

Goose Creek District Newsletter



December 2013

Volume 5, Issue 5

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How Long Does it Take to Be a First Class Scout?

Someone asked me how long, on average, does it take to be a First Class Scout? We know statistically Scouts who become First Class within the first year tend to stay in Scouting longer. I am pleased when Scouts advance because that's one indicator that we are delivering on the promise, but it's only one indicator. In my experience Scouts take anywhere from six months to five years to reach First Class.

Will joined our troop when he was fourteen because he loved to go camping with his friends. He wasn't ever all that focused on his own advancement, I don't think he made it much beyond Second Class. Will became a great leader and mentor to younger Scouts, he truly cared for other people and wanted to help them. He enthusiastically attended his friend's Eagle ceremonies, but never had much interest in it himself. When he graduated high school and was off to college he carried all the advantages of Scouting with him.

P.J. joined Scouts when he was eleven, he advanced a rank or two and then stopped. P.J. was a happy kid and an enthusiastic camper who was there every time we opened the doors. When he was in the middle of his sixteenth year P.J. decided he wanted to be an Eagle Scout. He amazed us all with his focus (a word that few people would have associated with P.J. before then). He kept things moving and became an Eagle Scout just days before he turned eighteen.

Did Will get any less out of Scouting than P.J.?

We sometimes disconnect requirements from doing what Scouts do and what we want them to become. That's when I think we get things mixed up. We want Scouts to advance because it indicates progress, but sometimes we miss that Scouts advance because they do the things that Scouts do, not because they "do requirements".

My standing challenge for my youth leaders is to get all of their Scouts to First Class. I challenge them to plan their activities so there are many opportunities to advance that flow from participation, not from "doing requirements". I talk to Scouts about making goals for themselves individually. When are you going to be First Class? What's your plan? What's the next thing you need to do to get there?

Every camping trip is a First Class camping trip. What a Scout does to plan, prepare and participate naturally fulfills requirements towards First Class. If we emphasize going camping then they go camping and in the course of that they fulfill requirements. Scouts don't feel left behind or pressured, they just go camping and discover that they have fulfilled requirements afterwards.

When we focus the program on completing requirements rather than doing what Scouts do we are pressuring Scouts to advance (most times unwittingly and with the best of intentions). If they don't fulfill requirements they conclude they are falling behind. At one point they may feel so far behind that they can't ever catch up, and they leave.

If we focus on requirements Scouts will do them but many may not like doing them again. If we go camping Scouts learn and practice skills, they perfect them over time because it's part of what they do, not because it's something to check off a list. Scouts focused on requirements will eventually not have any more requirements to challenge. If we've created the expectation that there will always be something to check off the list when the list is all filled up they are done.

If we focus on camping they learn to love going camping and doing fun stuff with their friends. They play, sit in the sun, go for a hike, take a swim not because they feel pressured by a list of things to do but because they truly enjoy doing it. Naturally, in the course of these things, they are building skills.

Once a Scout decides that they want to advance they simply cannot be stopped, sometimes that happens when they are eleven, sometimes when they are fifteen. Some Scouts may never show much interest in advancement at all. The important thing is not how fast or far they advance but who they become.

Special Interest:

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
Training

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Quick Calendar:

- Dec 11 – Roundtable
- Jan 8 – Roundtable
- Jan 24 – MB Workshop
- Jan 31 – Feb 2 – Freeze-o-ree
- Feb 2 – Scout Sunday
- Feb 8 – Scout Sabbath
- Feb 12 – Roundtable

Newsletter Key:

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

District News

District Website: www.NCACBSA.org/GooseCreek

Scouting for Food Results



This year we had 69 units out collecting and brought in over 100,000 lbs. of food to seven local food banks.

	2013	2012	2011
LINK	32,859	34,033	34,814
Loudoun Interfaith	27,001	37,331	42,997
Messiah's Market	17,432	14,202	9,917
Seven Loaves	10,603	7,838	7,276
Tree of Life	6,684	11,521	11,814
Catholic Charities	7,352		
Western Loudoun	2,090		
Total	104,022	104,925	106,818

Individual unit counts are posted on the District Website

Freeze-o-ree



Goose Creek's premier outdoor winter event – the annual Freeze-o-ree - will be held January 31 – February 2. In addition to the traditional patrol Scoutcraft competitions in fire building, first aid skills, ax throwing, flag football, soccer, speed knot tying, tug of war, chili cookoff, dessert bakeoff, we will again have slingshot paint ball target shooting!! This event is run by the youth members of the Order of the Arrow Goose Creek and we need many OA youth volunteers from all Troops to help run the events.

For registration, fees, and required equipment to bring to the event, please contact OA Chapter Advisor Mrs. Bobbie Scales (ScalesBobbie@yahoo.com).

District Championship Pinewood Derby



Goose Creek District Pinewood Derby will be holding the 2014 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

Important: All cars must meet the District's Derby construction rules (available on the district website). 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!*

The derby will be held Sat, **March 1, 2014** at Tolbert Elementary School (691 Potomac Station Dr NE, Leesburg 20176). Watch the newsletter for more details and announcements in the next two months. Registration will open soon.

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

Goose Creek Day/Twilight Camp Dates Announced



As the holiday season descends upon us and you begin formulating your summer plans, we want to formally announce the dates for the 2014 Goose Creek Day/Twilight Camp.

Day Camp: June 16-20th 9:00 – 4:00 pm.

Twilight Camp: June 16-19th 6:30 – 9:00 pm.

Look for further Day/Twilight information at the January Round Table.

Troop 1941's Open House



Webelos and their families are cordially invited to Troop 1941's Open House on December 2, 7:00 PM, at the Embassy Suites (44620 Waxpool Rd, Ashburn).

Learn what it is like to be a Boy Scout and see what exciting adventures the troop has planned for next year.

Please RSVP to Kristin Rounds at WebelosCoordinator@troop1941.com



“Cheerful Service Chatter”

Chapter News for our Arrowmen

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

Order of the Arrow Elections Guide



The OA Election season is upon us. Each unit is allowed to have one election during that time. In order to be put on the ballot, the youth must be at least First Class, have 15 nights of camping in the last 2 years with 5 of those nights being a long term camp (think summer camp), and must have the Scoutmaster's approval. Adults may be nominated by the committee. You may nominate 1 adult per 3 boys elected. The adults have the same camping requirements as the youth.

To schedule an election, the Scoutmaster must email our Vice Chief, Ben Gerhart, at bbgerhart@gmail.com, with at least two dates. Please do this at least three weeks in advance of your earliest date so that we can have enough time to get an election team together and you have enough time to fill out the forms that Ben will email you. You **must** use the forms that Ben sends you. National will no longer accept anything from Troop Master or the forms used in previous years. Please make sure to have the forms filled out completely before the election team arrives. If you are not ready for the election when the team arrives we might have to reschedule your election. If you are nominating an adult, please make sure that the form is filled out completely as well. If it isn't it won't be accepted.

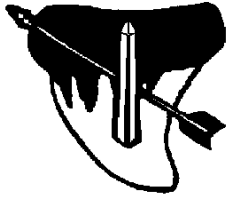
If you have any questions, feel free to contact either our Vice Chief – Ben Gerhart, or our Chapter Advices – Bobbie Scales (ScalesBobbie@yahoo.com) for answers. Thank you for your time, and we look forward to seeing you at your unit's election.

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Chapter Chatter



The annual Lodge Banquet will be held Saturday, January 4, 2014, at the Greater Waldorf Jaycees Community Center, 3900 Crain Highway, Waldorf, MD 20604. This event is open to all Arrowmen and their families. It is where all Vigil honorees of the previous year are publicly recognized and all Lodge awards are given out. Registration information will follow soon.

Are you getting Chapter Communications?



All Goose Creek Arrowmen are welcome to join the Chapter's Yahoo Group, giving them access to an abundance of things like Calendar info, directions to upcoming events and even a peek at "Lost-and-Found" items (from prior/recent OA events). If you are NOT getting automated reminders of upcoming meetings (or fun events like our night of bowling last September), please visit the website, and ask to join. (When doing so, please be sure to provide your name, and unit so we can verify your 'Arrowman status'. Our Yahoo Group website is here ... <http://groups.yahoo.com/neo/groups/GooseCreekOA470/info>. (Alternatively, send an email to the Chapter Adviser (Bobbie Scales, scalesbobbie@yahoo.com), and request access.)

"Onward and Upward"

On the Advancement Trail

New Eagles



Congratulations to Goose Creek's newest Eagle Scouts:

David M Burke – Troop 962
Justin Michael Elarde – Troop 1910
Vincent Michael Escobar – Troop 39
Caleb Paul Goze – Troop 711
Peter John Gugliotta – Troop 969
Spencer Hayes – Crew 533
Andrew J Herbert – Troop 961
James B Hitchcock – Troop 961
Joshua T Morrison – Troop 1910
William C Poindexter – Troop 961
Dakotah Vaughn Puccio – Troop 1910
Bryan C Reimer – Troop 982
Thomas D Roche – Troop 2970
Kyle T Romine – Troop 961
Levi M Shipley – Troop 962
Joel Tigges – Troop 39
Michael Edward Weber – Troop 2970

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Advancement News e-newsletter



ARE YOU READING ADVANCEMENT NEWS YET? To get yourself started, here's where to check it out:

http://www.scouting.org/scoutsource/GuideToAdvancement/Advancement_News.aspx

ADVANCEMENT NEWS is the official e-newsletter of the BSA's National Advancement Committee and National Advancement Team – It's written by volunteers for volunteers!

If you're a council or district advancement chair or committee member, or associated with the path to Eagle, this is a "must read" for you! But, no matter what your volunteer (or professional!) position in Scouting, you'll want to stay current and you'll enjoy browsing back issues in the Advancement News Archives.

To subscribe, just shoot an email to advancement.team@scouting.org with "subscribe" in the subject line; and include your name, email address, and council name in the body of the message.

Council Advancement and Recognition Committee News



- Eagle Scout Rank Application (ESRA) – Effective Nov. 1, 2013, NCAC will not review the ESRA for certification **unless a District Eagle Representative (DER) has initialed it**. If the ESRA is not initialed by the DER it will be returned to the unit.
- NCAC Eagle Scout Procedures Guide (ESPG) – The updated ESPG has been released and is ready for your use, provided 'you' have any involvement in either executing (or guiding the execution of) the Life-to-Eagle process within NCAC. This guide is a valuable resource for Life Scouts working towards Eagle and the leaders mentoring those Scouts. You can find it on our Goose Creek webpage, or here ...
http://c.ymcdn.com/sites/www.ncacbsa.org/resource/group/dabf2b2b-f7f6-48ee-a27c-9cc7e1a94a55/Documents/Eagle_Scout_Procedures_Guide.pdf
- NCAC Eagle Scout Fundraising Application – Effective immediately, NCAC only needs to approve the fundraising application included in the Eagle Scout Service Project Workbook if a Scout plans to solicit donations amounting to more than \$500 from area businesses or organizations that are not associated with your project. Please contact your District Advancement Chair for more information.
- Eagle Scout Board of Review Advancement Report – The BSA Advancement Report (#34403B) is no longer required to be submitted with the rest of the Eagle Scout Package following an Eagle Scout Board of Review.

District Eagle Project POCs



In October, we mentioned that the Advancements & Recognition Committee webpage had been developed and was ready for use, and then last month, we noted that one of the planned enhancements to same will be an area dedicated to Eagle candidates, offering them (and their unit Life-to-Eagle Coordinators) a list of places and point of contact for potential Eagle projects. To that end, we could still use your help though in building that page, so if you know of (or are) the right person for a Life Scout to contact for Eagle project ideas for a camp, park or other non-profit group in the area, please let us know by sending the following information to the district Advancements Chair ASAP. (Thank you to those who submitted your information last month!)

- Organization Name (& city/town)
- Point of Contact Full Name
- POC email
- POC preferred phone number

Thank you,

Advancement Committee Chair, MSVA_Tenor@yahoo.com

Council / National News

Council Website: www.NCACBSA.org

Training Manager Enhancements Launched in MyScouting Tools



We've received wonderful reviews regarding the MyScouting Tools (<https://my.scouting.org>) as well as great feedback from our volunteers. As a result, two enhancements have been made to the Training Manager tool:

Initially, the Trained Leaders Report and the YPT Aging Report were available only at the staff and unit levels. That functionality is now available at the district level for district Key 3 members to download.

Unit and district Key 3 members can now generate and view an "exception" report that lists only those members who are not position-trained, those whose YPT has expired, or those who have never taken YPT simply by clicking in the red areas on the Trained Leaders or YPT pie charts. This provides a quick and easy method of producing the information Key 3s need so that they can concentrate on helping these individuals get out of the red.

Have You Been to the Cub Hub?



The Cub Hub (<http://CubScouts.org>) is the new online gateway into the world of Cub Scouting. Through vivid pictures, videos, and stories, the Cub Hub illustrates that the Cub Scouting experience goes way beyond the uniform.

Think of it like a giant idea factory! Here, you'll find amazing and creative ideas to bring more fun to your pack.

- Ideas to put a little zing in your meetings
- Sweet contests
- Super fun projects for parents and Cub Scouts
- Amazing images and videos sure to get you and your Scout fired up
- And some just plain cool Cub Scout-related content from all over the Web

Plus:

- Links to everywhere Cub Scouts are on the Web! You can connect with your fellow Scout leaders and parents on the Cub Scout social channel of your choice: Facebook, Twitter, Instagram, YouTube, or Pinterest.
- Basic information including guidelines and how-tos to help parents and leaders do their best.

Engage Your Unit Membership Chair with Ideas and Tools



Units that have membership growth and retention have three key components: a strong, vibrant Scouting program; engaged volunteers; and someone on the unit committee who is responsible for membership. The unit membership chair is the unit committee member who will focus on membership growth and retention of the unit. This new position is similar to the district or council membership chair who is responsible for growth in the district or the council.

Membership volunteers are the backbone of our efforts to recruit more youth into the BSA. To impact the lives of youth in each unit, volunteers must be more engaged. Easy to say, but how do they do it?

There are new online resources

(http://www.scouting.org/scoutsource/Membership/Youth_Recruitment/Membership_Chairman.aspx) for the unit membership chair and council membership/relationship chair designed to assist those with this new responsibility in areas that include community projects, membership analyses, marketing, Webelos-to-Scout transition plans, and much more.

All volunteers responsible for membership in their council, district, or unit can find practical methods, new videos, and ideas for developing and implementing successful membership campaigns.

For more information about this great new online tool or other available resources, contact Garfield Murden in Membership Impact at garfield.murden@scouting.org or 972-580-2478.

Effective Dates Announced for Scout Oath and Law Change



Last year, the National Executive Board passed a resolution that, in support of the mission of the Boy Scouts of America, all programs would begin using the Scout Oath and Law. Recently, there have been a number of questions about the effective date of this change, which primarily affects Cub Scouting and Venturing.

The resolution reads, in part: "effective with the release of youth handbooks and leader aids supporting this and other changes related to Strategic Plan Goal 411." The release of these materials (and the effective date of the change) will be May 2014 for Venturing and May 2015 for Cub Scouting.

Call for Goshen Staff



Each summer, the camp directors at Goshen hire over 300 youth and adults to run our camps. Many of the staffers that work with us are new each summer. Perhaps there is a position you might be interested in, or you know someone who might be perfect for a position at camp. We'd love to hear from you.

Camp Directors are looking for talented staffers now! Formal interviews are scheduled for every Saturday in January at the Marriott Scout Service Center in Bethesda. Call us at 301-214-9195 to schedule your appointment.

Young Scout Retreat



The Young Scout Retreat is an opportunity for youth in Cub Scouts, Girl Scouts, American Heritage, & Camp Fire, grades K–5th to participate in activities designed to stimulate and encourage their Catholic faith through service.

When: Saturday, January 25, 2014

Where: St. Raymond's, 8750 Pohick, Springfield VA, 22153

Cost: \$12.00 per scout. Registration deadline is Dec 28.

Questions? Please contact:

Arlington Diocese CCOSC Chairman Patrick Berney at

CCOSCArlington@gmail.com

Arlington Diocese CCOSC Chaplain Fr Beres at FatherBeres@gmail.com

Goose Creek CCOSC Rep George Birsic at GooseCreekCCOSC@gmail.com

Goshen Scout Reservation



Registration is now open but don't wait too long. We have received numerous inquiries about available space for new units attending Goshen from our Council and abroad. If your unit is planning to spend a week with us this summer, please register your one adult leader as soon as possible!

Again this coming year, we are making every effort to keep the cost of camp down for all participants. Our Scout fees are remaining the same as last year, however, we will increase adult leader fees to be more in line with youth fees in an effort to make it fair to all attending.

Camp	Early Bird (April 25)	Regular Payment (May 30)	At Camp Payment
PMI / Ross	\$290/\$230	\$330/\$270	\$370/\$310
Olmstead	\$290/\$230	\$330/\$270	\$370/\$310
Marriott / Bowman	\$315/\$240	\$355/\$280	\$395/\$320

Scout Fee/Adult Fee

Constitutional Essay Contest for Eagles



The Bill of Rights Institute, a nonprofit educational organization “whose mission is to educate young people on the ideas of the Constitution and the rights it protects,” has launched its second annual Eagle Scout Competition.

One grand prize winner will score \$1,000 for himself and \$500 for his unit. Two runners-up get \$500 for themselves and \$250 for their units.

To enter, Life Scouts and Eagle Scouts between the ages of 14 and 19 must write two short essays (500 words maximum) related to the Constitution and the Founding Principles. The topics are:

1. James Madison, often referred to as the Father of the Constitution, said in Federalist 51 that:

“If men were angels, no government would be necessary. If angels were to govern men, neither external nor internal controls on government would be necessary. In framing a government which is to be administered by men over men, the great difficulty lies in this: you must first enable the government to control the governed; and in the next place, oblige it to control itself.”

Read the U.S. Constitution and find 2 examples of “controls on government.” Explain why these specific controls are important and their relevance today.

2. Consider the following quote – “The First Amendment is dramatically inconvenient. It requires us to tolerate the very bad in order to protect the unpopular but good.” Do you agree or disagree? Defend your argument using examples.

The deadline — Feb. 10, 2014 — will be here before you can say “more perfect Union,” so send this to your Life Scouts and Eagle Scouts right away.

Apply Online: <http://BillOfRightsInstitute.org/EagleScout>

Contact: bbyrd@BillOfRightsInstitute.org

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

Sheriff's Office Offers Internet Safety, Drug Awareness Classes for Parents



Following last year's successful seminars for parents on Internet Safety, the Loudoun County Sheriff's Office has again schedule a series of presentations on the topic, and has expanded its offerings to include discussion of illegal drug awareness.

The two-part courses will help introduce parents to basic Internet Safety and the dangers of synthetic and prescription drug abuse. Parents are advised that there will be graphic content and the seminars are limited to parents and adults only.

The topics that will be discussed during the Internet safety portion of the program include social networking; "sexting" and texting; cell phone technology and features; laptops vs. desktop computers; current trends; predatory behaviors; computer and console gaming; and monitoring techniques.

Also available at the classes will be ComputerCop, a computer software program that allows parents to view and permanently delete potentially harmful images and information that have been downloaded on any home computer. ComputerCop is available for Windows only.

The sessions, led by the Loudoun County Sheriff's Office Adult Crime Prevention Unit, will be held on the following dates, beginning at 7 p.m.:

- Monday, Dec. 2, Tuscarora High School, Internet Safety;
- Tuesday, Dec. 3, Tuscarora High School, Drug Awareness;
- Wednesday, Dec. 4, Briar Woods High School, Internet Safety;
- Monday, Dec. 9, Freedom High School, Internet Safety;
- Thursday, Dec. 12, Briar Woods High School, Drug Awareness;
- Monday, Dec. 16, Freedom High School, Drug Awareness;
- Monday, Jan. 6, Stone Bridge High School, Internet Safety;
- Tuesday, Jan. 7, Stone Bridge High School, Drug Awareness
- Wednesday, Jan. 22, Loudoun Valley High School, Internet Safety;
- Thursday, Jan. 23, Loudoun Valley High School, Drug Awareness;
- Monday, Feb. 24, Park View High School, Internet Safety; and
- Wednesday, Feb. 26, Potomac Falls High School, Drug Awareness.

Parents are welcome to attend any session, not just the one at their home school. Parents unable to attend any session can pick up copies of the ComputerCop program on a first-come, first-served basis at the following locations:

- Loudoun County Sheriff's Office administration building, 803 Sycolin Road, SE Leesburg;
- Dulles South Public Safety Center, 25216 Loudoun Parkway, South Riding;
- Eastern Loudoun Sheriff's Station, 46620 East Frederick Drive, Sterling Park; and
- University Station, 45299 Research Place, Suite 100, Ashburn.

On-Line Resource of the Month



If you are looking for a place to discuss hammocks, hammock gear and hammock accessories to use for any hammock activity, then the place to look is Hammock Forums at <https://www.hammockforums.net/>.

Their discussions include such things as Do It Yourself projects on how to make hammock stands, home made hammocks, accessory gear for hammocks and much more. Once you have spent time in a hammock, you will never look at a bed or sleeping pad the same again..

Equipment / Gear

Sweetwood Cattle Company Beef Jerky



This review is from the editors of *Backpacking Magazine* who set this product as one of their Editors' Choice in their 2013 Gear Guide.

Even the best bars and trail mix get mighty monotonous during a long trek. Get out of the snack-food rut with tender jerky from this Steamboat Springs-based cattle ranch. "It's the perfect pick-me-up on the trail—not dry or chewy like gas-station jerky—and packed full of flavor," says one tester, a food snob who polished off three bags in two days of hiking in Tasmania. What makes it different? Sweetwood uses fresh, whole-muscle pieces from Angus cows raised right on its premises (not ground-up scrap meat imported from South America, like most major jerky brands). Plus, Sweetwood jerky is baked, not dehydrated, which explains its moistness. The perfect blend of tender, hormone-free beef, brown sugar, salt, and bold (MSG-free) spices elicits a consistently smoky flavor that even had infrequent beef-eaters polishing off entire bags in one trailside break. The only problem? We couldn't agree on a favorite flavor. Regular, peppered, hot, and teriyaki all scored high marks.

URL: www.sweetwoodjerky.com

You might have been a Scouter too long when:



- You always have a cup hooked to your belt.
- You were disappointed when "Scouting Magazine" didn't win the Pulitzer Prize last year.
- Instead of a flower garden in the middle of the backyard, you have a fire pit, with logs and stumps to sit on.

How to Try On Hiking Boots and Shoes



This article is by Lisa Maloney from www.Hiking.About.com.

I go into sticker shock every time I visit the shoe section of a sporting goods store. Really? They want me to pay more than \$100 for footwear that I'm buying with the express intention of abusing it until it falls apart? On the other hand, your hiking shoes or boots will be the foundation of your every experience on the trail. You can't get far without them, and an ill-fitting pair can subject you to a smorgasbord of agonies from blisters to frozen, cramped, or sweaty feet.

In other words, expensive hiking boots are worth the cost -- if they live up to their promises. Quality hiking footwear is sturdy enough to protect your feet as you hike for miles, sensitive enough that you can feel your connection to the trail, and comfortable enough that -- if sized properly and worn with the right socks -- you'll rarely, if ever, have to deal with blisters, damaged toenails, and other symptoms of poorly fitted shoes.

The bad news is that there's no single cookie-cutter answer to which hiking boots are best, and there's really no way to be sure which boots will fit you well when shopping online (although you can measure your feet at home). However, once you actually have the boots in your hands, a few quick tests will show if they're right for you. Here's how to get ready:

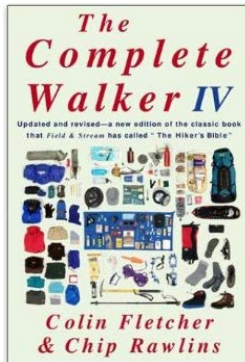
- Go shopping near the end of the day, when your feet are at their largest.
- Wear the same socks and pants you'd wear to go hiking. If you expect to wear a wide range of socks -- say, thin socks for summer hiking and thick woolen socks for winter hiking -- bring the thickest and thinnest socks with you.

Once you're at the store:

1. Ask a salesman or saleswoman to measure both of your feet. This will give you a starting point for boot sizes, and it'll tell you if one foot is larger than the other.
2. Lace up both boots, stand up, and wiggle your toes. Your big toes should be close to, but not touching, the front of the toebox. Ask a helper to press his or her thumb down over the front of the boots, just front of your big toe. As a general rule, if there's a full thumb's-width of space between your big toe and the front of the toebox, the boots are too big. (Remember, this assumes you're already wearing your hiking socks -- including thick, winter socks if you're planning on using them.) Also, the lighter-weight (and thus more flexible) the footwear, the closer the fit you can get away with.
3. Roll forward onto your toes, then back onto your heels. Do this a few times. If the boots really fit well, your heels won't move up and down inside the boot at all. The more your heels move, the more likely you are to get blisters when using those boots.
4. Walk uphill and downhill. If the boots fit right, your feet will stay securely positioned; if they don't fit right, your heels will move around in the boot as you walk uphill, and your toes will slide forward against the edge of the toebox as you go downhill.
5. Take a stroll around the store at varying speeds. If you feel any pinches, pokes, rubs, or "hot spots" of friction anywhere in either boot, it's not the right footwear for your trail adventures.

Books

The Complete Walker IV



The eighteen years since the publication of *The Complete Walker III* have seen revolutionary changes in hiking and camping equipment: developments in waterproofing technology, smaller and more durable stoves, lighter boots, more manageable tents, and a wider array of food options. The equipment recommendations are therefore not merely revised and tweaked, but completely revamped. During these two decades we have also seen a deepening of environmental consciousness. Not only has backpacking become more popular, but a whole ethic of responsible outdoorsmanship has emerged. In this book the authors confidently lead us through these technological, ethical, and spiritual changes.

Fletcher and Rawlins's thorough appraisal and recommendation of equipment begins with a "Ground Plan," a discussion of general hiking preparedness. How much to bring? What are the ideal clothes, food, boots, and tents for your trip? They evaluate each of these variables in detail—including open, honest critiques and endorsements of brand-name equipment. Their equipment searches are exhaustive; they talk in detail about everything from socks to freeze-dried trail curries.

They end as they began, with a philosophical and literary disquisition on the reasons to walk, capped off with a delightful collection of quotes about walking and the outdoor life. After a thoughtful and painstaking analysis of hiking gear from hats to boots, from longjohns to tent flaps, they remind us that ultimately hiking is about the experience of being outdoors and seeing the green world anew.



Training Opportunities

Wilderness First Aid Classes



Beginning in 2014, BSA High Adventure crews attending Philmont Scout Ranch are required to have two members currently certified in Wilderness First Aid (WFA). The requirement for the other Bases (Northern Tier, Sea Base and The Summit) remains at one crew member currently WFA-trained, but two are strongly suggested since the crew would have to end their trip if the one trained person was injured. Also new in 2014 is the requirement that any unit undertaking a back country trip of their own have at least one WFA-trained participant.

For a list of NCAC High Adventure Committee-endorsed classes, see http://c.ymcdn.com/sites/ncacbsa.site-ym.com/resource/group/95d23063-d63f-4ee8-858c-9c43c002b826/high_adventure/hac_2014-2013_wfa_courses.pdf.

BSA Venturing Crew 80, Alexandria, VA also offers Wilderness First Aid classes at a reduced rate. For more information, see <http://www.w3bsa.org/WFABPlan.htm> or contact Demi Pulas at demetrios.pulas@ferc.gov or 202-502-8676

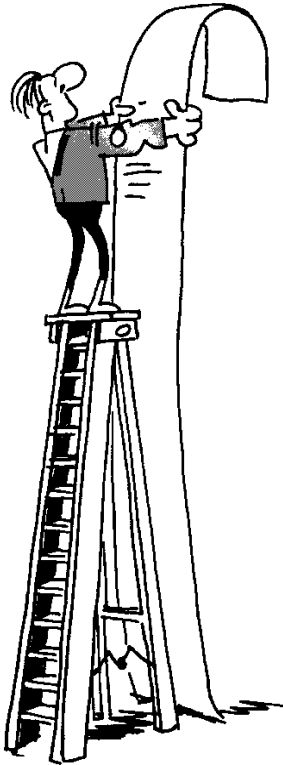
University of Scouting



The "University of Scouting" is a supplemental training opportunity for all adult Scout leaders. It is the only time during the year where you can find, all in one place, the widest variety of training opportunities in all program areas (Cub Scouts, Boy Scouts, Venture Scouts, Varsity Scouts, District, and Council). Whether you are new to the program or a veteran of many years, the University provides interesting courses in Cubbing, Scouting, what we call "Adventuring" (a combination of Varsity, Venturing, and Sea Scout activities), as well as Electives opportunities.

When: Feb 22, 2013, Registration opens in January

District Calendar



December 2013

- 11 Roundtable
- 11 OA Chapter Meeting
- 18 Annual District Business Meeting
- 23 Winter Break Starts

January 2014

- 1 Winter Break Ends
- 4 OA Lodge Banquet
- 8 Roundtable
- 8 OA Chapter Meeting
- 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**

February 2014

- 1-2 **Freeze-o-ree**
- 2 Scout Sunday
- 8 Scout Sabbath
- 12 Roundtable
- 12 OA Chapter Meeting
- 13 Commissioner RT
- 17 President's Day
- 26 District Committee

March 2014

- 1 **District Pinewood Derby**
- 6 **AOL Recognition Ceremony**
- 12 Roundtable
- 12 OA Chapter Meeting
- 13 Commissioner RT
- 26 District Committee
- 31 Student Holiday

April 2014

- 4-6 **Spring Camporee**
- 9 Roundtable
- 9 OA Chapter Meeting
- 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 OA Chapter Meeting
- 12 Commissioner RT
- 13 Last Day of School
- 16-20 Day/Twilight Camp
- 25 District Committee

July 2014

- 4 Independence Day

August 2014

- 13 Roundtable
- 13 OA Chapter Meeting
- 14 Commissioner RT
- 27 District Committee

September 2014

- 1 Labor Day
- 2 First Day of School
- 10 Roundtable
- 10 OA Chapter Meeting
- 13 Commissioner RT
- 20-21 **Webelos-o-ree (TBD)**
- 24 District Committee

October 2014

- 8 Roundtable
- 8 OA Chapter Meeting
- 9 Commissioner RT
- 13 Columbus Day
- 22 District Committee

November 2014

- 1 **Scouting for Food Bag Distribution**
- 3-4 Student Holiday
- 8 **Scouting for Food Bag Pickup**
- 12 Roundtable
- 12 OA Chapter Meeting
- 13 Commissioner RT
- 19 District Committee
- 26-28 Thanksgiving Break