

Goose Creek District Newsletter



September 2013

Volume 5, Issue 2

From the Blog of Chief Scout Executive Wayne Brock, www.bsachief.com



Building real-life skills through STEM

As we look ahead to Scouting's next century, we know that giving our Scouts solid skills in Science, Technology, and Engineering and Math – or STEM – is what will make the difference in having a qualified workforce where it's needed to help keep our nation strong.

STEM education has been a top priority for the Obama administration, as the nation's top company executives report that they can't find enough qualified workers for openings requiring science backgrounds. We recognized as new technologies began to unfold that for our Scouts to be Prepared. For Life.™, the BSA needed to work closely with our global high tech partners – AT&T, Exxon Mobil, and others – to strengthen our STEM commitment.

As a result, we've come a long way since the days of the Blacksmithing merit badge (one of the original 57 merit badges introduced in 1911 and discontinued in 1952). And we know many of our Scouts are already much more tech-savvy than many adults. I was in awe of how much tech gear our Scouts had on hand at this year's National Jamboree!

In mid-July, we announced our new Programming Merit Badge. Scouts will be required to demonstrate knowledge of potential programming careers, new software applications, programming languages, intellectual property and protecting the rights of others, and how to create and debug sample programs. This training focuses on programming skills needed for robotics, factory automation, and embedded industries. It's also the first merit badge that examines the similarities between computer-related injuries (i.e., carpal tunnel syndrome) and sports injuries.

Scouts are also required to earn a "Cyber Chip" for learning how to stay safe while working online, texting, using social networks or the latest electronic gadgets. Our Scouts can work through these requirements with the help of a special companion website that includes training through YouTube videos – it's not just paper handbooks anymore!

Our roster of STEM-related merit badges already includes Robotics, Geocaching, Inventing, Search and Rescue and even Chess to challenge and engage kids with critical thinking skills in ways that are fun. And our Cub Scout activity pin and belt loop programs offer introductions to science, engineering and mathematics careers.

Through STEM, we also offer NOVA awards, which are designed to increase interest in STEM skills while making it cool and rewarding.

We want our Scouts to understand how everything in their daily lives is impacted by programming.

From the Goose Creek Editor: NCAC's commitment to STEM is in keeping with this approach. A dedicated STEM/NOVA van has been acquired and is being fitted out with experiments, projects, activities and the like. Look for it at Council, District and Unit events near you in the days ahead.

Special Interest:

District

- JSN – pg 2
- Webelos-o-ree – pg 3
- Sock Wars – pg 4

Advancement

- Guide to Advancement – pg 6
- Eagle Application – pg 7
- NESAs Scholarships – pg 8

Council/National

- Troop Leader Guidebooks – pg 10
- Fall Expo – pg 10
- V3 Hike-o-ree – pg 12




Training

- Back Country Outdoor Leaders Skills – pg 19
- PowWow – pg 20

Quick Calendar:

- Sep 11 – Roundtable
- Sep 18 – JSN
- Sep 28-29 – Webelos-o-ree
- Oct 5 – BSLST Training
- Oct 9 – Roundtable
- Oct 19 – IOLS Training
- Nov 2 & 9 – Scouting for Food
- Nov 13 – Roundtable
- Nov 16 - PowWow

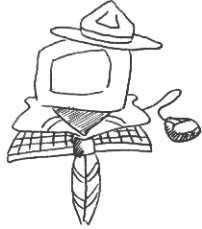
Newsletter Key:

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

District News

District Website: www.GooseCreekDistrict.org

Updating the District Website



This summer, National Capital Area Council (NCAC) moved its web site to a new provider; its URL is now <http://www.ncacbsa.org/>. Because Goose Creek District's web site is provided by the council, our site also moved; that new URL is <http://www.ncacbsa.org/goosecreek>. The old district URL (<http://www.goosecreekdistrict.org/>) redirects visitors to the new URL.

The new district site is up and running, but it still needs a lot of work. Please bear with us as we fine-tune its content and get used to its new features.

Meanwhile, if you need any assistance with the new site or with the district mailing lists, contact the Communications Committee by sending mail to communications@goosecreekdistrict.org.

Join Scouting Night (JSN)



The Loudoun County Public School System date for Join Scouting Night is Wednesday, September 18th, 7-8pm. The school cafeteria will be available from 6:30pm to 8:15pm for set up and take down. You must use the cafeteria only.

After your JSN, you should be turning in your application forms at one of five designated drop-off locations between 8:00-9:00pm the same night:

- 1) **Purcellville Train Station @ Magnolia's**
200 North 21st Street
Purcellville, VA 20132
 - 2) **Leesburg United Methodist Church**
107 West Market Street
Leesburg, VA 20176
 - 3) **Starbucks - Ashburn**
43330 Junction Plaza
Ashburn, VA 20147
 - 4) **Sterling – Cascades Library Entrance**
21030 Whitfield Place
Potomac Falls, VA 20165
 - 5) **Starbucks – Aldie/South Riding**
42015 Village Center Plaza, #110
Aldie, VA 20105
- Each location will be staff by scouting personnel ready to take your completed forms and a check, giving you a receipt in return.
 - Please note that any applications coming in after the drop-off date should be submitted either to the District Director, Peggy Durbin at peggy.durbin@scouting.org or Chris Goda at chrisgoda@gmail.com. Contact Chris Goda at 571.246.6988 with questions.

District Website: www.NCACBSA.org/GooseCreek

District Facebook: www.facebook.com/pages/NCAC-Goose-Creek-District/150234058338739

Roundtable Facebook: www.facebook.com/pages/Goose-Creek-District-Cub-Scout-Roundtable/122441441115224

Why You Should Turn in JSN Applications Right Away



For each new Scout that joins your unit, Council will add one ticket to a drawing for a pizza party (this does not include transfers or multiple registrations). The more Scouts you recruit, the better your chances of winning. Two drawings will occur: Monday, September 30th and Thursday, October 31st, so don't hold onto those applications. For additional information, rules, questions please contact Sue Hogan at 301-448-0656 or email Susan.Hogan@Scouting.org.

The KUDO (Kool, unusual, dynamic and ubiquitous) Yard Sign Contest



Take a picture of yourself with your Join Scouts yard sign in a unique, Scout-friendly location to show your support for Scouting, and then post your pictures to the NCAC Facebook page (www.facebook.com/NCACBSA) by October 15th, 2013. Winners for 1st, 2nd, and 3rd place will be determined by the council membership committee in November. Winning photos will be run in the *Scouter Digest* for 2104 and the photographers will receive a Scout Shop gift card! All photos must be "Scout" appropriate.

Yard Sign Etiquette:

- Know where you can and cannot display a yard sign.
- Always ask an individual or group to which the property belongs to, where and how long you can display a Yard (ex. If it's a school you need to speak to the principal).
- It is helpful to give specific days and a time frame from when the sign will be placed.
- Whoever puts the sign up is responsible for taking the sign down.

Failure to follow Yard Sign Etiquette holds the local unit and/or council liable to fines or other incidentals associated with the law to which the sign was placed.

Questions? Contact Sue Hogan at Susan.Hogan@scouting.org

Webelos-o-ree 2013



This fall (Sept 28-29) our District is holding our 9th annual Webelos-o-ree, an overnight camping event, at Camp Snyder in Haymarket. This camping event is designed to introduce Webelos and their parents to the fun Scouting adventures ahead and to help make the transition into Boy Scouts exciting. Participation in the Webelos-o-ree is open to all fourth and fifth grade Webelos.

The Webelos-o-ree starts off with an opening ceremony Saturday morning and wraps up Sunday after chapel services. Activities are run by our own Boy Scout troops and can include such things as: Fire building, cooking, monkey bridge, BB shooting and/or archery, a campfire run by the Boy Scout Order of the Arrow, and much more. For the adults we'll provide plenty of Scout leaders to answer questions about camping, joining Boy Scouts, and camping equipment. We will also hold a Webelos to Scout orientation for 2nd year Webelos and an Introduction to Webelos meeting for 1st year Webelos and their parents. Sunday morning is a continental breakfast, a non-denomination service and a Catholic mass, and packing up for home.

A full information/registration packet is posted on the **NEW** District website.

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Mafeking 2013



Every year, Boy Scout Troop 961, chartered by the Hillsboro Ruritan, conducts an exercise designed to test Scouts on their ingenuity and scouting skills as they recreate the siege of Mafeking. Staged and conducted after dark, individual Scout Patrols will deliver food and essential materials to Col Baden-Powell, by way of an orienteering course, interspersed with intermediate Supply Stations, each with their own challenges and rewards. Scouts will have to draw on their individual and team skills to successfully navigate their way around Mafeking and deliver the supplies needed by Col Baden-Powell. And along the way, they will experience some of the excitement and history of Lord Baden-Powell and the origins of Scouting.

Building upon the success of last two years, Troop 961 has again invited troops within Goose Creek District to join them on Nov 9-10 in this exciting, entertaining, challenging, and historically relevant Scouting adventure. Though registration has officially closed they have informed us that they still have openings for two more troops to participate.

The total cost for a troop to participate is \$20 a person. This covers Saturday dinner, Midnight Cracker-barrel, Sunday Breakfast along with all associated entertainment.

If you are interested in one of the two remaining slots please contact Brent Raney, BRaney@msn.com.

Sock Wars!



We're taking a quick survey to see if the District's packs would be interested in having a Sock Wars tournament in early December. What's a Sock War you ask, well...

Imagine two teams of Scouts (about 12-15 to a side). Each Scout is armed with six new, adult tube socks (white) that have been rolled up into a ball. Each team has their own area they can't leave and some forts they have made. At the sound of the whistle it's battle time and the socks go flying. One point is earned for every member of the opposite team hit by a sock (no Scouts are eliminated by being hit). Socks thrown into the team's area can be picked up again and thrown back. When the whistle blows again the throwing stops and everyone reloads to get ready for Round 2! At the end of the battle the team with the most points wins and goes on to meet the next foe. And what happens to the socks after the battle, they get rounded up and donated to a local shelter!

For the tournament we are looking at two divisions: a Junior division (mixed Tigers and Wolves) and a Senior division (mixed Bears and Webelos). Each pack would be able to enter one team for each division.

The tournament would be single elimination and there would be no entry fee, teams would just need to supply the socks.

If you believe your pack would be interested in this event or like more information about it please send an email to GCProgram@verizon.net, Subject Line 'Sock Wars', by September 30th. Also if you think you might have a large enough area that can be used for a battle please let us know.

Silver Beaver Nominations



This national award is the highest form of recognition that a local council can bestow on an adult volunteer. Established in 1931, the Silver Beaver Award is presented for distinguished service to people within a BSA local council. A recipient must be a registered adult volunteer member of the BSA and show significant service and leadership in three areas: Boy Scouts, youth programs other than Boy Scouts, and the community.

It is extremely important that the nomination form includes information about all three of the service and leadership areas. The Council review committee can base their decision only on the submitted documentation and missing or ambiguous information often means that a deserving person does not get the award.

In order to ensure that all Goose Creek nominations have the best information before they are sent in to Council the District has set up a Goose Creek Silver Beaver Review committee. The purpose of this committee is not to decide which nominations to send in, but to review the nominations and to identify where additional information or clarification should be included. All members of the committee are Silver Beaver recipients including some who have served on the Council review committee.

The nomination form is available at:

www.scouting.org/filestore/pdf/512-103_WB.pdf and should be provided to the District Committee no later than November 15th, 2013.

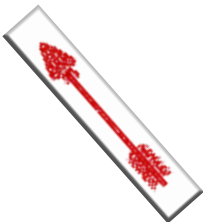
Note from the District Committee: If you are submitting a nomination for a person who is a great Scouter that you think deserves recognition for their Scout involvement the chances of them receiving the award is minimal. If you are submitting it for a person who is not only a great Scouter but who is involved in other youth programs (preferably as a leader), and also does work in the community then you've found the person the Council committee is looking for.



Order of the Arrow

Lodge Website: www.ncacbsa.org/group/OA

Still Need to do the Ordeal?



If you were elected to the Order of the Arrow but were unable to make a Spring Ordeal be advised that Goose Creek will not be holding a Fall Ordeal. You will need to check the Lodge web site to find out what other chapters will be holding a Fall Ordeal. When you find one you can attend please contact Bobbie Scales (ScalesBobbie@yahoo.com), the Goose Creek Chapter Adviser, to let her know which one you would like to attend and the contact information for that Ordeal. She is the one who needs to contact them about you attending their Ordeal.

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Bowling Fellowship



The Goose Creek Chapter will be having a bowling fellowship for all OA members on Saturday, Sept 14 at 9:00 PM. It will be held at Village Lanes, 40 Catoctin Circle SE, Leesburg VA 20175. Participants will need to pay for their own games and shoe rental. The cost is \$4.75 per game and \$3.90 for shoe rental. The Lanes also has an 'All You Can Bowl' deal (from 9 PM – Midnight) and that is \$16 for bowling and shoes.

This is a casual event, so you may leave when you like – although they will be closing the lanes and kicking us out at midnight. Dress is also casual – any class B shirt you'd like and no sashes (it might be hard to bowl with them on). This is for OA members only to show how much fun we have in the OA.

Assisting at the Webelos-o-ree



Any OA members interested in helping out at the Webelos-o-ree at either our station ('The Webelos Challenge', 1-3 PM) or as part of the evening campfire's ceremony team please let us know as soon as possible. If you've wondered about the Ceremonies team, this is a great way to check it out.

"Onward and Upward" On the Advancement Trail

New Eagles



Congratulations to Goose Creek's newest Eagle Scouts:

Teja Adusumilli - Troop 998
Sean Joseph Smith - Troop 2970
Saurabh Ghulati - Troop 997
Garrett O'Brien - Troop 962

2013 Guide to Advancement



The newest edition of the Boy Scouts of America *Guide to Advancement* has been released.

The PDF version (www.scouting.org/filestore/pdf/33088.pdf) contains answers to pretty much any advancement question that might come up, and it's essential reading for your unit's advancement chair and others who like to be kept in the loop on all things advancement.

The 2013 revision contains several significant changes. While none are earth-shatteringly major in scope, they do reflect a shift in direction for several areas. For a discussion on what some of those changes are go to:

www.fmaynard.com/scouting/archives/2326

2013 Eagle Scout Rank Application (ESRA – Pub No. 512-728)

You may notice that the new 2013 Eagle Scout Rank Application (ESRA), http://www.scouting.org/filestore/pdf/512-728_web.pdf, contains a third page. This update did not change the content of the first two pages of the 2013 version of the ESRA (except for the NESA note at the bottom of page 2). The National Eagle Scout Association (NESA) wanted a way to maintain contact with new Eagle Scouts and this appeared to be the best way to start the process.

- Don't worry, the third page does not affect the processing of the ESRA and applications currently in processing do ***NOT*** need to be updated from the original 2013 version to this one!
- In fact, this third page is **OPTIONAL** – completed at the discretion of the Eagle Scout Candidates (and/or his parents). As such, the third page must **not** be sent with the ESRA for certification.

It must also **not** be included in the Eagle Scout Package. It is a voluntary form provided by NESA and should be sent directly to NESA, by the Scout's family.

Stand Up Paddleboarding



The new BSA Stand Up Paddleboarding award—which introduces Scouts to the basics of SUP on calm water, including skills, equipment, self-rescue, and safety precautions—was rolled out just in time for the 2013 National Scout Jamboree. It has quickly become one of the favorite activities at the Florida National High Adventure Sea Base as well as many Scout camps around the country.

The emblem (No. 618632) and certificate (No. 618552) are both available from National Supply, and the award codes in ScoutNET PAS are as follows: youth (850) and adults (851). For more information, go to:

www.scouting.org/sitecore/content/Home/OutdoorProgram/Aquatics.aspx

Goose Creek Advancement and Recognition Committee (ARC)



With the beginning of a new school year, it seems like an appropriate time to confirm the make-up of the Goose Creek Advancements and Recognition Committee. (This – and more information on the ARC – will soon be available on our “Advancements” page in the newly updated Goose Creek website).

District ARC Chairman: Brad Scales, MSVA_Tenor@Yahoo.com

Eagle Scout Advisers:

Ed Thiede, ThiedeE@gmail.com
 Mark Keefe, MKeefe@nrahq.org
 Tonia Chagnon, BETChagnon@gmail.com
 Michael Egerer, MikeEgerer@aol.com
 Stephen Hess, HessS1971@aol.com
 Kurt Struder, Kurt.Laing.Struder@gmail.com
 Brad Scales, MSVA_Tenor@Yahoo.com
 Deanna Solomon, DTexasNCAC@gmail.com
 Michael Blaylock, MJBlaylock@gmail.com
 Tom Hayes, THayes@NVRInc.com

Special Needs Scouting: Claudia Wolfson, ClaudiaWolfson@gmail.com

District Website: www.NCACBSA.org/GooseCreek

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NESA Scholarships



Being an Eagle Scout pays off, in some cases literally. The National Eagle Scout Association offers scholarships for Eagles entering college, a big help for families as tuitions continue to rise at universities nationwide.

Graduating high schoolers can apply for 2014 NESA scholarships beginning Oct. 1, 2013, with a submission deadline of Dec. 31, 2013 (www.NESA.org/scholarships.html). The National Eagle Scout Association offers two types of Eagle Scout scholarships:

Academic Scholarships

The first type of scholarship offered by NESA is the academic scholarship, which includes a varying number of \$3,000 NESA scholarships, and a varying number of \$2,500 Mabel and Lawrence S. Cooke scholarships. The Mabel and Lawrence S. Cooke scholarships are awarded annually and include four \$20,000 scholarships (payable at \$5,000 per year) and one \$48,000 scholarship (up to \$12,000 payable for four years), plus a varying number of others.

NESA offers two additional academic scholarships including one \$50,000 STEM scholarship (up to \$12,500 payable for four years) to an applicant who plans to major in a science, technology, engineering, or math field, and one \$25,000 United Health Foundation scholarship offered to an applicant who plans to pursue a career in the healthcare arena and is willing to reinvest his knowledge and skills in an underserved community.

NESA academic scholarship applicants must be Eagle Scouts graduating high school and entering college in the year for which they apply for a scholarship. Scholarships are awarded only to those who graduate from high school in the calendar year in which scholarships are presented. Exception: Scouts whose Eagle Scout boards of review are held the same year of their high school graduation may apply in that calendar year. They may receive a scholarship one time only.

Scholarship committees are formed each year in each of the four BSA regions (Northeast, Southern, Central, and Western) to recommend recipients of these scholarships, with the final determination made by the national NESA Scholarship Committee.

Merit Scholarships

The second type of national Eagle Scout scholarship is the Hall/McElwain Merit Scholarship. Each BSA region reviews applications and awards a varying number of these \$1,000 scholarships.

NESA merit scholarship applicants must be Eagle Scouts graduating high school or undergraduate college students no farther than completion of the junior year. Recipients may receive the scholarship one time only.

More than 5,000 NESA scholarship applications are received each year, and fewer than 150 are awarded, so the competition is stiff. Plans are being formulated to greatly increase the amount of funds available to award NESA Eagle Scout scholarships through future years.

Council / National News

Council Website: www.NCACBSA.org

Making Use of BeAScout.org



If you're making full use of BeAScout.org, you know what a great marketing tool it can be. Think of it as the new front door or welcome mat for your units.

If you're not, here's how it works: A visitor looking for info about Scouting enters a ZIP code and – bam! – the prospective Scout or Scout parent is transported to your site. What does your visitor see? You'll surely list the basic contact info – meeting times, location, phone, and e-mail links. But you've got to show them something that will make the newcomer say, "I gotta join."

"There are so many advantages to customizing here," says Michael Ramsey, director of marketing communications and brand management. "You could change your message every day, if you wanted to." That means offering added features such as links to your Web site, cool photos, details about upcoming events, and more. If your troop is noted for great backpacking trips, say so. If it has won a recent award, post a shout-out. "This is your chance to hang out your shingle in the marketplace," Ramsey says. "The sky's the limit."

To customize your unit's BeAScout.org listing the unit leader (Cubmaster, Scoutmaster, Crew Adviser) must log in to their myscouting.org account. This is the same account used for youth protection training and online rechartering. On the left side of the screen there is a BeAScout link. Follow that link to customize your unit's BeAScout listing. This link is only available to unit leaders.

Traditional CPR Technique Still Official



Recently there has been much discussion about the compression-only (or "hands-only") CPR technique. In the forthcoming months, this topic will be discussed by members of the National Boy Scouts of America's Health and Safety Committee, which oversees the BSA's health- and safety-related policies and procedures. This committee also works closely with the American Red Cross and its BSA liaison to help ensure that such policies and procedures are the most appropriate for Scouting.

The compression-only technique may be suitable for some emergency situations. It is not, however, an all-encompassing method for every CPR-related circumstance. For example, drowning victims will still require mouth-to-mouth resuscitation, because they do not have enough oxygen in their blood. In addition, the compression-only technique should not be used for infants and children. There are other situations where the compression-only technique should not be applied.

Should the BSA Health and Safety Committee make any modifications to the existing policy, the new information will be posted on this National Boy Scouts of America's Health and Safety website:

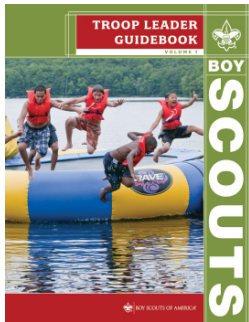
<http://www.scouting.org/sitecore/content/Home/HealthandSafety/Alerts.aspx>

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First look: Troop Leader Guidebooks, set to replace the Scoutmaster Handbook



If you judge the Scoutmaster Handbook by its cover, you might assume it's solely meant for, well, Scoutmasters. Assistant Scoutmasters, it seemed, were to look elsewhere for Scouting wisdom.

That's about to change. Later this year, the two-volume Troop Leader Guidebook will debut, replacing the Scoutmaster Handbook and offering helpful checklists, quick tips and fresh ideas for both new troop leaders and veteran Scouters.

Vol. 1: For new troop leaders

Volume 1 focuses primarily on the needs of the new or relatively inexperienced Boy Scout leader. These Scouters will have been volunteers for up to three years, are likely assistant Scoutmasters and probably recently crossed over from serving as a Webelos leader or parent.

As such, Volume 1 assumes little or no prior knowledge of the Boy Scout program on the part of the reader. It presents a somewhat simplified picture of Boy Scouting that focuses on the short term — getting through this week's troop meeting, this month's outing and this year's planning conference — rather than the long term, such as planning for growth, establishing a troop vision, and measuring personal and troop success.

In other words, it leaves advanced topics to Volume 2.

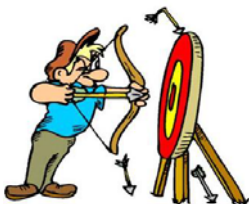
Given that its readers are mostly newcomers, this volume's tone is similar to that used in a book for new parents. It reassures readers that everything is really going to be okay. Really.

Vol. 2: Advanced guidance for veteran Scouters

Volume 2 assumes its readers are ready for the next level. Here you'll find info like high-adventure planning, working with Scouts with disabilities, conflict resolution, visioning and more.

This volume is for more-seasoned leaders who need fresh ideas. It's an advanced guidebook that will help leaders take their troop's program and operations to a higher level. It will also help leaders keep an established program fresh and exciting so that troops don't fall into the trap of doing the same things year after year.

2013 Fall Outdoor Expo



The Fall Expo at Camp Snyder is a great event for Scouts of all ages and their families. This year will feature a wide range of static and interactive displays form around the area, and activities for Cub Scouts, Boy Scouts, and Venturers. Campsite spaces will be available for rent for units, who choose to take advantage of this weekend as a unit campout. Even if your unit is not coming, plan to bring your family and spend a beautiful October 19th, from 10AM to 4PM. exploring the camp, participating in the activities, and trying a wide range of food from local vendors.

More information is forthcoming and will be posted at:

<http://ncacbsa.site-ym.com/members/group.aspx?id=118926>

Shooting Sports Safety



Safety is our primary concern on any range, and the BSA has developed materials to ensure that you can operate ranges in a safe manner while offering an exciting program for our youth. Consult the BSA National Shooting Sports Manual for shooting sports activities that are held outside of the council's resident camp program. The manual can be downloaded here:

<http://www.scouting.org/scoutsource/OutdoorProgram/ShootingSports.aspx>

This manual contains the five levels of shooting activities for rifle, shotgun, pistol, and muzzleloading. Information needed to conduct your events in a safe manner is included within the five levels of shooting. Once you determine what type of shooting event you wish to offer, you will refer to the corresponding level of shooting to understand what the age requirements are, the firearm and ammunition that are permitted to be used, what the range requirements are, and of utmost importance, the safety training that is required to be taught to the Scouts before they shoot and the required range supervision to operate the particular range.

Shooting sports are very rewarding and popular with Scouts of all ages. Please remember to take the time to ensure that your program is well-organized and offers the Scouts a safe and enjoyable experience.

Favorite Camp-Cooking Recipes



Are you the next Bobby Flay or Giada De Laurentiis when it comes to camp cooking? Share your Dutch oven concoctions, foil-pack delicacies, and camp-stove creations in *Scouting* and *Boys' Life* magazines' **Campout Cuisine Contest**. Submit your favorite recipes and a photo of the finished product at ScoutingMagazine.org/CampoutCuisine. And get your Scouts involved in the youth-only category. Contest ends Oct. 31, and winners will be announced in December.

Judges Tim and Christine Connors, authors of a camping cookbook series, will select six top campout chefs (three adults and three youths) as recipients of an MSR Dragonfly Stove, a \$140 value. But even if your recipe isn't chosen as a winner, it could still be published in an upcoming issue of *Scouting* – earning you \$50.

Plus, swap favorite campout recipes at pinterest.com/scoutingmag. Follow *Scouting* magazine on Pinterest, and pin your own creations – tagging each with #scoutingcuisine. We'll repin our favorite recipes. (You'll still need to fill out the contest's registration form for a chance to win.)

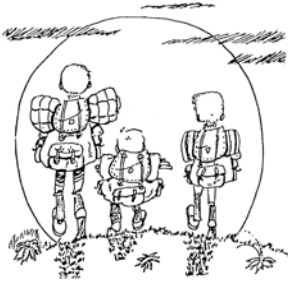
GOE at Nationals Park



Gathering of Eagles (GOE) will be attending Scout Day at Nationals Park on Sunday, September 22. The game is versus the Miami Marlins at 1:35pm. There is a pre-game parade for all Scouts in attendance.

Please email GOEInfo@Scouting.org to reserve tickets with the Gathering of Eagles block.

V3 Hike-o-ree



The 24th Annual V3 (Venturing, Varsity, and Venture) Hike-o-ree will be held on, November 1-3, 2013, at the Northern Virginia 4-H Educational Center, Front Royal, VA. Registration will be limited to trail capacities of the fifteen trails. The Hike-o-ree is open to all Scout units including Venturing Crews, Sea Scout Ships, Varsity Teams, and Troops.

Units are encouraged to form trail crews, consisting of no more than twelve members, including at least two adults. Participation minimum age for Boy Scouts and Girl Scouts is 13 years old as of January 1, 2014. Girl Scout troops will be required to have at least one leader trained at the 200 level, a first aider with current CPR certification and a sufficient number of adults to meet the girl adult ratio requirements of Safety-Wise. Training at the 250 or 260 level would provide beneficial information for this event, but is not mandatory. Girl Scout troops should submit a 'Request for Council Approval' form to Girl Scout Council of the Nation's Capital. BSA units should file tour permits with National Capital Area Council.

Trail crews will be assigned a hike based on their preferences indicated on the registration form. All hikes are approximately ten miles in length and range in difficulty from moderate (1500 foot change in elevation) to super strenuous (2600 foot change in elevation). Other Hike-o-ree activities include a Friday night opening campfire, a high adventure rally on Saturday night, and a service project on Sunday morning. Camping Friday and Saturday night at the 4-H Center is to be backpacking style using ONLY backpacking equipment. Please do not bring chuck boxes, coolers, Dutch ovens, propane tanks, camp lanterns, and lawn chairs!!! Bring ONLY what you can carry in your backpack. Crews will receive their t-shirts at the completion of the Hike-o-ree. BSA Scouts and Scouters that hike must submit a current BSA Annual Health and Medical Record, parts A, B, and C and meet the weight limits on part B.

Registration will be made on a FIRST-COME, FIRST-SERVE BASIS. An initial deposit of \$60.00 is due to reserve a particular hike and must be made not later than October 11, 2013. All registration will be done on the Council website beginning early September, 2013. After you sign up for a hike and pay your deposit you will be sent a confirmation email and the advisor's package and detailed information about the hike you have selected. Because of the lead-time required to produce the t-shirts, the final date for call in of number and sizes (medium, large, extra large, extra extra large) of shirts to Bob Austin is October 18. No additional orders can be taken after that date. The remaining balance, including fees for any no-shows, is due on Friday night, at the Hike-o-ree registration. Please make checks out to Boy Scouts of America. The cost of the Hike-o-ree is \$15, \$17 for those ordering 2XL shirts.

For additional information contact: Bob Austin, (703) 425-9675(H) or (703) 244-5415(C) email at Bob.austin@verizon.net or Adair Petty, (703) 607-2190 (work), e-mail at ppetty1@cox.net

For a listing of trails go to:

http://ncacbsa.site-ym.com/events/event_details.asp?id=346044

September is Boy Scout Month at Bass Pro Shops



The BSA is proud to announce that September is Boy Scout Month at Bass Pro Shops. This promotion will run in all of the Bass Pro Shop stores for the entire month of September 2013.

The Bass Pro Shops promotional partnership is in its sixth year and is a event created to give families the knowledge and ideas they need to maximize their enjoyment of the outdoors. The following are offered on Tuesdays, Thursdays, and weekends for the duration of the promotion (remember, everything is free!):

- Workshops for youth (suitable for ages 8–12) on subjects like fishing and rifle shooting. Following each workshop, participants complete a worksheet and earn a lapel pin. Opportunities are available to test youth bows, practice casting, shoot air rifles, and engage in other activities.
- This year, Bass Pro Shops has chosen to highlight the Fishing and Rifle Shooting merit badges for Scouts. (Fishing does not include the final step of actually going fishing, and Rifle Shooting will use the air rifle option.).

Classes are taught at the store on Tuesdays and Thursdays beginning at 6pm according to the following schedule:

Tuesday, September 3 Fishing
 Thursday, September 5 Rifle Shooting
 Tuesday, September 10 Rifle Shooting
 Thursday, September 12 Fishing
 Tuesday, September 17 Fishing
 Thursday, September 19 Rifle Shooting
 Tuesday, September 24 Rifle Shooting
 Thursday, September 26 Fishing

Class size is limited! Register at Customer Service or call the store and register over the phone

Free crafts will be available for children of all ages, including stamping animal tracks, leather stamping, and building and painting a birdhouse. Each Saturday from 7–8 p.m., families may enjoy making s'mores together over an open fire in front of the store.

Scouting Salutes the Military



NCAC will host the 5th Annual Scouting Salutes the Military event on Capitol Hill on Tuesday, October 29, 6 to 9pm. Senator Jeff Sessions (R-AL), who is both a Distinguished Eagle Scout and representative from the Senate Armed Services Committee, will keynote this event which celebrates the special bond of service and honor that Scouting and the military share.

The event will honor one active duty enlisted person who personifies the values found in the Scout Oath and Law to represent each of the five U.S. military branches - Army, Marine Corps, Navy, Air Force and Coast Guard. Join us for a special evening that brings together the national community in support of Scouting's impact on today's youth and the tremendous service - on and off the battlefield - rendered by the men and women of our armed services.

District Website: www.NCACBSA.org/GooseCreek

District Facebook: www.facebook.com/pages/NCAC-Goose-Creek-District/150234058338739

Roundtable Facebook: www.facebook.com/pages/Goose-Creek-District-Cub-Scout-Roundtable/122441441115224

Is DEET Safe?



reprinted from <http://blog.scoutingmagazine.org>, July 31, 2013

Who would've thought bug spray could repel people, too?

That's what's happening with DEET, that much-maligned ingredient found in insect repellents with tough-sounding names like "Deep Woods" and "Sportsmen." While some Scouts and Scouters swear by the stuff, others have sworn it off completely.

Who's right? A recent study from the Environmental Working Group aims to answer that question once and for all.

Turns out DEET (or N,N-diethyl-meta-toluamide if you're looking to impress friends) has a safety profile that's better than many people assume. "Its effectiveness at preventing bites is approached by only a few other repellent ingredients," the study suggests.

On the plus side, if used as directed, DEET is considered safe by many public health organizations, including the Environmental Protection Agency, the Centers for Disease Control, the American Academy of Pediatrics and World Health Organization (AAP 2005, CDC 2013D, EPA 1998, Schutze 2013, WHO 2012). DEET is among those chemicals recommended by WHO for protection against disease-carrying mosquitoes and is the only repellent recommended by the CDC to protect against Lyme disease (CDC 2013D, WHO 2012).

Like any chemicals you'd put on or in your body, the key is reading and following the directions. For example, the Environmental Working Group (EWG) doesn't recommend using sprays with more than 30 percent DEET on anyone. And certain chemicals aren't safe to use on children.

Whenever you press down on the spray-bottle trigger, you're making a choice between the harms caused by bug bites and the potential harms from the spray itself. Last year, 286 Americans died from exposure to West Nile Virus, carried by mosquitos. And ticks carrying Lyme disease affected 24,364 people in 2011.

With those sobering numbers in mind, EWG writes: "DEET isn't a perfect choice nor the only choice. But weighed against the consequences of Lyme disease and West Nile virus, we believe it is a reasonable one."

The four best ingredients

But there's more out there than just DEET. The four repellent ingredients that EWG found to be top picks are:

- Picaridin: Safer than DEET and odorless but a shorter protection time
- IR3535: Good safety profile but can irritate eyes and melt some plastics
- DEET: Very effective and widely used but should be limited in use on children
- Oil of Lemon Eucalyptus and its synthetic derivative PMD: Most effective botanical ingredient but not for children 3 and under and can irritate lungs

For the full guide and pros and cons, go to www.ewg.org/research/ewgs-guide-bug-repellents/ewg-repellent-guide.

Repellents to avoid

Bug zappers, yard bug treatments, clip-on repellents, candles and pure essential oils were all deemed unsafe or ineffective by EWG.

Cliff Jacobson – Plain Speaking on Camping



Here's a series of five videos featuring camping guru Cliff Jacobson talking about the nuts and bolts of canoe camping courtesy of the folks at Morral River Films

A respected outdoors writer and wilderness guide Cliff is the most published canoeing/camping writer of this century. Cliff is the author of *Expedition Canoeing, Camping's Top Secrets* and a frequent contributor to *Boys Life* and *Scouting* magazine.. It's no surprise that Cliff is also a Distinguished Eagle Scout who found his life's work in his early years as a Scout.

In this series of five videos Cliff avuncular style gets to the point without mincing words; "Listen, sonny, I've done this stuff – I know what I am talking about." Cliff's advice is not just for canoeists, but all campers. Take the time to listen, you'll be glad you did.

<http://www.scoutmastercg.com/cliff-jacobson-plain-speaking-camping/>

On-Line Resource of the Month



Philip Werner is the author of Section Hiker (<http://sectionhiker.com>). He started the site in 2008 to learn about blogging and discovered that he liked writing and conversing with his readers almost as much as he liked hiking and backpacking. He can't hike everyday, but he can write, so he indulges himself by posting frequent articles here.

The name of this site, Section Hiker, refers to the Appalachian Trail which he has been hiking section by section since 2007. The site contains articles on gear reviews, the Appalachian Trail, the Long Trail (VT - Canada), gear makers, and a lot backpacking hints.

Equipment / Gear

How to Buy a Hiking Rain Jacket



Buying a rain jacket for hiking and backpacking can be a very confusing process. If you look at the jackets that are available, it can be difficult to figure which ones are best suited for hiking and which are really made for skiing, mountaineering and climbing. Then there are the exaggerated claims that manufacturers make about the performance of their waterproof laminates: Gore-tex PacLite, Gore-tex Pro, HyVent, Breeze Dry-Tech, eVent, PreCip, Pertex Shield, Conduit, Elements, DryQ, Membrain Strata, H2No, and so on. There are so many that it's almost laughable when companies introduce new ones.

For some advice of what features to look for in a hiking rain jacket and a listing of recommended ones check out this article by Joe from SectionHiker.com:

<http://sectionhiker.com/how-to-buy-a-rain-jacket-for-hiking/>

3M Ultrathon



From the Scoutmaster Clarke Green , www.scoutmastercg.com/3m-ultrathon/

What's a good test of any insect repellent?

How about 25 Scouts canoeing their way through a buggy week in Ontario, Canada's Algonquin provincial park? In mid August we don't usually run into too many mosquitoes and the black fly season is long over. This was a wet summer and we encountered more mosquitoes than we were used to, many, many more.

One evening as we were chatting around the campfire we heard a quiet, yet audible, high-pitched buzzing sound that must have been a cloud of insects (we suspected mosquitoes).

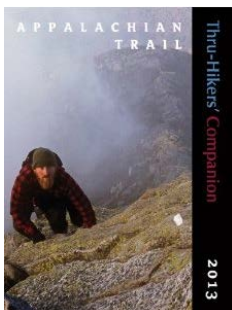
We armed ourselves with 2 ounce tubes of 3M Ultrathon, the best repellent I have ever used and one that has earned a permanent place in my camping kit. One application (a pea-sized blob of lotion I applied to my ears, forehead, forearms, ankles and the backs of my hands) lasted for hours. There's usually enough wind when we were out on the water paddling to keep the mosquitoes at bay, but portaging is feeding time. 3m Ultrathon worked extraordinarily well repelling the clouds of mosquitoes eagerly waiting for us during portages through the still, damp, shady forest.

According to 3M in the mid-1980's, the US Military asked them to develop a better insect repellent, and the result, 3M Ultrathon, is being used today by troops in all areas of the world. 3m Ultrathon features a time-release technology that lasts up to 12 hours, resists perspiration and water, and is actually pretty economical. I balked at paying \$8.00 for a 2 ounce tube, but I shared mine with several Scouts for a week and still have plenty left.

3M Ultrathon Insect Repellent Lotion Available from Amazon for about \$8

Books

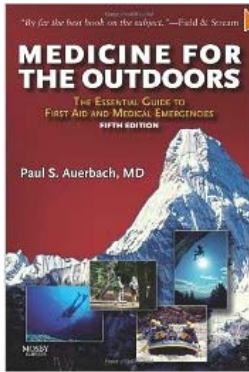
Appalachian Trail Thru-Hikers' Companion 2013



The leader for two decades in specialized guides for Appalachian Trail thru-hikers, section-hikers, and dreamers with the 2,186-mile national scenic trail in their eyes! Forty-some volunteers from the only organized A.T. users' group (the Appalachian Long Distance Hikers Association) each fall team up with the Appalachian Trail Conservancy to compile the latest information on Trail features and offerings in nearby towns. That provides the basic information would-be thru-hikers need to craft their own adventures to define their walks of a lifetime. The Companion, with mileage tables and town maps, is divided by state in south-to-north order, with a plethora of telephone numbers and Web sites to tap along the way.

Available from Amazon for about \$9 (paperback).

Medicine for the Outdoors



Since 1986, *Medicine for the Outdoors: The Essential Guide to First Aid and Medical Emergency, 5th Edition* has been hailed as the definitive take-along manual on the subject. Packed with step-by-step instructions, how-to explanations, and practical approaches to outdoor and wilderness emergencies, it tells you the best ways to respond to just about any medical problem when help is miles or days away. Author Paul S. Auerbach, MD, MS, FACEP, FAWM, is recognized as one of the world's leading authorities on wilderness medicine. This 5th edition features major updates to bring you the latest on emerging infectious diseases...the most current drug and dosage information...an increased emphasis on making do with the materials at hand...and much more. Logically organized, easy to reference, and simple to understand, *Medicine for the Outdoors* may literally save your life. When you're venturing into mountains, deserts, forests, jungles, or out to sea, it belongs in your duffel or backpack!

- Provides the most diverse and comprehensive coverage of medical conditions related to the outdoors.
- Offers logical and complete explanations of every topic.
- Includes numerous drawings and instructions to enhance your understanding of the descriptive material.
- Contains recommendations for injury and illness prevention.
- Features a comprehensive index that helps you locate answers quickly.
- Offers an increased emphasis on making do with the materials at hand (like using a fanny pack as a cervical collar).
- Presents the latest guidance on dangerous infections like methicillin-resistant *Staphylococcus aureus* (MRSA), avian flu, and West Nile virus.
- Offers current and accurate drug and dosage information via careful updates throughout.
- Provides new safety recommendations on avalanches, forest fires, bear attacks, and more.
- Demonstrates how to apply various bandages and splints with the aid of brand-new drawings.

Available from Amazon for about \$20. Overall review is 4.6 out of 5 stars.

You might have been a Scouter too long when:



- You keep a bucket of water by your side while cooking dinner.
- Your radio is always tuned to the weather station.
- If your idea of a burned-out light bulb is a broken mantle.

Training Opportunities

Unit Recharter Requires Trained Leaders



All direct-contact leaders are required to complete basic training in order for their units to recharter. Direct-contact leaders are: Cubmasters, Assistant Cubmasters, Den Leaders, Assistant Den Leaders, Scoutmasters, Assistant Scoutmasters, Leaders of 11-Year-Old Scouts, Varsity Coaches, Assistant Varsity Coaches, Crew Advisors, and Associate Crew Advisors.

To be fully trained and earn the Trained Leader emblem, a new leader must complete basic training in the following order:

- **Youth Protection Training:** New leaders are required to take Youth Protection training before submitting an application for registration. The certificate of completion for this training must be submitted at the time the application is made and before volunteer service with youth begins. Youth Protection Training must be completed every two years to remain current. Venturing Youth Protection is required for Venturing Leaders.
- **Leader Position-Specific Training:** Fully trained leaders changing leadership roles need to take the Leader Position-Specific Training for their new position.
- In addition, Boy Scout Scoutmasters and Assistant Scoutmasters, and Varsity Coaches and Assistants must complete Introduction to Outdoor Leader Skills (IOLS) Training through the district or council



Back Country Outdoor Leader Skills



This course is aimed at all adults working with older youth regardless of program (Boy Scout, Varsity Scout, Venturer, or Explorer). This training IS NOT recommended for Cub Scout leaders. All participants must have completed Introduction to Outdoor Leader Skills, as well as the position-specific training for their program area (Venturing or, Varsity or, Boy Scout) prior to attending this course and be able to meet physical requirements of the BSA Annual Health & Medical Record.

The target audience is leaders planning High Adventure treks at backcountry venues not supported by BSA infrastructure; however, units planning to attend High Adventure bases supported by BSA will find this course useful, inasmuch as unit shakedowns will, most likely, take place in venues not supported by BSA infrastructure.

Back Country Outdoor Leader Skills is offered by the Council Training Committee as an optional follow-on to the basic course, Introduction to Outdoor Leader Skills.

Dates: (Participants must attend both sessions to complete the training)

- Session 1: Saturday September 21, 2013, 8AM to 5PM
- Session 2: Friday October 25, 2013 7:30AM to Saturday October 26, 2013 1:30PM.

Where:

Huntingtown, Maryland

Cost:

\$40

Contact:

Dominick Caridi:

dscscouting@aol.com

Phone: 703-625-4196

Online Registration: (available until 9/21)

www.ncacbsa.org/events/event_details.asp?id=346938&group=115700

Note: You must have a user account and password to the Council site to do the online registration

Cub Leader Pow Wow



What is Cub Leader Pow Wow?

Cub Leader Pow Wow is a supplemental, action-packed all day training event for adult Cub Scout Leaders. You will spend the day learning new ideas and concepts with hands-on experiences that will enhance your ability to deliver and support a fun-filled, exciting program to Cub Scout boys.

When is Pow Wow?

Pow Wow is Saturday, November 16, 2013. Doors open at 7:30 am. Walk-in registration and pre-registered pack pick-up starting at 8:00 am. Please, no early arrivals.

Opening Ceremony begins at 8:40 am. The first training session starts promptly at 9:00 am. Some courses are 50 minutes long, some are 90 minutes long, some are 2 hours long and some are all morning or afternoon. BALOO is an all day course. We'll stop along the trail for Lunch, which is provided at noon.

Where is Pow Wow?

We're gathering at Annandale High School, 4700 Medford Drive, Annandale, Virginia.

Who should attend Cub Leader Pow Wow?

Everyone! All registered adult Cub Scout Leaders, potential leaders, and interested parents.

Training sessions offer relevant topics for every Cub Scout position to help you make your Cub Scout program more fun for the boys ... and you too!

What do I need to do to register online for Cub Leader Pow Wow?

Download and carefully review the course description and course schedule, then make your course selections. Have a major credit card handy when you register. All courses have limited enrollment and many fill quickly. Courses that reach maximum enrollment will not be available to select for registration. So register when it becomes available.

How Much Does Pow Wow Cost?

If you pre-register using our online registration system by November 13, the cost is \$35.00. After midnight on November 13, we stop electronic registration and you will have to register as a 'walk-in' on the day of the event. The cost for walk-in registration on the day of the event is \$45.00.

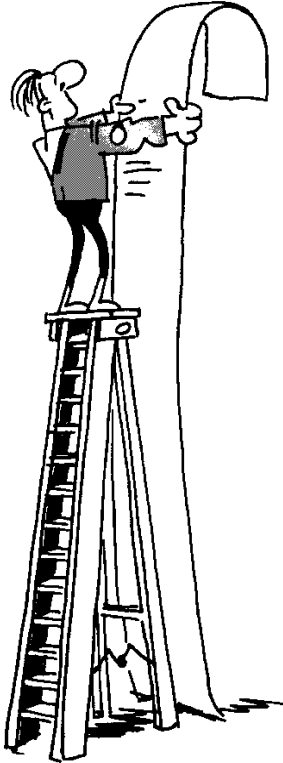
All courses have limited enrollment and many fill very quickly. Courses that reach maximum enrollment will not be available to be selected when you electronically pre-register or at walk-in registration. So register as soon as it is posted on this page!

What's Included for the Registration Fee?

Registration fee includes a day of training (as many as six courses, a patch, a Pow Wow CD, lunch, and as much Scout fellowship and sprit, and Cub Scout networking as you can take-in during the day!

For additional information: Go to www.BoyScouts-NCAC.org/PowWow

District Calendar



September 2013

- 2 Labor Day
- 3 First Day of School
- 11 Roundtable
- 11 Venturing Forum
- 12 Commissioner RT
- 18 Join Scouting Night
- 28-29 **Webelos-o-ree**
- 25 District Committee

October 2013

- 5 **Training - BSLST**
- 7 Columbus Day
- 9 Roundtable
- 9 Venturing Forum
- 10 Commissioner RT
- 14 Columbus Day
- 19 **Training - IOLS**
- 19 Fall Expo
- 19-20 JOTA/JOTI
- 23 District Committee

November 2013

- 2 **Scouting for Food Bag Distribution**
- 4-5 Student Holiday
- 9 **Scouting for Food Bag Pickup**
- 13 Roundtable
- 13 Venturing Forum
- 14 Commissioner RT
- 16 PowWow
- 20 District Committee
- 27-29 Thanksgiving Break

December 2013

- 11 Roundtable
- 11 Venturing Forum
- 18 Annual District Business Meeting
- 23 Winter Break Starts

January 2014

- 1 Winter Break Ends
- 8 Roundtable
- 8 Venturing Forum
- 9 Commissioner RT
- 20 MLK Jr. Day
- 22 District Committee
- 24 LDS 6th Annual Merit Badge & Training Workshop
- 27 Moveable School Holiday
- 31 **Freeze-o-ree (TBD)**

February 2014

- 2-3 **Freeze-o-ree (TBD)**
- 2 Scout Sunday
- 8 Scout Sabbath
- 12 Roundtable
- 12 Venturing Forum
- 13 Commissioner RT
- 17 President's Day
- 26 District Committee

March 2014

- 6 **AOL Recognition Ceremony**
- 12 Roundtable
- 12 Venturing Forum
- 13 Commissioner RT
- 26 District Committee
- 31 Student Holiday

April 2014

- 4-6 **Spring Camporee**
- 9 Roundtable
- 9 Venturing Forum
- 10 Commissioner RT
- 14-18 Spring Break
- 23 District Committee

May 2014

- 3 **Cubmobile Derby**
- 8 Commissioner RT
- 14 **Program Launch**
- 26 Memorial Day
- 28 District Committee

June 2014

- 7 **Soda Bottle Rocket Derby**
- 11 Roundtable
- 12 Venturing Forum
- 12 Commissioner RT
- 13 Last Day of School
- 25 District Committee

July 2014

- 4 Independence Day

August 2014

- 13 Roundtable
- 13 Venturing Forum
- 14 Commissioner RT
- 27 District Committee