

TENDERPAD TO LEAPING WOLF



BPSA

Timber Wolf Handbook

Ontario Edition

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UNIFORM AND BADGES FOR TIMBER WOLVES

Head gear:	A green baseball cap with cap badge on front.
Scarf & Woggle:	Neckerchief of approved Group colour. Woggle of any pattern except Woodbead type.
Sweatshirt:	Of approved pattern, Grey in colour.
T-Shirt:	Of approved pattern, Grey in colour.
Belt:	Black web material with plain brass buckle.
Shorts or Longs:	Olive Green or Tan.
Socks:	Lovat Green for wearing with shorts. Green garter tabs.
Footwear:	Black shoes, or Hiking Boots.
Tenderpad Badge:	Worn centered on the left breast.
WFIS Badge:	Worn centered on the right breast.
Group flash:	Worn on the top of the right shoulder.
Proficiency Badges:	Worn in vertical rows on right sleeve.
Six Flash:	Worn at the top of the left sleeve, point up.

Your badges should be sewn on your uniform properly. They should not be glued on, nor should they be sewn with huge stitches. Take pride in your uniform.

Coat of White Paint

The Test of the Zulu Boy

Before Zulu boys were allowed to become warriors they had to pass a pretty tough test. This is what they had to do.

When a boy was becoming old enough to be a warrior he was taken and stripped of his clothing, and was painted white all over. He was given a shield with which to protect himself, and an assegai or small spear with which to kill animals or enemies. And then he was turned loose into the jungle.

If anyone saw him while he was still white they would hunt him down and kill him; and that white paint took about a month to wear off – it would not wash off.

So for a month the boy had to hide away in the jungle, and live the best he could.

He had to follow up the tracks of deer, and to creep up near enough to spear the animal in order to get food and clothing for himself. He had to make a fire to cook his food by rubbing two sticks together – he had no matches with him. He had no pockets to put them in if he had them. He had to be careful not to let his fire smoke too much, or it would catch the eye of scouts on the look-out to hunt him.

He had to be able to run long distances, to climb trees, and to swim rivers in order to escape from his pursuers. He had to be brave, and stand up to a lion or any other wild animal that attacked him.

He had to know which plants were good to eat and which were poisonous, and how to cook them. He had, of course, to make his own cooking pots out of the bark of trees or of clay. He had to build himself a hut to live, but well hidden.

He had to take care that wherever he went he left no foot tracks by which he could be followed. If he snored when he was asleep, it would give him away to a keen-eared enemy. So he learnt to keep his mouth shut, and to breath quietly through his nose.

For a month he had to live this life, sometimes in burning heat, sometimes in cold and rain.

When at last the white stain had worn off, he was able to return to his village, and then he was received with great joy, and was allowed to take his place among the young warriors of his tribe.

But you can imagine that a good many of these boys who went out did not get through their white period at all; some got killed by wild animals, some got killed by the hunters, and numbers of them died of starvation, drowned or the cold. It was only the good ones among them who got through successfully – and thereby proved that they really were warriors.

It was a pretty hard test, wasn't it? Your test is very easy compared to what the Zulu boys went through.

To become an invested Timber Wolf you have to pass the Tenderpad requirements listed below.

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|-----------|---|
| 1. | Recite from memory the Timber Wolf Law. Explain their meaning in your own words. |
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The Timber Wolf Law:

1. The Cub gives in to the Old Wolf.
2. The Cub does not give in to himself.

In the jungle the old wolf (Akela) is wise and knows what is best for successful hunting, so every Timber Wolf obeys the old wolf immediately. Even when the old wolf is out of sight the Timber Wolf obeys their orders because it is the business of every Timber Wolf in the pack to “play the game” honourably.

And so it is the Timber Wolf Pack. The Timber Wolf obeys the orders of their father or mother or schoolteacher, whether they are there or not to see you do it. The smallest Timber Wolf can always be trusted at all times to do their best to carry out what he knows the older people want.

When the young wolf is hunting a rabbit to get meat for himself or for their pack, they may find that they are getting tired and wants to stop; but if they are the right sort they will not give in to himself or herself, they will “stick to it” and will keep pressing on with the task; they will do their best and have another try. In the end they will find that the rabbit is just as tired as they are – and they will get their supper.

So in the Pack a Timber Wolf may be given a job to do, such as to skip or to learn how to swim; they may find it difficult or tiring, and if they had their way, they would stop. But a Timber Wolf does not give in to him or herself, they will stick to it and have another try; they will do their very best, and in the end they will succeed with their job.

- | | |
|-----------|---|
| 2. | Recite from memory the Timber Wolf Promise. Explain its meaning in your own words. |
|-----------|---|

Just like Explorers, before becoming a Timber Wolf they must make a Promise. It is this:

The Timber Wolf Promise:

**I promise to do my best:
To do my duty to God and the Queen,
To keep the Law of the Timber Wolf Pack, and
To do a good turn to somebody every day.**

3. Recite the Timber Wolf Motto from memory. Explain its meaning in your own words.

The Timber Wolf Motto:

“Do Your Best”

The motto is a guide to how a Timber Wolf should live. No one expects a Timber Wolf to achieve perfection, only to do his or her best to get there. It is natural for a Timber Wolf to make mistakes on the way.

4. Demonstrate the Timber Wolf Salute.

THE SALUTE

Now for the secret sign by which Timber Wolves salute their Akela’s and other Timber Wolves and Explorers.

They have learnt the Grand Salute, which they use when doing the Grand Howl to an old wolf, but if they meet Akela or speak to them at any time they use the ordinary salute.

The Timber Wolf salute looks like a Wolf’s head with their ears cocked up. The two fingers in the salute are the two ears of the Wolf.



The Timber Wolf Salute

5. Show your Cub Master that you know how to do the Grand Howl.
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THE GRAND HOWL

The wolves all sat around the council rock in a circle and when Akela, the old wolf, the head of the pack, took their place on the rock they all threw up their heads and howled their welcome to Akela.

When Akela comes to the meeting the Timber Wolves salute him by squatting around in a circle as young wolves do, and giving Akela the Timber Wolf Grand Howl.



To do the Grand Howl they squat down on their heels with their two hands on the ground between their feet, knees out to either side.

Then when the Old Wolf comes to the Pack, the young Wolves throw up their heads and howl. But their howl means something. They want to welcome Akela, and at the same time to show that they are ready to obey their command.

The call of the Pack all over the world is “We’ll do our best”; so when Akela comes into the circle they throw up their chins and, all together, they howl out – making each word a long yowl:

“Ah-kay-la! – We-e-e-ell do-o-o-o-o-o-o-o-o-o-o-u-r - BEST”. Yell the word “best” sharp and loud and short and all together; and at the same time spring to their feet with two fingers of each hand pointing upwards at each side of the head, to look like two wolf’s ears.

Now what does it all mean?

It means that they will do their best with BOTH hands – not merely with one like most people. Who only use their right hand. Their best will be twice as good as any ordinary young persons. “Do your Best” is the Timber Wolves motto.

Keep two hands up while the Duty Sixer calls to the Pack, at the top of their voice: “Dyb – dyb – dyb – dyb” (meaning Do Your Best).

Every Timber Wolf after the fourth “dyb” drops their left hand smartly to their side and keeping the right hand at the salute, with two fingers up, but now spread out making the salute,

Then the whole pack yells: “We-e-e-el “Dob – dob – dob – dob” (meaning We’ll Do Our Best). After the fourth “dob” each Timber Wolf drops their right hand to their side and stands at the Alert and waits for orders.

THE COUNCIL CIRCLE

When the wolf pack met in the jungle, Akela, the old wolf, stood on a great rock and the pack sat in a circle around it. When the Pack is formed up in the Council Circle, Akela will give the command “Form Parade Circle”, and each Timber Wolf holds hands with Timber Wolves on either side and pulls outwards into a big circle.

The circle is used for the Grand Howl and other ceremonies.

THE JUNGLE MEETING

Whatever the Timber Wolves may be doing, the moment that they hear the call of “Pack – Pack – Pack” every Timber Wolf at once answers by yelling “Pack!” and by running at once to form the Parade Circle round Akela. If Akela only calls “Pack!” once, it means silence, and every one (including leaders) must stop what they are doing and listen.

Nobody is allowed to call “Pack!” except an Old Wolf. A Sixer may call their Six together by calling their Six colour.

THE ALERT

Remember when ordered to be “Alert” the Timber Wolf stands straight up like a soldier, with heels together, hands down by their sides, head up, and eyes looking straight to the front – nowhere else.

When Akela gives the command to “Stand at Ease”, they stand with their feet apart and hands clasp behind the back, and they then may look about as much as they please, but still pay attention to Akela.

6. Explain the terms DYB and DOB in your own words.

What do you think “Do Your Best” and “Do Our Best” means? The motto is a guide to living. Nobody expects a Timber Wolf to achieve perfection, only to do his or her best to get there. It is natural for a Timber Wolf to make mistakes on the way. It is natural for the Timber Wolf Leader to show a better way forward.

7. Know the story of how Mowgli entered the Pack.

The Story of Mowgli

Condensed from “The Jungle Book” by Rudyard Kipling

Once upon a time, far away in India, a great big tiger was prowling about in the jungle trying to find food. Presently he came to a place where a wood-cutter and his family were camped, and he thought it would be a grand thing to get hold of a sleeping man or, better still, a fat child for his supper.

Although he was a great strong animal he was not very brave, and he did not want to face an armed man in the open.

So he crept up close to the campfire, but in gazing at his prey he did not look carefully where he was putting his feet, and in crawling forward he trod on some hot embers. The pain made him howl, which roused the camp, and he had to go limping away hungry.

One small boy ran off into the bushes to hide, and there he met a great grey Wolf. But the Wolf was a brave and kindly animal and seeing that the child was not afraid of him he picked him up gently in his mouth as a dog does a puppy, and carried him into its cave close by.

Here the mother Wolf took care of the child and put it among her family of cubs. Shortly afterwards Tabaqui, that is the jackal, came to the tiger whose name was Shere Khan and said to him "Mr Tiger I know where that small boy has gone to, and if you will kill him you might give me a nice little bit of him to eat as a reward for my telling you where to find him. He is in that little cave under the rock."

A jackal is a nasty sneaking kind of animal, who lets other animals do the hunting and killing, while he loafs about picking up the scraps. So Shere Khan went to the mouth of the cave, and though he could put his head inside, the opening was too small for his great body to get through, and the grey Wolf inside knew this and defied him.

The Wolf told him to go away and hunt for his food, and not to go trying to steal what other folks had captured; he must not break the Law of the Jungle which says no animal shall kill a human being because it causes more men to come to the place to hunt out the murderer, and this brings trouble on all the animals in that jungle.

Shere Khan roared with anger, and wanted to bully the Wolf with threats of what he would do to him, when Mother Wolf suddenly joined in and told him to go about his business; that she would take care of the boy, and that some day the boy would grow up and kill Shere Khan if he was not careful.

So the boy remained with the Wolves and grew up as one of the family. They called him Mowgli - and they taught him all the tricks of the jungle; how to run and how to hunt his game.

In this way he became brave and strong. Then they also took him to the Council meeting of the Pack for all the Wolves, which was held at a certain rock.

As a young wolf he had lots to learn.

In *Northern Trails*, by W. J. Long, you can read how a Timber Wolf learns his hunting lessons from his parents. The first lesson is to make him quick and active, and for this he is allowed to hunt grasshoppers - to leap and snap, and twist and pounce after them. Then he is not given any food, but is shown that if he wants it he must go and hunt it for himself.

He tries his pouncing and rushing dodges on birds, but very soon finds that these do not pay. If he wants to kill, he must creep and crawl and stalk, and lie in wait. If he does not learn to do the business properly, he will starve to death. His dinner depends on himself.

It is just the same with a boy or girl who wants to become an Explorer. They must first of all learn all the scouting dodges and duties from old Explorers, who can teach them. They, too, must make themselves active and strong by games and exercises; they, too, must make their own way in life, but games will not do this for them. If they want to succeed they must go about it carefully, learning all they can that will help them in whatever profession they take up. Their success will depend on themselves, not on their schoolteachers or parents.

So make up your mind to be like a real Timber Wolf, and win your own success for yourself. Later on when you are an Explorer you will learn how to do it when you are grown up.

8.	Know the Story of B-P.
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The Story of Lord Baden-Powell of Gilwell

As a Timber Wolf, they should know about the man who started Cubs and Explorers. This man was Lord Baden-Powell of Gilwell who was often called “B-P”.

B-P’s full name was Robert Stephenson Smyth Baden-Powell, and he was the son of the Rev. Professor and Mrs Baden-Powell. He was born in London, England, on February 22, 1857, and when he was only three years old his father died. His mother was left with seven children all under 14 years of age.

As a boy B-P loved the out-of-doors and with his four brothers he did lots of camping, hiking, and boating. At school, he was not a very smart student, but he was good at sports, acting, music, and sketching.

He was ambidextrous, a big word meaning that he could use both hands equally well, and was known to make two different drawings at the same time, one with each hand.

He became a soldier and rose in rank very quickly until he became a Major General. He had many adventures as a soldier, but the most famous was his defence of Mafeking in South Africa, during the Boer War. He was trapped at Mafeking for 217 days, from October 13th, 1899 to May 18th, 1900 and, with a small band of soldiers, he held out against a large force of Boers, which besieged the town. During the siege he used the boys of the town as messengers, first aiders, and for other jobs. From this experience he developed a lot of ideas for Scouting. He became a great hero for his defence of Mafeking.

B-P wanted to do something to make boys dependable and self-reliant and, when he returned to England, he developed a program of activities which he called “Scouting for Boys”. In August of 1907 to try this program, he held a camp on Brownsea Island off the English coast, and this camp is today recognised as the very first Boy Scout camp in history.

Having tested his program, B-P wrote a book called also called “Scouting for Boys”. As a result Patrols and troops of boys calling themselves “Boy Scouts” sprang up all over England.

It grew by leaps and bounds and crossed the seas to Commonwealth, and to other countries. King Edward VII was very interested in Scouting, and suggested that B-P give up his army career and devote his time to Scouting.

This B-P did, and Scouting grew and grew until today it is active in nearly every country in the world. There are over 25,000,000 members, worldwide. However, at early Scout rallies, hundreds of very young boys turned up and insisted on being Scouts. To help these boys, B-P started a new program called "Wolf Cubs". This program is based upon "The Jungle Book". B-P died in Kenya in 1941.

9. Take part in a Pack activity.

Go hiking or camping with your new Pack! Learn a new skill like how to pack a backpack, or how to dress for the outdoors.

10. Be invested as a Timber Wolf.
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This is the ceremony when you become a Timber Wolf, make your Promise and are welcomed into the Pack.

The Pack will be in Parade Circle and you will be called in front of Akela. You may be escorted by your Sixer or by an Assistant Cub Leader.

AKELA will ask you: "**Do you know the Law and Promise of the Wolf Pack, the Grand Howl and the Salute**".

YOU will answer: "**Yes, Akela, I do**".

AKELA: "**What is the Law?**"

YOU: "**The Cub gives in to the Old Wolf. The Cub does not give in to him (her) self**".

AKELA: "**Are you ready to make the solemn Promise of the Timber Wolves?**"

YOU: "**Yes, Akela, I am**". (At this point Akela requests the whole Pack to stand at the Salute - invested members only)

YOU: (repeating, phrase by phrase after Akela): "**I promise to do my best, to do my duty to God, and to the Queen, to keep the Law of the Timber Wolf Pack and to do a good turn to somebody every day**".

AKELA: "I trust you to do your best and to keep this Promise. You are now a Timber Wolf and one of the Great Worldwide Brotherhood of Scouts".

Akela then gives you your badges, your cap which you put on yourself and shakes you by the left hand. You change your badges into your left hand and salute Akela with your right hand. You then turn about and salute the Pack. You pause for a moment at the ALERT while the Pack return the salute as a welcome into the Pack. You then rejoin your Six. The ceremony ends with the Grand Howl in which you are able to take part for the first time.

Congratulations on becoming a Timber Wolf!

Make sure that Akela, or another Leader, has signed all your requirements off on the following Requirement Sheet.

	ITEM	DATE	INITIAL
1	Recite from memory the Timber Wolf Law. Explain their meaning in your own words.		
2	Recite from memory the Timber Wolf Promise. Explain its meaning in your own words.		
3	Recite the Timber Wolf Motto from memory. Explain its meaning in your own words.		
4	Demonstrate the Timber Wolf Salute.		
5	Show your Cub Master that you know how to do the Grand Howl.		
6	Explain the terms DYB and DOB in your own words.		
7	Know the story of how Mowgli entered the Pack.		
8	Know the Story of B-P.		
9	Take part in a Pack activity.		
10	Be invested as a Timber Wolf.		

Once you have been invested you may move on and start on the requirements for the "First Star".

There are two stars you must earn, lets get started on the first one!

The First Star Requirements

1. Know the composition of the Canadian Flag.
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The flag is red and white, the official colours of Canada as appointed by King George V in 1921, The description of the flag is two vertical bands of red (hoist and fly side, half width), with white square between them; an 11-pointed red maple leaf is centered in the white square.



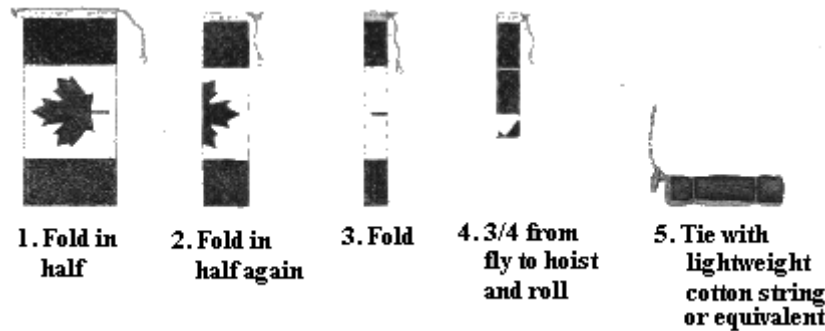
2. Explain the correct way to fly and fold the Canadian Flag

The National Flag of Canada should be displayed only in a manner befitting our national emblem; it should not be subjected to indignity or displayed in a position inferior to any other flag or ensign. The National Flag always takes precedence over all other national flags when flown in Canada. The only flags to which precedence is given over the Canadian flag are the personal standards of members of the Royal Family and of Her Majesty's representatives in Canada. The National Flag should always be flown aloft and free.

It is improper to use the National Flag of Canada as a table or seat cover or as a masking for boxes, barriers, or intervening space between floor and ground level on a dais or platform.

While it is not technically incorrect to use the National Flag of Canada to cover a statue, monument or plaque for an unveiling ceremony, it is not common practice to do so and should be discouraged.

When the National Flag of Canada is raised or lowered, or when it is carried past in a parade or review, all present should face the flag, men should remove their hats, and all should remain silent. Those in uniform should salute.



When a flag becomes tattered and is no longer in a suitable condition for use, it should be destroyed in a dignified way by burning it privately.

3. Know the meaning of 5 First Nations names for local features or places in your Province.
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The map of Canada is a rich tapestry of place names. These names reflect the diverse history and heritage of the nation. Many of the country's earliest place names draw on Aboriginal sources. Before the arrival of Europeans, First Nations and Inuit gave names to places throughout the country to identify the land they knew so well, and with which they had a strong spiritual connection. For centuries, these names that described the natural features of the land, or commemorated significant historical events, passed from one generation to the next.

Many of these names still survive today. The representation of these names in European languages sometimes diminishes the lyrical sounds of the original names themselves. Nevertheless, the story of Aboriginal place names goes back to the earliest remembered history of our country.

You should find some that are from your local area. Here are some examples of names from Ontario:

Ontario – this Huron name, first applied to the lake, may be a corruption of onitariio, meaning “beautiful lake”, or kanadario, which translates as “sparkling” or “beautiful” water.

Etobicoke – comes from the Ojibway word wah-do-be-kaung, which means “the place where the alders grow”.

Kapuskasing – is a Cree word meaning “the place where the river bends”.

Oshawa – is a Seneca word that means “crossing of a stream” or “carrying place”, describing an old portage in the area.

NOTES

4. Know in a very simple form the legend of St. George, the Patron Saint of Scouting.

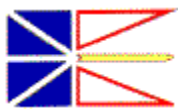
SAINT GEORGE is the Patron Saint of Scouting. St. George's Day is April 23rd and Scouts have parades on, or near, that date. His emblem is a red cross.

The legend goes that he was a Roman soldier in the army of Diocletian, an Emperor who persecuted Christians. George was a Christian and decided to leave the army and travel to the Emperor's palace to plead with him to stop this persecution.

As he passed through Libya, he found that one of the cities was plagued by a dragon. This terrifying creature could only be pacified by feeding it with human bodies. The King's own daughter was being sacrificed when George arrived. He hurried to help her, killed the dragon and saved the Princess's life. After talking to George, the grateful King, the Princess, and many of the people decided to become Christians.

George continued on to the palace of Emperor Diocletian who put him to death for his Christian faith.

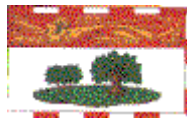
5. Know, and be able to recognise the Provincial and Territorial Flags of Canada



Newfoundland



Nova Scotia



P.E.I.



New Brunswick



Quebec



Ontario



Manitoba



Saskatchewan



Alberta



BC



Nunavut



NWT



Yukon

6. Know, and be able to recognize your Provincial or Territorial Bird, Flower, and Tree, if it has one.



Adopted in 1937, the White Trillium, *Trillium grandiflorum*, can be found in abundance in the moist deciduous forests of Ontario from late April to early May. White blankets of these beautiful flowers cover the woodland floors for a few weeks of the year.



Adopted on June 23, 1994, the Common Loon, *Gavia immer*, are common sights and sounds in and around the many lakes and rivers of Ontario. Their lonely, haunting, soothing call echoes across the evening waters and brings a person 'back to nature' as no other sound can.



Adopted on May 1, 1984, the Eastern White Pine, *Pinus strobus linnaeus*, has been a major source of commerce and trade since the early days of the pioneer. And it makes a delightful Christmas tree, too.

7. With your Six, sing the first verse of “O Canada”, and demonstrate what to do when it is played or sung.

The official Lyrics of O Canada: -

O Canada!
Our home and native land!
True patriot love in all thy sons command.

With glowing hearts we see thee rise,
The True North strong and free!

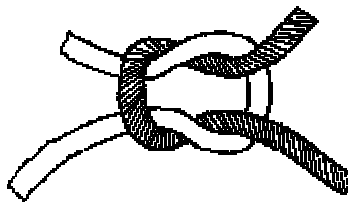
From far and wide,
O Canada, we stand on guard for thee.

God keep our land glorious and free!
O Canada, we stand on guard for thee.

O Canada, we stand on guard for thee.

As a matter of respect, it is proper to stand for the playing of "O Canada" as well as for the anthem of any other nation. It is traditional for civilian men to take off their hats during the playing of the national anthem. People in uniform should salute.

8. Be able to tie a Reef Knot, and a Sheet Bend, and know their uses.



The Reef-knot is for tying up parcels and bandages. The reef knot is a flat knot for tying up ends of light line or cord. It is also used for tying bandages because it does not dig into the patient. It is NOT SUITABLE for tying two ropes together because if there is any movement in the ropes as it can slip and untie itself.



The sheet bend is a good knot for tying ropes together. It is more reliable than the reef knot. It may be used to tie ropes of unequal thickness.

9.	Take part in a night hike with your Pack.
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Hiking in daytime can be good fun, but hiking at night can be really thrilling.

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

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

1. Be Prepared for rain. A light hat of some kind is well worth the trouble of carrying in your backpack; and you need a backpack for night hiking; I am going to tell you all the things you will need to put in it. The hat comes in useful for sitting down on for a rest; grass and ground are damp at night.

2. Be Prepared to feel cold when you halt for a rest or to eat. Carry a sweater or fleece jacket in your backpack, and a pair of woolen gloves. Put them on when you halt, and pack them in the rucksack again when you move on. You will thus feel the benefit of them during the halts, which you won't if you wear them all the time.

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

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

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

10.	Demonstrate good posture by walking upright with good carriage, carrying a solid article, such as a book, on your head without using your hands for a distance of 10 metres. Turn around and go back to the start.
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Being erect, walking with good carriage or posture and having balance are the skills learnt by this simple test.

The trick of this one is to look straight ahead rather than looking down.

11.	Know why and how to keep your hands clean, your nails clean and your teeth clean, and why to breathe through your nose. Carry these things out in practice.
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Before you eat or touch food and after every time you go to the toilet WASH YOUR HANDS. Use soap and warm water. Keep you nails short and use a nail brush.

Clean your teeth. Try to keep your teeth sound and strong by brushing them thoroughly at least twice a day. Ask your dentist the best way to brush. Floss every day.

Breathe through your nose. Why? Because dust and germs are filtered and the air is warmed before it reaches your lungs.

Use a handkerchief when you blow your nose, sneeze or cough. This stops your germs passing to other people. Let's declare war on those nasty little germs!

Find out other ways you can defend yourself against germs.

Eat good food and get plenty of sleep.

REMEMBER, DIRT MEANS DISEASE.

12.	Be able to tell time by an analogue clock.
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There are two kinds of clock - the type where two hands move around the clock and the type which displays the time as a row of numbers.

This first traditional style and can be seen on all sorts of public and other buildings. Perhaps one of the most famous clocks in the world is that at the House of Parliament in Ottawa where the Carillon strikes the hours and the quarter hours.

The row of numbers clock is often called a digital clock. You can see an example of this in the bottom right hand corner of the computer screen. Can you tell what time it says? Remember that if the first part of the time is more than 12 you have to deduct 12 to get the correct time. This is called a 24 hour clock and is used internationally to prevent confusion between the morning and the afternoon. Once you can tell the time you will never be late again!

13.	Grow one of the following: a bulb, chestnut or acorn in water. Or mustard, cress, peas, or beans on a flannel clothe.
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Not only do animals and humans have life and produce "children" but so also do other living things such as plants. This simple test introduces the Timber Wolf to how plants reproduce and teaches them to care regularly for another living body.

In the Fall obtain a chestnut and place it in water to watch it sprout. This should take only a few days. Alternatively plant it in prepared potting compost or a sand and soil mixture and within a short time you will see it sprout and if cared for until the spring can be planted out and in years to come a huge tree will grow. So do take care to plant the young tree in a place with the agreement of your parents.

To grow a bulb, such as a hyacinth, plant this in special bulb compost with the tip of the bulb just showing out of the soil. In the case of daffodils these should be planted at least one inch or 20cm under the compost or in the garden.

Your parents might have a special bulb glass which allows the hyacinth to be placed on the glass with its base just dipping into the water. This can be especially exciting because you will see the root system grow.

To grow seeds such as mustard and cress, peas or beans, take an old face cloth and place it in the bottom of a plastic container, dampen the cloth and sow the seeds directly on top. If sowing mustard and cress you will be able to eat this in a couple of weeks or so.

14.	Show how to clean a pair of shoes or boots, and fold your clothes neatly.
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It is important to keep your footwear clean and dry. This keeps you feet healthy.

The first thing to do is to scrape off, or wash of with a damp sponge, any excess mud from your shoes, trainers or boots. Then ensure they are dry. If for any reason they have got wet stuff them with newspaper and leave them to dry in a warm but not hot place.

Put a newspaper on the floor or table and take a stiff brush and brush away any remaining mud.

Apply polish with a clean brush and then brush it into the leather using a larger brush.

Use a soft cloth to polish.

If you are cleaning runners it is usually only necessary to wash them with a sponge and allow them to dry but sometimes the laces could do with a wash in the washing machine. Ask you Mum or Dad to help you with this. Never wash runners in a washing machine except with a very cool gentle wash with no spin and no detergent.

15.	Satisfy your Leaders that you are doing your best to keep the Pack Den tidy and leave no litter anywhere.
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16.	Show that you understand the Highway Code, and the rules for operating a bicycle in your Province.
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The Highway Code and Bicycle Safety

Clothing. You should wear

- A bicycle helmet which conforms to current regulations
- Appropriate clothes for bicycling. Avoid clothes which may get tangled in the chain, or in a wheel or may obscure your lights
- Light-coloured or fluorescent clothing which helps other road users to see you in daylight and poor light
- Reflective clothing and/or accessories (belt, arm or ankle bands) in the dark.

At night your cycle **MUST** have front and rear lights lit. It **MUST** also be fitted with a red rear reflector. White front reflectors and spoke reflectors will also help you to be seen

You should:

- Keep both hands on the handlebars except when signalling or changing gear
- Keep both feet on the pedals
- Not ride more than two abreast
- Ride in single file on narrow or busy roads
- Not ride close behind another vehicle
- Not carry anything which will affect your balance or may get tangled up with your wheels or chain

- Be considerate of other road users, particularly blind and partially sighted pedestrians. Let them know you are there when necessary, for example by ringing your bell.

You should:

- Look all around before moving away from the curb, turning or maneuvering, to make sure it is safe to do so. Give a clear signal to show other road users what you intend to do.
- Look well ahead for obstructions in the road, such as drains, pot-holes and parked vehicles so that you do not have to swerve suddenly to avoid them. Leave plenty of room when passing parked vehicles and watch out for doors being opened into your path
- Take extra care near road bumps.

You **MUST NOT**

- Carry a passenger on your bicycle.
- Hold on to a moving vehicle or trailer.
- Ride in a dangerous, careless or inconsiderate manner.

You **MUST NOT**

Cycle on a sidewalk.

Do not leave your bicycle where it would endanger or obstruct road users or pedestrians, for example, lying on the pavement. Use bicycle parking facilities where provided.

17. Spend four nights camping, preferably in a cabin.
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Do you know what equipment to take? Here's a small equipment list to get you started for a weekend away at camp:

- Backpack
- Raincoat
- 2 pair pants
- 2 long sleeve shirts
- 1 sweater or fleece top
- 2 sets of extra underwear

Boots
Gloves or mittens
Warm jacket and scarf
Warm hat
Sleeping bag
Bowl, cup, plate, knife, fork and spoon
Flashlight
Clean-up Kit: Soap, toothbrush, toothpaste, Comb, floss, towel
Slippers for inside the cabin

You should ask Akela if there is anything else you need to bring. Perhaps if it's a winter camp you might want to bring your toboggan.

18.	Know the Country Code.
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The Country Code is a set of rules for those who use the countryside in order to preserve it.

Keep on footpaths or keep to the edge of the field if there is no footpath.

Don't break through fences or hedges, use a stile if available. If you have to climb a locked gate, use the side nearest the hinges. Farm animals are valuable so never leave gates open.

Always remember the call:- **L M S G** which stands for 'Last Man Shuts Gate'.

Take your litter home. Clear up other litter especially plastic bags which can kill animals or birds if eaten.

Remember the Highway Code applies to the tiniest country lane. Walk single file facing oncoming traffic. Keep your dog under control and on a lead when crossing land that may have cattle, horses or sheep. Dogs can frighten them when they get excited or playful.

Keep streams and creeks clean and free from garbage. Glass bottles are very dangerous. They can magnify the sun's rays and start fires, or they can break and cut animals.

Respect the farmers property, never touch equipment or damage crops. Make no unnecessary noise.

Protect wildlife, plants and trees. Never damage or pick wild flowers.

19.	Have participated as a Timber Wolf in 3 day hikes.
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Here's an idea of what to bring with you on a day hike with your Six or pack:

- Water
- Food and a snack
- First Aid Kit
- Sunscreen
- Spare socks
- Sweater or fleece top
- Warm hat

If it's raining don't forget to pack a raincoat.

20.	Have at least ten months satisfactory service as a Timber Wolf.
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To be part of the Pack of Timber Wolves you need to attend the meetings regularly with enthusiasm. You will of course make mistakes and you will need Akela to show you the right path. The time will fly by and in no time you will have earned your First Star.

However, we do realise that little things can seem like mountains to a young Timber Wolf. Maybe you are finding things difficult or perhaps you are getting upset by what others are saying or doing to you.

Do tell Akela or some other adult so we can ensure you are happy.

21.	Re-Pass the Tenderpad Tests (this to be the last test)
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It could be some months ago that you became a Timber Wolf so your final task to get your First Star is to show Akela that you know what you learnt before you joined the Pack at your investiture.

Congratulations!!!! You now have your First Star!!!!

Make sure that Akela, or another Leader, has signed all your requirements off on the following Requirement Sheets.

First Star Requirement Sheets

	ITEM	DATE	INITIAL
1	Know the composition of the Canadian Flag.		
2	Explain the correct way to fly and fold the Canadian Flag		
3	Know the meaning of 5 First Nations names for local features or places in your Province.		
4	Know in a very simple form the legend of St. George, the Patron Saint of Scouting.		
5	Know, and be able to recognise the Provincial and Territorial Flags of Canada		
6	Know, and be able to recognize your Provincial or Territorial Bird, Flower, and Tree, if it has one.		
7	With your Six, sing the first verse of “O Canada”, and demonstrate what to do when it is played or sung.		
8	Be able to tie a Reef Knot, and a Sheet Bend, and know their uses.		
9	Take part in a night hike with your Pack.		
10	Demonstrate good posture by walking upright with good carriage, carrying a solid article, such as a book, on your head without using your hands for a distance of 10 metres. Turn around and go back to the start.		
11	Know why and how to keep your hands clean, your nails clean and your teeth clean, and why to breathe through your nose. Carry these things out in practice.		
12	Be able to tell time by an analogue clock.		
13	Grow one of the following: a bulb, chestnut or acorn in water. Or mustard, cress, peas, or beans on a face cloth.		

	ITEM	DATE	INITIAL
14	Show how to clean a pair of shoes or boots, and fold your clothes neatly.		
15	Satisfy your Leaders that you are doing your best to keep the Pack Den tidy and leave no litter anywhere.		
16	Show that you understand the Highway Code, and the rules for operating a bicycle in your Province.		
17	Spend four nights camping, preferably in a cabin.		
18	Know the Country Code.		
19	Have participated as a Timber Wolf in 3 day hikes.		
20	Have at least ten months satisfactory service as a Timber Wolf.		
21	Re-Pass the Tenderpad Tests (this to be the last test)		

Date Awarded your First Star: _____

Let's hike on to your Second Star!!



Second Star Requirements

1.	Swim 15 metres or, if you can't swim for a valid reason, skip with both feet together 45 times forward and 45 times backwards, you are to turn the rope yourself.
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Swimming is one of the best sports. For one thing, it's a lot of fun. And it's a sport that you will be able to do all your life. It's also one of the best ways to build up your body.

You probably like playing in the water, and maybe you can swim. If you can't, start now.

And then, get in the swim! Come on in the water's fine!

BASIC RULES OF SAFE SWIMMING

1. Be physically fit.
2. Have a qualified adult person present when you swim.
3. Swim in tested areas where there are no deep holes, stumps, rocks, cans, or glass.
4. If you can't swim, don't go in water over 3 1/2 feet deep. If you can swim 50 feet, it's safe to go in water up to the top of your head. Go in deep water only if you are a good swimmer.
5. Swim with a buddy - someone to help you if you get into trouble, someone you can help if they need it.
6. Obey rules. Have a good time in the water and learn to swim a little better each time you get in.

2.	Know the Water Safety Code as it applies to swimming and to being a passenger in a boat.
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THE WATER SAFETY CODE

Water and the area surrounding water can be a very dangerous place. So remember to follow this simple code and you and your friends should be safe.

- Always be with an adult when you are near water, and stay close.
- Keep you eyes and ears open for danger. Water can be cold and deep and may have dangerous currents, which could drag you under the water or sweep you away.

- Water is not always clean! Before you get near the water make sure that any cuts or scratches are covered. Use waterproof band-aids or rubber gloves.
- Don't go into water unless an adult tells you it's ok and NEVER go in any deeper than your waist.
- Don't splash water at other people or push them in accidents can and do happen!
- Avoid getting water in your mouth. Don't eat or drink while in the water or before you have washed your hands thoroughly.
- Always swim with a “buddy”.

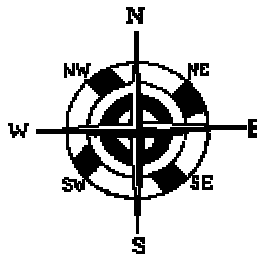
Safety in boats

Safety and First Aid equipment shall be readily available in every boat and boathouse to include: A First Aid Box, thermal exposure blankets, life-rings, rescue lines/throw bags and lifejackets/buoyancy aids.

Do not stand or jump around in small boats, you may tip them over.

If you cannot swim you must wear a life jacket while in a small boat.

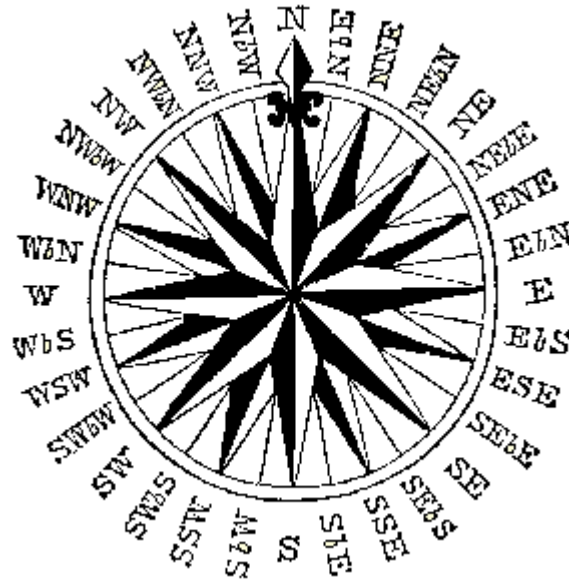
3.	Use a compass to show knowledge of eight principle points of the compass.
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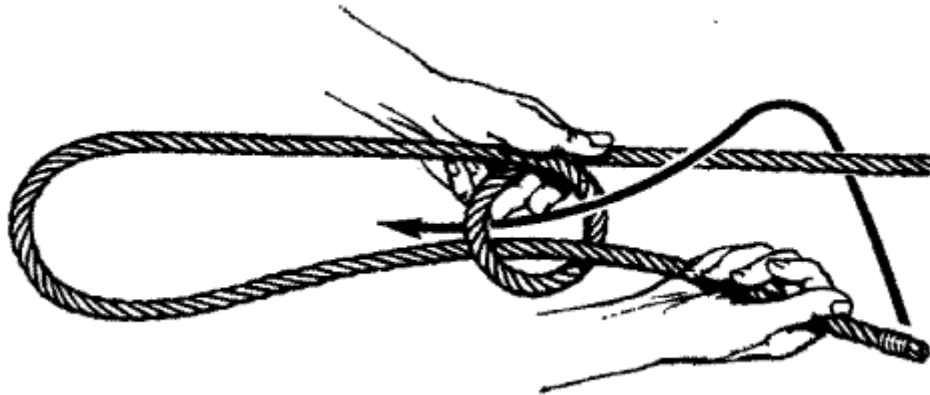
The eight principle points of the compass are: North, North East, East, South East, South, South West, West, and North West.

A Compass needle points to Magnetic North. Most maps are printed so that North is at the top of the sheet. Find out how to 'set' a map and how to use a map to get information.

Here is a Compass Rose with all the points of the compass shown:



- | | |
|-----------|--|
| 4. | Be able to tie a Bowline, and a Round Turn and two half hitches. Know their uses. |
|-----------|--|



The Bowline is a fixed loop and very safe. You can use it when climbing and life saving etc. If your life depends on this knot, you should do an extra knot to make it safer but we'll come to that in Scouts.

Often learnt by thinking of the end as a rabbit, and the loop as its hole. The rabbit goes up, out of his hole, round the back of the tree, and back down into his burrow.



The round turn and two half hitches is used to make fast a rope under strain. For example tying a dog to a tree or a washing line to a post. It can also be used for securing a boat or making a rope fast to a spar.

5. Understand the meaning of THRIFT in all things and be carrying it out in practice. Show evidence of the care of your Timber Wolf uniform.

To be thrifty is a good thing for a Timber Wolf. It means spending your money wisely and not wasting it. For example don't take all your pocket money and spend it on candy today and have nothing for tomorrow, so save a little for the days that come before you can expect some more money. Why take the bus or go by car if you can walk?

Always keep your money and property safe.

Make a chart showing your income for two weeks and what you spend it on. Decide where you can save money and show how you did it the following week.

Now take a look at your uniform. When you get home do you take it off and throw it on the floor for someone else to pick up or do you fold it up and put it away ready to wear next time? Do you put it out for washing and is it nicely pressed and tidy when you arrive at Cub night? Ask your parents or other adults to tell Akela how you look after your clothes, uniform and property.

6.	Make a woggle out of waste material.
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It is nice to have your own special woggle. Later we will show you how to make one using thin rope but perhaps you could take a small piece of wood and make a hole in it to use as a woggle. Perhaps an old bone from the butcher or even something as simple as a wire bag tie with a decorated cardboard badge on it. Can you think of other ways to make a woggle?

7.	Produce a satisfactory model or useful article, made entirely by yourself in wood, metal, cardboard, clay, or other similar substance; It may also be woven or carved.
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8.	By yourself, draw eight sketches of boats, flowers, animals, aircraft, your house, and have your name clearly written on them.
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To start off, all you need is some sketch paper (why not get a sketchbook just for lessons and practice?) and a B pencil.

Use a page of your sketchbook and have a scribble! Try round loopy marks, ziz-zags, light lines, heavy dark lines. Try shading from light to dark and back again. Try all of your pencils and pens. Make some different marks and then drag your eraser across them. Which pencils erase well? Which smudge? It can be handy to make a note of which pencil makes which mark.

Experimenting with materials is something all artists do - you'll get to know how each medium behaves when it's just on a piece of sketch paper, not halfway through a major piece - and happy accidents are often the inspiration for great works of art.

9.	Lay and light a fire out of doors. Boil water over it. Make hot chocolate with it if you wish. Clean up afterwards to a “leave no trace” standard to the satisfaction of your examiner.
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You can cook anything out of doors and it's great fun. Try sausages, or twists of flour and water dough wrapped around a peeled green stick.

As a Timber Wolf you may not light fires without an adult being present. Choose a safe area on open ground. Pile your wood on the windward side of the fire. Find out which kinds of wood to use.

To start a fire you need tinder... bark, dry grass, dead leaves, wood shavings, etc. - make sure all are really dry. To get the fire growing you need kindling... small, dry twigs and sticks - and lots of it.

To provide heat and keep the fire burning steadily you need large sticks and logs.

Light the tinder from the windward side.

A good Timber Wolf can light a fire with one match. Build up the fire with kindling. Never poke at the fire with sticks. Wait until there is a glowing bed of red embers to cook on.

Clear up thoroughly afterwards after first ensuring the fire is out and cold.

10.	Be able to use a public phone, know where and how to ask for help in an emergency.
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Every Timber Wolf should know that in an real emergency you should call 911. When you call, calmly, accurately and clearly state whether you are calling to report a fire, ask for emergency rescue, or an ambulance, and give the address as well. If necessary, shout for help as well so passers by hear you.

11.	Show how to clean and dress a cut finger and cover a burn or scald.
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Cuts and Scrapes: Let the wound bleed a little; the flowing blood will carry dirt out of the wound. Wash the wound with mild soap and a washcloth under running water. Then use antiseptic wipes, stroking from the wound outward, using a clean section of the wipe for each stroke.

After the wound is clean, blot it dry with sterile gauze or a clean cloth. Put a sterile, absorbent dressing or cloth directly on the cut and apply gentle pressure. Once bleeding has stopped, apply a bandage or tape to hold the dressing in place. In addition to protecting the wound from contaminants, the dressing will minimize drying; cells regenerate more rapidly and produce less scarring when kept slightly moist.

Burns and Scalds - Somebody touches a hot stove - result, an ordinary burn. A person spills boiling water over their foot - result, a scald.

Whether the burn or scald is large or small, your first priority is to cool the burned area by any convenient method. Immersion in cool water is ideal. This will quickly lessen the pain, inhibit further damage, and, some say, promote healing.

The treatment for the three specific types of burns is as follows:

First-degree burn: In minor burns and scalds the skin goes red. Treat immediately with cool water. Keep the burn under the water until there is little or no pain. Then apply a moist dressing, and bandage loosely. Where water is not available, apply a clean, dry dressing.

Second-degree burn: If blisters form, the burn is more serious. Do not break the blisters - this will compound the injury by causing an open wound. If the blisters are not open, place in cool water until the pain lessens, then apply a moist dressing, and bandage loosely. Do not apply creams, ointments, or sprays.

Third-degree burns: In the most severe burns, the skin may be burnt away. Some flesh will be charred. If many nerve endings are damaged, there may be little pain. Do not apply creams, ointments, or sprays. Wrap a clean sheet around the victim and, if the weather is cool, cover them with blankets. The victim should be rushed to hospital because their life is at stake.

Sunburn: is much easier to prevent than cure. Recently, considerable evidence has linked exposure to the sun with cancer. The days of taking your shirt off to get a good tan are long gone. Covering up and using protective sun-block creams is now the norm. A good protective cream with an SPF of at least 30 should be used on all exposed skin during all outdoor activities.

However, sunburn continues to be a common ailment among outdoor enthusiasts. Most cases of sunburn simply require toughing it out. A sunburn-relief spray can be used to relieve some of the soreness and itching that will occur.

The application of vinegar will also take the sting out of a sunburn.

12. Understand the danger of dirt in a scratch.
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All scratches, scrapes, and cuts must be cleaned with soap and water as soon as possible to prevent infection. Most of the time, when someone gets a cut, it's not a big problem. But that's not always the case. Cuts can become infected. Cuts also may not heal the way they're supposed to.

If the wound begins to drain greenish fluid (pus) or if the skin around the wound becomes red, warm, swollen, or increasingly painful, a wound infection may be present and medical care should be sought.

Any red streaking of the skin around the wound may indicate an infection in the system that drains fluid from the tissues, called the lymph system. This infection (lymphangitis) can be serious, especially if it is accompanied by a fever. Prompt medical care should be sought if streaking redness from a wound is noticed.

13. Know how to stop a nosebleed.
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A nosebleed looks bad but is usually not very serious. Most nosebleeds usually stop themselves in a few minutes.

Have the victim sit up and lean slightly forward to prevent the blood from draining into their throat. Pinch the bridge of the nose. Apply a cool, wet cloth to the nose and face.

If the bleeding does not stop within 20 minutes have the victim see a Doctor.

14. Know the simple treatment for shock (not electric)

Treat every accident victim for shock, even if there are no definite symptoms. Since shock is sometimes a delayed reaction to an accident, prompt treatment may prevent it from occurring at all. Be especially alert when rescuers arrive, since the relief a victim feels may give shock a chance to take hold.

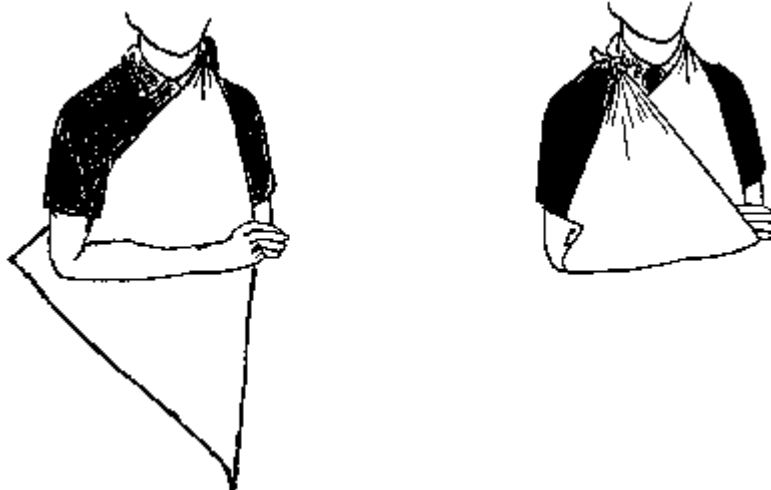
Keep the person lying down. Unless there are head or spinal injuries, elevate the legs slightly to increase the flow of blood to the head. Put an insulated pad underneath, and wrap the person in a sleeping bag, jackets, or rescue blanket for warmth. Be sure you have correctly treated any wounds. If the victim vomits, turn the head to one side so they will not choke, and keep the air passage open. Obtain a doctor's care as soon as possible.

15. Understand the importance of getting adult help in an emergency.

There are times that you will need an adult to help with an emergency. You must realize that until you are a lot older there are some things that you cannot do by yourself.

16. Know how to use a triangular bandage, or your neckerchief, as a sling.

Triangular bandages have many uses. If you do not have a proper one in your first aid kit, you may use your neckerchief.



To make a large arm sling spread the bandage, as shown above, down the front of the victim's body. Carry one end over the shoulder on the uninjured side and bring it around behind the neck so that the end just hangs over in front on the injured side. Carefully place the bandage point behind the elbow, and gently bend the arm across the center of the bandage. Bring up the second end and tie to the end at the shoulder, making the knot (use a Reef Knot) at the side of the neck, not behind.

17.	On an outing observe three different trees and birds.
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Timber Wolves and other humans are not the only living things on earth and we need to respect and protect our environment for the future generations.

Can you recognise three trees such as Silver Birch, Horse Chestnut, Douglas Fir, or Red Cedar?

18.	On another outing observe three other natural things such as insects, flowers, or fish.
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Next time you go on a walk with Akela or to a camp site point out at least three wild birds. Perhaps a Blue Jay, House Sparrow, Black Bird or Finch. Do you know how we can help birds to stay alive in the winter? Remember water is really important to birds in freezing conditions.

Remember not to pick the wild flowers or endanger or scare wildlife including birds.

19.	Know why and show how to help feed and water birds in the winter. Build a bird feeder, and keep a record over the winter of the birds that use it.
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MILK CARTON = BIRD FEEDER

- Small milk carton (the kind at school)
- Non-toxic poster paints
- Stapler and staples
- Hole punch
- Yarn or string

1. Wash and thoroughly dry the milk carton.

2. Cut a small section from the carton and then staple the top opening closed.
3. Paint the container, if desired. Let it dry. (Note: I like to paint my feeders in streaks of tan, gray and brown to resemble tree bark. Then, on the bottom, I paint on dark and light green leaves. When you stand underneath the hanging bird feeder, it really blends in with the canopy of leaves above it!)
4. Poke a hole in the middle of the top of the carton, and thread a piece of yarn or string through it to use as a hanger. (The string should be long enough for the feeder to hang where the branches don't rub against, but not so long that the feeder hangs too far away from the tree's leaf cover. Birds like to feel they have a hiding place to fly into quickly!)
5. Add birdseed and hang the feeder. (Since the small milk carton feeders are just the right size for the tiny birds such as finches, wrens, etc., you might want to use thistle seed. It is the finch's favorite food! Garden supply stores carry a sterile thistle seed just for bird feeding which is guaranteed not to sprout all over your yard).

Feeders should be placed with protection in mind. Squirrels, cats or other predators should be unable to gain access to feeding stations. Escape routes to nearby trees or shrubbery must be available. These cover plants all provide a place to perch before going to feed. Feeders should be protected from weather by facing them away from the wind. South or east sides of buildings provide the most sun and warmth. Placement must also consider ease in servicing and refilling. Locations where large drifts form or high ladders are required will likely result in empty and ineffective feeders.

20. Demonstrate the safe way to use a pocketknife.

At one time an important part of the Scout uniform, today knives are kept safe for use only when needed. A pocketknife is a small bladed folding knife used for sharpening pencils or whittling small pieces of wood. Get Akela to show you how to use it safely. Always cut away from the body, never towards it. Do not fool around with knives, never play stretch or attempt to stab anyone or anything with it.

In whittling, *always assume that the knife is going to slip*, therefore, arrange so it can do no damage when it does slip.

Always keep your knife sharp. It is a sign of a tenderfoot to have a dull knife, and of a trained Timber Wolf to have a sharp one.

To keep a knife sharp, it must be a good piece of steel and you must know how to sharpen it. The only way to get a good blade is to go to a good maker and pay a good price. The fancy knives that are corkscrew, tool chest, bootjack, and whistle all combined, are seldom of good steel.

Old-timers prefer a white or red-handled knife as they are more readily found if dropped on the ground or in the water.

The blade cannot be kept in good condition if used for anything but a wood cutter. Therefore, do not cut nails, metal, or softwood knots (especially hemlock knots) with it.

Never stick the blade in the fire. That would draw the temper and spoil the knife.

Do not abuse your knife by using it for a hammer, wedge, screwdriver, or pry.

Carry a little whetstone or else a small file to keep your knife in good shape.

A pocket or shut-up knife is the only style worth carrying. The hunting knife or dagger has not enough use today to make it worthwhile.

It is a proof of a good whittler if one can make half a dozen firefighters in succession. A firefighter or fuzz-stick is a stick of soft wood about an inch thick or six or eight inches through, shaved into thin slivers which are still on the stick; that is, are one solid piece at one end and all thin slivers at the other. This can only be done if you have a sharp, strong knife, a well-selected piece of soft wood without knots in it, and a steady hand. Provided the wood is good, the firefighter is perfect if not a sliver is loose or drops off.

21. Know about the dangers of playing with matches.
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Have a talk with Akela who will tell you about the dangers of playing with matches. If you find a lighter or a book of matches you should give them right away to the nearest responsible adult.

22.	Understand the dangers of broken glass, rusty nails, and frayed electrical cords.
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Broken glass can cause serious cuts, loss of blood and infected wounds. Glass bottles should be kept out of the reach of young children, and the house and play area should be kept free of broken glass. Young children should be taught not to touch broken glass; older children should be taught to dispose of any broken glass safely.

Rusty nails are a favorite place for Tetanus to hang out, and in fact puncture wounds with rusty nails are a common cause of tetanus. Watch where you are stepping around old boards and buildings. Ask Akela what Tetanus is.

Damaged cords may cause a shock or fire. Replace frayed or cracked cords. Do not use frayed electrical cords at all.

You should check all the electrical cords in your house and make sure they are all serviceable. This way you will help prevent a possible house fire.

23.	Know the safe way to plug in and disconnect domestic electrical appliances.
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Grasp the plug firmly in your hand and push it firmly into the socket. Make sure your hands are completely dry. Don't pull on cords to unplug them; you may pull the cord out of the plug.

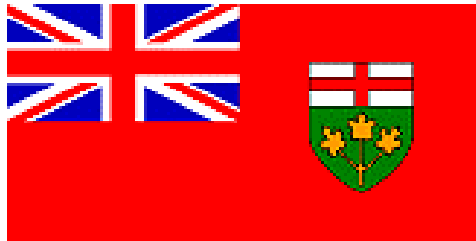
Don't place cords where people may trip on them and don't place them under furniture. The cords could fray or kink.

24.	Climb a rope or tree to at least three metres.
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Make sure Akela or another leader is present when you do this requirement. Make sure that your feet do not slip on the way up or down.

25.	Identify an area of about half a metre diameter on a wall, stand two metres away and throw a ball into the area and catch it 8 out of 10 times.
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26.	Be able to draw, and colour your Provincial Flag. Know its history.
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The Flag Act was proclaimed by the Ontario Legislature on May 21, 1965. It declared the requirements for the design of the official flag of Ontario. The Canadian Red Ensign is used with the Union Jack in the upper left hand corner and the Ontario shield of arms on the right side in the middle.

27.	Have camped as a Timber Wolf at least 10 nights, preferably in a cabin.
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28.	Have participated as a Timber Wolf on at least 6 day hikes, and 3 night hikes.
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29.	Have at least 24 months satisfactory Service as a Timber Wolf.
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30.	Re-Pass the First Star tests (this to be done last).
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Congratulations!!!! You now have your Second Star!!!!

Make sure that Akela, or another Leader, has signed all your requirements off on the following Requirement Sheets.

Second Star Requirement Sheets

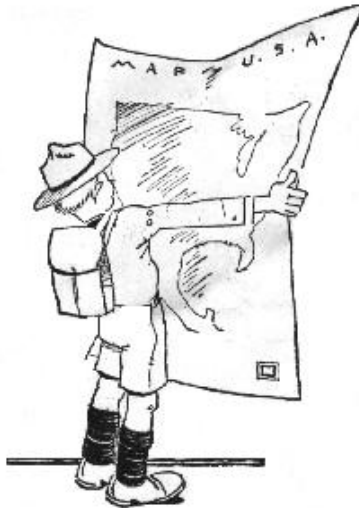
	ITEM	DATE	INITIAL
1	Swim 15 metres or, if you can't swim for a valid reason, skip with both feet together 45 times forward and 45 times backwards, you are to turn the rope yourself.		
2	Know the Water Safety Code as it applies to swimming and to being a passenger in a boat.		
3	Use a compass to show knowledge of eight principle points of the compass.		
4	Be able to tie a Bowline, and a Round Turn and two half hitches. Know their uses.		
5	Understand the meaning of THRIFT in all things and be carrying it out in practice. Show evidence of the care of your Timber Wolf uniform.		
6	Make a woggle out of waste material.		
7	Produce a satisfactory model or useful article, made entirely by yourself in wood, metal, cardboard, clay, or other similar substance; It may also be woven or carved.		
8	By yourself, draw eight sketches of boats, flowers, animals, aircraft, your house, and have your name clearly written on them.		
9	Lay and light a fire out of doors. Boil water over it. Make hot chocolate with it if you wish. Clean up afterwards to a "leave no trace" standard to the satisfaction of your examiner.		
10	Be able to use a public phone, know where and how to ask for help in an emergency.		

	ITEM	DATE	INITIAL
11	Show how to clean and dress a cut finger and cover a burn or scald.		
12	Understand the danger of dirt in a scratch.		
13	Know how to stop a nosebleed.		
14	Know the simple treatment for shock (not electric)		
15	Understand the importance of getting adult help in an emergency.		
16	Know how to use a triangular bandage, or your neckerchief, as a sling.		
17	On an outing observe three different trees and birds.		
18	On another outing observe three other natural things such as insects, flowers, or fish.		
19	Know why and show how to help feed and water birds in the winter. Build a bird feeder, and keep a record over the winter of the birds that use it.		
20	Demonstrate the safe way to use a pocketknife.		
21	Know about the dangers of playing with matches.		
22	Understand the dangers of broken glass, rusty nails, and frayed electrical cords.		
23	Know the safe way to plug in and disconnect domestic electrical appliances.		
24	Climb a rope or tree to at least three metres.		
25	Identify an area of about half a metre diameter on a wall, stand two metres away and throw a ball into the area and catch it 8 out of 10 times.		
26	Be able to draw, and colour your Provincial Flag. Know its history.		
27	Have camped as a Timber Wolf at least 10 nights, preferably in a cabin.		

	ITEM	DATE	INITIAL
28	Have participated as a Timber Wolf on at least 6 day hikes, and 3 night hikes.		
29	Have at least 24 months satisfactory Service as a Timber Wolf.		
30	Re-Pass the First Star tests (this to be done last).		

Date Awarded your Second Star: _____

Let's hike on to the Leaping Wolf Badge



Leaping Wolf Requirements

1.	Be a two star Timber Wolf.
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2.	Hold ten proficiency badges.
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You have the choice of earning 15 Proficiency Badges. They are:

Athlete	Camper
Collector	Cyclist
First Aider	Fisherman
Guide	Handicraft
Hiker	Knotter
Map Reader	Modeller
Observer	Signaller
Swimmer	

3.	Have camped as a Timber Wolf no less than 14 nights, preferably in cabins.
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4.	Have participated, as a Timber Wolf, on at least 12 day hikes, and 6 night hikes.
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5.	You must have taken part in a Patrol or Troop activity.
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Akela will arrange for you to visit the Explorer Troop, so that you may learn a bit about them before you move up. You may be invited to attend a Troop Hike or Camp or other Troop activity. This is the time you will meet your Patrol Leader who will guide you through the requirements to become an Explorer.

6. Know the Scout Law and Promise.

This Promise is very difficult to keep, but it is a most serious one and no one is an Explorer unless they do their best to live up to this Promise. So you can see that Scouting is not only fun, but it also requires a lot from you, and we know we can trust you to do everything you possibly can to keep your Scout Promise.

On my honour I promise that I will do my best:

To do my duty to God and the Queen;

To help other people at all times;

To obey the Scout Law.

The Scout Law contains the rules which apply to Explorers and Scouts the entire world over, and which you promise to obey when you are invested as an Explorer. Study it carefully so that you understand the meaning of every point.

- 1) A Scout's honour is to be trusted.
- 2) A Scout is loyal to the Queen, their Country, their Scouters, their Parents, their Employers, and those under them.
- 3) A Scout's duty is to be useful and to help others.
- 4) A Scout is a friend to all and a brother to every other Scout.
- 5) A Scout is courteous.
- 6) A Scout is a friend to animals.
- 7) A Scout obeys the orders of their Parents, Patrols Leaders, or Scoutmaster without question.
- 8) A Scout smiles and whistles under all difficulties.
- 9) A Scout is thrifty.
- 10) A Scout is clean in thought, word, and deed.

7. Know the Scout Salute, Sign and Motto.

The Scout Motto is **BE PREPARED**, which means you are always in a state of readiness in mind and body to do your DUTY.

Be Prepared in Mind by having disciplined yourself to be obedient to every order, and also by having thought out before hand any accident or situation that might occur, so that you know the right thing to do at the right moment, and are willing to do it.

Be Prepared in Body by making yourself strong and active and able to do the right thing at the right moment, and to do it.



The Scout Sign



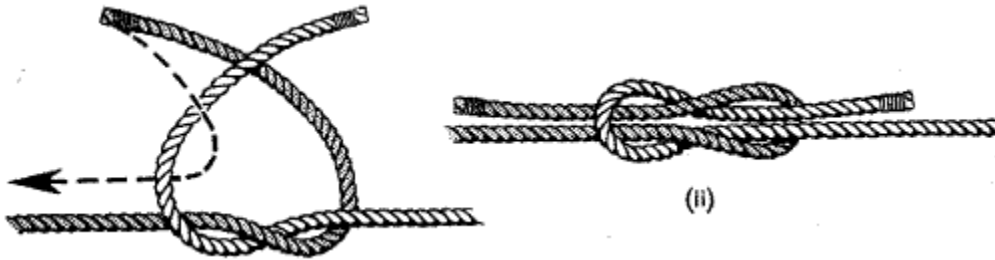
The Scout Salute

8. Know the composition of the Canadian Flag, and how to break and fly it.

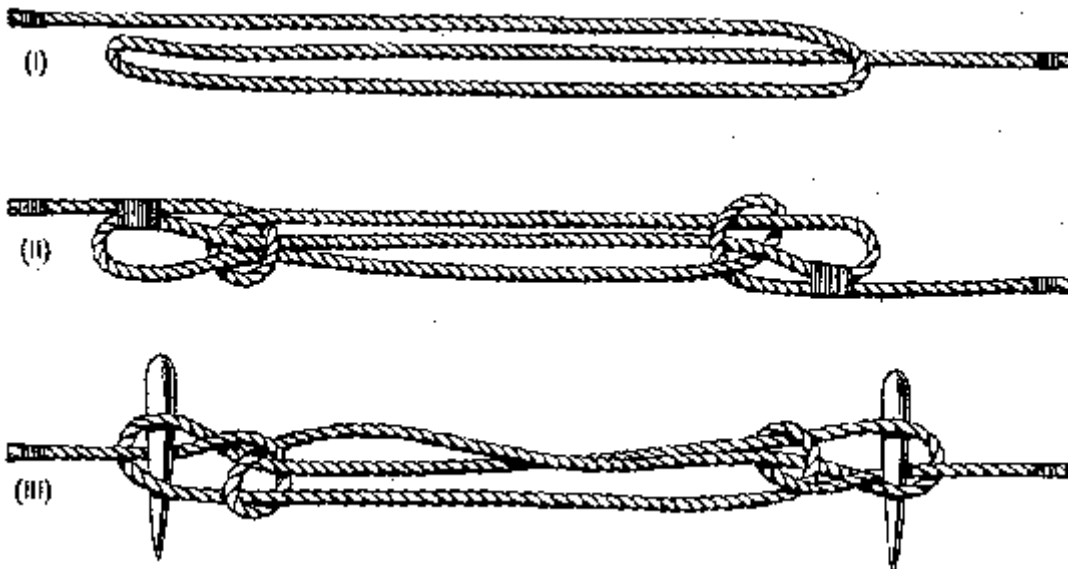
See the First Star, requirement number 1 for information on how to do this.

9. Know the Explorers Tenderfoot knots and a common whipping of a rope.

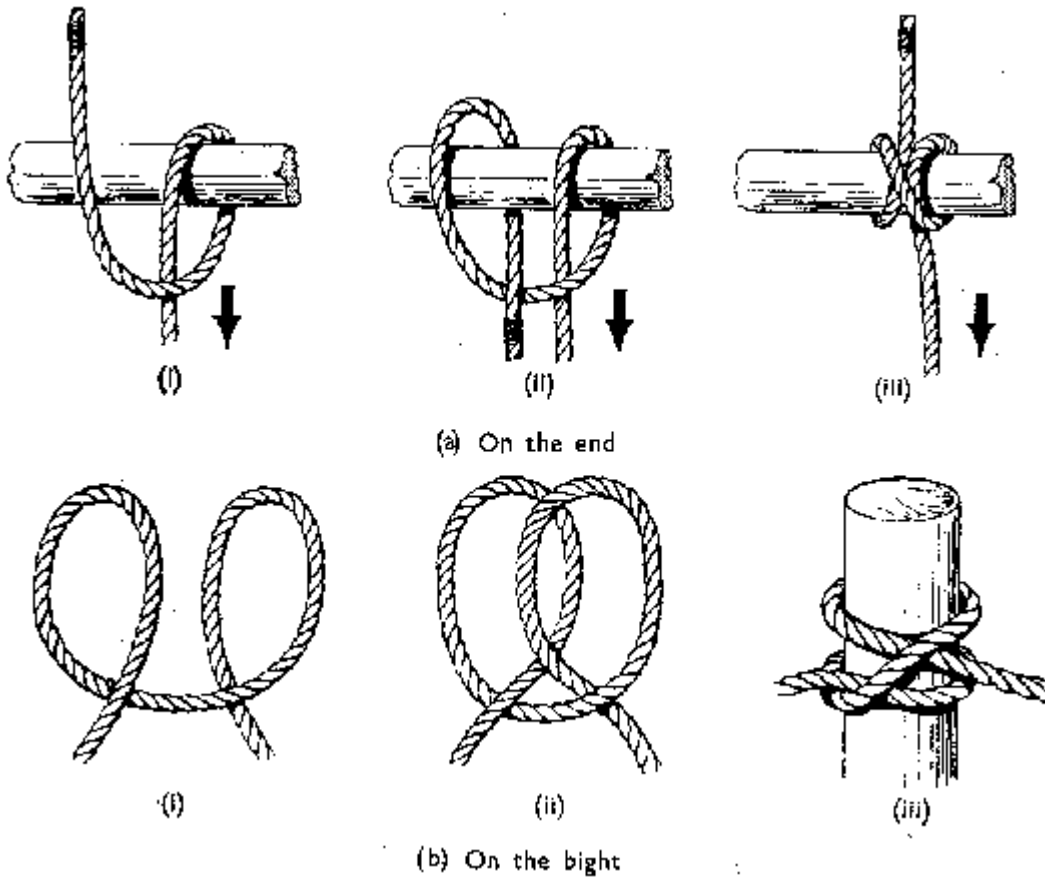
- 1) Reef Knot. Used for joining ropes of equal thickness. It is also the knot used for tying bandages, as it lies flat. This knot is also known as a “Square Knot”.



- 2) The Sheepshank is used for shortening a rope without cutting it.



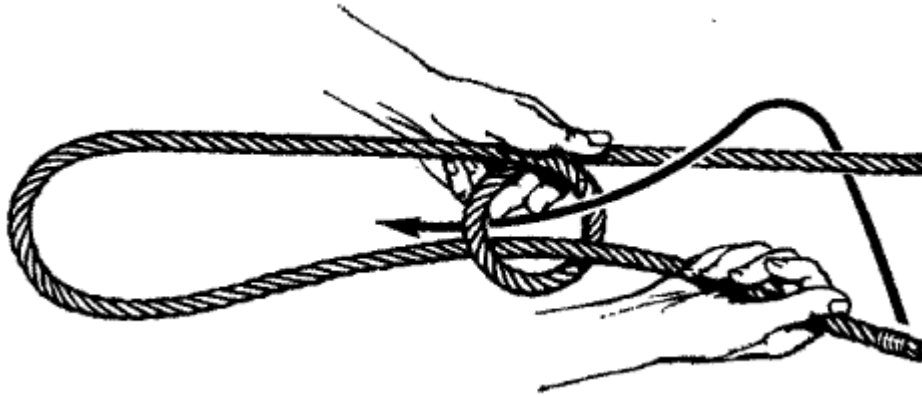
3) Clove Hitch. Used for securing a rope to a spar as a starter knot for lashings, and for securing a line to a fixed object.



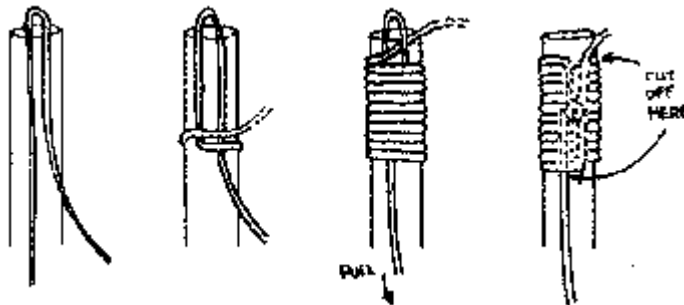
4) Round Turn and Two Half Hitches. Used for tying a rope to a tree, securing a boat or making a rope fast to a spar.



4) Bowline. One of the most useful knots that you can know how to tie. It has many uses such as a rescue knot for hauling people up a cliff. You should practice tying this knot in the dark, and with only one hand.



All ropes should have their ends treated in some way to stop them from fraying or becoming un-stranded. A whipping will fail if it is not tight and tidy.



10. You must know the Explorer woodcraft signs.

Explorer and Scout trail signs are made on the ground, close to the left-hand side of the road. They should never be made where they will damage or disfigure property.

THIS IS THE TRAIL



THIS WAY



GRASS MARKING TRAIL



THIS IS THE TRAIL



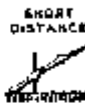
THIS WAY



THIS WAY



THIS WAY



SHORT DISTANCE THIS WAY



LONG DISTANCE THIS WAY



FOUR MILES TO -

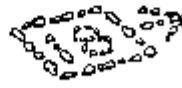
THIS TRAIL NOT TO BE FOLLOWED



GONE HOME



HIDDEN MESSAGE



MESSAGE HIDDEN ANY GIVEN NUMBER OF PAGES IN THIS DIRECTION

CHANGE DIRECTION



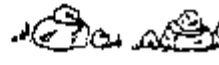
TURN RIGHT



TURN LEFT



THE DIRECTION THE BUSH IS BENT



TURN RIGHT



TURN LEFT

11. Hold the Timber Wolf First Aid Badge.

12. Be awarded the Leaping Wolf Badge.

This badge will be presented at your Investiture as an Explorer, and can be worn on the Explorer uniform until you pass the First Class tests.

Congratulations!!!! You now have earned your Leaping Wolf Badge!!!!

Make sure that Akela, or another Leader, has signed all your requirements off on the following Requirement Sheet.



Leaping Wolf Requirement Sheet

	ITEM	DATE	INITIAL
1	Be a two star Timber Wolf.		
2	Hold ten proficiency badges.		
3	Have camped as a Timber Wolf no less than 14 nights, preferably in cabins.		
4	Have participated, as a Timber Wolf, on at least 12-day hikes, and 6 night hikes.		
5	You must have taken part in a Patrol or Troop activity.		
6	Know the Scout Law and Promise.		
7	Know the Scout Salute, Sign and Motto.		
8	Know the composition of the Canadian Flag, and how to break and fly it.		
9	Know the Explorers Tenderfoot knots and a common whipping of a rope.		
10	You must know the Explorer woodcraft signs.		
11	Hold the Timber Wolf First Aid Badge.		
12	Be awarded the Leaping Wolf Badge.		

Congratulations!!! Now your ready to move on to Explorers!!!

TIMBER WOLF PROFICIENCY BADGES

ATHLETE BADGE

No.	Requirements			Initial
1	These tests are divided into two classes. One for Cubs aged 8 to 10 years old and the other for Cubs aged 10 and over. The tests are of the same nature in both classes, but the standards are different.			
2	50m Sprint	11 secs	9 secs	
3	High Jump	76 cms	96 cms	
4	Long Jump	2m	3m	
5	Climb a rope	3m	3m	
6	Throw a ball	18m	25m	
7	Catch a ball from	5m	13m	

CAMPER BADGE

No	Requirements	Initial
1	Have camped as a Timber Wolf for 6 nights.	
2	Know what personal equipment to take camping.	
3	Know the difference between internal and external frame backpacks.	
4	Know the proper way of fitting hiking boots to your feet.	
5	Know the proper way of dressing for the outdoors.	
6	Cook hotdogs over a fire for members of your Six.	

COLLECTOR

No.	Requirements	Initial
1	Make a good collection of one group of objects, neatly and systematically arranged, for a period of at least three months, and know something about the collection and show an intelligent interest in it. The nature of the collection should be chosen by the Cub. Suggestions are as follows: Stamps, postmarks, postcards, match boxes, coins, flowers, Hockey Cards.	

CYCLIST

No.	Requirements	Initial
1	Own or have the regular use of a bicycle of proper size.	
2	Be able to mount and dismount properly.	
3	be able to clean and oil the bicycle and pump up the tires. Understand the need for keeping the bicycle in a roadworthy condition.	
4	Under observation go for a short ride on a specified course, showing a knowledge of the proper use of signals and rules for bicycle riding.	

FIRST AIDER

No.	Requirements	Initial
1	Show that you know the meaning of "First-Aid" and the need for summoning help.	
2	Show how to dress minor cuts and grazes and know the importance of cleanliness in treatment.	
3	Know how to treat sprains, apply a triangular bandage to a sprained ankle and put on a large arm sling.	
4	Know the common causes of burns and scalds in the home and their prevention; how to put out burning clothing; the simple treatment of burns and scalds.	
5	Know how to treat a nosebleed.	

FISHERMAN

No.	Requirements	Initial
1	Know which fish can be caught in local streams, rivers and lakes.	
2	Know what baits attract local fish.	
3	Demonstrate the correct method of landing a fish.	
4	Know the difference between flies and lures.	
5	Be able to identify 3 different types of fish.	
6	Demonstrate the correct method of tying on a fish hook.	

GUIDE

No.	Requirements	Initial
1	Be able to give clear and concise directions, well expressed and clearly spoken, to the Examiner, and do so politely and promptly. Be aware of the dangers of speaking to or being approached by strangers	
2	Know the whereabouts of the nearest police station, doctor, pharmacy, public telephone, railway station, gas station, gas station, and hotel.	
3	Know how to call for police, fire, and ambulance.	
4	Know the route of the local bus routes.	

HANDICRAFT

No.	Requirements	Initial
1	Make an article from such things as fir cones, clothes pegs etc.	
2	Make a toy or model of reasonable size, such as a boat, engine, truck, aircraft or animal.	
3	Make a basket suitable for fruit or flowers.	
4	Make 2 Christmas ornaments for the Christmas tree.	

HIKER

No.	Requirements	Initial
1	Explain what the 10 essentials are.	
2	Explain what to do if you are lost in the wilderness.	
3	As a Timber Wolf take part in 6-day hikes.	
4	Know what equipment to take on a day hike.	
5	Demonstrate how to pack a backpack	

KNOTTER

No.	Requirements	Initial
1	Demonstrate simple whipping, and explain its use	
2	Tie the following knots: Bowline, Clove Hitch, Figure of Eight, Sheepshank, Reef Knot, and Sheetbend, and explain their uses.	
3	Know the meaning of: Bight, Standing Part, End.	

MAP READER

No.	Requirements	Initial
1	Understand the main symbols and signs used on a topographical map of your locality. Pin point your home and Scout Hall on it and explain how well-known local features are shown on the map.	
2	Make a scale model of a hill, showing contour lines at regular intervals.	
3	Know how to use a map and set a compass.	
4	Show you can use 6-figure grid references.	
5	Along a 5 km stretch of road selected by the Examiner, on a topographical map describe what you would see.	

MODELLER

No.	Requirements	Initial
1	Make, paint, and display a plastic model of your choice.	
2	Make and paint a paper mache mask.	
3	Make and display a wooden toy.	
4	Make and display a model of your choice.	

OBSERVER

No.	Requirements	Initial
1	Observe and be able to describe the appearance and habits of any six living creatures.	
2	Recognise and name accurately 6 trees and six flowers.	
3	Keep in reasonable detail, a nature log for a period of at least 3 months.	
4	Be able to follow map directions for a minimum of 400 metres.	
5	Be able to play Kim's Game, and remember 9 objects out of 12.	

SIGNALLER

No.	Requirements	Initial
1	Know the alphabet in Semaphore or Morse, paying special attention to correct positions of Semaphore, or the timing of Morse.	
2	Be able to send and read a short simple message of 10 words slowly, but getting 8 out of 10 correct.	
3	Demonstrate the special signs in "Scouting for Boys".	
4	Exchange a message by using a "secret" code, to be chosen or invented by the Cub.	

SWIMMER

No.	Requirements	Initial
1	Be able to swim 25m using any stroke except the back-stroke.	
2	Swim on back for 15m.	
3	Be able to float on back for 60 seconds.	
4	Tread water for 2 minutes.	
5	Perform a dive from the side of the pool.	
6	Perform a dive using the diving board.	
7	Know the water safety code, and the dangers of heat stroke.	

Annex A

Badge Placement

