



# WELCOME TO SCOUTS

## A Guide to Scouts and the Canadian Path

144 Lake Bonavista Scouts  
[www.144scouts.ca](http://www.144scouts.ca)

Scouts meet at the Scout Hall on Mondays from 7:00 - 9:00PM



It starts with Scouts.



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## 1. Scout Troop Leaders

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## 2. Introduction

Welcome to the 144 Lake Bonavista Scout Troop. We are looking forward to an exciting year filled with adventures and fun. Our meetings are normally held at the Scout Hall on **Mondays from 7:00 to 9:00 pm**. At times we will do activities at other locations and we will give you as much warning about these changes as we can. There are also lots of camps that Scouts can attend, some organized by our group and others organized at the council level involving more groups. Dates will be given as soon as we know them.

As the only Sea Scout group on the prairies we tend to do things a little differently than other Scout groups. From our distinctive blue uniform shirt to the nautical flavor of our opening and closing ceremonies, we try to incorporate seafaring themes as much as possible. Canoeing, kayaking, sailing, knots and lashing – we are up for it!

Your leadership team is committed to putting on the best program possible with the knowledge, experience and resources available. We encourage you to attend and participate in any Scout meeting, outing or camp. Parental participation is critical to success, especially with outings and camps.

The material in this guide is meant to provide more details about our program in the coming year. If you feel you can offer any assistance to improve the quality of the program after reading this package and familiarizing yourself with the planned activity areas, please approach one of the leaders.



The Canadian Path is the basis of the Scouts program across all sections and it has 4 main elements. They are:

**Youth-led:** The program is directed by the youth and not the scouters. The youth choose the activities and the Scouters help to facilitate the activities.

**Plan-Do-Review:** A three step process as the name suggests. You plan, You do and You review.

**Adventure:** Scouts will explore new things, share new ideas, learn new skills and create new paths.

**SPICES:** Social, Physical, Intellectual, Character, Emotional and Spiritual. Through adventures there will be growth and personal development in all these areas.

There are six program areas under the Canadian Path. They are:

- |                            |                     |
|----------------------------|---------------------|
| 1. Environment & Outdoors  | 2. Leadership       |
| 3. Active & Healthy Living | 4. Citizenship      |
| 5. Creative Expression     | 6. Beliefs & Values |

The Canadian Path has information available online at <http://www.scoutinglife.ca/canadianpath/> The new program maps can be purchased at the Scouts Shop or downloaded [HERE](#).

**We welcome any help that will enhance the program, area's we can use help include:**

- **Communications:** Coordinate sending out group emails for: Calendar updates, Activity permission forms, etc. It is essential that we obtain permission for every event that is not held in the Scout Hall so that Scouts Canada Insurance will apply to all participants.
- **Website work:** We have a Scout Group Website and need some help keeping it up to date. Things like keeping the calendar updated and uploading pictures onto the website need to be done.
- **Camp Co-Coordinator:** Camps are fun, but they require a lot of planning and every bit of help is needed setting up, planning and delivering activities.
- **Additional full or part-time leaders:** Help to provide a better program and leadership for the Scouts. Being a leader doesn't mean that you have to be able to attend every meeting and you do not need to be a parent of a Scout to be a leader. We provide all of the training and we give adults a unique opportunity to help youth grow. Please be aware that Scouts Canada requires a police background check for all leaders! This small measure provides additional confidence for all parents and helps keep our youth safe.
- **Program ideas:** We have lots years of Scouting experience in our Troop's leadership team but we are always looking for new ideas. If you have any ideas about what we can offer or a skill you would like to share with the Scouts please let us know. As leaders, we are all volunteers that share an interest in the development of children through Scouting. We always strive to offer a good program and we sincerely welcome any constructive feedback and/or direct assistance that will improve the quality of our program.
- **Other Volunteer Opportunities:** Contact the leaders for other volunteer opportunities. Our group committee is currently looking to fill some vacancies.



### 3. Troop Discipline

Good behavior is an expectation, not an option! At the outset of the program we will make the behavior expectations clear with all of the Scouts. The Scouts will develop their own Code of Conduct including the consequences for not following the Code of Conduct. This will happen in October and a copy of the Code of Conduct the Scouts create and approve will be sent home. The goal is teaching the Scouts how to set and follow expectations.

With a well-behaved troop, we can have a lot of fun and experience new and interesting things. Unfortunately, the converse is also true. If we have to spend an inordinate amount of time keeping control, the program will soon be limited to activities only at the Hall and our youth will miss out. You know your youth best. If there are any behavioral, emotional or medical issues we should be aware of with your child, please let us know. We would appreciate knowing any approaches/routines you have used successfully.

**All information will be treated in confidence.**

### 4. Scout Program Basics

Scouts is for Youth ages 11 to 14 (grade 6 – 9). They learn to blaze their own trail, delving more into leadership opportunities by planning adventures with their Troop and giving back to their community in a meaningful way. As Sea Scouts the Troop leader is called a Skipper and the Troop is referred to as the Ship's Company. Scout Canada's Principles form the code of ethics that all members are expected to adhere to while participating in Scouting activities. The guiding principles are:

- Duty to God
- Duty to Others
- Duty to Self

The Scout Promise, Law and Motto are age appropriate versions of the Scouting Principles. They are:

#### **Promise**

On my honor, I promise to do my best,  
to do my duty to God and the Queen,  
to help other people at all times,  
and to carry out the spirit of the Scout law.

#### **Law**

A Scout is helpful and trustworthy, kind and cheerful, considerate and clean, wise in the use of all resources.

#### **Motto**

Be Prepared.

#### **The Scout Sign**

The Scout sign is used when saying the Promise. The Scout sign is a three finger salute with the right hand. It is made with the right hand facing palm forward with the forefinger, middle finger and ring finger pointed upward, the thumb folded over the little finger. The three fingers pointing upward indicate the three parts of the Scout promise and the joined thumb and little finger represents the unity of the Scouting movement.



## The Scout Handshake

The Scout Handshake is used by all members of the Scout movement. You shake hands using the left hand as a symbol of peace.

## The Scout Troop and Patrols

A Scout group is called a Patrol. A Patrol is a small group of Scouts and the members of a Patrol may wear a matching patch and may have a Patrol name. A Patrol is made up of Scouts from each age group or year in Scouts and is led by the third or fourth year Scouts. The Patrols together make up a Scout Troop.

## A Scout's Own

A Scout's Own is a reflective time, allowing us to reflect upon who we are as Scouts, and the core beliefs and values that shape who we are and what we do. Just like the Scout Promise, it honors and acknowledges the diversity of faith practices that exist within the Group and Section, as well as the diversity across Scouts Canada.

As we move through the year the Promise, Law and Motto are used to remind the Scouts how they should behave. Our first year Scouts need to know the Promise, Law and Motto before being invested as a Scout. We will be covering much of this during our first few meetings. Investiture will be scheduled for some time in October. Parents are invited to take part in the investiture ceremony. Please let us know if you cannot make it to this meeting as we would not like your Scout to feel like they have missed out.

## 5. Program Elements

The Canadian Trails Map provides a variety of trails to use as the basis for creating adventurous journeys. The trails are based on actual Canadian trails and geographic regions of historic and cultural significance. Scouts will explore the trails as a symbolic framework supporting their personal progression (though, of course, they may be inspired to actually visit and explore some of the trails as well!). Each of the four Scouting years (Pioneer, Voyageur, Pathfinder, Trailblazer) is named in keeping with the trail-blazing framework. Copies of the map can be found on the Canadian Path Website, or purchased at the Scout shop.

- **THE MACKENZIE RIVER (Environment & Outdoors)** This river runs from Great Slave Lake in the Northwest Territories to the Beaufort Sea in the Arctic Ocean. The life that can be found along the river is vulnerable to the effects of climate change. For example, polar bears depend on a long season of reliable ice on the ocean to hunt for food. Their home on mainland tundra at the delta of the Mackenzie River in the summer can only be a temporary one. Program activities for the Mackenzie River include shoreline, park and roadside cleanups; and developing outdoor skills, such as hiking, orienteering, camping, paddling, lighting campfires and identifying wild edible foods.
- **RED COAT TRAIL (Leadership)** In 1874, the Northwest Mounted Police set out on the March West from Fort Dufferin, Manitoba for Fort Whoop-up in Alberta with the aim of bringing law and order to the Prairies. Sam Steele, the famous Northwest Mounted Police Commissioner, can be regarded as the embodiment of strong leadership. He was one of the officers on the March West, and later managed customs at the Chilkoot Pass during the Klondike Gold Rush. The Red Coat Trail invites planning and leading adventures for other members of the Troop, for Cub Scouts or Beaver Scouts.

- BRUCE TRAIL (Active and Healthy Living)** The Bruce Trail runs across the Niagara Escarpment. The trail provides people with the opportunity to explore a variety of ecosystems over a 900 kilometer path across southwestern Ontario, from Tobermory on the shores of Lake Huron, to Queenston near Niagara Falls. The trail and its surrounding wilderness offer opportunities for dozens of activities in all seasons: hiking, mountain biking, climbing, snowshoeing, skiing, sailing, kayaking and canoeing—just to name a few! In short, the Bruce Trail is the perfect symbol of the healthy activities that Scouts love!
- RIDEAU TRAIL (Citizenship)** The trail parallels the Rideau Canal, which connects Ottawa and Kingston. In the War of 1812, the Rideau Canal was part of a safe travel route between Montreal and Kingston, helping to secure trade and communication during a turbulent period in our history. Adventures for the Rideau Trail focus on Citizenship and may include getting to know the public servants and services in the local community through visits and guest speakers. A Troop may visit a library or a fire hall, or invite a politician to talk about the community’s plans for a local park. Scouts can also roll up their sleeves to contribute to their community in a variety of ways, such as painting park benches or performing trail maintenance at a conservation area.
- CABOT TRAIL (Creative Expression)** The Cabot Trail represents this Program Area because the east coast of Canada was a new frontier for European explorers over 500 years ago. Furthermore, Cape Breton Island is a place that has a rich history of gifted artists and creative thinkers. Adventures for the Cabot Trail emphasize creativity, and can include the performing arts, writing and visual arts.
- WEST COAST TRAIL (Beliefs & Values)** This trail was chosen because of the strong cultural traditions of the west coast aboriginal peoples and the tenacious environmental activism of many Vancouver Islanders. Just as the east coast once represented a new frontier for Europeans, the setting sun and the Pacific Ocean are symbols of distant horizons and vast potential. This trail is made up of adventures that can foster social awareness, such as exploring one’s faith, encountering other faiths and wrestling with political issues that are relevant to Scouts. Activities may include visiting a place of worship, planning a Scouts' Own or inviting a guest speaker to a meeting.



## 6. Dress Requirements

Unless otherwise specified, Scouts are expected to wear their full uniform and appropriate footwear (no sandals, flip-flops) to all meetings, outings and camps. If we say activity uniform is to be worn, this is their supplied 144 Scout T-shirt and necker.

### Uniform

The Scout Uniform consists of a Blue shirt, a Group Necker, a Woggle and badges. The parents are required to purchase the Blue shirt from the Scout Shop. The Necker and Woggle are provided by the group at Investiture along with the Group, Area and Council badges. The Group badge goes at the top of the right sleeve, the Area badge goes underneath the Group badge. The Council badge goes on the top of the left sleeve. All other badges earned also go on the uniform as per the diagram below.



### Footwear

Running shoes are essential at the Scout Hall. During winter months and inclement weather, Scouts should wear boots and change to running shoes at the Scout Hall.



## Outerwear

During the course of our regular meetings at the hall, we do go outside for some of our activities. Please ensure youth have the clothing for this based on the weather that night.

## 8. Other Essentials

### Camping Gear

We will provide a camp packing list and discuss appropriate footwear/clothing prior to each camp. It is important that the Scouts lay out their camping gear to ensure they pack everything on the packing list. The parent should not pack the Scout's bag. Scouts should pack their own bag so they know they have everything, and know where it is.

The group has patrol boxes that contain basic cooking equipment and stoves for camps. Scouts buy their own groceries either individually or as a patrol, depending on what they decide, and do their own cooking. The group also has tents for the Scouts to use. The Scouts need to provide their own sleeping bag and mattress pad, appropriate for the temperature outside. We will talk about appropriate gear for the weather at meetings. Please talk to one of our experienced leaders who can help you make the selection of gear that will last them through Scouts and into Vents.

## 9. Time Tables /Consent Forms / Newsletters / Scoutstracker

The calendars for each of our sections are posted on our web site, [www.144scouts.ca](http://www.144scouts.ca) as well as [Scoutstracker.ca](http://Scoutstracker.ca). Although a great deal of effort has gone in to developing the calendar, we may have to make program changes throughout the year. To ensure good communication, we will email home notices of changes to the timetable, send parental consent forms for outings and camps and newsletters as required. E-mail is our preferred communication delivery system for these updates.

If you do not have a login to Scoutstracker, please speak to or email your section leader and they will create an account for you.

**PLEASE WATCH FOR EMAILS FROM YOUR SCOUT LEADERS.**

### 1. Scout Hall Troop Meetings

Will run from 7:00 to 9:00 PM. We will start at 7:00 sharp, so please be about 10 minutes early. We will wrap up our meeting by 9:00 so please ensure your youth is picked up at that time. You are not required to sign your Scout in and out from these meetings.

### 2. Outings

We will provide a notice with specific times and drop off/pick up instructions. If you are planning to attend an outing with your youth, you must sign a Scouts Canada "Code of Conduct", "Individual Release and Hold Harmless Agreement" and a "Physical Fitness form for Non-members" and turn them in before leaving for the outing.

These can be found online at: <http://www.scouts.ca/ca/scouters>.



### 3. Camps

We will provide a notice with specific times and drop off/pick up instructions. We will provide a packing list for all of the Scouts. Camp fees will be collected for all camps. Please help your Scout by ensuring they lay out their gear before packing it. Please have the Scout pack their own bag/pack as this will help them remember where their items are packed. If you are planning to attend a camp with your youth, you must sign a Scouts Canada “Code of Conduct”, “Individual Release and Hold Harmless Agreement” and a “Physical Fitness form for Non-members” and turn them in before leaving for the camp. These can be found online at: <http://www.scouts.ca/ca/scouters>. When we return from camps the youth will be required to help unpack the troop boxes, hang up the tents etc. at the hall before they leave to go home. Each Troop will be assigned a patrol box and a couple of tents that they will be responsible for the year.

- There are lots of camps scheduled over the year. Some camps will be group organized camp and others will be council organized.
- Transportation to camps **must be provided by parents**, as we no longer have access to the Prairie Schooner. If possible, we will investigate the hiring of a bus, however that will increase overall costs of the camp.

**Dates will be published as soon as they are confirmed.**

## 10. Activities

### 1. Poppy Campaign Parade

Will be held in October. We support our veterans by marching with them in their parade to kick off the poppy sales. This parade will be held at Chinook Centre. Scouts are encouraged to attend. Plan on being at the mall from 9:45am until 11:30am.

**Dates will be published as soon as they are confirmed.**

### 2. Scout Truck Races

Are held in March. Our Scouts will be given the opportunity to build their own truck out of a kit. The Scout Trucks are raced at a meeting in our hall and we also attend the Area Scout Truck races in March. The Scouts will be racing their Trucks against other Scouts from about 15 other Calgary Troops.

**Dates will be published as soon as they are confirmed.**

**Note:** Scouts Canada does not provide insurance for youth travelling to camps or activities with leaders. Therefore, parents are required to arrange to have their youth delivered to and picked up from camps and activities. Carpooling is strongly encouraged. Leaders, in their capacity as parents, may participate in carpooling, at their discretion. All drivers are encouraged to ensure they have adequate insurance.



## 11. Fund Raising

The Lake Bonavista Scout Group runs a number fund raising events each year. This year's plan includes:

- |                          |   |                                |
|--------------------------|---|--------------------------------|
| 3 Bottle Drives per year | - | mid to late September          |
|                          | - | early January                  |
|                          | - | early to mid April             |
| Popcorn and Coffee Drive | - | late September to late October |
| Mall Popcorn Sales       | - | early December                 |

This is how our program raises the money to put on an outstanding program. We require your participation in all of these events for the program to work. The fees you paid at the beginning of the year went to Scouts Canada to pay for things like insurance, Scout Facilities and Leadership training.

At our bottle drives, we expect Scouts to arrive about 9:00 a.m. and participate in the sorting of bottles for 4 hours. We do provide lunch and snacks at our bottle drives. Failure to participate will result in your deposit cheque being cashed.

For popcorn Scouts will be given a route (including a map) with a number of homes in Bonavista on it. Parents are expected to encourage the Scouts to go out and knock on all of the doors and try to sell popcorn. They can also try selling to family, friends, teachers, classmates and at their parent's work. Prizes will be given to those Scouts who sell popcorn.

Additional fund raising may be required for activities and camps such as Sailing Camp, Jamboree's etc.

**Our goal is to teach the Scouts that a little work leads to a great program.**

## 12. Community Events

- The Lake Bonavista Homeowners Association stores our canoes for us at the Lake! In return, we try to give something back to the community. We support Lake Bonavista Community Association by ensuring all our members are members of the Lake Bonavista Community Association (LBCA).
- We support our veterans by marching with them in their Parade to kick off the Poppy Sales. This parade will be held at Chinook Centre in October. We will send out an e-mail with the details as they become available.
- Our Cubs, Scouts, Venturers and Rovers perform a clean-up day at the Lake Park each spring.
- Our Scouts, Venturers and Rovers help at the Community Association's annual Winter Carnival and Pre-Stampede Breakfast.

**The goal is to teach our youth to be good members of the community.**

## 13. The Scout Journey

One of the ways to celebrate and mark milestones on a Scouts journey through scouts in with badges. They are souvenirs of the journey, not the journey itself. On the Canadian Path all sections have Personal Progression Badges, Personal Achievement Badges, Outdoor Adventure Skill Badges, Top Section Awards and Canadian Path Link Badges. You can choose which badges, if any, you wish to make part of your own journey.

### Personal Progression Badges

First year Scouts (grade 6, age 11) are known as Pioneers. Second year Scouts (grade 7, age 12) are known as Voyagers. Third year Scouts (grade 8, age 13) are known as Pathfinders. Fourth year Scouts (grade 9, age 14) are known as Trailblazers. At the end of the year the Scouts receive their personal progression badges to show they have successfully completed the year. Any Scouts that are moving up to Vents will also receive a linking badge.



### Personal Achievement Badges

The Personal Achievement Badges are an opportunity to explore your own interests in your own way. The badges are optional and not a requirement for any top award. There are 16 Personal Achievement Badges and they may be completed more than once as long as a new Plan-Do-Review plan is made. Each badge has an objective that is met by completing 5 activities or goals that the Scout decides on.

Using the Plan-Do-Review plan a Scout plans a strategy for five activities or goals to meet the objective for the badge and then reviews them with a Scouter. The Scout then gathers the needed materials and resources and does the 5 activities or goals. Once completed a Scouter will review the plan with the Scout and the badge will be awarded.

This is the link to a guide which give more information on the various badges and a copy of the Plan-Do Review plan:

[144 Lake Bonavista Sea Scouts Page](#) – Personal Achievement Badges

**The 16 Personal Achievement Badges are:**

- Earth:** anything connecting with our planet’s soil and geology including exploration, environment, leisure pursuits, experiments, etc.
- Air:** anything connecting with the atmosphere including exploration, environment, leisure pursuits, experiments, etc.
- Water:** anything connecting with water including exploration, environment, leisure pursuits, experiments, etc.
- Space:** anything connecting with outer space including exploration, leisure pursuits, experiments, etc.
- Summer Fitness:** anything related to active and healthy fitness and the summer season
- Winter Fitness:** anything related to active and healthy fitness and the winter season
- Year-round Fitness:** anything related to active and healthy fitness that can be pursued year-round
- Home:** exploring what it means to be a contributing member in a household
- Community:** exploring what it means to be an active, contributing member of one’s neighborhood and municipality
- Canada:** exploring what it means to be a citizen who makes positive contributions to the country
- World:** exploring what it means to be a contributing global citizen
- Technology:** exploring how to use digital technology effectively and responsibly
- Arts:** exploring one’s own creative expression and the creative output of others
- Building:** creating and constructing functional items in a hands-on way
- Hobby:** an opportunity to develop one specific interest or to explore new interests
- Science:** learning and experimenting critically and empirically



**Outdoor Adventure Skills Badges**

The Outdoor Adventure Skills badge program is an invitation for Scouts to try something new and challenge themselves. Each Outdoor Adventure Skills pathway is divided into 9 stages with a badge awarded on the completion of the badge requirements for each stage. The Outdoor Adventure Skills are for all sections from Beavers to Rovers. It isn’t likely you will reach Stage 9 in any of the Outdoor Adventure Skills pathways as a Scout. You can keep progressing when you become a Vent.

The requirements for each stage can be found at this link:  
<http://www.scoutinglife.ca/canadianpath/outdoor-adventure-skills>.

The 9 Outdoor Adventure Skills Badges are:



### The Chief Scout Award

The Chief Scout Award is the top section award for a Scout. It marks the completion of a successful Scout Journey, at the end of Scouts. During their third or fourth year, Scouts may begin to work on their Chief Scout Award.

There are 4 important components of the Chief Scout Award.

1. **Personal Progression** – Scouts review their personal journey and progression through Scouts with a Scouter. During this review the Scouts discuss the areas visited on the Canadian Trail Map, the adventures they have led and completed, any Personal Achievement Badges they have attained and the SPICES where they have experienced growth and development along their journey.
2. **Outdoor Adventure Skills** – Scouts need to have completed 18 Outdoor Adventure Skills stages (including any achieved as Beavers or Cubs). This can be accomplished by achieving multiple stages in a few skills or a few stages in multiple skills.
3. **Volunteer Hours** – Scouts need to complete 30 volunteer service hours to give back to their community in a way that has special meaning for them. These hours must be completed as a member of the Scouts Section (they are not cumulative from Beavers or Cubs). These hours do not have to be completed within Scouting and do not have to be completed as part of one activity or event. Volunteer service activities completed as part of the Section's program do count towards this requirement.



4. **Chief Scout Award Project** – Scouts must plan and complete a challenging individual or small group project that matters to youth and makes a positive difference in the local, national or global community. The Scout proposes a project to a Scouter who determines if the project meets the criteria and then guides the Scout to develop a project that is challenging as well as relevant and meaningful. There are no set time limits, duration or requirements for the project other than those agreed upon between the Scout and Scouter. Scouts may choose to collaborate on a project as long as each Scout is contributing to the best of his or her ability. The final project follows the Plan-Do-Review cycle. The Scout plans and proposes the project and action plan. The project plan is followed. The Scout reviews the project with the Scouter and then the project is shared with the other Scouts. The completion of the Chief Scout Award is to be approved by other Scouts.

### **Other Awards and Badges**

There are other awards and badges that Scouts can earn. They include the World Scout Environment Award, Language Strip, Youth Leadership training badge, Spirituality Award, Religion in Life Award and Message of Peace. More information can be found on the website or by talking with Scouters.