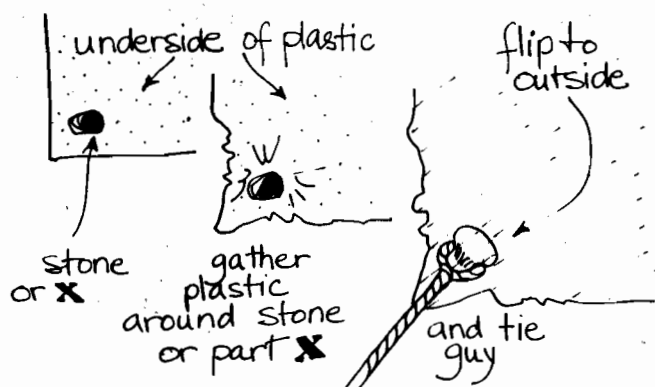
Carry some extra 2 or 4 mil plastic with you if you anticipate wet weather. It has a hundred uses — cover bedding during the day time, extend the door canopy, cover rain cape and shoes, firewood, or make a temporary rain cape, etc.

How to tie guys to plastic. You can buy Viskclamps from lightweight camping shops. They look like this.

tying guys to plastic — the disc



tying guys to plastic — stones, or part X only



Another way which employs the same idea is to wrap a smooth stone (1" dia.) in corner of plastic and tie the guy around it.

Do not make holes in plastic to tie guys to. Even with special grommets it tears very easily.

If plastic sheeting is to be used as a fly sheet or shelter, 4 mil or 6 mil thickness should be used — depending on the area to be exposed to wind.

Spring clothes pegs can also be used to attach plastic to a rope or to join to edges, so long as neither is subject to much stress — otherwise the pegs will pop off.

## SLEEPING BAGS

Lightweight down or Dacron III Fibrefill are probably the best. If your bag gets wet, Dacron Fibrefill dries much more quickly than down.

Tests have shown that the thicker the insulation, the warmer the bag. Thickness is called loft. It is measured by fluffing up the sleeping bag, laying it out flat on the floor and measuring from the floor to the top of the bag. Now divide by two (half on top and half under).

Because so many things affect the warmth of a sleeping bag — temperature of the air; amount of wind; sleeping in a tent or out in the open; a person's basic metabolism — it is extremely difficult to predict with any degree of certainty the temperature rating for any sleeping bag. The following table is used by the U.S. military as a *minimum* survival guide and has been converted to Celsius for our purposes.

Temp. °C	4	-1	-7	-11	-18	-22	-29	-34
Insulation thickness (in inches)	1½	1¾	2	2¼	2½	2¾	3	3¼

If you plan to do a lot of camping a good quality bag is a sound investment. With care, it will last you a long time, be reliable and give you the comfort you require. Get advice from a camping expert and then make your own decision. Always ask what is lowest temperature at which the bag is adequate.

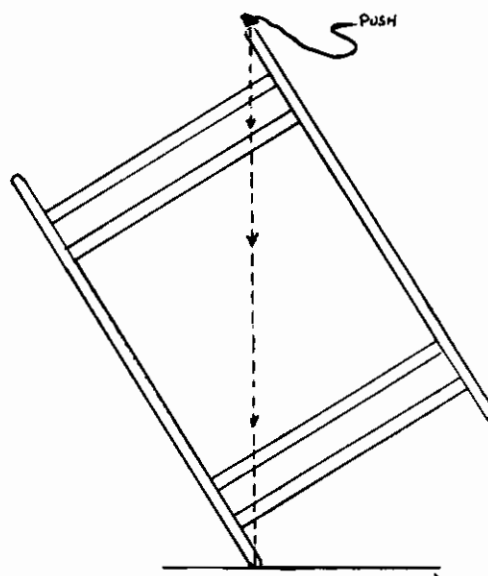
## PACK

There is a wide range of choices of pack frames. Different styles are designed for different purposes. For normal hiking a sturdy pack frame is recommended. One which carries the load high and which keeps the load close to your back but permits air circulation is recommended.

If you plan to do a lot of backpacking, consult with your local experts before you decide what to purchase. Buying a good pack is a good investment. Frame rucksack and pack frames are not as convenient on canoe trips, something less rigid is usually preferred.

The packsack should be waterproof to protect contents from rain.

A simple test of the stress a frame will take is the corners test. It's O.K. if there is some spring, but not if it bends or joints open and work loose.



## OTHER EQUIPMENT

For fuller details see The Camping Book Cat. #20-607.

Weight and bulk are your major problems. Keep to lightest possible items appropriate to where you are going, for how long and the time of year.

## POTS & PANS

Size and weight are important. Aluminum is the lightest material. The pot should be large enough to make 2-3 cups of soup or hot drinks and ideally it should nest with a small frypan.

There are good aluminum canteens available which contain a deep fry pan with a similar deep lid/plate and a pot inside. Always include an aluminum pot lifter — they provide a secure way to move pots on the fire or stove. If your canteen does not include a carry bag, either make one or use a plastic bag — it helps keep rucksack and contents clean.

Aluminum mugs take on the heat from liquids. A burned lip may result. You may prefer lightweight flexible plastic. On the other hand a metal mug can be used on the stove as an extra pot.

## CLOTHING

Depends on duration of hike, time of year, weather conditions and geography. As a minimum it should include change of underwear and socks; T-shirt, woolen sweater/sweatshirt (Wool is preferable to cotton or synthetic fibre — it will still keep you warm even if it's soaked with water), windproof jacket.

It is not necessary to sleep in anything but your sleeping bag. If you don't like that idea, you can use your spare T-shirt and underwear. Time should be taken on a longer hike to wash socks, underwear and T-shirt regularly, so long as weather permits drying. Carry spare clothing in thin plastic bags, they will help keep them clean and dry.

## TOILET KIT

- Small size toothpaste
- Small piece of soap
- Small nail brush
- Small hand/face towel
- Large towel for after swimming.

## CONTAINERS

Dehydrated foods come in sealed packages, but some containers may be required for water, juice, mixing milk, butter, jam, cheese or other perishables you might carry from time to time.

A one-half litre plastic bottle with screw cap is ideal for liquids. Plastic squeeze tubes are ideal for butter, jam, honey or other soft foods.

Small plastic containers with snap on lids can be used for other foods. Several foods each wrapped separately in foil or plastic, can go in one container. Find out what's right for you for each occasion.

Usually a water carrier is not required — you simply fill your pot or bottle as you need it. If you think a water carrier is a necessary luxury, get a small folding plastic one with screw on faucet.

## MISCELLANEOUS

- Waterproof match container
- Pocket first aid kit
- Pocket emergency kit
- Lightweight knife, fork and spoon



## EMERGENCY KIT

The following items are sealed in a small plastic or metal box and *carried on the person at all times.*

- |                                  |                        |
|----------------------------------|------------------------|
| 1. container                     | 10. bandages           |
| 2. fish line                     | 11. aluminum foil      |
| 3. small candle                  | 12. picture wire       |
| 4. razor blade                   | 13. thread             |
| 5. mirror (taped to lid of box.) | 14. needle             |
| 6. adhesive tape                 | 15. waterproof matches |
| 7. aspirin                       | 16. sugar cubes        |
| 8. pencil                        | 17. tea bags           |
| 9. compass                       | 18. hooks & lures      |

In the event of anyone straying from camp this emergency kit will enable him to make himself comfortable until found.

## LIGHTWEIGHT FOOD

When you're hiking and carrying food on your back, it is important to take no more than you will require and to ensure that you are taking the lightest form of food. Much of the weight of food is contained in the form of water, therefore dehydrated and freeze-dried foods are very light. Items like Ry-Vita, Melba toast are much lighter and take up less room than bread.



One idea is to work out each meal before you leave and wrap up the ingredients for it separately, labelling each package on the outside by the name of the meal and the day. Use plastic wrap or aluminum foil for wrapping. This idea not only makes it very easy to prepare each meal, it ensures you don't eat up everything too soon!

If you are using dehydrated food, the problems of storage are reduced. Certain foods like meat, chicken, fish (either cooked or raw), mayonnaise/catsup (or anything made with them, like potato salad), sausage, and opened tinned food can be quite dangerous to eat if they have been exposed to warm day temperatures for more than an hour or so.

Avoid carrying food in glass jars. They are heavy, and are liable to break. Tinned foods too, can be heavy to carry. Squeeze tubes are ideal for jam, honey, butter and similar squeezable items. They weigh next to nothing, are safe and easy to keep clean and re-use.

Carry milk powder, rather than liquid milk or tinned milk. If you have any doubts about the quality of the water en route, be sure to carry some Halazone tablets with you or to boil the water hard for 10 minutes before drinking.

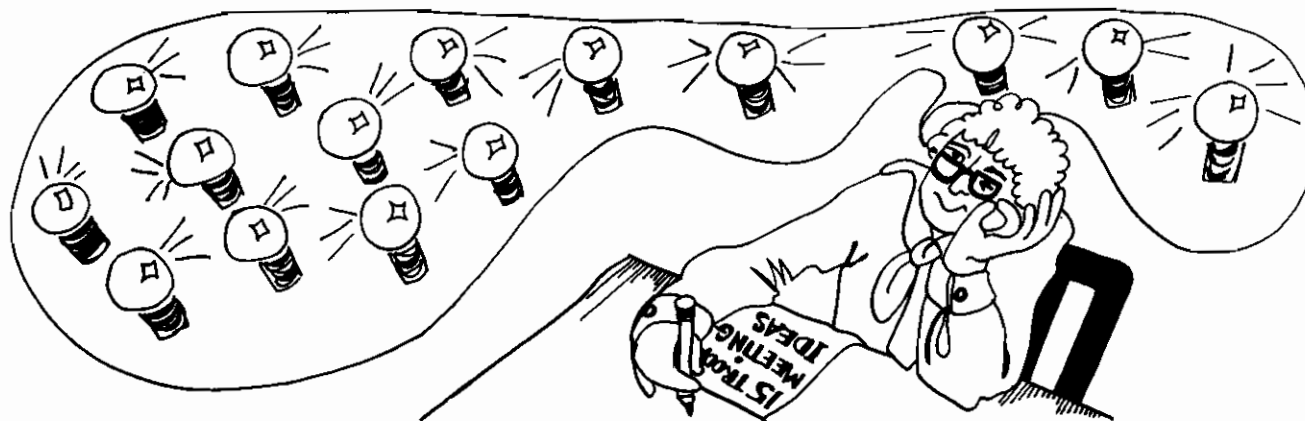
Food should not be stored overnight in a sleeping tent. In bear country, it **MUST NOT** be kept in the sleeping tents. Bears will rip a tent at one swipe if they smell food in it, which is too bad for the tent and for the occupant! Hang food from a tree or between trees, making sure it's protected in some way from squirrels, jays and the like. In bear country, make sure the tree is at least 50 m. away from the tent. Some people carry a special cotton or muslin bag in which to put their food at night.

After a meal, any waste food or packaging should be burned clean and placed in garbage cans, if they are available. If not, it should be wrapped and carried out with you. In the meantime store it well away from tent. Do not throw away or bury.

If you are not familiar with dehydrated foods, try some at home or on a day hike to learn the best ways to prepare it and to discover those you enjoy most.

See also foil cooking — page 55 and nibbles page 62.

7.



## 15 TROOP MEETING OUTLINES

While your troop meetings are probably planned by the Court of Honour and your leaders — they need to know your ideas and interests. Part of being a responsible member of the troop is making your contribution to its programs.

The following program outlines present ideas to stimulate yours and your leaders' imagination. If any attract you, make sure your interests are made known: — talk, then action, with your patrol so the leader can express the patrol's' views at Court of Honour meeting — show or tell your Scouters about them.

### T.M. 1 Get Your Man

An enemy agent has been traced to your community and the RCMP has requested your patrol's help in tracking him down before he delivers a stolen formula to his overseas contact. Because of the need for tight security, the agent doesn't know who this contact man is. He can only get to him by following a series of clues. Because of the agent's carelessness, one of these clues has fallen into the hands of the RCMP. Your patrol is to decipher and follow up on this clue and attempt to locate the contact man before he leaves with the formula.

The bill you are presented says "Very high water JKH 392 TOOT TOOT".

After puzzling over this for a while you decide to go to the water tower and look for a car registration JKH 392 and, if it's there, to wait for two toots on the horn. You arrive and yes, there's the car! Just when you are wondering what now, the horn goes "toot toot." You run up and the driver gives you an apple and winds up the window again!

You examine the apple and find a small hole in it. Splitting it carefully you find a wooden match stick! On closer examination of the match stick you find

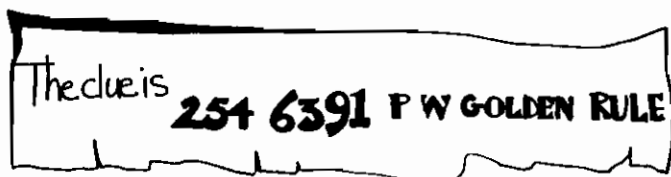
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and so the hunt goes on.

The game is exciting and can challenge everyone in the patrol. It will test how you know your town or district and so be part of your work for the Explorer badge. The final clue can lead you to a bag of candies or a description of the agent and where last seen.

Parents, friends and group committee members can all play parts in this activity.

Make sure all patrols are told to report back to your meeting room by a certain time — finished or not. The last clue should be close to H.Q.



Deciphered this means calling 254-6391 and quoting the Golden Rule "do unto others as you would have them do unto you".

When you do this — the voice at the other end says:-

"Romeo's with Juliet and he cannot go free until the bill is paid".

Deciphering this, you go to the Shakespearean Restaurant and offer to pay Romeo's bill.

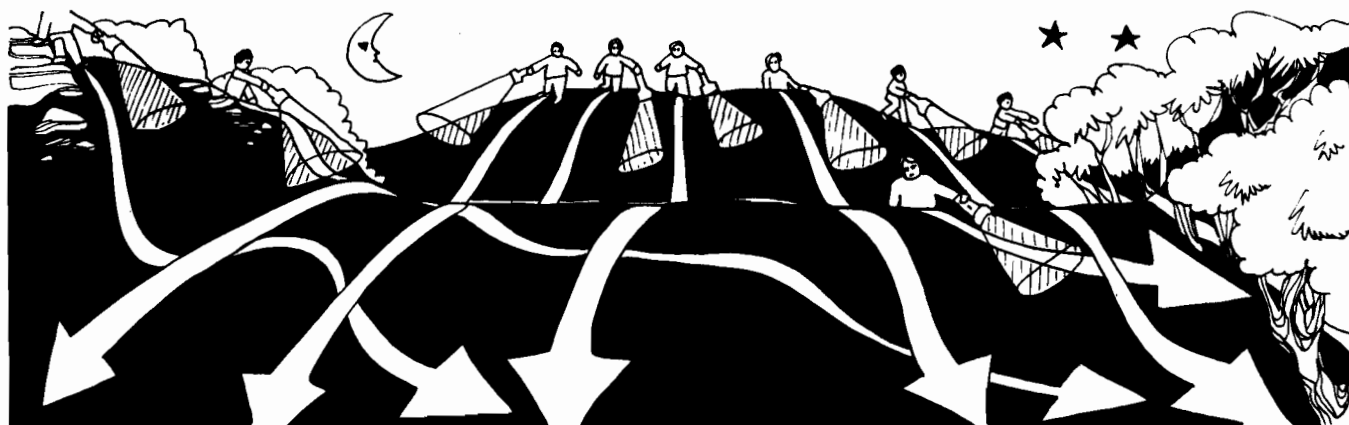
## T.M. 2

Part of your training in being prepared could include how to conduct a search for a missing person. The method will vary according to the ground cover — open country, forest, town, etc.

The main point is systematic coverage of the area and members learning how to keep their positions. After some practice, a surprise search can be sprung on the troop with a real person to be found and maybe treated with first aid.

I remember a worried father dashing into

our troop meeting and telling a Scouter his son, Brian, had gone to play in a certain area and had not returned — could we help? His son was an older Cub and known to many — it was dark, the area was lightly wooded. We found him OK — broken ankle, cold and frightened. First Aid, stretcher made with sticks and jackets, message sent to his father. We carried him home and it wasn't until we arrived and found hot dogs and cocoa and Brian suddenly regained his normal self that the boys realized it was just a "test".



## T.M. 3

After having some First Aid lessons, arrange for St. John's Ambulance or Red Cross to set up some simple casualties in or around your meeting room. This will give you a chance

to diagnose, see the "real thing" and to put your learning into practice. Maybe a good way to pass some First Aid tests.

## T.M. 4

Court of Honour meets to plan the meeting. Each patrol is asked to run part of the program. They draw the time period (7:00-7:30, 7:30-8:00, etc.) from a hat. The patrol leaders could agree upon a theme for the meeting such as "Map and Compass", "Improving our Community", "Camping Preparations", "Firemen" or each P.L. can volunteer what his patrol will build on like — ropework, fitness, emergencies, etc. Each patrol must take into account the appropriateness of their program to

the time slot they have drawn. For example — the first time slot might have to include flag break and other routines — but done in a novel way. The last slot should include time for "notices" and for the troop to quiet down for prayers and closing.

Court of Honour meets after the program to review how it went and to give positive feedback to P.L.'s on how their patrol performed.

## T.M. 5

Have a cooking meeting. This can be indoors or outdoors, but the focus is on cooking so it is best to use a simply controlled heat source; Primus, Coleman, gas, electric, Sterno or charcoal. If cooking indoors make sure there

is adequate ventilation and fire precautions taken.

Tin can cooking can be another method employed.



The meeting can be organized in many ways:-

- around a food theme such as different ways to use eggs — fried, scrambled, omelette, fluffy omelette, eggs Benedict, etc.
- each patrol to prepare its own menu
- someone giving instructions and patrols doing preparation and cooking
- aluminum foil cooking
- one pot meals, wok cooking.

Make sure there is enough equipment for everyone to be busy all the time. Make sure the program can be completed in the time available, including clearing up afterwards. Of course, everything cooked must be eaten.

Assess the event afterwards — what other cooking skills need developing; how can the organization be improved.



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### **T.M. 6 Shop Window Kim's Game**

Scouters arrange with certain stores to display something not related to what they sell in their window. Patrols are given a route map which includes all the participating stores and each patrol has its own starting point. Patrols walk the route and spot the odd items identifying the store and the item. They should be told the total number, so they know how many they are looking for. Lists are checked back at the troop room. Surprise items such as which store had a picture of a rising sun; where was the flag of Mexico flying, describe the man standing in the entrance of D.J. Moors Store, apart from

regular traffic noise what other sounds did you hear? What were the different smells on Cooper Street?

Scouters can add other items like a planted opportunity to do a good turn, observers at special intersections to observe traffic safety behaviour of patrols; someone who asks each patrol for directions to a certain place. Windup this meeting with a discussion and observations about being aware of what is going on around us. The more aware we are the more opportunities are presented to us.

---

### **T.M. 7 Visit Other Troops**

This can be organized in several ways:-

- A patrol from your troop can swap with one from another, each attending the other's troop meeting (or guide company meeting).
- Each of your patrols could each visit another troop.
- All the troop could meet with another troop or company.

At the next troop meeting, patrols share their experiences, particularly identifying the things they enjoyed and the ideas they would like to try out.

Of course prior arrangements to do this have to be made and appropriate acknowledgements delivered afterwards. How will your troop welcome the visitors and make them feel at home? How will your visiting patrols introduce themselves?

## **T.M. 8**

Orienteering exercise. This may be organized by the Scouters for the troop or by each patrol for other patrols to follow. It can be done as easily in towns or in the country. The troop is given some tips and practice on using a Silva compass and walking on a bearing.

A course is then set out which patrols, or pairs of boys, must follow, e.g. from H.Q. 60° 200m.

Walking on a 60° magnetic bearing for 200 meters brings you to a fire hydrant. On or by the hydrant will be the next bearing "150° M.60m. tree". Other instructions might be "84° M./563 m. signpost", "228° M.431m. bridge, and so on. The first such course should be calculated to be covered in 30-40 minutes. Pairs or patrols can be set up at one minute intervals and should be timed for the course. It's best not to make it a race at this stage, but to establish a standard that should be achieved, i.e. "Stand-

ard competence time for course 31 — 33 minutes".

When members achieve the standard, the difficulty can be increased by including true bearings and the magnetic variation, such as "56° T. m.v. 10° E".

When standard for this is reached map work can be included and maps can be used to work out the next point and to choose the quickest route. Participants are then faced with problems such as is it quicker to go up the hill and down other side or to run the contour around the edge?

Orienteering routes can also be done on bicycle, by canoe, car or other means of transport. Orienteering can be against standards, or a race or a treasure hunt and so on. They can last for several minutes or all day.

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## **T.M. 9**

Why not explore your community or neighborhood to identify what might be done to improve it? Patrols can allocate areas to explore and are briefed on how to set about the task and precautions to take. Patrols return and outline their findings and recommendations on a chalk board or newsprint for all to read. Troop discusses the findings and it or individual patrols agree on which suggestions shall be followed through.

The next stage is planning the followup, including testing out the acceptability and practicality of the idea, getting permission and enlisting help as necessary.

The final stage is reviewing what you did, the results, what you learned and how you feel about it.

The exploration should include asking residents, adult and young people, what they would like to see or how would they feel about an idea as well as just looking around. For example, some may say there is nowhere for young people to play ball, others that they wish some trees could be planted in a certain spot as a wind break. It may be very apparent that a piece of open land or a church yard may need a clean up. Starting a flower bed may be another idea, getting a bus shelter erected, having a crosswalk installed, taking handicapped people for a run in their wheelchairs, being aware of shut-ins and meeting some of their needs, pruning shrubs, filling pot holes, are just a few possibilities. All may not be within a troop's power to do, but recommendations could be made or a petition drawn up.

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## **T.M. 10**

Try a Hobo's Hobnob or a meeting of the clans. This is a meeting of Hobos (or of the clans) for the fun of sharing and being together. As you know Hobos are usually individuals who keep pretty much to themselves, but they recognize one another, share information through signs and sometimes get-togethers.

For the Hobo's Hobnob everyone dresses up as a hobo, including his bag of goodies that each carries. The troop will need to agree on some signs which mean — this is a good path/bad path; fierce dog here; kind folk here; unfriendly people here; food, shelter, this place taken. These signs should not be easily seen but

easily recognized by hobos. They can be made in what ever way is appropriate: scratching in dirt, sticks, stones, etc.

Hobos are told the general area for the meeting and indications of where signs might be to show the way to it. As Hobos find their way to the meeting spot they claim their personal location when they put down their staff and make their bed. No doubt many will get together and light fires and cook up some supper — sharing what each has and making a meal accordingly. Of course there will be some yarn telling and some singing. There might even be some joisting as challenges are given and received. There will inevitably be some talk about life today and its affect on them. Some hobos know a lot about the stars — how to tell the time and find their way.

When the Hobnob is over all fires will be carefully extinguished and all signs of them removed. When they leave no one will know they have been there.



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### **T.M. 11**

Most communities have people who have C.B. radio and/or Ham radio stations. Why not ask them to organize a troop meeting which will introduce you to some of their equipment and how to use it? There could be activities making use of C.B. radios. You could try to contact

some Scouts in other countries via Ham radio and find out what they have been doing at meetings. Discover what arrangements these radio people have for helping one another and sharing information; for dealing with emergencies. Is there a role for your troop here?

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### **T.M. 12**

Why not get your patrol to put on a craft/hobbies night for the rest of the troop? Other patrols can have their turn another night. Your patrol leader can arrange this through the Court of Honour.

Your patrol will need to find out what each member's hobby/craft skill is and how you will organize so that troop members can participate in them. You will have to arrange for adequate materials, tools and accessories to be available so that everyone who wishes can participate. It might be a good time to ask mom or dad to help you, but make it clear that she/he is helping — not the other way around.

One way to organize is the base system, manned by one or two members of your patrol. Each different activity occupies a base (location or room). Patrols or smaller groups visit each base for a set time (long enough to do something worthwhile). At a given signal each

group moves to next location.

Alternatively, each base has room for a certain number of boys. They sign up and spend all the time at that base learning a craft, gaining a skill or making something.

Members need to know why they have a hobby and to explain the satisfaction they get from it so they can talk about their interest with enthusiasm.

At the end of the meeting discuss how well it went, what did you learn about staging that sort of event, what knowledge/skills did you learn; what did you discover about yourself.

One of the outcomes of this kind of activity could be setting up a Craft's Workshop with members making items for sale at a craft fair, parents' night or open house, with the money going to help members attend camp, jamboree or other special event.

## T.M. 13

This troop meeting will be given over to exploration and demonstration of the meaning of "spirit". Here are some ideas to get you started or from which to choose.

1. Each patrol is asked to list all the meanings that are given to the word spirit and its derivation like spiritual, spiritualist, etc., and to plan and put on a skit to demonstrate one or more of the meanings.
2. Patrols are asked to look at their own patrol spirit and to examine what it means in terms of what they do to and with one another. Each patrol to write its own definition of what patrol spirit is to them.
3. Play a competitive game.  
Play a co-operative game.  
Patrols to analyze the difference in terms of attitudes and how individuals treat one another.
4. Each person to think back in his life and to discover the sorts of things that adults or peers have done that have helped them, and those things which have not helped them. Each patrol to list three behaviours under helpful and unhelpful headings.

In the troop or in patrols discuss, with the help of a leader, the meanings of your discoveries and relate them to what happens in the troop, your patrol and what you do as an individual.

5. Relate your findings to the Golden Rule "Do unto others as you would have them do unto you", the teachings of the various religions present and the principles of Scouting. Develop some experiences to explore what it feels like joining a new group and leaving a group. Here is one such activity.

**Step 1.** Each group to choose a member to leave the group. No coercion and no volunteering. The group must come to a logical and acceptable choice — keeping the right to affection and understanding in mind. When every group has made its choice the members take their leave and:

**Step 2.** Go and sit alone at one end of the room for two minutes, then get together and share with the group what it felt like to leave and be alone. During the two minute period each group discusses how it feels about making the choice and being without the member who has left.

**Step 3.** Each group chooses one of the singles and invites him to join their group and then sets about making him feel welcome and one of them; or, each single is directed to a group; or, each single chooses a group, other than his own, and asks if he may join. In all cases the welcoming process to take place.

The singles may stay with their new groups for the rest of the meeting. At the end, be sure to let members share their feelings about joining and what the group did that made them feel good/bad. During the sharing listen for good communication skills — behaviour description, expressing feelings, responding to feelings of person before looking at the "problem" (see p. 27 and Helping People Grow, Cat. #21-213). Pose the question: "From this experience, what have we learned about bringing in a stranger and showing understanding and affection?"

Many boys would like to share in Scouting, but perhaps do not get any encouragement. Suggest that each patrol bring a new boy to a meeting, hike, camp, good turn project, etc. and that they remember the above experience in welcoming him and making him feel at ease.

## Here Are Some Other Ideas to Explore!

1. How do we respond to handicapped people in our community? Do we show them affection, love and understanding? Are there any similarities about our feelings for "strangers"; people from different cultures and handicapped people? Explore feelings of fear (see p. 21). Is the basis of prejudice, fear?

Give out "handicaps" to different members and let them experience what it's like. Use blindfolds, earplugs, borrow a wheel-chair.

Tie up a leg or an arm so it cannot be used. Put four boys in a simple exercise like building blocks. Tie a string to each boy's wrist and upper arms. As the boys work to build up the blocks, others twitch the strings so that co-ordination becomes very difficult. Encourage the "handicapped" to discuss how they felt during these activities.

Before you introduce any handicapped activity it will be important to develop some understanding and sense of caring for those to be "handicapped" so they do not become scapegoats or jokes.

Have you ever invited a local handicapped boy to join your section? If you decide to do this be sure to find out about his handicap beforehand.

2. Alternatively each patrol invites a new Canadian boy to a meeting etc. as above.
3. All major religions support the ideas of peace and universal brotherhood. It could be an interesting activity to find out how various religions express these ideas and how they are expressed in practice by their followers.

Peace — whether it is peace of mind, peace between individuals or peace between groups or nations, begins with the individual and its basis is trust. (See p. 21).

4. Do one or both of the trust exercises described on p. 21 and take plenty of time to explore member's feelings. This may be more effective if it's done in patrols with Scout counsellors. Be alert to the practice of good communications skills during this exploration feedback period.

Expand discussion on fear/trust to the troop, here and now. How do the Scouts perceive their leaders' trust in them? How trusting of him are they? Of one another? What makes differences? What are we going to do to increase our trust levels in ourselves and in one another in the patrol, in the troop, in others?

## T.M. 14

An international night. The idea here is that each patrol chooses a country, finds out some important factors about its culture and life and provides a demonstration at the next troop meeting. For example, patrol members choose to come dressed as the people, serve a typical dish, demonstrate a day in the life of a typical family, or what its like in school, games children play, music and dances, how law and order is maintained.

The important thing about this meeting is that everyone experiences, as far as possible, what it feels like rather than simply being shown or told. At the end of the meeting have patrol or troop discussion on members realizations.

This meeting needs to be announced two or three weeks ahead of time to allow patrols to prepare their parts. When patrols have chosen their country it might be important to share this with a Scouter to avoid duplications.

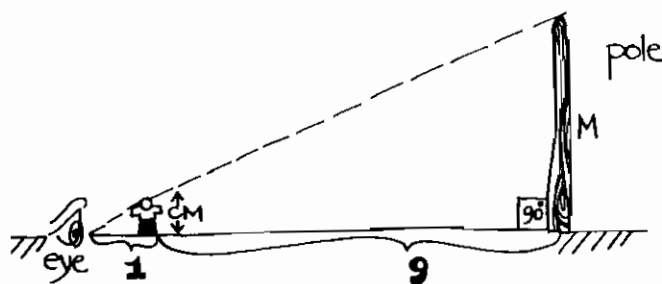
## T.M. 15 Estimations

A game we play, sometimes, on long trips is estimating the distance to the top of the next hill, or to the bend or church tower, as we drive along. We then check it out on the odometer. After a while we found we were pretty good, even at long distances, with dips and corners in between.

It's a useful skill to be able to measure distance and weight without the use of a mechanical device.

The troop meeting starts with individuals learning their own personal measurements, i.e. length of first thumb joint, span of thumb to little finger; finger tip to elbow; ground to knee, to hip, to nose, arm span from palm to palm. The latter is very useful in measuring string/rope or wire. If your span is  $1\frac{1}{2}$  metres and someone says we need twenty-one meters of light line, you pick up the end in one hand and simply reel off fourteen arm spans.

To measure the height of a church spire, simply stand a friend whose height is known against the spire. Stand back a fair distance and with a pencil or stick extended, see how many times his height goes into the height of the church spire. Multiply and you have the spire's height. Another way is proportional triangles.



Any unit of length may be used: a pole, a pace, a meter stick, so long as the same unit is used in each measurement. If 9 units is too close it can be doubled or tripled so long as the

single unit is also doubled or tripled and their ratio remains 1 to 9.

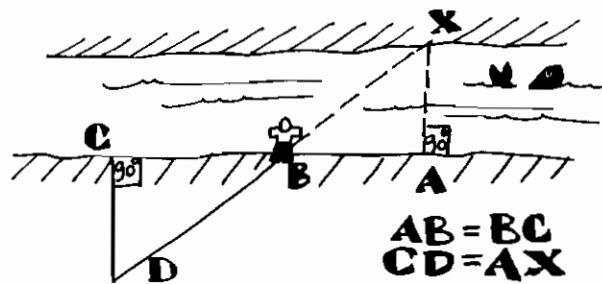
Place your eye on the ground and sight up the pole held by your friend or his body if you don't have a pole. Note where the top of the spire comes, measure the distance from this point to the ground in cms.

$$\text{The height of spire} = \frac{\text{height of pole/}}{\text{friend's body in cms.}} \times 10$$

in meters

### Estimating widths

Locate a point X on the far bank (tree, rock, stump). Across from it mark off any distance AB. Place a stick or friend at B. Then mark off BC a distance equal to AB. Turn 90° and walk away from the river until X & B are in line. The distance CD is then equal to the width of the river.



Estimating weights can only be done by experience assessing what it feels like in the hand compared to a known weight.

The troop learns some of these techniques and then each patrol is given the list of things to be estimated. Each boy should give his estimate; the patrol's answer could be an average or a choice by consensus. Patrols compare answers with Scouter's correct information.

As you go to school, or wait for a bus or dentist, practise your estimations so that you get pretty accurate.

8.



## WHAT'S GOING ON IN YOUR COMMUNITY AND SPECIAL EVENTS

How about your patrol or troop participating in some of the local happenings like:

- Aquatic carnivals
- Bazaars
- Bike rodeos
- Birdwatching
- Clean-up campaigns
- Conservation programs
- Country fairs
- Country/national dance events
- Craft fairs
- Hikes
- Horse fairs
- Opening and maintaining trails
- Orienteering
- Penny fairs, flea markets
- Photo contests
- Races, marathons: road, bicycle, cross country ski, snow shoe, canoe, running, sailing, boating
- Boat shows
- Soap box derbies
- Song fests
- Swimming galas
- Tours
- Winter carnivals

If you don't participate in the activity how about manning a stand or checkpoint, hot/cold drinks, food, etc., for participants and on-lookers, manning a lost children's post, lost and found or information booth?

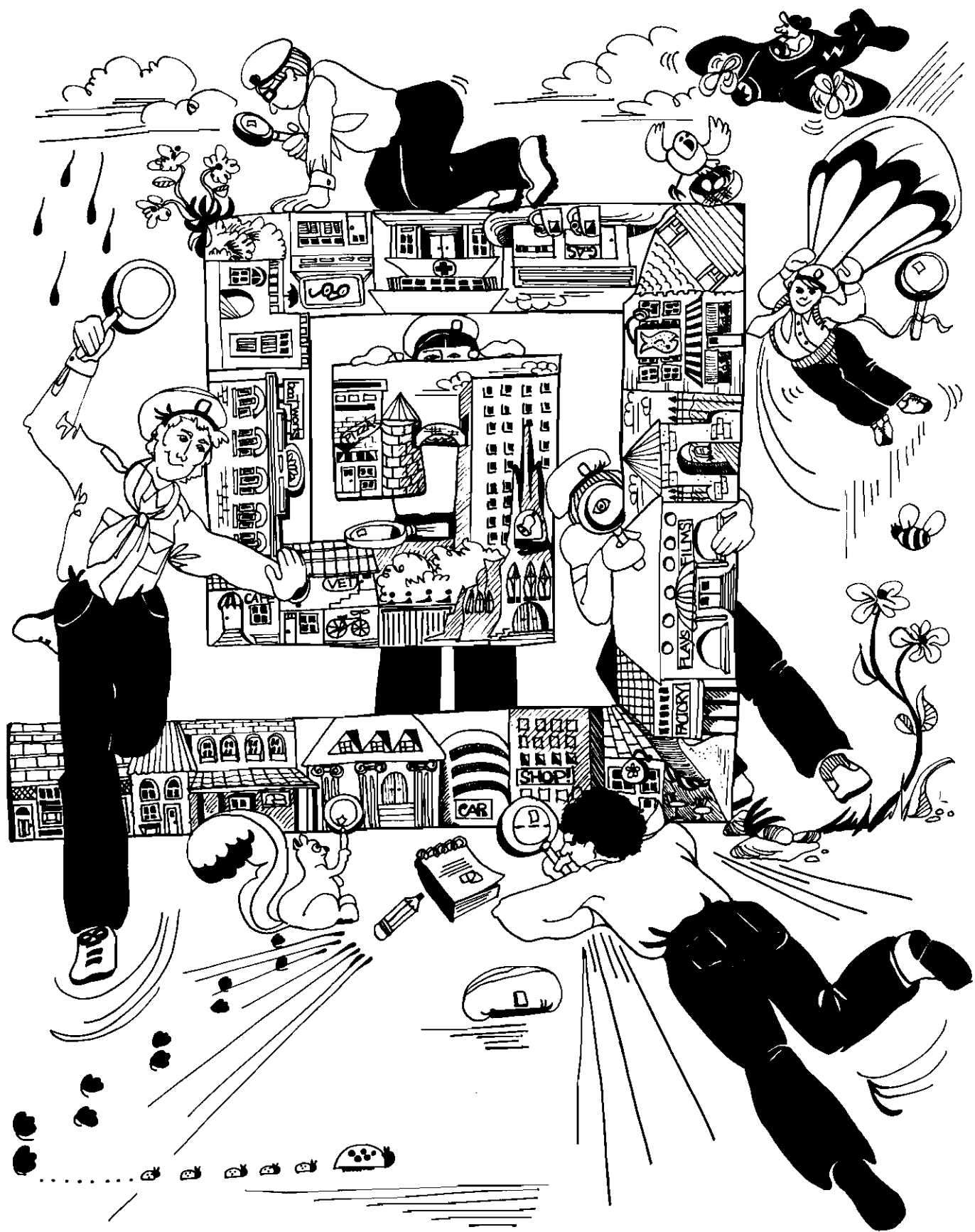
It's often more fun to learn a skill with your pals. Consider arranging classes with local instructors for:

- Swimming
- Skating
- Skiing
- Snowshoeing
- Archery
- Canoeing
- Sailing
- Water Skiing
- Diving
- Photography
- Woodworking
- Sports Clinic
- Handicrafts
- Edible Wild Plants identification
- Camping
- Fishing
- Metal Work
- Painting

Places to look for instruction includes the continuing education departments of community colleges, school boards and university extension departments, Y.M./Y.W.C.A., community recreation departments, recreation clubs, the yellow pages.

Find out what's going to happen in your community early in the Scouting year and fill in the dates and events on a Scout calendar. Decide on those in which you plan to participate. Get in on the action.





## RESOURCES FOR SCOUTING IN YOUR COMMUNITY

Ideas for activities are where you find them. One way to find ideas is to “let your fingers do the walking” — that’s right, — go to the yellow pages in your telephone directory. There is a new idea on every page — the resources are listed and there are resource persons waiting for your call. Here are some ideas from the yellow pages:

**ACETYLENE:** Arrange a welding demonstration. Perhaps you can build a bicycle trailer or hot water system for camp.

**ADVERTISING AGENCIES:** How do the different media handle advertising? Explore this with visits to the newspapers, radio and TV stations, cable TV, outdoor billboards and other sources. Do any of these people have jobs you can do, like distribute flyers?

**AIRCRAFT:** Why not make a flying tour of your city in a chartered, light plane?

**ALUMINUM:** Recycling projects? A good money-maker for some groups.

**AMUSEMENT:** Bowling? A great Scout/ Guide challenge on a wet spring morning.

**ANIMAL SHELTERS:** Could they use some help feeding and caring for pets? This might be a prerequisite for the Pet Care Badge.

**BAKERIES:** When do bakers go to work? An early morning hike to the aromatic interior of a bakery would be interesting.

**BLIND:** Invite a blind person to talk to you about being blind, reading in Braille, his/her seeing eye dog and how to behave with one. Blindfold members and let them experience “being blind”. Do a “blindfold” walk where a blindfolded Scout is taken on a walk by a seeing Scout. Experience the meaning of trust.

**BICYCLES:** Why not run a “learn to fix it” course in conjunction with your local bike shop?

**BLACKSMITHS:** Are there any “village Smiths” in your town?

**BOAT BUILDERS:** It’s one of Canada’s oldest trades. Some communities build canoes, others yachts, others speedboats and some supertankers. Arrange a visit to the facility in your community.

**CHURCHES:** Many offer a variety of community programs which might be of interest, i.e. craft classes, babysitting courses, etc. Visit similar age group programs and compare their programs with Scouting.

**CLOCKS:** Who repairs the clock in the steeple? It’s worth a visit.

**COINS:** Coin collecting makes an interesting hobby. There may be some collectors in your group.

**DAIRIES:** Have any of you seen milk outside of a cardboard/plastic container?

**EGGS:** Modern production methods are vastly different from farm yard techniques. Arrange a same day visit to both.

**ELECTRIC COMPANIES:** Arrange tours of a steam generating plant, a hydro electric plant a nuclear plant. Does anyone in your area have a windmill or solar generator?

**ELEVATORS:** Has everyone in your group been up the highest elevator in town? How about a visit to a grain elevator where huge box cars are turned upside down to dump their load of grain.

**FIRE PROTECTION:** Arrange a fire inspection of your headquarters. Bring all deficiencies up to acceptable standards as a good turn to your sponsor. Your fire department is anxious to demonstrate their operation, and most have a safety promotion officer to assist groups.

**FIRST AID:** Call your local St. John Ambulance office to see what courses they offer. If you’re having a big event, ask them to coordinate the first aid stations.

**FISH:** Many communities in Canada are located on lakes, rivers or streams that feature good fishing at spawning time; others are by the ocean where a visit to a fish or lobster plant is possible; or a tour in a charter boat, with the possibility of a deep sea fishing experience.

**FLORISTS:** Did you ever wonder how a bunch of Mums can arrive fresh as summer at -10° C? Visit a florist and his green house to find out.

**FOOD:** Have you tried other people's food? Contact a multicultural society in your community to arrange a dinner with new Canadians, with some of their country's food ideas.

**GARBAGE:** How does your community handle its disposal problems? Why not find out?

**GRAVEYARDS:** Visit graveyards on hikes or visit local ones. The history of a community can be revealed on tombstones. You will often find funny rhymes on tombstones. If your graveyard goes back to early 1800's or earlier, note how many young children were buried and compare to today. Respect graves and the dead.

**HARD OF HEARING:** Invite a deaf or hard of hearing person to tell you about how he/she manages to communicate, to use the telephone, to know when someone is at the door, to teach some sign language.

**HOMES:** The elderly get a lot of callers during the festive season, but not during other months of the year. Why not consider this? Arrange for your minister or priest to conduct a service for the elderly, with your group, or hold a campfire, and sing lots of "oldies".

**JUDO:** How about enrolling in a mini course of basic Judo, Karate or one of the other martial arts now popular. You might get a deal with a whole troop involved for a month or so.

**LANDSCAPING:** Why not adopt a vacant lot and maintain a "tot lot" for a year. Your recreation and parks department or civic beautification committee will assist you.

**LIE DETECTORS:** Is it possible to arrange a demonstration through your local police department or RCMP?

**LOANS:** How about having a banker explain what it really costs to borrow money? Perhaps he can encourage the opening of a few camp savings accounts at the same time. "Thrift" is still a part of Scouting training.

**LUMBER:** Have you ever visited a lumber mill and watched a log being transformed into planed lumber?

**PHOTOGRAPHERS:** Years ago troops had annual group photos taken, with copies sold to everyone. With the multitude of simple-to-operate cameras around today, you'd think this would still be done — but it isn't. Why not try it? With an instant picture camera and some construction paper you can easily make cards of the boys, in uniform, to take home, for about 75¢ per boy. It makes a nice keepsake.

**PIZZA:** Why not try cooking a troop pizza over an open fire, in a mud oven, on your next camp-out.

**RAILROADS:** Many have never been on a railroad train, or visited a roundhouse or hump yard.

**RADIO:** With C.B. so popular, it's overshadowed the traditional opportunities of commercial radio and TV. A radio station is still an interesting place to visit and local disc jockeys are still a big draw at troop dances.

**RECREATION DEPARTMENTS:** Contact your local recreation department and find out what facilities they offer and the kind of skilled help they can make available.

**RECYCLING CENTRES:** There is a need for many of the pieces of junk people throw out. Investigate the need and your treasury could be richer by several hundred dollars.

**TRAVEL:** A visit to a travel agency or have the agent visit you to find out about some different countries. National dress, customs, foods, music, language, religions, geography. What about a meeting based on another country, dress up and prepare foods, sing-songs.

**VETERINARIANS:** Arrange a visit to a veterinary clinic or hospital. What animals do they usually handle, what problems? Learn about proper care of your favourite pets. Can you help out in any way at the clinic?

**WATER SUPPLY:** Where does your local water come from? Is it treated and how? Where is it stored and how is it distributed?

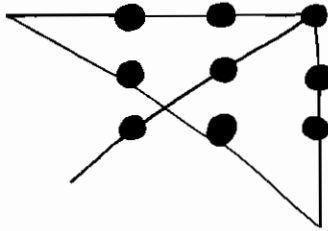
**WELL DRILLING:** See if you can arrange to watch a well driller at work. Find out about his trade. Are there still well diggers? Is there a water diviner in your community?

**YOGA:** If there is a Yoga instructor in your community, perhaps he/she will tell you something about Yoga and how it helps to keep you totally fit. You can try some of the simpler exercises.

**ZOOS:** A zoo is worth a day's visit or even an overnight trip if there is one near enough to you. Of particular interest are the safari type where the animals are not caged, but roam around naturally in open country and you drive through and see them from the car/bus. The baboons and monkeys have great fun jumping on your vehicle and peering in the window. Who's in the zoo??!!!!

## ANSWERS TO PUZZLES PAGE

1.

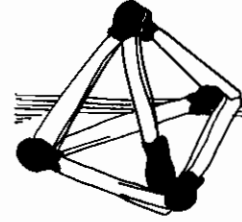


2. 3 socks

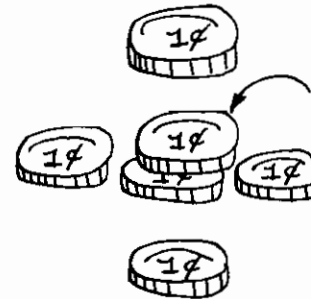
3. They entered at different times during the afternoon.

4. One thousand nine hundred and eighty one dollars is one dollar more than one thousand nine hundred and eighty.

5. A pyramid.



6. Place this coin on top of middle coin.



## ANSWERS TO PUZZLES PAGE

1. 30

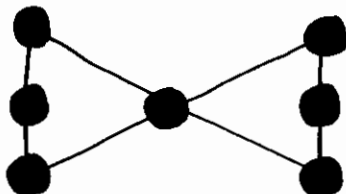
2. To pile up earth to reach skylight

3. Wear the pants back to front

4. 3 diamonds, 4 diamonds, 4 hearts

5. 12

6.



7. 20. Since the ship floats on the water it also rises with the tide.