



Goose Creek District Newsletter



March 2012

Volume 3, Issue 8

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
Training

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Quick Calendar:

- Mar 1 – AOL Recognition
- Mar 14 – Roundtable
- Mar 17 – District Pinewood Derby
- Apr 11 – Roundtable
- Apr 13-15 – Camporee
- Apr 14 – Training - BSLST
- May 5 – Cubmobile Derby
- May 5 – Training - BSLST
- May 9 – Program Launch
- May 18 – District Banquet
- May 19-20 – Training IOLS/OLSWL

Newsletter Key:

-  Cub Scout Interest
-  Boy Scout / Venturing Interest
-  For Everyone



reprinted from www.ScoutmasterCG.com, October 11, 2011

by Walter Underwood

EDITORS NOTE – Here's a something that should be in our minds every time we interact with our Scouts. I am often focused on problems and missing opportunities to support them positively.

We all have a memory of a time when we were criticized. Do you remember a time when you were praised? I bet the negative comments stick in your mind.

A blog post by Bob Sutton

(http://bobsutton.typepad.com/my_weblog/2010/05/bad-is-stronger-than-good-the-5-to-1-rule.html), a management professor at Stanford University, points out that negative interactions are far more powerful than positive ones. Careful academic studies show that there must be five positive interactions for each negative one or the relationship will fail. Five to one is a lot, and that is just to break even!

How often do we do this with our Scouts? Do we notice five well-tied knots for each mistake? Do the Patrol Leaders comment on well-washed dishes and not just the dirty ones?

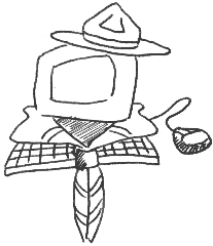
How about the Scouts who leave the troop, have they been told how well they are doing? If it wasn't five to one, it should not be a surprise that the relationship with the troop failed.

So make this your Good Turn for a few days, five to one, with every one you meet, and no fake compliments. Look for true good things in every person. Maybe throw in a few extra to make up for the rest of their day.

District News

District Website: www.GooseCreekDistrict.org

@GooseCreekDistrict.org



The email woes affecting GooseCreekDistrict.Org addresses detailed in last month's newsletter have been rectified. If you sent an email to a commissioner and got no response, or fired off an advancement report and have it bounce back, or wondered why no one in the mailing list got the note about looking for volunteers chances are you were affected by our outage. Service has been restored and the mails now are flowing. If you are interested in a GooseCreekDistrict.Org email address or there is a mailing list you would like to be a part of send a note to Mike.Sierra@GooseCreekDistrict.Org.

Cub Scout Day Camp: High Seas Adventure



Goose Creek Day Camp: June 18-22, 8 AM – 4 PM, Morven Park, Leesburg

Walk the plank, swim with the sharks, hunt for treasure, and sing your favorite sea shanties at day camp this summer! Cub Scout Day Camp is a great opportunity for Cub Scouts to experience all that camp has to offer, and come home each night to tell their family all about it.

Boys in grade 1 (as of September, 2012) through Webelos are eligible to attend day camp. Boys will receive a camp t-shirt, water bottle, craft supplies, and all the goodies needed for a week of fun. One adult is needed for every five boys to escort the adventurers through camp. Tiger Cub adult partners must attend camp with their Tiger.

Can't get leaders to commit for an entire day? Goose Creek is also running a **Twilight Camp**, same dates, that will run from 6:30 PM (6:00 PM check-in) until 8:45 PM and will include many of the activities done during the day.

ACTIVITIES

Activities range from traditional Scouting games and achievement opportunities to archery, slingshots, BB instruction, crafts, nature study, soccer, fishing, swimming, handicrafts, leatherwork, and camp skills. Dedicated family members, Scout leaders, and other adults can turn out to assist volunteer camp staff members.

FEES

This year's fees for day camp are:

Early Bird (before April 16)	\$165
April 16 - May 18	\$185
After May 18	\$205
Twilight Camp	\$100

Financial assistance is available in some cases by submitting a camper aid application

How to Register: On the NCAC website select Camps → Cub Scout Day Camps

District Championship Pinewood Derby



Gentlemen, start your engines!

Goose Creek District Pinewood Derby will be holding a district championship Pinewood Derby race (hosted by Venture Crew 7070) where only the 1st, 2nd and 3rd place winners in individual pack events are eligible to participate. Trophies will be awarded to the top three fastest cars in each rank, Tiger, Wolf, Bear and Webelos. Overall trophies will also be awarded to the top three cars for all ranks.

The derby will be held Sat, **March 17, 2012** at Tolbert Elementary School (691 Potomac Station Dr NE, Leesburg 20176). Cost is \$4 per Scout and every participant will receive a patch and a Chick-fil-A coupon redeemable for a Free Kids Meal at the Leesburg location.

Division	Registration / Inspection	Race Times
Tiger	8:00 am – 8:45 am	9:00 am – 10:00 am
Wolf	8:30 am – 9:15 am	9:30 am – 10:30 am
Bear	9:00 am – 9:45 am	10:00 am – 11:00 am
Webelos	9:30 pm – 10:15 am	10:30 am – 11:30 am
District Finals		12:00 pm – 1:00 pm

Pre-registration is encouraged to ensure that all entrants will receive the 2012 Goose Creek District Pinewood Derby patch. Pre-registration may be done individually or by Pack.

For registration forms or further information: Contact Steve Wolfson at SteveWolfson@verizon.net or call 703-431-1033

Important: All cars must meet the District’s Derby construction rules (available on the district website in the ‘Cubs’ section). Just because a car passed the pack’s inspection does not mean it will pass the district inspection. *Take special note of the wheels and axle rules!*

Spring 2012 Join Scouting Night Event



Chris Goda has taken over as Vice Chairperson for Membership from Mary Gail Swenson. Thanks for all of her hard work over the years in making Goose Creek District within NCAC one of the top rated districts in the country. First up and because of a shorted school year is that Goose Creek District will be having a Join Scouting Night tentatively slated for the April timeframe. Building on what was offered last spring, we will be revamping the approach and working to offer a higher level of support to Packs interested in holding an event. Newsletters will be the primary source for detailed information and those will be coming on line shortly.

If you have any questions, comments or constructive advice, please route it directly to Chris at ChrisGoda@gmail.com or call direct at (571) 246.6988

Spring Camporee



The Spring Camporee will take place but we have changed the date for it to April 13-15 in order to keep the two week separation between it and the OA Ordeal which had to be rescheduled to April 27-29.

The theme for the Camporee will be 'Scout Olympics' with patrols and individual Scouts competing for the Gold, Silver, or Bronze prizes in various competitions. Some of the competitions will be based on testing for basic Scout skills such as fire building, knot tying, and first aid while others will test more advanced skills such as ax throwing, orienteering, wood splitting and who knows what! We may even have some events for Scoutmasters and Assistant Scoutmasters. A full information/registration packet is available on the district website.

The morning and early afternoon time slots will be set aside as the 'Qualifying Period' where patrols and individuals can select the events they want to compete in and see if they are good enough to qualify. The late afternoon time slot will be the Finals where the top qualifiers in each event will compete for the prize.

Each troop participating in the Camporee will be tasked to run one of the competitions. This includes planning the competition, purchasing the material (with reimbursement), and running it during one of the time slots. Very small troops (8 Scouts or less) will not be required to run a competition event but will be asked to support the Camporee through some other chore. If your unit is planning on attending please send an email now to GCCamporee@verizon.net to select an event and to give yourself enough time to get it planned. We do have a list of events we would like to see but will work with units to develop their own.

Location: MeadowKirk in Middleburg, VA (38012 Delta Farm Lane, Middleburg, VA 20117)

Cost: \$16 per person

Webelos Visiting the Spring Camporee



Webelos Leaders! Now is the time to plan on getting that AOL requirement of visiting an outdoor Boy Scout oriented activity fulfilled. Your Webelos are invited to come visit us at the spring camporee and watch the Boy Scouts compete with each other in events during the day to see who is the best. No registration is required and there is no fee to pay for visiting us during the day. Directions and a schedule for the camporee can be found in the camporee information packet available on the district website.

Note: There are no planned activities for the Webelos at this event, you are visitors to see Boy Scouts in action.

Friends of Scouting



Why Support Scouting?

- As a whole this money goes to support the Council and all of its functions.
- This is the only money that families and volunteers give that goes to Council.
- Most families don't understand why they pay \$X amount in unit dues and then are asked to give to FOS. The \$15 registration fee goes to the National BSA office in Texas and the rest stays within the unit.
- Registration payment does not go to your Council but goes to the National office in Texas .
- That it costs \$185 for your council to support each registered youth.
- Every Campership is funded through Friends of Scouting!
- Funds your Council website and all the publications that are sent to your home.
- Serving the Community – Scouting for Food, Camperships
- Improving Program – Snyder, Goshen and Day Camp resources
- Supplies for Recruitment – Fliers, signs, posters, free giveaways, applications recruitment videos
- Knots and other awards that youth and volunteers earn – Costs the council \$100 to process one Eagle Scout Award
- Training – POW WOW, University of Scouting , Commissioners College , etc.
- Publications – Scouter's Digest, Fliers, Etc.

Did you know that Goose Creek ...

- Has nearly 5,000 youth and over 2,000 registered volunteers
- Is the largest District in NCAC with 130 units
- 82 Eagle Scouts awarded this past year
- Has over 3,000 reported service hours
- Collected just over 106,000 pounds of food in 2011

Your commitment to the FOS Campaign helps Goose Creek to be the very best!

Service Project Opportunity



We have received a request from Meadowkirk (38012 Delta Farm Lane, Middleburg, VA 20117) asking about troops (or Scouts) who might be interested in service projects (or Eagle Scout Projects). They have many trails that need clean-up of leaves and addition of mulch, possible repair and painting of benches, etc/ to prepare the grounds for camping groups and their spring/summer activities.

For additional information: Contact Cris Crissman, CrissmansAtHome@cox.net or 540-687-5565

Cubmobile Derby



What do you have when you make a Pinewood Derby car big enough for a Scout to sit in? A Cubmobile! The district is planning to hold our second annual Cubmobile Derby on May 5, 2012. We have a nice gentle, paved slope all lined up for the race and now we need dens to build cubmobiles to race.

Dens will race as teams with a minimum of three and a maximum of five Scouts per team. Dens with six or more Scouts participating will need to register as two, or more, teams. Every Scout on a team will be given a chance to race their cubmobile down the course.

Teams from the same pack will be allowed to use the same cubmobile if they want to. Cubmobiles built for last year's derby may be used again this year.

Derby fee is \$6 per Scout and all teams must pre-register with an \$18 deposit (i.e., the fee for three Scouts). A full information/registration packet and instructions on how to build a cubmobile will be ready by the February roundtable and available on the district website.

In order to hold this derby we still need some adult volunteers to help in running the event. If you would like to be a volunteer please send an email to GCCubEvent@verizon.net

2nd Annual NCAC Interfaith Pinewood Derby



The NCAC Jewish Committee on Scouting and the All Dulles Area Muslim Society (ADAMS) Scouting program are pleased to announce that the 2nd annual NCAC Interfaith Pinewood Derby will be held on Sunday, March 25, 2012, at the Melvin J. Berman Hebrew Academy, 13300 Arctic Avenue, Rockville, MD. Registration begins at 2:30 PM. Racing begins at 3:00 PM. Registration cost is \$5.00 per entrant. Please refrain from bringing any outside food or drink.

Pinewood Derby pins and certificates will be awarded to all entrants. Trophies will be awarded to the top four finishers.

This Pinewood Derby is open to all interested Tiger Cubs, Cub Scouts, and Webelos. Pre-registration is encouraged to ensure that all entrants will receive pins and certificates at the Pinewood Derby. Pre-registration may be done individually or by Pack. Pre-registration deadline is March 16.

Scouts must build, decorate, and race their own Pinewood Derby cars. Standard limits for size and weight apply.

For further information: please call Julian Tishkoff at 301-424-8469 (evenings). See you then!



You might have been a Scouter too long when:

- You decide to lash together the new deck on the back of your house.
- You plan to serve foil meals at your next dinner party.
- You raise your hand in the scout sign at a heated business meeting.

“Onward and Upward” On the Advancement Trail

Special Badge for 2012 Eagles



Know a Scout seeking a little extra motivation to finish his Eagle requirements this year? You've got it.

This year marks 100 years since Arthur Rose Eldred became the BSA's first Eagle. Since that date — Aug. 21, 1912 — more than 2 million outstanding young men have earned the award. To celebrate the centennial of Scouting's top honor, all recipients of the Eagle Scout Award in the year 2012 will be eligible to wear a special version of the red, white, and blue badge.

Welding Merit Badge



Say hello to Boy Scout's latest merit badge, welding. Welding is the latest of a new group of career oriented merit badges.

Scouts and Scouters interested in learning more about earning the Welding merit badge can click on www.scouting.org/meritbadges for more information

Excellence in Youth Leadership Evening



NCAC's **Excellence in Youth Leadership Evening** (formerly **Eagle Career Day**) will be held on May 16th and provides a fantastic opportunity for youth who earned their Eagle Scout, Quartermaster or Venturing Silver Award between January 1 and December 31, 2011, to network with business, civic and military professionals from a variety of career fields. Youth are matched with mentors based on industry interests.

Online registration will be available for youth and mentors by January 31. For more information or to register, visit www.BoyScouts-NCAC.org/EYL.

Boy Scout Week at Camp Snyder – July 29-Aug 3



For the first time since its grand opening, Camp Snyder will have a week of camp just for Boy Scouts. Programs will include rank advancement, merit badge programs and several “just for fun” activities and events. The week is open to individual Boy Scouts or entire troops.

For additional information: www.boyscouts-ncac.org/openrosters/DocDownload.aspx?orgkey=1933&id=104545

Archery Merit Badge Completion Day



Still have some requirements to do to finish off the Archery merit badge that was started at summer camp? Council has set up an Archery Merit Badge Completion Day for March 24, 2012, 9 am – 4 pm, at Camp Snyder. Cost is \$10.

Registration is currently open for this event can be found on the Council web site under the Council Events menu item.

The Eagle Court of Honor Book



To turn a run-of-the-mill Eagle Scout Court of Honor into something unforgettable, toss out the carbon-copy script your troop has used for years. Instead, pick up a copy of *The Eagle Court of Honor Book* (\$14.99 at www.ScoutStuff.org).

The book, in its third edition, includes complete ceremonies, planning checklists, inspirational pieces, Eagle Scout charges, poems, quotes, and more.

But if you've ever been to an Eagle Scout Court of Honor, you know that the ceremony is just part of the experience. You've also got to deal with all of the before and after details — the source of headaches for many an Eagle Scout mom or dad. We're talking about all the lists of whom to invite, tips for planning the perfect reception, ideas for making your own props, and suggestions for meaningful gifts for the newly minted Eagle.

So get advice on all of that from a trusted source: author Mark Ray, a frequent contributor to *Scouting* magazine and other official BSA publications. Mark has participated in the program at every level during a career that's stretched over more than 25 years. You may know Mark's other popular publication, *The Scoutmaster's Other Handbook*.

News from Our Units



Congratulations to Goose Creek's newest Eagle Scouts:

William Borman – T572

Paul Levesque – T981

William Carlson – T1168

Robert McGann T533

Joshua Clarke – T961

Aaron Price – T961

Brandon Kemp – T1910

Davic Wyman – T2970

Council / National News

Council Website: www.BoyScouts-NCAC.org

BSA Contingent to Korea National Jamboree



This year's 13th Korea National Jamboree will be held in Goseong, which was the 17th World Scout Jamboree campsite and located within the Gangwon Province, Korea.

The BSA's International Division is currently seeking nominations from Scouts and Scouters between the ages of 14 and 26 to form a contingent and participate in this exciting and culturally diverse event. The contingent will include 24 Scouts/Venturers and 6 adults. The actual dates of the Jamboree are from August 2nd to August 8th, 2012. The contingent will gather on July 30, 2012. The cost for this event per person is \$2500, which includes travel, lodging, food, event fee, tent, patches, bags and a WHOLE LOT OF FUN!

Those interested must be nominated by International Representatives and local councils. For nomination forms, BSA asks that you find them at the International Division Website

(www.scouting.org/scoutsource/International/BSAContingent.aspx).

Nomination deadline is March 30, 2012. To find out more about Scouting in Korea, visit the Korea Scout Association's web site

(www.scoutingnews.org/2012/01/31/bsa-contingent-to-korea-national-jamboree/).

Cub Scout Resident Camp



Camp Snyder will conduct five 3-day sessions (12 PM Friday – 5 PM Sunday) for Cub Resident Camp in 2012. Cub Resident Camp is your introduction to what Boy Scout camp can be like. Scouts and their adult leaders/parents will live in 5-person BSA wall tents with cots and platforms, eat at the camp dining hall and experience a wonderful program. The program at camp includes opportunities for Scouts to earn Achievements, Pins, Belt Loops, and several just-for-fun activities. The importance of Cub Resident camp to a Cub Scout and their family is tremendous! Resident Camp will develop your son's or dens' self-reliance and resourcefulness by providing learning experiences in which campers acquire knowledge, skills, and attitudes essential to their well being.

Session 1: July 6-8
 Session 2: July 20-22
 Session 3: July 27-29
 Session 4: August 3-5
 Session 5: August 10-12

Cost: \$160 – paid in full by May 1
 \$180 – paid in full by June 1
 \$200 – paid after June 1
 \$85 - adults

Cub Adventure Days



Camp Snyder will conduct three Adventure Days sessions for Cub Scouts in 2012. Cub Adventure Days is a great Day Camp experience for all Scouts from Tiger through Webelos and their families to experience a campout without the overnight sleeping. Each day will begin at 9:00 AM and conclude at 3:00 PM with lunch included in the cost of camp. Every day will be different from the one before with Scouts visiting all of the Camp Snyder program areas by the end of the week.

Session 1: July 16-19	Cost:	\$175 – paid in full by May 1
Session 2: July 23-26		\$195 – paid in full by June 1
Session 3: August 6-9		\$215 – paid after June 1
		\$20 – one adult for a week (may be different each day)

Webelos Camp



Camp Snyder will conduct one session for Webelos Resident Camp in 2012. Webelos camp is a big step for the Webelos I or II working on Activity Badges. Scouts will camp overnight just like when they become Boy Scouts to get the full summer camp experience in a shorter setting. Most of your time will be spent working towards advancing in your Webelos trail on the way to becoming a Boy Scout. There are plenty of other fun activities to fill your week including games, trips to the pool and more. Webelos will also be able to work on some free time activities that will include the more advanced pins from the Cub Scout Academic and Sports program.

Session 1: July 30-Aug 2 (Monday at 8:00 AM - Thursday at 4:00 PM)	Cost:	\$210 – paid in full by May 1
		\$230 – paid in full by June 1
		\$250 – paid after June 1
		\$50 – adults

Camp Snyder Tiger Pass



The Tiger Pass is an opportunity for you and your new Tiger Cub Scout to participate in Adventure Days at Camp William B. Snyder (CWBS) for either the entire week or just the days that are convenient for you. At CWBS, we understand that each Tiger Cub must have an adult partner to attend day camp and this can be difficult for parents. With the Tiger Pass you can attend only the day or days that are convenient for you. The Tiger Pass is only available for new Tiger Cubs in 2012 and their families. Siblings under 5 attend at no cost.

If you are the parent of a new Tiger Cub, or your pack is doing a spring recruitment, go to www.boyscouts-ncac.org/openrosters/DocDownload.aspx?orgkey=1933&id=104544 for more information.

NE Region Area 6 Venturing Phenomenon



The Venturing Phenomenon will be co-hosted by Area 6 Venturing and the National Capital Area Council's VOA at Camp Snyder in Haymarket, Virginia during the weekend of April 20-22, 2012. The event will debut a new format of programming that is by and for Venturers. The program possibilities are endless, and all depend on the program activities brought forward by the crews who attend (with a little coaching by the hosts to maximize the fun and variety available to all participants).

As has been the case in the past, costs will be \$45.00 for tent camping and \$55.00 for limited cabin lodging, and meals will be provided. The A6VOA and NCAC VOA will release details about the event, including crew program proposal guidelines, prior to Christmas 2011. Every Venturer who attends will both help deliver and be a participant in the activities, ensuring that Venturers remain the focus of the fun that we have in Venturing. Be sure save the dates on your calendar, and start thinking about the activity your crew would want to present to other Venturers who attend.

Questions are best initially directed to VOA Advisor Steve Wolf at Stephen.P.Wolf@comcast.net or A6VOA Advisor Catherine Pressler at drmclp@verizon.net

To register: Go to www.BoyScouts-NCAC.org/Phenomenon

International Scouting Day



In preparation for Jamboree Denmark which will be held in Hostelbro later this year the Embassy of Denmark to the United States is hosting an International Scouting Day on Saturday, March 17th, 2012 in Washington, DC. The Embassy is adjacent to Dunbarton Oaks park and just south of the Naval Observatory and off Massachusetts Avenue (3200 Whitehaven St. NW, Washington, DC 20008). Limited parking is available on a first come/first served basis.

Scouts and Scouters will assemble at the Embassy to learn more about Denmark, the upcoming Jamboree Denmark and international Scouting in general. There will be displays and classes focused on international Scouting and there will be an overview of Danish culture provided by Embassy staff. The classes, information session and cultural exchange will be capped off by remarks by a senior member of the diplomatic corps. The Embassy can accommodate up to sixty Scouts and Scouters for each session (9 AM – 12 PM and 1 PM – 4 PM) of this event. Attendance at this event will also satisfy partial completion towards the International Activities Patch for both Scouts and Scouters and also satisfy some requirements for the International Scouter's Award for Scouters.

Registration for this event is required and space is limited. Priority seating will be offered to Scouts. To register for either session go to the NCAC website calendar for March 17th, 2012. Don't register for both sessions – give someone else a chance.

For additional information: Contact Mike.Sierra@GooseCreekDistrict.org

Seventh Annual NCAC Scout Orienteering Meet



Where: Prince William Forest near Triangle, VA (www.nps.gov/prwi/index.htm)

When: Saturday, March 24th, starting at 8:30 am till 5:00 pm

Cost: \$10 per Scout

What to Bring: Compass and a sense of direction

Summary: Scouts will be paired up and compete for awards to be presented to the first 15 places in each event. The morning sessions will include: instruction in Orienteering for Scouts new to the sport, competitions in one of three levels of orienteering courses, and a map skill-building event. Each Scout pair will have an opportunity to choose two events in the morning. Competition will be broken into two age groups, under 14 years of age and Scouts 14 years of age or older. The afternoon event will be a 90-minute Orienteering score course. The event will be completed with awards from the morning events at 5:00pm.

Competition will be both on the Scout pair level and on the unit level. Each troop or crew unit will have a unit score from this event based on the average of the unit's top five pairs from that unit.

Camping will be available within walking distance of the event on **Friday night only**. Camping is free and limited to the first 125 Scouts and adults. Leaders from individual units need to make arrangements by separate email request to James Chaplin at JHChaplin@comcast.net (no phone calls). Please make sure you advise him how many people will be camping and which nights, you must also be attending the NCAC Orienteering event to camp. All troops must bring their own water for the duration.

Registration: Registration is to be done on a unit level: register all of your unit's Scouts at the same time, in one registration.

For more information and updates, contact James Chaplin at (703) 380-9631, or by email at JHChaplin@comcast.net

Young Catholic Scout Retreat



The Young Scout Retreat is an opportunity for youth in Cub Scouts, Girl Scouts, American Heritage, and Camp Fire in K-5th to participate in activities designed to inform, stimulate and encourage the practice of their Catholic faith through Scouting.

Cost: \$10 per scout

Date: Saturday, April 21, 2012 in Burke, Va

For additional Information: www.ArlingtonDioceseScouting.org

Spring Parent/Son Overnights at Camp Snyder



The Parent/Son Overnighter camping program is not part of planned Summer Camp program. It is designed to give a Cub Scout or Webelos Scout and his adult partner an opportunity to spend a fun-filled 24-hour period together in the outdoors. During this 24-hour period, each parent and son will learn more about each other by working and playing together.

The overnight program begins on Saturday at 12:00 PM (noon) with check-in and camp site set up. You will need to handle lunch on your own. You move in your personal gear, tents and sleeping bags and get ready for the opening ceremony at 1:00 PM. This kicks off a fun-filled afternoon of activities for all. A staff of volunteers in the off seasons will be on hand to assist and guide you through this adventure. They will also offer safety guidelines and train you in a variety of skills that include the following: Field sports, Archery, BB shooting, and camp crafts. All activities are open program.

This experience will offer a great evening meal in the dining hall and an exciting campfire that will allow you're Scouts and you the opportunity to become "Showmen" in their own right, by performing skits, songs and cheers. You then get to enjoy the peaceful night sky as the sounds of nature lull you into a restful night of sleep in your tent.

The next morning we will provide you with a continental breakfast in the dining hall and a non-denominational religious service. Then it is on to cleaning up your gear and campsite and departing for home.

The fee includes dinner and breakfast, one night of camping, a campfire in the evening, a patch for each participant, and activities that are sure to leave you with great memories! T-Shirts and additional patches are available for purchase in the Camp's Trading Post.

Cost: \$40 per person.

- This event is for Cub Scouts or Webelos Scouts and their parent/guardian(s) only. **NO NON-SCOUT SIBLINGS OR GUESTS MAY ATTEND THIS EVENT!**
- You must bring your own tents for all events unless otherwise instructed.
- *Annual Health & Medical Record:* Parts A & B are required.
- This weekend activity will happen regardless of weather conditions.
- **All fees are non-refundable and non-transferable.**

Dates:

- April 14-15
- April 21-22
- May 19-20

To register: On the Council website open the calendar and go to the date of the event. If you have any questions about Parent/Son Overnights, please call 301-214-9156, or email Annette.Donfor@Scouting.org

Bicycle Helmet Fitting



As we approach good outdoor weather again it is important to keep in mind safety for all outdoor activities.

Helmets are required for all BSA cycling activities. It is important to note that this applies to adults also. Your helmet isn't going to do you much good if it doesn't fit correctly. The following link has several guidelines on making sure you have a good helmet fitting: www.ScouterMom.com/6575/helmet-inspection/

Powdered Sports Drink Recipe



reprinted from www.ScouterMom.com, August 19, 2011

Sports drinks like Gatorade or Power Aid are designed to replenish the water and salt your body loses when you are active or exercising. You can mix up your own powdered mix to accomplish this for a fraction of the cost of purchasing these drinks by the bottle.

The sugar and flavoring in this mix break the monotony of drinking plain water and might encourage you to drink more. The salt helps prevent low blood sodium. Don't increase the proportions of sugar and salt in the recipe though. Too much sugar and salt will slow the absorption of the water and will put an additional load on your system.

Ingredients:

- 9 tablespoons table sugar
- 3/8 teaspoon table salt
- 1 packet unsweetened Kool Aid

Instructions:

1. Mix all ingredients thoroughly
2. Divide the mixture into each of three Ziploc bags.
3. When ready to use, add contents of one bag to a 20 ounce bottle.
4. Fill about halfway with water.
5. Close tightly and shake until well to mix.
6. Fill the bottle the rest of the way up with water or with water and two or three ice cubes and shake again. (The ice should melt.)

On-Line Resource of the Month



www.CubRoundtable.com is a site that can become a very important asset to you, your Den and Pack. The person who created it used to be a Bear Assistant, Webelos Leader, Training Staff member, Roundtable Staff and then RT Commissioner. He realized during those years that there wasn't a lot of information that could easily be found outside of the resource books that the Boy Scouts of America put out.

Advancement info can be found under the different ranks Tiger Cubs, Wolfs, Bears and Webelos. Leaders will find information on Dens and Pack Meeting helps. The dropdown button under **Leaders** is the Parent/Guardian section for helpful info.

Sundry is for information that is useful to all areas of Scouting and contains forms, helpful data on projects as well as charts. Pack helps like cost analysis sheets, a generic Pack Guide, Planning sheets and fun activities are also found in this area. Bookmark it for future use. There are various dropdown buttons here for Character Connections, and other resources you will find useful.

Roundtable is an important asset to any leader or parent. This is a monthly get-together of all Leaders, Assistants, Committee Members, and involved Parents who want to help their Unit Committee get the best resources, activities and up to date information on upcoming events in the District and Council. Join a network of seasoned Scouters that have a wide resource of experience for the "new" leader.

Training Opportunities

Boy Scout Leader Specific Training at the Camporee

Boy Scout Leader Specific Training (BSLST) will be conducted on April 14th at the Spring Camporee. Leaders are not required to attend the camporee in order to take the course.

BSLST is an indoor session that usually takes about 9 hours and is one of the two courses Scoutmasters and Assistant Scoutmasters must take in order to be fully trained. The second course is Introduction to Outdoor Leader Skills (IOLS) which is the outdoor training and is scheduled to take place May 14-15 at a location still to be determined.

Catholic Religious Emblems Counselor Training



When: March 3, 2012

Where: St. Michael's Parish School, 7401 St. Michael's Ln., Annandale, VA 22003

Courses offered:

- Cub 1 – Cub Scout Pack Coordinator
- Boy 1 – Boy Scout Counselor (Middle School grades)
- Boy 2 – Boy Scout (High School grades) & Venturing Facilitator

Cost: \$10.00 for workbook, coffee, juices, snacks (pay at training) (Middle and High School grades bring sack lunch)

Schedule:

- 8:30 – Mass (Church)
- 9:30 – Opening Session (all)
- 10:00 - 12:00 – Cub 1
- 10:00 - 3:00 – Boy 1 & Boy2

Registration at: www.ArlingtonDioceseScouting.org

Leave No Trace Trainer Course



This course (Required for the Eagle LNT Leadership Position) is designed to enhance your understanding of Leave No Trace practices and ethics and to increase your level of expertise and confidence in teaching Leave No Trace skills. Through focused activities, hands-on field experience and both formal and informal discussions, you will be introduced to concepts and methods that will advance your knowledge of Leave No Trace issues, expand your repertoire of low-impact skills and increase your effectiveness in teaching these important skills to others.

On completion of this course, participants will be registered as Leave No Trace Trainers with the national Leave No Trace Center for Outdoor Ethics and will receive a certificate of course completion as well as their Leave No Trace Trainer lapel pin.

Saturday/Sunday, March 31- April 1 – Outdoor Instruction – Izaak Walton League Rockville – Overnight camping – Short hikes

Price - \$ 25.00 (non-refundable) includes all course materials. Participants will provide their own meals.

Class sizes are limited, so register early!

For more information and a registration form: contact Rush Williamson at Longportage@comcast.net or 301-424-7132.

Pre-registration is required. Participants must be at least 14 years old.

Wilderness & Remote First Aid



Classes:

- Mar 3-4, 8 AM – 6 PM, Camp Snyder

Now required by the Boy Scouts of America for its high-adventure bases, Philmont and Northern Tier, this 16 hour intensive course teaches students how to properly assess, treat, and manage common illnesses and injuries in a remote environment where definitive care of a physician and/or rapid transport is not readily available.

Time is the essential element distinguishing wilderness first aid from standard first aid. When calling 9-1-1 is not an immediate option, or when help could be an hour or even days away, the task of managing the injured and the ill will challenge you beyond basic first-aid knowledge, and require the skills you will learn in this course.

Long hikes, extended lengths of rivers, large expanses of ocean, and miles of asphalt may separate the patient from a medical facility. You may have to endure heat or cold, rain, wind, or darkness. The equipment needed for treatment and evacuation may have to be improvised from what is available, and communication with the “outside world” may be limited or nonexistent. Remote locations and harsh environments may require creative treatments.

PREREQUISITES:

- Participants must be at least 14 years of age.
- Participants must hold current certification in Adult CPR/AED

An American Red Cross Adult CPR/AED is being offered on Friday evening prior to the course.

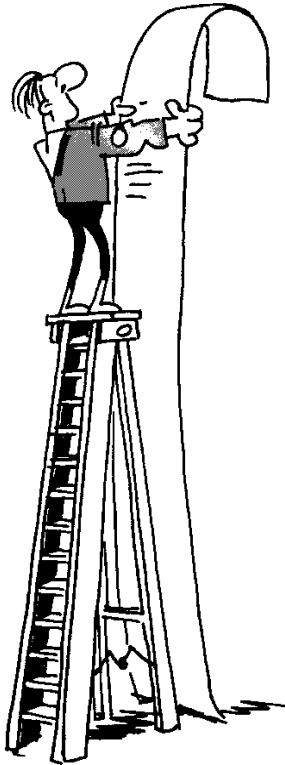
For more information: www.Wildsafe.org or call Toll Free (888) 945-3402

To register: Cost \$165, Council website – click on Council Events

The Buckets



District Calendar



March 2012

- 1 **AOL Recognition Ceremony**
- 8 Commissioner RT
- 14 Roundtable
- 17 OA Fellowship
- 17 **District Pinewood Derby**
- 23-25 Show & Do
- 25 **Interfaith Pinewood Derby**
- 28 District Committee

April

- 2-6 Spring Break
- 9 Moveable School Holiday
- 11 Roundtable
- 12 Commissioner RT
- 13-15 **Spring Camporee**
- 14-15 Snyder Parent/Son Overnighter
- 14 **Training – Boy Scout Leader Specific**
- 20-22 NE Venturing Phenomenon
- 21 **Training – Den Chief**
- 21-22 Snyder Parent/Son Overnighter
- 25 District Committee
- 27-29 **OA Ordeal**

May

- 5 **Cubmobile Derby**
- 5 **Training – Boy Scout Leader Specific**
- 9 **Program Launch**
- 10 Commissioner RT
- 13 Mother's Day
- 18 **District Award Banquet**
- 19-20 **Training – IOLS/OLSWL**
- 19-20 Snyder Parent/Son Overnight
- 23 District Committee
- 28 Memorial Day

June

- 2 **Soda Bottle Rocket Derby**
- 8 Last Day of School
- 13 Roundtable
- 14 Commissioner RT
- 18-22 **District Day Camp**
- 27 District Committee

July

- 4 Independence Day
- 6-8 Snyder Resident Camp
- 16-19 Snyder Adventure Days
- 20-22 Snyder Resident Camp
- 23-26 Snyder Adventure Days
- 27-29 Snyder Resident Camp
- 29-30 Boy Scout Week at Camp Snyder
- 30-8/2 Snyder Webelos Camp

August

- 3-5 Snyder Resident Camp
- 6-9 Snyder Adventure Days
- 8 Roundtable
- 9 Commissioner RT
- 10-12 Snyder Resident Camp
- 22 District Committee
- 27 First Day of School

September

- 3 Labor Day
- 12 Roundtable
- 13 Commissioner RT
- 22-23 **Webelos-o-ree**
- 26 District Committee

October

- 6 **Training – Boy Scout Leader Specific**
- 8 Columbus Day
- 10 Roundtable
- 11 Commissioner RT
- 13 **Training – Den Chief**
- 20-21 **Training – IOLS/OLSWL**
- 24 District Committee

November

- 2-4 NCAC Venturing Hike-o-ree
- 3 **Scouting for Food Bag Distribution**
- 5-6 Student Holiday
- 8 Commissioner RT
- 10 **Scouting for Food Bag Pickup**
- 14 Roundtable
- 15 District Committee
- 17 PowWow
- 21-23 Thanksgiving Break

December

- 12 Roundtable
- 13 Commissioner RT
- 19 District Committee
- 24 Winter Break Starts

January 2013

- 1 Winter Break Ends
- 9 Roundtable
- 10 Commissioner RT
- 18 Moveable School Holiday
- 19 **Training – Boy Scout Leader Specific**
- 21 MLK Jr. Day
- 23 District Committee
- 25-27 Freeze-o-ree

February 2013

- 10 Scout Sunday
- 13 Roundtable
- 14 Commissioner RT
- 16 Scout Sabbath
- 18 President's Day
- 23 Univ. of Scouting
- 27 District Committee

