

# **BPSA CANADA**

## **POLAR BEAR SECTION**



## **POLAR BEAR MASTER GUIDE BOOK**

**PREPARED: MAY, 1999**  
**REVISED: August, 2000**

## BPSA CANADA

### POLAR BEAR SECTION

#### Who are Polar Bears?

Polar Bears are a section in BPSA Canada designed for children typically aged five to seven years. It is a program based on Lord Baden-Powell's philosophy "to produce healthy, happy, helpful citizens of both sexes" and thus "to develop mutual goodwill and co-operation". (From B-P's :Last Message to Scout Leaders)

#### What is the Polar Bear Program?

The Polar Bear Program is based on the story "**The Way of the North**" written by Rosalie Rasmussen and illustrated by Darlene Anikina Reid. Inuit (the People) occupy the largest region of the earth and their belief is that the earth does not belong to the People, but rather the People belong to the earth. This program has been developed to incorporate this belief along with the strong similar belief of our founder Baden-Powell.

It is the intention of this program to help develop our young **Spiritually, Emotionally, Physically and Socially**. Programming should be developed with many themes, including the "**OUT**" in scouting. Badge Requirements are based on the areas of **Learning, Developing, Exploring and Discovery**.

#### Polar Bear Promise:

I promise to love God,  
To be a good Polar Bear,  
And to show the world  
That I really do care.

#### Polar Bear Law:

Polar Bears must **Be Environmentally Considerate Of Our Land.**

#### Polar Bear Motto:

Be Cool!

## **POLAR BEAR MASTER**

The Polar Bear Master is a person, registered with the Provincial Council as being in charge of a Polar Bear Clan of a registered Group. The Woodmaster is appointed on the recommendation of the GWM and approved by the RC, AC or DC, or where there is no RC, AC or DC, by the PC or TC. The following qualifications are required:

- A). Have attained the age of twenty-one (21) years.
- B). Have obtained membership in BPSA Canada.
- C). Have personal standing and character to ensure good moral influence over the Polar Bears and sufficient steadfastness of purpose to carry out their duties with energy and perseverance.
- D). Willingness to subscribe personally to the Scout Promise.
- E). Willingness to undertake such training that is required.
- F). Willingness to gain knowledge of the Polar Bear program.
- G). Willingness to wear the uniform of BPSA Canada with pride and purpose.
- H). Willingness to give due emphasis to the religious aspect of scouting, and the aims of religion in the conduct and life of the Group.

## **ASSISTANT POLAR BEAR MASTERS**

Each Clan should have one Assistant Polar Bear Master who should understudy the Polar Bear Master in order to ensure continuity. Ideally, there should be an APBM for every Snow Cave in the Clan. Qualifications are the same for the APBMs as for the PBM except that the minimum age is eighteen (18).

## **THE CLAN**

Except in special circumstances, a Clan may not consist of more than twenty-four (24) Polar Bears divided into Snow Caves. All youth members of a Snow Cave and a Polar Bear Clan are equal; that is, there are no youth leadership roles.

The Polar Bear Program is based on the story "The Way of the North". The programming for the Polar Bear Section must be kept as distinct as possible from that of Timber Wolves, and more senior sections. Programming must focus on the development of the youth Spiritually, Emotionally, Physically and Socially.

The Clan is divided into Snow Caves, ideally consisting of six (6) Polar Bears. Each Snow Cave should utilize youth of varying ages for programming purposes. Snow Caves should be identified with names and badges signifying Arctic animals and birds. Example: Seal, Snowy Owl, Arctic Hare, Walrus, Arctic Fox, Caribou, Muskoxen, Beluga, Narwhal, etc.

## **THE POLAR BEAR**

To become a Polar Bear, the youth must have reached the age of five (5), but must not have reached their eighth (8th) birthday (typically Kindergarten through Grade Two).

- A). A Polar Bear is eligible to Run-Up to the Timber Wolf Pack on attaining the age of eight (8), but typically will remain with the Clan until the end of the school year.
- B). In individual cases the PBM, TWM and GWM may agree that the Polar Bear shall be allowed to go up to the Pack at any time but not more that six months before their eighth birthday.

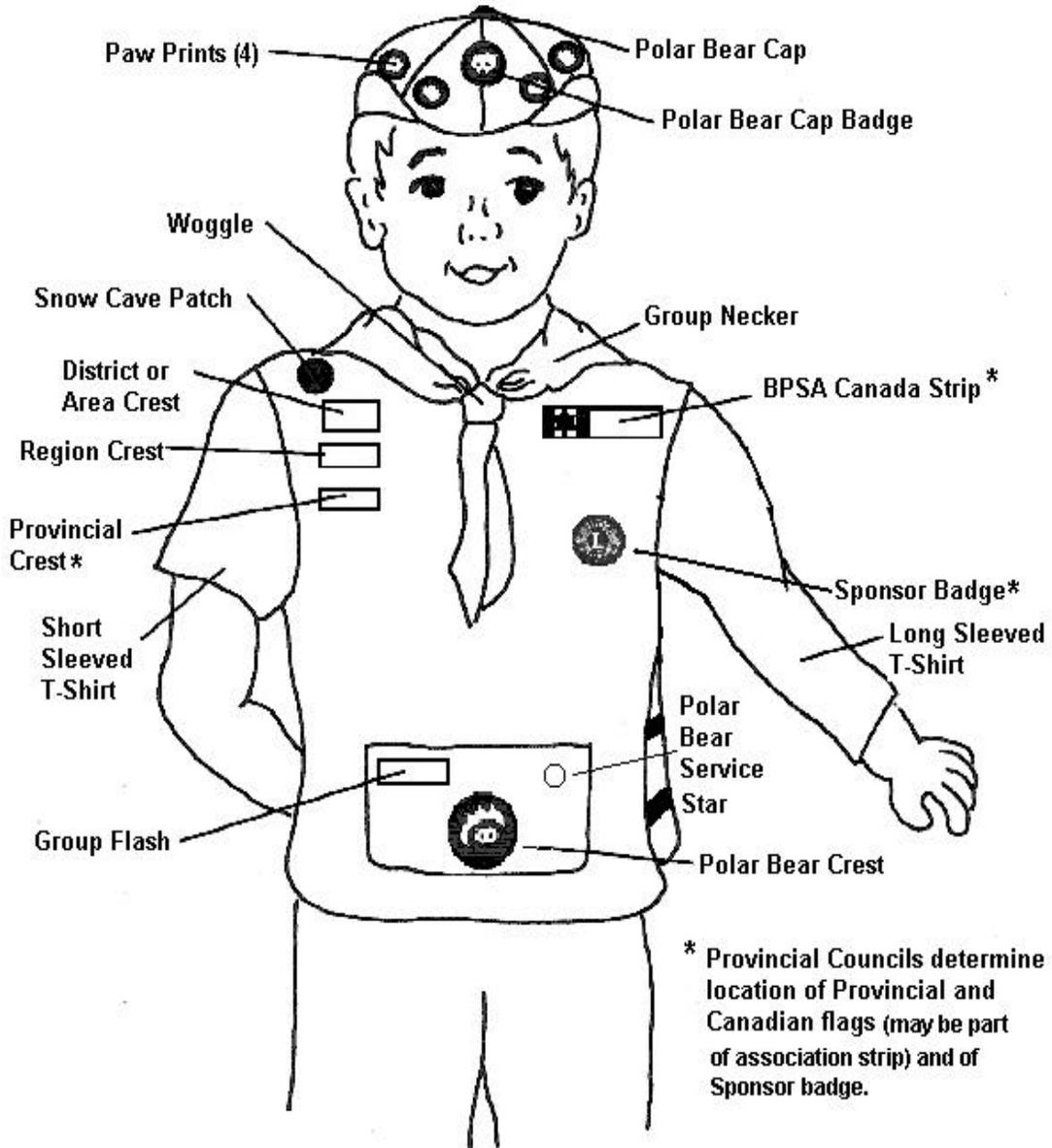
A youth becomes a Polar Bear by completing the Tenderpaw requirements and then being invested, during which time the Polar Bear Promise is made and the first Paw Print is awarded. The youth is then known as a Polar Bear and is entitled to wear the Polar Bear uniform and badges.

After investiture, the Polar Bear proceeds to earn the remaining three Paw Prints. Paw Prints are awarded on a yearly basis (typically during Baden-Powell Week) to all youth and focus in the areas of Learning, Developing, Exploring and Discovery. Each youth must be encouraged to do their personal best in these areas both physically and mentally. The Polar Bear Program has been developed to ensure that all youth attain the four Paw Prints, no matter at what age they join the program.

## **THE POLAR BEAR UNIFORM**

Hat:	Arctic blue cap with Polar Bear badge on front.
Neckerchief:	Of the Group colour worn with a woggle (other than a Turk's Head, two-strand leather pattern).
Shirt:	White t-shirt (short or long sleeve dependent upon weather and ensuring all members of the Group are dressed uniformly).
Tunic:	Arctic blue worn over t-shirt.
Trousers:	No specified uniform trousers Recommended solid dark trousers or shorts.

# THE POLAR BEAR UNIFORM



## THE POLAR BEAR PROGRAM

The Polar Bear Program must be planned with youth five (5) to seven (7) years of age in mind. Knowing the characteristics of this age group and planning activities that they want to do and are capable of doing, will lend to smooth Section operation.

The Badge Scheme for Polar Bears consists of four (4) Paw Prints, which will be worn on the Polar Bear cap. The intention of the badge scheme is to help develop the youth in areas of Learning, Developing, Exploring and Discovery. It is also the intention of this Badge Scheme, that **ALL** Polar Bears are capable of earning and displaying the Paw Prints. All youth are required to reach their personal best. Therefore, should a youth be mentally or physically challenged, for example; their best would earn them the badge.

Since older sections in the scouting Movement utilize "Brag Books" or "Proof Books" to display their badge work, it is suggested that this begin at the Polar Bear level. Use of small binders to keep Badge Work in is recommended. Colouring sheets and other treasures could also be displayed in these binders.

The entire leadership team should be present for planning the year's program. Start with an over-all view of the entire year, perhaps giving themes to each month. Then continue the planning by making monthly plans. Finally, complete your program planning by making detailed weekly plans. Remember the old adage, it is better to over plan and be able to omit certain items than to not plan enough and stand around wondering what to do with a bunch of Polar Bears for 15 minutes because the program went too fast.

By starting off the year with concrete expectations for both the youth and the parents, you will definitely make your life easier. For example, plan into your program things like "mutual respect", "co-operation", "pride in uniform", "parent helpers", etc, etc.

### POLAR BEAR FLAG

#### Make a Clan Flag:

Use Arctic Blue material for the dark area. Make Polar Bear from white fun fur. Northern Lights can be made from coloured material or white material coloured with markers. Lettering can be made from felt and glued on.



## "THE WAY OF THE NORTH" PROGRAM IDEAS

### CHAPTERS ONE AND TWO:

These chapters deal with facts pertaining to Polar Bears. Polar Bear Puppets, colouring pictures, etc, could be incorporated into the program. There are numerous Internet sites with facts and information on Polar Bears. Some examples are:

1. <http://www.nature-net.com/bears/polar.html>
2. <http://www.teelfamily.com/activities/polarbear/>
3. <http://www.torontozoo.com/97preview/exhibits/animals/polarbears/polarhome.html>
4. <http://www.polarworld.com/polarfaq.html>

Sites on the Internet are too numerous to list, so simply search on your own for "Polar Bears".

This would be an excellent time to demonstrate how huge the mature Polar Bear is as compared to the new born. You could compare an item the approximate size of a new-born Polar Bear and make the comparison that a full-grown Polar Bear would be the size of four to six full-grown men. Polar bear soap stone carvings, using Ivory Soap could be used to show size difference. Other activities could include:

1. Field trip to a zoo nursery.
2. Have the children bring in their baby picture and discuss human families.
3. Make a polar bear puppet, example found on Internet at:  
<http://www.teelfamily.com/activities/polarbear/binky.html>

The intent of this story was to steer away from such issues as: Polar Bears are in fact very vicious, solitary creatures whose main diet consists of seal. As the story progresses, this information does come out, however, for children aged five to seven years of age, the blow has been softened a great deal. Facts about the development of polar bears, Inuit mythology and scouting principles are blended into an Arctic based story.

## **CHAPTERS THREE AND FOUR:**

These chapters give facts about polar bears starting their lives on their own at the approximate age of two years. It explains about the mythical creature the Inuit called the Qallupilluq; invented as a means to warn children from wandering too far away on the sea ice and falling into cracks. Chapter Four also makes special mention of Scout Laws four and six ..... "we must care for all creatures on this wonderful earth".

These are meant to be fun chapters with imagination and creativity as a theme. Skits, songs, and crafts could be incorporated into the program. As Woodmasters, let your imagination run wild. Use well-known children's songs and incorporate your own words to suit the occasion. It would be beneficial for other Woodmasters, if you would consider sharing some of your ideas on our Internet site.

Other program ideas could include:

1. Snowmobile races - children roll down a snow covered hill in cardboard boxes.
2. Introduce the "Buddy System" as a safety feature in outings.
3. Take a field trip to a swimming pool (focus on safety).
4. Read "Love You Forever" by Robert Munsch as a description of how human families carry on traditions and stories.
5. Present a safety program/first aid. "We Can Help" by St. John Ambulance is appropriate for this age group.
6. Internet resources are endless. Try:  
<http://www.teelfamily.com/activities/polarbear/songs.html>

## **CHAPTER FIVE:**

Chapter Five attempts to instil family values. The idea of working together, co-operation and teamwork are encouraged as the polar bears work together to clean up the snow cave.

Co-operative games and activities could be incorporated with this chapter. Activities could include:

1. Helping to set up and/or clean up the meeting area.
2. Community service such as cleaning an elderly neighbour's sidewalk.
3. Get involved in "Pitch-In" Week.
4. Make Brooms
5. Use a parachute to make snow caves and play co-operative games.
6. Do snow crafts and activities. -<http://www.teelfamily.com/activities/snow/art.html>

## **CHAPTER SIX:**

Inuit values and beliefs are related in Chapter Six. Fair play, the "Golden Rule" for all cultures, and the respect for nature and environment are made evident.

Numerous Inuit games and crafts could be incorporated into your program with this chapter. Resources are numerous in the library and on the Internet.

1. <http://www.schoolnet.ca/collections/arctic/inuit/people.html>
2. <http://www.arctic-travel.com/people.html>
3. <http://www.arctic-travel.com/audio/phrases.html>
4. <http://www.arctic-travel.com/audio/words.html>
5. <http://www.shindale.com/inuktitut/hvgloss.html>
6. <http://www.arctic-travel.com/inculture.html>

Other program ideas might include:

1. Practice some simple words in Inuktitut.
2. Have a family activity night.
3. Plan a field trip to a museum.
4. Invite an Inuit guest as a special speaker.
5. Build an igloo (you don't always need snow to build an igloo, try 4-litre milk jugs or 4-litre ice cream pails).

## **CHAPTERS SEVEN, EIGHT AND NINE:**

These chapters introduce the numerous Arctic animals. It explains the habits and ways of the polar bear from wandering to hunting. Check out the following sites on Internet:

1. <http://www.arctic-travel.com/astron.html>
2. <http://www.arctic-travel.com/landmam.html>

Numerous arctic animals are introduced in Chapter Seven. Try activities such as:

1. A day hike to a location no one has been to before.
2. Plant a seed.
3. Visit a zoo.
4. Make headbands with the various ears of the animals in the chapter and play tag.
5. Glue pussy willows inside an outline of a polar bear.

Chapter Eight suggests even more nature activities. Perhaps you could try some of these:

1. Hike to a place where berries and other edibles can be identified and tasted.
2. Try a matching activity from "Project Wild". Make available various pictures of omnivores as well as pictures of their food. Have the Polar Bears match them appropriately.

Internet sources are abundant.

[www.2Learn.ca](http://www.2Learn.ca)

Ullaaq and Taqqiq are maturing in Chapter Nine. Polar Bear cubs will normally stay with the mother for two and a half years. Occasionally, they will remain for an extra year. Some suggestions for activities are:

1. Make a collage of different seasons to show how long the polar bear cubs stayed with their mother.
2. Make a growth chart to show how the Polar Bears in the Clan are growing.

## **CHAPTERS TEN AND ELEVEN:**

These chapters denote the transition of the Polar Bear cubs into Timber Wolves.

Activities for Chapter Ten could include:

1. Make your own Polar Bear Clan flag. Use arctic blue material for the flag, strips of various coloured sparkled materials for the northern lights and white fun fur for the polar bear.
2. Build a Clan Inuksuk for a totem and especially for the Running-Up Ceremony.
3. Plan a field trip to a Space Science Centre.
4. Choose a clear starry night and lay on the grass (or snow) and star gaze.

Chapter Eleven ideas could include:

1. Use a map or globe and show the path that Ullaaq and Taqqiq may have taken on their journey.
2. If you are lucky enough to find frog eggs, watch the process of them hatching to demonstrate the change frogs go through.
3. Practice the Running-Up Ceremony.
4. Make and send out invitations for family and friends to join the Running-Up Ceremony.

# POLAR BEAR PROGRAM

## Tenderpaw Requirements

	REQUIREMENTS	DATE	INITIAL
1	Know the Polar Bear Promise		
2	Know the Polar Bear Law		
3	Know the Polar Bear Motto		
4	Know the Polar Bear Salute		
5	Know the Polar Bear (scout) Handshake and its meaning		
6	Take part in an Opening and Closing Ceremony		
7	Take part in a Clan Activity		
8	Know about Baden-Powell		

\*\* The Polar Bear (scout) Handshake: Polar Bears, Timber Wolves, B-P Woodsman, Senior B-P Woodsman and scouters all over the world shake with the left hand as a sign of trust and friendship.

\*\* Lord Baden-Powell started Scouting and Guiding all over the world.  
He was born on February 22, 1857.  
Polar Bears started in 1999.

\*\* The Polar Bear Salute is the right hand raised with the hand extended in an open position to symbolize the open claw of a polar bear. It also represents family unity.

\* \* \* \* \*

\*\* Use flash cards or puzzles for requirements #1 to #4.

\*\* Upon completion of the above requirements, a Polar Bear is invested as a Tenderpaw and receives his/her first Paw Print Badge.

\*\* A Polar Bear should be invested into the Clan within 35 days, signifying the growth of real polar bear cubs, as this is when their eyes open.

**WHEN I STARTED POLAR BEARS**

**NAME:** \_\_\_\_\_  
(printed all by myself)

**DATE:** \_\_\_\_\_ **HEIGHT:** \_\_\_\_\_ **WEIGHT:** \_\_\_\_\_

**MY WOODMASTERS:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**MY PAW PRINT:**

## POLAR BEAR PROGRAM

### YEAR ONE - SECOND PAW PRINT BADGE REQUIREMENTS

	REQUIREMENTS	DATE	INITIAL
1	<b>LEARNING:</b> Be able to print your own name.		
2	<b>DEVELOPING SOCIAL SKILLS:</b> Demonstrating good manners. Consistent use of "Please", "Thank you", taking turns and not interrupting.		
3	<b>EXPLORING THE WORLD:</b> Know your neighbourhood. Take a community ramble and know where "Block Parent" houses are.		
4	<b>DISCOVERY OF NATURE:</b> On a nature walk identify two different birds or animals.		

**AT THE END OF MY FIRST YEAR OF POLAR BEARS**

**NAME:** \_\_\_\_\_  
(printed all by myself)

**DATE:** \_\_\_\_\_ **HEIGHT:** \_\_\_\_\_ **WEIGHT:** \_\_\_\_\_

**MY WOODMASTERS:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**MY PAW PRINT:**

## POLAR BEAR PROGRAM

### YEAR TWO - THIRD PAW PRINT BADGE REQUIREMENTS

	REQUIREMENTS	DATE	INITIAL
1	<b>LEARNING:</b> Be able to tie your own shoes.		
2	<b>DEVELOPING SOCIAL SKILLS:</b> Appropriate telephone skills. A Polar Bear Woodmaster will phone the Polar Bear's residence at a specified time and the Polar Bear will demonstrate proper telephone etiquette.		
3	<b>EXPLORING THE WORLD:</b> Attend a day camp with the Clan.		
4	<b>DISCOVERY OF NATURE:</b> Make a collection or collage of seeds, leaves or feathers.		

**AT THE END OF MY SECOND YEAR OF POLAR BEARS**

**NAME:** \_\_\_\_\_  
(printed all by myself)

**DATE:** \_\_\_\_\_ **HEIGHT:** \_\_\_\_\_ **WEIGHT:** \_\_\_\_\_

**MY WOODMASTERS:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**MY PAW PRINT:**

## POLAR BEAR PROGRAM

### YEAR THREE - FOURTH PAW PRINT BADGE REQUIREMENTS

	REQUIREMENTS	DATE	INITIAL
1	<b>LEARNING:</b> Help set up the meeting hall.		
2	<b>DEVELOPING SOCIAL SKILLS:</b> Working with the Snow Cave, perform a skit for the Clan.		
3	<b>EXPLORING THE WORLD:</b> Attend an overnight camp with the Clan.		
4	<b>DISCOVERY OF NATURE:</b> Make a nature craft.		

## POLAR BEAR PROGRAM

### RUNNING POLAR BEAR BADGE REQUIREMENTS

(Running-Up to Timber Wolves)

	REQUIREMENTS	DATE	INITIAL
1	Hold the four Paw Print Badges.		
2	Have sewn the fourth Paw Print Badge on their uniform by self (under supervision).		
3	Have visited a Timber Wolf Pack three times.		
4	Know the story of how the Polar Bear Cubs turned into Timber Wolves. Listen to the story "The Way of the North".		

\*\* The Running Polar Bear badge will be presented upon investiture in the Timber Wolf Pack in the following year. The Polar Bear Master will make the presentation, where possible, at the Investiture Ceremony.

**AT THE END OF MY THIRD YEAR OF POLAR BEARS**

**NAME:** \_\_\_\_\_  
(printed all by myself)

**DATE:** \_\_\_\_\_ **HEIGHT:** \_\_\_\_\_ **WEIGHT:** \_\_\_\_\_

**MY WOODMASTERS:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**MY PAW PRINT:**

## NORMAL MEETING FORMAT

Gathering activities: As Polar Bears arrive for the meeting, ensure that there is an organized activity such as a sing-song, on-going craft or game to eliminate chaos

An organized start: **FALL IN**  
Opening Ceremony  
Inspection  
Collect Dues

Run off surplus energy: **ENERGY RELEASE GAMES**

Program implementation: **BADGE SCHEME ACTIVITIES, SONGS  
RELATED GAMES AND CRAFTS**

Calm down: **QUIET GAME**

A disciplined finish: **FALL IN**  
Notices  
Closing Ceremony  
Dismiss

## SAMPLE POLAR BEAR PROGRAM

### MEETING ONE:

6:20 P.M.	Gathering Activity: Colour cover sheet for <b>A</b> Brag Book@	Ullaaq
6:30 P.M.	<b>Invite parents to remain, if possible for first meeting.</b> Gather all youth (and parents) together and briefly explain what the Polar Bear Program consists of: <ul style="list-style-type: none"><li>- Working together</li><li>- Games</li><li>- Crafts</li><li>- Songs</li><li>- Camping</li></ul> Explain the Opening Ceremony and hand signals <ul style="list-style-type: none"><li>- Do an Opening Ceremony with all youth involved (Tenderpaw Requirement # 6)</li></ul>	Nanuq
6:45 P.M.	Balloon Game: <b>A</b> Ankle Balloon Bust@	Innaq
6:55 P.M.	Talk to the youth about Polar Bears: <ul style="list-style-type: none"><li>- Introduce the concept of <b>A</b>Mutual Respect@</li><li>- Explain that the neckers will be worn once they are invested</li><li>- Talk about respect of uniforms</li><li>- Explain the <b>A</b>Scout Handshake@ (Tenderpaw Requirement # 5)</li></ul>	Nanuq
7:05 P.M.	Craft: <b>A</b> Polar Bear Puppets@ (Reference: Polar Bear Leader Guide - p.7)	Ukpik
7:15 P.M.	Story: <b>A</b> The Way Of The North@ (Chapter One)	Ullaaq
7:20 P.M.	Closing Ceremony: (Tenderpaw Requirement # 6) <ul style="list-style-type: none"><li>- Gather youth and explain the Closing Ceremony</li><li>- Do the Closing Ceremony together</li><li>- Hand out sheets with Promise, Law, Motto, etc. (Tenderpaw Requirements # 1, 2, &amp; 3) and colouring sheets to those who were not in at 6:20</li></ul>	Nanuq

### MATERIALS REQUIRED:

1. Colouring sheets and crayons
2. Balloons and yarn
3. Puppet supplies
4. "The Way Of The North" story book
5. Hand out sheets with Promise, Law, Motto, etc.

## MEETING TWO:

6:20 P.M.	Gathering Activity: “Make invitations to Investiture Ceremony”	Innaq
6:30 P.M.	Opening Ceremony	Ullaaq
6:40 P.M.	Game: “Dog and Bone” - found in the book “Kids: What Do You Do With Them?” p. 168	Nanuq
6:50 P.M.	Craft: “Make paper mache rocks for Clan Inuksuk”	Ukpik
7:05 P.M.	Talk about Lord Baden-Powell and the Polar Bear Salute (Tenderpaw Requirements # 4 & 8)	Innaq
7:10 P.M.	Practice for Investiture	Nanuq
7:20 P.M.	Story: “The Way Of The North” (Chapter Two)	Ullaaq
7:25 P.M.	Closing Ceremony - Hand out permission slips for next week’s outing	Ullaaq

## MATERIALS REQUIRED:

1. Supplies for invitations: felts, glitter, stickers, etc.
2. Blindfold and cardboard “dog bone” for game
3. Paper mache supplies (newspaper, paste, plastic for work area and clean-up supplies)
4. “The Way Of The North” story book

**LEADER NOTE:** Phone all parents the night before the next meeting to remind them to bring permission slips and ask parents if they can help.

**MEETING THREE:      “OUTING TO A PARK”**

(Tenderpaw Requirement # 7)

**\*\*\*\*\* ENSURE YOU HAVE AMPLE PARENT VOLUNTEERS!!!**

5:30 P.M.	Gather at meeting location	
5:35 P.M.	Depart for park	
5:50 P.M.	Arrive at park	
	Opening Ceremony	Ukpik
6:00 P.M.	Nature Scavenger Hunt	Ullaaq
6:15 P.M.	Hot Dog Roast	Food Comm.
6:40 P.M.	Practice Investiture	Nanuq
6:50 P.M.	Sing-song	Innaq
6:55 P.M.	Closing Ceremony	Ukpik
	- Hand out invitations for Investiture	
7:00 P.M.	Depart from park	
7:15 P.M.	Arrive at meeting location	

**MATERIALS REQUIRED:**

1. Lists for scavenger hunt  
(Ensure that area you are going to has everything on your list)
2. Ensure Food Committee has hot dog roast supplies
3. Enlist a volunteer to have fire ready for hot dog roast
4. Song sheets for parents and Woodmasters
5. Investiture invitations  
(Make sure you have extra for those who were not at Gathering Activity last week)

## MEETING FOUR: “INVESTITURE”

### \*\*\*\*\*FAMILY NIGHT

6:20 P.M.	Gathering Activity: “Dodge Ball” (Include parents)	Ukpik
6:30 P.M.	Opening Ceremony	Nanuq
6:40 P.M.	Investiture Ceremony: Woodmasters	Service Team
	Polar Bears	Nanuq
7:00 P.M.	Games: (Include parents)	
	1. Leg Train	Innaq
	2. Taste and Smell	Ukpik
	3. Balloon Relay	Ullaaq
7:15 P.M.	Sing-song:	
	1. Singing In The Snow	Ukpik
	2. Swimming Pool	Ullaaq
	3. Herr Good Conductor	Innaq
7:25 P.M.	Closing Ceremony	Nanuq
7:30 P.M.	Refreshments	Food Comm.

### MATERIALS REQUIRED:

1. Investiture Supplies (see Investiture Ceremony)
2. Food items in containers for “Taste and Smell”
3. Balloons
4. Ensure Food Committee has refreshment supplies

## INUKSUK

“Inuksuk” has many meanings to the Inuit People. The reference book “The Inuksuk Book” by Mary Wallace will lend insight into this subject. For the purpose of the Polar Bear Program, ‘Inuksuk’ means simply, “**the gathering place**”.

As noted in “Program Planning”, each Clan should construct their personal **Ceremonial Inuksuk** at the beginning of the year. Inuksuks are built with rocks. For ease of storage, transportation, etc., it is suggested that your Clan Inuksuk be built from lighter materials. Styrofoam, paper mache or foam rubber could be used as alternates.

Each Snow Cave could be responsible for constructing **rocks** for the Clan Inuksuk. This will likely be a messy project, so plan it for outdoors or provide plenty of plastic or a tarp for floor covering.

Once the rocks are constructed, secure them in place with wire and string. You may choose to mount your Inuksuk on a styrofoam base.



## OPENING CEREMONY

Any invested Woodmaster may conduct the Opening Ceremony. All other Woodmasters should join with the youth to help where needed.

**THE CEREMONY:** The Woodmaster conducting the Opening Ceremony stands in the middle of the meeting hall with the **totem** (model of an Inuksuk) behind and calls out "**TUVAQ!!**" (**too - vak**) Tuvaq in Inuktitut means "Ice Floe". When this command is given all present in the meeting hall **freeze** and do not move or say a word.

The Woodmaster then calls out "**INUKSUK!!**" The Inuktitut word for "gathering place". Upon this command all Polar Bears and all other Woodmasters form a jagged circle, resembling a jagged ice floe, around the Woodmaster conducting the ceremony. They fall into this circle by bending at the waist to have the torso parallel to the ground and walking slowly and swinging their arms and head from side to side. This signifies the walk of a curious polar bear.

At this point, the Woodmaster instructs, "**Polar Bears, alert!! Face the flag!!**" (Flag is in place prior to the ceremony.) "**O Canada**" is sung. The Woodmaster instructs, "**Polar Bears, stand easy!!**" An opening **prayer** is given. The Woodmaster then asks, "**Why are you here?**" The Polar Bears go into a squatting positing with their "Paws" on the floor in front of them. They reply, "**We are Polar Bears and we care!!**" The Polar Bears then leap up onto their feet growling with both front "paws" opened and above their heads. In that position, they yell, "**POLAR BEARS!!!!**"

Dues can then be collected in a wooden bowl, signifying an Inuit oil container (oksut), which is placed beside the Inuksuk and a simple "**Claws**" inspection can be given.

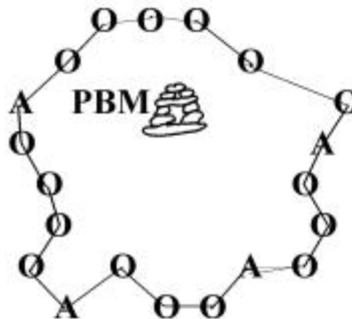
Canadian Flag to the left of the  
Polar Bear Flag



PBM = Polar Bear Master  
(or Assistant PBM)

A = Assistant Polar  
Bear Master

O = Polar Bears



## CLOSING CEREMONY

For consistency, the Woodmaster who conducted the Opening Ceremony should do the Closing Ceremony on the same evening. All other Woodmasters should join with the youth to help where needed.

**THE CEREMONY:** The Woodmaster conducting the Closing Ceremony stands in the middle of the meeting hall and calls out "**TUVAQ!!**" When this command is given all present in the meeting hall **freeze** and do not move or say a word.

The Woodmaster then calls out "**INUKSUK!!**" Upon this command, all Polar Bears and other Woodmasters form the jagged ice floe. They fall into this circle by walking slowly and swinging their arms and head from side to side as in the Opening Ceremony.

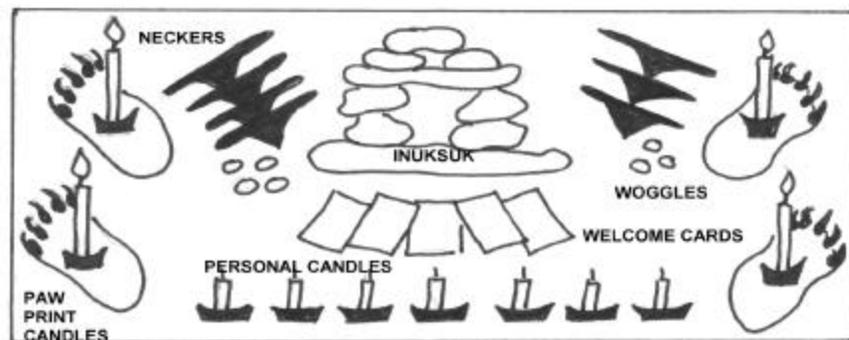
At this point, any closing announcements or notices are made or handed out. A closing prayer is given.

The Woodmaster then instructs, "**It's time to rest. Tomorrow is another day!!**" The Polar Bears curl up to rest softly calling, "**Good night, Nanuk!**" (use appropriate Woodmaster's name) The Woodmaster responds, **ATAVVAVUUSI!!** (ta - vow - voo - see), which in Inuktitut means, "Good bye to you all!!"

## INVESTITURE CEREMONY

The Investiture Ceremony is a special event for the youth. As the Polar Bear is being invested as the newest member of the organization, special effort should be made to plan and organize a ceremony of significance. Family and friends should be invited to this special occasion. Normally, the invested Polar Bear Master will conduct the ceremony.

**PREPARATIONS:** Family and friends should be seated at the edge of the outdoor area or meeting hall. Once the Opening Ceremony has been performed, Polar Bears in the Ice Floe should be allowed to sit on the ground in their positions. It is difficult for youth of this age to stand for long periods of time.



Preparations ahead of time have seen a table set up at the front of the area:

The four Polar Bear Paw Print Candle Holders are made ahead of time (perhaps as a Clan activity). They signify the four Paw Prints the Polar Bears will earn on their journey throughout the program.

The following figures could be used as a design. Be creative!!!



The Inuksuk, made as a group project, should be in a place of prominence. Neckers, woggles and welcome certificates should be arranged on the table. One of the Assistant Polar Bear Masters should be at the table to lend assistance and assure safety with the candles. Unlit candles should be set in place on the centre of the table front, representing each Polar Bear youth to be invested.

**THE CEREMONY:** Each youth should be called individually with a parent or guardian to take their place in front of the Polar Bear Master. If a family member is unable to attend the ceremony, have an Assistant Polar Bear Master or alternate step in ensuring the youth is not alone. The parent or guardian introduces the youth to the Polar Bear Master and tells of the youth's desire to join the Polar Bear Clan. The Polar Bear Master in return asks the youth if he is familiar with the Polar Bear Promise, Law and Motto and understands it. The youth replies **AYes@**.

A draped Polar Bear Flag is then held horizontally by two Assistant Polar Bear Masters (Amaruq could assist here) in front of the Polar Bear Master. The Polar Bear Master asks the youth being invested to hold the Flag with his left hand and make the Polar Bear Salute with his right hand. The Polar Bear Master then asks the youth to repeat the Polar Bear promise line by line after him.

After the promise is made, the parent then places the necker around the youth's neck. The Polar Bear Master puts on the woggle and informs the youth that he is now a member of the (Name of Group) Polar Bear Clan and also a member of the Brotherhood of Scouting. The youth and the parent are then invited to light their candle from one of the four Paw Print Candles to **AHelp light your journey through the Polar Bear Program@**. The Polar Bear then gives a Scout Handshake to all the Woodmasters and is presented with a **AWelcome Certificate@**. The Polar Bear Master announces to the audience, **AWelcome Polar Bear** (Name of Youth) **to the Clan@**.

The ceremony is repeated with other youth qualifying to be invested. The evening could be ended with a singsong around a campfire and refreshments.

**SAMPLE A WELCOME TO POLAR BEARS® CARD**

**WELCOME TO POLAR BEARS**

\_\_\_\_\_ (NAME)

\_\_\_\_\_ (CLAN) \_\_\_\_\_ (SNOW CAVE)

\_\_\_\_\_ (INVESTITURE DATE) \_\_\_\_\_ (AGE)

\_\_\_\_\_ (POLAR BEAR MASTER)

**WOODMASTERS:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## RUNNING-UP CEREMONY

This is the official ceremony Polar Bears participate in prior to joining the Timber Wolf Pack. It takes place in the final month of the program year and should be in conjunction with the Timber Wolf Pack, the B-P Woodsman Troop and the Senior B-P Woodsman Troop promotional ceremonies. The Polar Bear Master will officiate in the Running-Up Ceremony.

**THE CEREMONY:** The ceremony begins as a basic Opening Ceremony. The Polar Bears form their Ice Floe, do their Opening Ceremony **without** coming to alert, facing the flag, singing "O Canada" and doing an opening prayer. They then turn to watch the Timber Wolf Pack form their Parade Circle and do the Grand Howl. The B-P Woodsman Troop will then form their Horse Shoe as will the Senior B-P Woodsman Troop, etc. The Senior Section will call "**Alert**" and do a **flagbreak**. "**O Canada**" will then be sung and an **opening prayer** will be given. All sections participate from their respective positions.

Once the openings are complete, the focus returns to the Polar Bears. The Polar Bear Master calls forward the Polar Bears "Running-Up" to Timber Wolves. These Polar Bears "**run**" around the Ice Floe two times and stop in front of the Inuksuk. The Polar Bear Master moves into position by the Inuksuk. The Running Polar Bears lie down beside the Inuksuk and are instructed by the Polar Bear Master "**to close their eyes in rest**".

During their time of "rest", the Polar Bear Master calls each Polar Bear advancing individually and speaks of their achievements, accomplishments and growth in the Polar Bear Clan: and what great new adventures lie ahead for them in the Timber Wolf Pack. As the Polar Bear Master is about to complete this oration, the Northern Lights are activated. (Northern Lights could be represented by multi-colour, flashing mini Christmas lights or coloured streamers).

The Polar Bears then awaken from their rest, and their parents assist them to "**shed**" their polar bear skins (tunics and caps) and help drape their new Timber Wolf jersey over their shoulders. The Polar Bears are then escorted by the remaining Polar Bear Woodmasters and/or Amaruq up to the Timber Wolf Pack, where Akela will lead in the welcoming ceremony to the Pack. (This is the basic ceremony and may be altered to suit Clan and Group needs.)

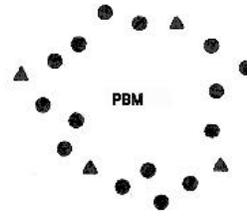
As the other Sections continue on with their ceremonies, the Polar Bears should be allowed to sit in their Ice Floe and watch. When all advancements are complete, to eliminate chaos, Closing Ceremonies should be done in the same order as the Openings. Once **Flag Down** is done by the Senior Section a closing **prayer** is given and all Sections are dismissed. Since families should be invited to this event, some form of entertainment (in the form of songs and skits) should be in order, followed with refreshments.

The **Group Council** plans the **Advancement Ceremonies** to ensure the significance of the event for the youth.

**RUNNING-UP CEREMONY**

**POLAR BEAR  
ICE FLOE:**

- = YOUTH
- ▲ = ASSISTANT LEADERS



P

A

**TIMBER WOLF  
PARADE CIRCLE:**

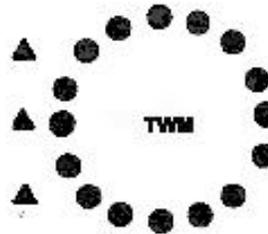
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**B-P WOODSMAN  
HORSESHOE:**

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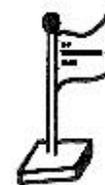
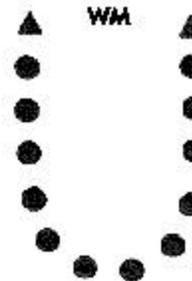
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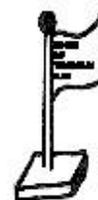
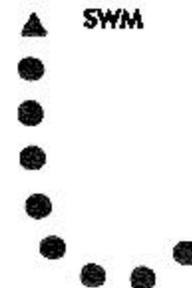
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**SENIOR  
B-P WOODSMAN  
HORSESHOE:**

D

S



## CLAN / PACK LIAISON

It is essential that there is a **Ayouth liaison** between the Polar Bear Clan and the Timber Wolf Pack. This role is usually provided by a third year Timber Wolf who is called **Amaruq**. This youth is preferably a Sixer or Second. Amaruq attends the Timber Wolf meetings as well as the Polar Bear meetings. When Amaruq attends the Polar Bear meetings, it is in the capacity of **Aleadership** versus merely as a participant.

The Polar Bear Woodmasters should ensure that Amaruq is informed of duties to be performed, prior to each meeting and what support he/she will be required to supply. Amaruq should be encouraged to contribute program suggestions.

The selection process for Amaruq (with large Clans you may want two) is through a meeting of the Polar Bear Woodmasters and the Timber Wolf Woodmasters to discuss the choices and attributes of all Timber Wolves qualifying for the role. Permission for this youth to act in this capacity must be obtained from parent or guardian.

## BADGES AND CRESTS FOR THE POLAR BEAR SECTION



BPSA Canada Strip



Provincial or Territorial Crest



Region Crest



District or Area Crest



Group Flash



Snow Cave Patch



Sponsor Badge



Polar Bear Crest



Polar Bear Cap Badge



Paw Print



Running Polar Bear Badge

## SUGGESTED POLAR BEAR SECTION LEADERS' NAMES:

- |     |                    |                       |                 |
|-----|--------------------|-----------------------|-----------------|
| 1.  | <b>NANUQ</b>       | (na-nookh)            | Polar Bear      |
| 2.  | <b>ULLAAQ</b>      | (ood-laakh)           | Morning         |
| 3.  | <b>TAQQIQ</b>      | (takh-kheerkh)        | Moon            |
| 4.  | <b>INNAQ</b>       | (een-nakh)            | Elder (Old One) |
| 5.  | <b>MALIKKAT</b>    | (ma-leek-kat)         | The Follower    |
| 6.  | <b>UKPIK</b>       | (ook-peek)            | Arctic Owl      |
| 7.  | <b>IGUTTAQ</b>     | (ee-goot-tak)         | Bumblebee       |
| 8.  | <b>TUKTU</b>       | (took-too)            | Caribou         |
| 9.  | <b>UMINGMAK</b>    | (oo-meeng-mak)        | Muskox          |
| 10. | <b>TIRIGANNIAQ</b> | (tee-ree-gan-nee-akh) | Arctic Fox      |
| 11. | <b>UKALIQ</b>      | (oo-ka-leekh)         | Arctic Hare     |
| 12. | <b>NATSIQ</b>      | (nat-seeKh)           | Seal            |
| 13. | <b>AIVIQ</b>       | (eye-veekh)           | Walrus          |
| 14. | <b>QILALUGAQ</b>   | (khi-la-loo-gakh)     | Beluga          |
| 15. | <b>TUUGAALIQ</b>   | (too-gaa-leekh)       | Narwhal         |
| 16. | <b>ARVIQ</b>       | (ar-veekh)            | Bowhead Whale   |
| 17. | <b>AMARUQ</b>      | (a-ma-rookh)          | Wolf            |
- (The name Amaruq is reserved for third year Timber Wolves working with Polar Bears)

## REFERENCE BOOKS

1. Out On The Ice In The Middle Of The Bay  
By: Peter Cumming  
(story book)
2. The Hungry Giant Of The Tundra  
Retold By: Teri Sloat  
(traditional story)
3. A Promise Is A Promise  
By: Robert Munsch and Michael Kusugak  
(story book)
4. The Missing Sun  
By: Peter Eyvindson  
(story book)
5. Caribou Girl  
By: Claire Rudolf  
(story book)
6. Northern Lights: The Soccer Trails  
By: Michael Kusugak  
(story book)
7. A New True Book Polar Bears  
By: Emilie U. Lepthien  
(facts for children)
8. The Epic Of Qayaq  
By: Lela Kiana Pman  
"THE LONGEST STORY EVER TOLD BY MY PEOPLE"
9. A Polar Bear Journey  
By: Debbie S. Miller  
(story book)
10. Angel and the Polar Bear  
By: Marie-Louise Gay  
(story book)

11. The Inuksuk Book  
By: Mary Wallace  
(fact book)
12. Nanuk Lord of the Ice  
By: B.J. Heina  
(story book)
13. Alaskan Eskimo Words  
By: Knud Rasmussen  
(fact book)
14. Polar Bears  
By: Ian Stirling  
(fact book)
15. The World Of The Polar Bear  
By: Norbert Rosing  
(fact book)
16. Encounters With Arctic Animals  
By: Fred Bruemmer  
(fact book)
17. Hide And Sneak  
By: Michael Arvaarluk Kusugak  
(story book)
18. Arctic Stories  
By: Michael Arvaarluk Kusugak  
(story book)
19. My Arctic 1, 2, 3  
By: Michael Arvaarluk Kusugak  
(story book)
20. The Way Of The North  
By: Rosalie Rasmussen  
(story book)