

March 2016



101st Ottawa (St. Aidan's) Scouting Group

Newsletter



Scoutrees 2015

Every year, thousands of scouts and volunteers head out at the beginning of May to plant Scoutrees. This is a way for scouts to make a difference for the environment and to beautify their community. Each tree planted produces oxygen, removes greenhouse gas carbon dioxide and makes the land less susceptible to flooding. Last year, the 101st Ottawa planted 125 trees.

But, Scoutrees is also an important fundraiser for our group. Each youth member will soon receive a pledge envelope to collect donations, of which our scouting group gets to keep 85% to fund our programs, camps, equipment, etc. Those who donate \$20 or more will receive a tax receipt. We encourage all youth to collect pledges of any amount to support our group and our tree planting efforts. Did you also know that 15% of pledges raised go to the Canadian Scout Brotherhood Fund. These funds assist Scouts in developing countries run self-help and community betterment programs that are adapted to local needs and conditions.

Envelopes with pledges are due on May 3 for Beavers and Cubs and May 4 for Scouts and Venturers.

Stay tuned for details on our "Dig Day" when we plant trees in our community on May 7th.

Beaver Tales

This month, Bubbles rose like Kilimanjaro above the Serengeti to teach us all about the sights, smells and sounds of Africa. We learned about the roots of scouting and of the land where Lord Baden Powell developed the principles and practices which he used to start the Scouting movement. Many of Lord Baden Powell's ideas came from his highly successful military career in the British Army and his love of Africa and its peoples.

We sang lots of songs and played many different games, including Kim's game which helps improve memory capability. We also played Kim's game, which helps improve memory capability.

Other games included Ampe, a kind of rock, paper, scissors but far more athletic and dare I say chaotic, and Kudoda, which involves throwing a marble into the air while picking up other marbles on the ground before catching the airborne marble with the same hand. So mostly, it just involved picking up marbles. We also learned about the Zulu culture and how Lord Baden Powell borrowed some of the chants from the largest ethnic group in South Africa, including the original scouting chant *Eengonyama*, which roughly translated means "Oh no, I've forgotten my dues again", but more accurately means "He is a lion".

Bubbles' tales of the many climates and creatures of Africa fascinated both young and old - we learned that eating salt keeps us hydrated by retaining fluid in the body (it's true, I've Googled it); we should cover up and wear black in the desert; and aardvarks eat cucumbers. We were left to find out for ourselves whether a zebra is black with white stripes, white with black stripes, or a horse wearing pyjamas.

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To break up the African theme a little, the middle of the month saw our Beaver Bowling Night, during which many balls were bowled and pins were toppled, and everyone had a hoot.



Next month focuses on Asia and will take us on an intriguing journey of folklore (led by Sunshine the story-teller), innovation (led by Hawkeye the engineer) and martial arts (led by Rusty the flexible). We will also be heading outdoors for our Spring Hike and at the end of the month will be our Spring Camp at Foley Mountain - very exciting!



Cub Corner

The Cubs had a very busy March. We started March off with Bring a Friend night and we worked on the first aid badge.



In keeping with the red star requirements, the Cubs had an opportunity to visit a neuroscience lab at the University of Ottawa. The Cubs were educated on their brains and how drugs (nicotine, aspirin) can be harmful or helpful to the brain and how drugs are designed and tested in mice and rat models of disease.



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developing a hypothesis, perform a controlled experiment and draw conclusions from the experiment while discovering the effects tobacco has on the body. Thank you Cub Tyler's mom for hosting the pack!

Following March Break, the Cubs joined the Beavers for their annual bowling night at Walkley Bowling Lanes.



As part of the tour the cubs went to the animal care facility to see a mouse perform a behavioural task that does not harm the mouse and helps researchers understand whether the drug may help increase cognitive function. They also got to see a mouse MRI machine and

images from the machine in order to identify the internal structures of the mouse brain. When they returned to the lab they were able to see and touch a fixed mouse and rat brain as well as plastic models of the human brain in order to understand the different structures of the brain. The cubs performed a small experiment that was designed by the National Institute on Drug Abuse that allowed them to gain experience

The last meeting in March had the Cubs create electricity by making their own light courtesy of Mang. The Cubs were amazed by this experiment.



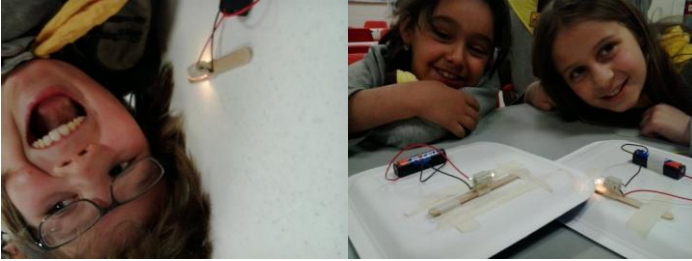
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The next few months will be busy for the Cubs as we have our annual sleepover at the church to prepare for our upcoming camps.

Scout Trails

The Scouts have had a busy March, away from the church. We started the month off at Walkley Bowling on a snowy Tuesday night.



The youth came out to play 2 games each and had lots of fun trying to improve their score and aim using the plastic slides on hand.



The big winners that night were Erin, Sam and Scouter Ruth who even improved Melissa's score upon her departure for a score of 152.



On March 9, we received a tour of the Ottawa Paramedic Services building by the **Ottawa MedVents**. The MedVents provided an overview on their organization, training they receive that they can administer at various city-wide events from Winterlude to Canada Day on Parliament Hill. They provided tours of the facilities and



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everyone got to see what the various ambulances were like and sit in them all either as a patient, passenger or driver.



Scouter Mike took pictures of the younger Scouts during their tour. Upon returning to the meeting room, the Venturers displayed and explained the contents of the 3 bags Paramedics carry including IV, medication, various implements used for different emergencies. Samuel is quite interested in joining MedVents next September so he was quite enthusiastic about this trip and asked a lot of questions during our stay.



Hope everyone had a good March Break and Easter weekend with their families. We returned from March Break for a public swim night at Deborah Anne Kirwan pool on March 23rd. Everyone had fun playing with the beach balls, diving in the deep end and hanging out in the hot tub. We ended the month at the *Museum of History* touring the Vikings exhibit. They will earn their Heritage & Cultural Awareness Badges upon their return to the church in April. Looking ahead we have a busy April ahead at various activities away from the church

The Scouts & Venturers will be fundraising at the **Canterbury Garage Sale** on Sunday, April 10 from 10:00am-3:00pm in the main room. Feel free to drop off any baked goods at our table in the morning and other items like: books, paintings, clothing, puzzles, games, etc. can be dropped off at the section meetings during the week of April 4th. Our goal is to raise \$300 at the sale towards the *Great Lakes Jamboree* travel and menu costs as we have 18 people attending this year.



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The Scouts are looking forward to racing our Soapbox Derby car on Sunday, April 17th at Terry Fox Athletic Facility, Mooney's Bay Beach while all sections are encouraged to come out and cheer us on for the trophies.

Venturer News

The first weekend in March, six Venturers from the 101st, three Advisors - Scouters Bill, TAD and Dan, and two Venturer friends from a Company in Nepean headed across the border to Lake Placid for the annual Adirondack High Adventure. The purpose of the trip was to snowshoe (or micro spike) up Algonquin Peak. Algonquin is the second highest peak in the Adirondacks at over 5,000 feet. The route is almost 13 kilometres round trip, with steep ascent sections and a lot of ice falls along the trail. We drove to the States on Friday evening and settled in for the night at the KOA cabins.



Saturday morning dawned bright and early as one Venturer 'inadvertently' set their alarm for 6am! The hike began at the trail head at 9am, and all the Vents - and Advisors - were off the trail by 5:15pm. While the temperature dipped slightly below freezing for most of the hike, the winds in exposed areas (out of the trees) made it seem colder, especially when we stopped.



The Vents from the 101st acquitted themselves very well - congratulations to those that participated in the Adventure - Graeme, Will, Dana, Shiloh, Adam, and Joshua. Scouter Bill guided the group to the top of Algonquin, where the Maple Leaf was unfurled! A small

group stopped before the summit and conserved energy for the descent, which can actually be harder on the knees and hips than going up.



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The soon to be stiff and sore group celebrated Saturday evening with a pizza feast, and another late evening at the KOA cabins. On Sunday, the group toured downtown Lake Placid and then piled back into the vans for the drive home. All in all, a weekend of real accomplishment for our Venturers.

Many thanks to Erin (Graeme's mom) for filling up her van for the return trip with Vents and equipment, and driving the group to and from the trailhead, and to Kiki and Matt (Will's parents) for helping us out with the weekend's driving.

[Opemikon Summer Camps Registration Now Open](#)

Camp Opemikon's Summer Camp Programs are available to everyone! Scouting and Non-Scouting Members are welcome!



Camp Opemikon offers awesome outdoor fun for boys and girls, ages 7 to 16. Our residential programs range from introductory camps for first time overnight campers to specialized camps in backpacking, paddling, and wilderness canoe trips. Swimming, paddleboats, archery, hiking, crafts, pioneering, rock climbing, ropes courses, campfires, Carnival and OPE Idol talent nights are all here at Camp Opemikon!

You can easily register online and bus transportation to and from camp is available. Register before April 30 and get a \$25 Early Bird discount.

More information at the following link:
<http://voy.scouts.ca/ca/camp-opemikon-summer-programs>

What will your
Good Turn be?



#goodturn



[Good Turn Week](#)

If one good turn deserves another, then 100,000 good turns deserve the same. Designed to spread friendliness and compassion throughout the country, Good Turn Week returns on April 22–May 1.

Good Turn Week was established by Scouting youth to encourage Canadians of all ages to reach out and make a difference in the lives of other people and contribute to the development of stronger, friendlier communities.

<http://www.scouts.ca/goodturn/>



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Dates for your Calendar

- **April 1:** Cubs Sleepover at St. Aidan's
- **April 9:** Scouts Leadership and Outdoor Skills Training at Camp Sheldrick
- **April 10:** Scouts and Venturers at Canterbury Garage Sale
- **April 17:** Scouts Rideau Area Soapbox Derby
- **May 4:** Cubs and Scouts at special showing of The Jungle Book Movie
- **May 7:** Scoutrees Dig Day at Telesat Park
- **May 6-8:** Scouts and Venturers at RSVP Camp at Opemikon
- **May 13-15:** Senior Cubs/Scouts Joint Camp at Murphy's Point Provincial Park
- **May 27-29:** Beavers Spring Camp at Foley Mountain Conservation Area
- **June 3-5:** Cubs Voyageur Council Spring Camp at Apple Hill Scout Reserve
- **June 14:** End-of-the-Year Party and Banquet at the Canterbury Community Centre
- **June 17-19:** Scouts Canoe Camp at Lac du Poisson Blanc
- **July 9-17:** Scouts at Great Lakes Jamboree at Camp BEL near London, ON



Visit our website regularly for updates:
<http://www.101ottawa.com/>

APRIL IS NATIONAL VOLUNTEER MONTH



Saying **Thanks** to a dedicated Scouter
is easier than you might think...

<http://www.scouts.ca/thanks/>



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