



Goose Creek District Newsletter



October 2014

Volume 6, Issue 3

From Scoutmaster Clarke Green, April 10, 2014, <http://scoutmastercg.com/simple-versus-complicated-scouting/>



Simple Versus Complicated Scouting

Scouting is Simple*

**If you keep it that way.*

The steps in training have become so absorbing and important that in many cases the aim has come to be lost sight of. -B.P

Take a moment and step back from all of your roles and responsibilities and observe how simple Scouting is.

The aim is simple: Providing opportunities for the development of character, fitness, and citizenship.

The method is simple: We share **ideals**, express our unity by wearing **uniforms**, organize using the **patrol method** based on youth **leadership** in the **outdoors**, and recognize the resulting **personal growth** using an **advancement** system. All of this happens as our Scouts form useful **associations with caring adults**.

The organization is simple: Individual Scouts form dens, patrols and crews, and these form packs troops and Venture crews.

I think Scouts innately embrace the simple excitement and challenges of Scouting, but we adults often stand in their way by complicating things.

How do we adults complicate Scouting?

We clothe Scouting in far too many layers of bureaucratic administration.

We seek recognition, fulfillment, or aggrandizement for ourselves rather than focusing on our Scouts.

We build structures where Scouts become decorations rather than vital participants.

We demand or coerce things from Scouts that they would do freely for themselves given opportunity and encouragement.

Rather than cooperating with sometimes mysterious, chaotic processes of development; we grow impatient and rush to institute artificial results.

Scouting works as intended when we honor its simplicity.

Special Interest: District

- Webelos-o-ree – pg 2
- Rechartering – pg 3
- Scouting for Food – pg 3

Advancement

- Cub Scout Requirements 2015 – pg 6
- Life to Eagle Seminar – pg 8
- Nuclear Science MB – pg 9

Council/National

- JOTA/JOTI – pg 12
- Philmont – pg 12
- STEM – pg 18
- V3 Hike-o-ree – pg 23




Training

- IOLS – pg 30
- BALOO – pg 30

Quick Calendar:

- Oct 8 – Roundtable
- Oct 18 – Training – Life to Eagle
- Oct 25-26 – Webelos-o-ree
- Oct 25-26 – Training – IOLS and OLSWL
- Nov 1 – SFF Bag Distribution
- Nov 8 – SFF Bag Pickup
- Nov 12 Roundtable
- Dec 5 – Training - COR
- Dec 10 – Roundtable
- Dec 17 – Annual District business Meeting

Newsletter Key:

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

District News

District Website: www.NCACBSA.org/GooseCreek

Webelos-o-ree 2014!



On Oct 25-26 our District will be holding our 10th 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 is open to both first and second year Webelos. The focus of this campout is not on getting Webelos and Arrow of Light requirements signed off (though several will be fulfilled by attending) but on what Boy Scouting is like and what the Webelos can expect to do when they are in a troop.

The Webelos-o-ree starts off with an opening ceremony Saturday morning and wraps up Sunday after chapel services (both a Catholic Mass and a non-denominational service will be offered). Activities will be run by our own Boy Scout troops and this year will include:

- Fire building
- Dutch Oven cooking
- Monkey bridge and knots
- BB shooting and archery
- First Aid (Readyman)
- How to retire a flag
- Orienteering (map and compass)
- Rockets
- And a campfire run by the Boy Scout's Order of the Arrow.

For the adults we'll provide plenty of Scout leaders to answer questions about camping, joining Boy Scouts, and camping equipment. We will be holding for both the Scouts and parents a Webelos to Scout orientation for 2nd year Webelos and an Introduction to Webelos meeting for 1st year Webelos.

Though the Webelos-o-ree is designed as a camping event, we do have two additional registration levels, one for those who are just coming out for the activity periods and another for those not camping over but staying for dinner and the campfire.

A full information/registration packet is posted on the District website. Requests for the packet and questions about the event can also be emailed to Webelosoree@GooseCreekDistrict.org

Registration deadline is Oct 15 and can be turned in either by mail or at the October roundtable.

Flag Retirements at Webelos-o-ree



At the Webelos-o-ree this year we will be running a flag retirement activity station where the Webelos will do the ceremony under Boy Scout guidance. If anyone has a flag ready for retirement please contact Alan Steiner at GCProgram@verizon.net or bring the flag to the October Roundtable.

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

Rechartering!!!!



Recharter starts a month earlier this year (1 October) in order to give the district units a little more time to complete their recharter work, and to give us the ability to enjoy the holiday season instead of trying to track down chartering unit executives who are on vacation. Unit packages have been handed out and you'll find your particular unit code on the front of the envelop packet.

31 December is going to be a hard stop, however. **If you do not have your recharter packet turned in to your Unit Commissioner by 31 December, on 1 January 2015, your unit will be dropped from the active unit lists.** You will have to go through the actions of chartering a new unit. And, during the period that the unit is not active, **NO youth advancement can be recognized or recorded**, since all advancements have the implicit requirement of the youth being an active registered Scout. So, **for the sake of the Scouts**, please submit your rechartering materials on time!

There will be no scheduled turn-in dates. Units must turn-in their completed recharter packets to their Unit Commissioner before COB 31 December 2014. If you have problems, they won't get better with age. Call you Unit Commissioner for assistance.

Scouting for Food



We have set up the following training dates for SFF. During these times we will have a short presentation and hand out bags.

- Thursday, 10/9 - Cascades Library 6:15-7:30PM (Room B)
- Tuesday 10/14 - Dulles South Public Safety Center 5:45-7PM
- Saturday, 10/18 - Ashburn Library 10:15AM-12Noon (Room B)
- Monday, 10/20 - Rust Library 6:15-7:30PM (Big Room)
- Wednesday, 10/29 - Gum Springs Library 6:15-7:30PM (Room B)

TERRITORIES

The majority of the territories have remained the same and you can see the areas covered by each unit, and their assigned food pantry by going to the District's web site. From there pick the Scouting for Food link (in red, just to the bottom right of the district patch) and from the SFF page look for the map link at the bottom.

RECRUITING

If you know of any units not participating in Scouting For Food, please try to get them to participate. We want to maintain our donation levels or do even better and increase our levels from last year! If you have questions about territories covered, collection sites, or want to assist at one of the collection sites, please respond directly to Claudia Wolfson: Claudia.Wolfson@GooseCreekDistrict.org

Let us all work together to ensure another successful year for this program.

District Award of Merit



It's time for nominations for the District Award of Merit to be submitted. The requirements are:

1. A nominee must be a registered Scouter.
2. A nominee must have rendered noteworthy service to youth in Scouting, outside Scouting, or both.
3. Note: The nature and value of "noteworthy service to youth" may consist of a single plan or decisions that contributed vitally to the lives of large numbers of youth or it may have been given to a small group over an extended period of time.
4. Consideration must be given to the nominee's Scouting position and the corresponding opportunity to render outstanding service beyond the expectations of that Scouting position.
5. The nominee's attitude toward and cooperation with the district and/or council is to be taken into consideration.
6. Nominations cannot be considered for posthumous awards.

The nomination form and information can be found at www.scouting.org/filestore/pdf/33720.pdf. Nominations need to be submitted to the committee no later than Oct. 31 at scalesbobbie@yahoo.com.

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.

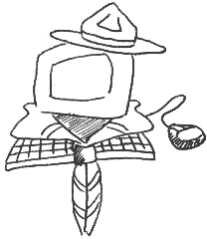
It is extremely important that the nomination form includes information about all three of the service and leadership areas. The Council review committee can base their decision only on the submitted documentation and missing or ambiguous information often means that a deserving person does not get the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

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 15.

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 also involved in other youth programs (preferably as a leader), and does work in the community then you've found the person the Council committee is looking for.

Getting District Emails and the Newsletter



Welcome to all of the new Scout families who have joined us this year, especially to those in Cub Scouts who just became members of a pack. We would like you to know that everyone, not just unit leaders, can subscribe to the district's email list and receive important notifications about upcoming events and also receive the district's monthly newsletter.

All you have to do is to send an email to

Communications@GooseCreekDistrict.org and specify whether you want to be on the Pack, Troop, or Crew distribution list (or any combination of them).



"Cheerful Service Chatter"

Chapter News for our Arrowmen

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

OA Chapter Needs Animal Skins



The Goose Creek Order of the Arrow Chapter needs animal skins for making authentic Native American costumes for its ceremonies team. The ceremonies team uses these costumes for the ceremonies for Order of the Arrow Induction and public ceremonies such as the those at the Webelos-o-ree or the Arrow of Light. The costumes are replicas of the clothing worn by Native Americans in Virginia, as illustrated in Captain John Smith's journals.

If you have or know a source of deer hides or other animal skins, please contact Mrs. Bobbie Scales (Scalesbobbie@yahoo.com).

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 Eagles:

Logan Bird - Crew 533

Austin Z Chen - Troop 1158

Spencer Norman Ferguson - Troop 1158

Stephen Hoffman - Troop 961

Thomas H Iacoponelli - Troop 982

Todd J. Pinney - Troop 997

Wyatt M Pontius - Troop 956

Christopher R Tonsetic - Troop 2970

Gavin David Verfurth - Troop 997

Stephen Everett Wormald - Troop 1910

2015-16 Cub Scout Requirements Finalized



Good news for Cub Scout leaders, especially those who love to plan ahead. You can now get your hands on the revised and final 2015-16 Cub Scout requirements, effective with the 2015-2016 Scouting year.

As with other program updates (including updates to Venturing and Boy Scouting), you can find everything you need to know at the BSA's indispensable Program Updates page: www.scouting.org/scoutsource/programupdates.aspx. For the final Cub Scout requirements, you want the link for "Adventure requirements and insignia" under the "2015 Updates: Cub Scouts" heading.

Changes, which were made in consultation with Cub Scouters and chartered organizations, include:

- Minor changes to clarify requirements (based on feedback from Scouters)
- Changes in the required Duty to God adventure for each rank

The Duty to God changes are intended to:

- Solidify Scouting's focus on the creation of an environment and experiences where a boy, under the guidance of his family, may come to better understand and act on his own understanding of his Duty to God and reverence
- Offer boys and families who do not belong to a formal faith institution opportunities and options to continue their exploration of their own vision of Duty to God

You're probably wondering when you can get your hands on handbooks, den leader guides and other affected materials, right? Those are on schedule to be in Scout Shops and at ScoutStuff.org no later than May 1, 2015.

Merit Badge Pamphlets and Leader Materials Now Available On Kindle



Imagine being able to look up rank or merit badge requirements on your phone or tablet wherever you are. Or giving your Scouts access to merit badge pamphlets on devices from which they're already inseparable. That's the promise of the Boy Scouts of America's Amazon Kindle library, which debuted in April and has been adding titles at a fervid pace ever since.

You can download, search and read selected merit badge pamphlets, leader materials and the BSA Fieldbook on Kindle devices or via the Kindle app on phones and tablets.

Pretty much every phone and tablet, including iPhones, iPads, Android devices, Windows Phones and — duh — Kindles have a Kindle reader that lets you access your Kindle books. In other words, you can read them even if you don't own an actual Kindle. The best part: If you buy a book once, you can view it on any of your devices. The apps will remember your bookmarks, highlights and where you stopped reading. Say you bought the Fieldbook on your Kindle Fire but didn't bring that device on your troop campout. The app lets you read it on your iPhone without buying the book again.

What's available now?

All of the Eagle-required merit badges, with the exception of Citizenship in the World and Sustainability, are available now. Also available are two tech-heavy merit badges: Robotics and Digital Technology. How appropriate. Leaders will be pleased with a selection of materials for them. No more lugging around heavy books. Just download and go.

MB Pamphlets (\$4.99)

- Camping
- Citizenship in the Community
- Citizenship in the Nation
- Communication
- Cooking
- Cycling
- Digital Technology
- Emergency Preparedness
- Environmental Science
- Family Life
- First Aid
- Hiking
- Lifesaving
- Personal Management
- Personal Fitness
- Robotics
- Swimming

Leader materials

- Cub Scouts Leader Book (\$8.99)
- Guide to Safe Scouting (\$5.99)
- 2014 Boy Scout Requirements (\$5.99)
- Troop Committee Guidebook (\$6.99)
- Administration of Commissioner Service (\$9.99)
- Cub Scouts Leader How To Book (\$8.99)
- The Scoutmaster Handbook (\$9.99)

Other must-have Scouting materials

- Fieldbook: Scouting's Manual of Basic and Advanced Skills for Outdoor Adventure (\$19.99)

More is coming soon. The BSA is continually adding new titles to its Amazon library and is expanding into other digital formats.

Life-to-Eagle Seminar (Training)



The next installment of the Life-to-Eagle (L2E) Training for Goose Creek is coming soon. These training conferences are primarily targeted for the Life-to-Eagle Advisers & Coordinators at the unit level – but are by no means limited to same. Life Scouts and their parents are encouraged to attend. The key goal is to get each of the unit Eagle Advisers up to speed on changes to the process, and some of the district-level mechanics of same. That way, they can help share the message to the Life Scouts in their units on a more frequent basis.

When: Saturday, October 18, 10:15 – 12:45, Gum Spring Library (24600 Millstream Drive, in Stone Ridge, VA), Room B

Also, if you ARE a Life-to-Eagle Adviser or Advancement Chair for your Unit, and have not attended one of these within Goose Creek within the last 2 years, you really should make an attempt to do so. Lots of things have changed over the years, and even the long-standing and experienced L2E Advisers will learn something new.

Currently, we are planning to hold 3-4 more Life-to-Eagle Training seminars in 2015 as well. Keep your eyes open for those dates as they are become known.

Eagle Project Opportunities – POCs



Last fall, after developing the district's Advancements & Recognition Committee webpage, we indicated that one of the planned enhancements to same would be an area dedicated to Eagle candidates, offering them (and their unit Life-to-Eagle Coordinators) a list of places and points of contact for potential Eagle projects. You may have noticed that this enhancement hasn't been developed, and wondered why. The reason is simple; we've only received two inputs. So, we could still really use your help in building that page. 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 have responded already.

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

Thank you,
Advancement Committee Chair, MSVA_Tenor@yahoo.com

Board of Review Quiz



1. A purpose of a board of review is to make sure the work has been learned and completed.
☐ True ☐ False
2. If a Scout's uniform is not complete in accordance with the *Guide to Insignia and Uniforming*, he should be informed of the discrepancies and told that his board will be rescheduled when they are corrected.
☐ True ☐ False
3. A Scout failing a board of review should work with his Scoutmaster, who will track the tasks assigned by the board so that the re-Board (second board of review) can be scheduled as soon as possible.
☐ True ☐ False
4. The board should use its judgment as to how well a Scout knows the Scout Oath, Law, slogan, motto and outdoor code and whether his answers are sufficient for advancement.
☐ True ☐ False
5. The parents of a Scout may not attend his board of review under any circumstances.
☐ True ☐ False
6. If a Scout is more than 10 minutes late, the board of review is cancelled at the discretion of the board and will be rescheduled.
☐ True ☐ False

See the answers, according to the *Guide to Advancement* in the follow up section on the next page.

EIA to Host Energy and Nuclear Science Merit Badge Class



The U.S. Energy Information Administration (EIA) is again hosting its Boy and Girl Scout merit badge/patch day in November. The event is free. EIA will teach classes to earn either the Energy or Nuclear Science merit badge. Last year's event was a big success with about 120 Boy and Girl scouts participating.

This year's event will be on Saturday, Nov. 15th, from 9:30 am to 1 p.m. in the U.S. Energy Department's huge cafeteria located across from the Smithsonian Castle on the National Mall. Scouts can check out the registration page, Energy Information Administration www.eia.gov/kids/activities/meritbadge/, to learn more about the event. Online registration for classes starts Oct 6th at 11 a.m.

Board of Review Quiz - Answers



1. **MOSTLY FALSE.** It's not up to the board of review to determine whether the work has been learned and completed. This is evidenced by the signatures in his book. There may be a rare instance when an item isn't signed, and it missed the Scoutmaster's notice during his conference (it has happened with us). A question to the Scout about why the item wasn't signed off is appropriate, and if the Scout can respond to the board's satisfaction ("I did it at the March campout – I helped cook lunch and Tommy and I made grilled cheese sandwiches" should be sufficient, for instance), then the board should be able to overlook the missing signature with only the advice to get it initialed as soon as possible. However, in another sense, through careful questioning the board can determine how well the Scouts are learning their skills and completing the requirements, and in so doing, can evaluate how the troop is doing overall in that area. (Guide to Advancement, section 8.0.1.2)
2. **FALSE.** Though important to Scouting, uniforms or special clothing cannot be required, and a board of review cannot be denied solely for reasons of improper clothing. A Scout should wear his uniform, as much of it as he owns, with all insignia correctly displayed, and if he's not in uniform, the board is certainly free to ask why not. (8.0.0.4)
3. **FALSE.** Generally, a Scout only has one board of review. If, during his board, deficiencies are found, the board is usually suspended while those deficiencies are corrected, and reconvened at a later date. If the Scout does not agree to this, the board can be terminated and the Scout is free to appeal the decision, but a second board of review is not held. (8.0.1.5)
4. **FALSE.** It's certainly appropriate for the board to ask the candidate to recite the Oath, Law, or outdoor code, but the requirement to know these things has already been fulfilled. Most Scouts can do so without much difficulty, and the board can use them as a springboard for discussion about how the Scout lives them in his daily life. This falls under the "not a retest" qualification. (8.0.1.1)
5. **MOSTLY TRUE.** A Scout's parents, guardians or relatives should not be in attendance in any capacity, whether as observers, participants or as the unit leader. However, if after being informed of the reasons for this (parents' presence can change the discussion dynamics), the parents insist on being present, they may attend as silent observers in keeping with the broad Scouting practice of all activities being open to observation by parents. And parents may certainly attend in support of a special-needs Scout, such as acting as an interpreter for one who has difficulty communicating verbally. (8.0.1.0)
6. **MOSTLY FALSE.** A Scout must not be rejected for a board of review for reasons unrelated to advancement, such as being tardy or forgetting his Scout handbook. These are valid points for discussion, however, and provide a growth opportunity for the Scout. We should not throw unnecessary barriers in their way. If a Scout's tardiness interferes with the logistics of holding successive boards of review, his board can be deferred while Scouts who were on time are reviewed. (8.0.1.1)

Everything You Ever Wanted to Know About Merit Badge Sashes



A merit badge sash is like a trophy case you can wear. Each tiny circle represents one of the 136 interest areas a Boy Scout has conquered. But what restrictions are placed on merit badge sashes? In what order should they be sewn on? Is there a minimum or maximum number of merit badges a Scout may wear on a sash? Can a Scout with a ton of merit badges wear two sashes? What about wearing a sash folded over a belt? According to the BSA's *Guide to Awards and Insignia* (the official source for everything about awards and uniforms):

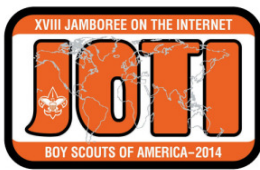
- You're limited to a "maximum of three per row as shown, no limit." You couldn't fit more than three in a row anyway. As for the badges' order on the sash, there's nothing specified. Most Scouts will simply add them as they earn them. Others like to separate the Eagle-required ones (those with a silver border) in some way.
- While you may come across a Scout wearing two merit badge sashes in a crisscross pattern, that's not permitted. Boy Scouts may wear only one merit badge sash at a time.
- Essentially, there's no official maximum number of merit badges a Boy Scout may wear, unless he has more merit badges than will fit three across on the front and back of the sash..
- There's only one right place for a merit badge sash: over the right shoulder. It can be worn over or under the epaulet (shoulder loop).
- A merit badge sash is never worn on the belt.
- Merit badge sashes are worn only by Boy Scouts and Venturers who are earning Boy Scout advancement. Varsity Scouts may wear the merit badge sash, too, of course.
- Patches that aren't merit badges, including camporee or event patches, may be worn on the sash, but only on the back.
- This one's pretty clear: "The merit badge sash and the Order of the Arrow sash may not be worn at the same time."



Council / National News

Council Website: www.NCACBSA.org

2014 Jamboree-on-the-Air, Jamboree-on-the-Internet



**JOTA JOTI in Leesburg at Moose Lodge 1041
43 Catoctin Cir SE, Leesburg, VA 20175
Sunday October 19th 2014 / 10AM – 2PM**

There are Scouting programs in over two hundred fifteen countries and not everyone can attend the World Jamboree so once a year Scouts and Scouters from around the globe come together by way of radio and computer. October 18th & 19th marks the 57th anniversary of the "Jamboree on the Air" (JOTA) and the 18th anniversary of the "Jamboree on the Internet" (JOTI) and the Boy Scouts of America will be well represented.

While anyone (Cub Scout, Boy Scout or Venture Scout) is welcome to participate, not everyone has a broadband connection to the Internet or a shortwave radio that they can take advantage of. With that in mind some of the members of the International Committee of the National Capital Area Council will host any and all Scouts and Scouters who wish to reach out across the world for this once a year event.

Join us Sunday, October 19th in Leesburg, Virginia from 10 AM to 2 PM and talk to your fellow Scouts from around the globe. There is no associated cost and a fun time should be had by all. Depending on participation levels we hope to be part of the World Scout Challenge, an event sponsored by the Headquarters of the World Scout Organization Movement in Geneva, Switzerland.

For more information: go to <http://jotajoti.info/> or email Mike.Sierra@GooseCreekDistrict.Org

Dreaming of Philmont? 2016 Reservations Begin Soon!



An exciting summer of activities may have just wrapped up at the BSA's four high-adventure bases, but it's never too soon to start planning for future treks! Philmont will begin accepting **2016** reservation entries this fall—learn how you can start planning now (www.philmontscoutranch.org/reserve.aspx)! If you or a member of your unit completed.

From Wednesday, October 29 thru Wednesday, November 19, 2014, reservation requests will be accepted online for 12-day and 7-day Expeditions. This is strictly a random draw and an entry on October 29, 2014 will be treated equally as an entry on November 19, 2014.

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

Preparing for Next Year's Journey to Excellence



The Journey to Excellence quality-check program has been with us for a few years now, and we have become accustomed to minor tweaks from year to year. For 2015, however, the changes are a bit more sweeping, though nearly all active units will be able to qualify for at least the Bronze level recognition.

First, you should review your pack's or troop's performance using the 2014 Journey to Excellence scorecard

(www.scouting.org/scoutsource/Awards/JourneyToExcellence/scorecards/2014.aspx). If you find you fall short in some areas, it might be possible to make some changes now to ensure that you meet the 2014 requirements.

The 2015 JTE scorecards

(www.scouting.org/scoutsource/Awards/JourneyToExcellence/scorecards/2015.aspx) are out now, and as always, there are some changes. The national team that developed and periodically revises the Journey to Excellence program has explained that they intend to make changes from time to time in order to refine the effectiveness of the measurement program as well as to allow the items being measured to reflect a practicable level of performance.

The biggest change you'll notice when comparing this year's requirements with 2015's is that the items have been rearranged. Previously, they were listed in approximate order of importance, but for 2015, they are listed in functional groupings: Planning and Budget, Membership, Program, and Volunteer Leadership, so as to place related requirements next to each other. Other changes are the reduction of the total number of line items:

The Fitness program requirements have been dropped as a JTE measurement item (they are no less important, however)

The Charter Renewal item has also been dropped. This was usually a "gimme" because an active unit automatically qualified. You are now asked to check the box stating that you are rechartering on time; there's no loss of points for not doing so, but again, its importance is not diminished by its removal.

Now is a good time to look ahead at next year's requirements and do some long-range planning to give your unit a good chance of achieving Gold status.

To see the changes for Cub Scouts go to this article:

<http://bobwhiteblather.com/preparing-for-next-years-journey/>

For changes for Boy Scouts: <http://bobwhiteblather.com/preparing-for-next-years-journey-troops/>

NOESA Nominations



The National Eagle Scout Association (NES) Outstanding Eagle Scout Award (NOESA) is a council-level award that recognizes adult Eagle Scouts who have achieved notable success at the local level. Any Eagle Scout is eligible.

To submit a nomination, complete the form at www.NCACBSA.org/NOESA and return it and the additional requested information by Saturday, November 1 to the Marriott Scout Service Center or to GOEawards@Scouting.org

National Advanced Youth Leadership Experience



Beginning in summer 2015, National Advanced Youth Leadership Experience (NAYLE) will be offered at all four national high-adventure bases. That means there's a course within driving distance of most Scout families. NAYLE is to youth leadership training what the Eagle Scout and Summit awards are to Boy Scouting and Venturing. Each represents the pinnacle of achievement.

Now's the time to get your Scouts and Venturers thinking about NAYLE. The course is intended for youth who have completed NYLT (National Youth Leadership Training) and are ready to take the next step. NAYLE participants make new friends, learn new skills and experience an epic adventure — all in an awesome location.

NAYLE eligibility requirements

Young men and young women who meet the following requirements may participate in NAYLE:

- Have successfully completed Introduction to Leadership Skills for Troops or Crews (ILST or ILSC) AND National Youth Leadership Training (NYLT)
- Be in top physical condition; a BSA Annual Health & Medical Record Form is required
- Be 14 years of age OR 13 years of age and completed the 8th grade — but not yet 21 (note: for Sea Base the minimum age is 14, period)
- Hold a unit leadership position

Keep up with NAYLE news by liking the BSA's NAYLE page on Facebook:
www.facebook.com/BSANAYLE.

Snack Smart



This just in: Skittles aren't fruit, and Funyuns aren't vegetables.

As adult leaders, you can start the Scouting year off right by exposing Scouts to nutritious food at unit meetings. They'll develop a healthy-snacking habit that's bound to carry over into campouts and — maybe, just maybe — their home life.

Smart, healthy Scout snacks are the focus of the third of three principles of healthy living known as Drink Right, Move More and Snack Smart.

The Drink Right, Move More, Snack Smart effort is the brainchild of Healthy Kids Out of School (with regional funding provided by the Harvard Pilgrim Health Care Foundation), a Boy Scouts of America partner in the push for healthier Scouts.

Healthy Kids Out of School and the BSA are serious about healthier kids. Especially because they know American children don't drink enough water, don't get enough exercise and don't eat the recommended amount of fruits and veggies.

That's why Healthy Kids Out of School and the BSA offer the **SCOUTStrong Healthy Unit** patch free to any Scout unit that makes a few easy, positive changes. For the requirements of the patch go to
<http://blog.scoutingmagazine.org/2014/03/17/adopt-these-3-steps-for-healthier-meetings-earn-the-healthy-unit-patch/>

Matching Gifts



The annual Friends of Scouting campaign helps fund NCAC, and we appreciate the personal investment of all of our donors. Now there may be a simple way to double the impact your gift makes.

Does your employer match charitable contributions? If so, then by completing a simple form you can double your Friends of Scouting contribution, giving even more young people the opportunity to benefit from Scouting.

Workplace giving campaigns allow a donor to make a contribution to the charity of their choice. This can be done as a one-time donation, re-occurring payroll deductions, matching gifts or volunteer hours.

Some companies also make financial contributions based on the time you give as a volunteer. This means that for each hour you volunteer, your employer could donate money to the Scouts!

Listed below are some local companies who currently support NCAC through employee matching gift or volunteer hour programs. If you do not see your employer listed here, please ask if they participate in workplace giving programs; check with your human resources department or contact us at

WorkplaceGiving@Scouting.org

- | | | |
|------------------------|-------------------------------|-----------------------------------|
| • 3M | • Deloitte | • Microsoft |
| • Airbus Group | • Dominion | • Morgan Stanley |
| • AT&T | • ExxonMobil | • Northrop Grumman |
| • BAE Systems | • Fannie Mae | • PepsiCo |
| • Ball Corporation | • Fidelity Charitable | • Schwab Charitable |
| • Bank of America | • FINRA | • Scitor |
| • Batelle | • Freddie Mac | • State Farm Companies Foundation |
| • Boeing | • GannettMatch | • SunTrust |
| • Booz Allen Hamilton | • GE Foundation | • Target |
| • BP | • Geico | • The Boeing Company |
| • Capital One | • General Dynamics | • United Airlines |
| • CenturyLink | • Honeywell | • UPS |
| • Citigroup | • IBM | • Verizon Foundation |
| • Clark Construction | • International Monetary Fund | • Wells Fargo |
| • Constellation Energy | • Lockheed Martin | • World Bank |
| • Costco Wholesale | • Marriott | |
| • Dell | | |

Calling All New BSA Lifeguards



If you or a member of your unit completed BSA Lifeguard, Swimming and Water Rescue, Paddle Craft Safety, or BSA Lifeguard Counselor courses at camp this summer, please send a note to Mike Meenehan (mmmeenehan@cox.net) so we can ensure that the NCAC Aquatics Committee has documented your achievements. This is especially critical if you completed them outside NCAC.

New Tools in Guide to Safe Scouting

Checklists and Reporting Requirements



Keeping Scouts safe is a key responsibility of any Scouter, and Safe scouting requires we understand and manage the risks involved in our activities.

Scouter Walter Underwood has posted an excellent overview of recent changes to the Guide to Safe Scouting that includes:

- A Campout Safety Checklist (PDF),
www.scouting.org/filestore/HealthSafety/pdf/campout_checklist.pdf
- Event Safety Checklist (PDF),
www.scouting.org/filestore/HealthSafety/pdf/event_checklist.pdf
- Incident Information Report (fillable PDF),
www.scouting.org/filestore/pdf/680-016_fillable.pdf
- and Near Miss Incident Information Report (fillable PDF),
www.scouting.org/filestore/pdf/680-017_fillable.pdf

Every Scouter should review the Guide to Safe Scouting and be familiar with the key concepts of maintaining a safe environment. Scouters hold a sacred trust to do all in their power to maintain a safe environment for adventure. It's not only possible, it's essential. We should all take the time to study these resources and learn how to apply them.

United States Patent and Trademark Expo This Fall



The United States Patent and Trademark Office (USPTO) will host the expo on Friday, October 17, from 10 a.m. to 5 p.m., and Saturday October 18, from 10 a.m. to 4 p.m. at the USPTO's headquarters in Alexandria (600 Dulany Street, Alexandria VA 22314).

The Expo is a free, family-friendly event designed to educate the public about trademarks which includes:

- Educational workshops and activities for children and adults
- Numerous exhibits featuring trademarks
- Display comparing counterfeit goods with authentic goods
- Customized characters and inflatables featuring trademarks
- Trademark activity guides
- Small giveaways featuring trademarks

At Children's workshops, there will be games, quizzes, and fun and informative presentations about what trademarks are, why trademarks matter, and what it means to "register" a trademark. Adult seminars include Trademarks 101, Counterfeiting and Piracy – Why Buy "Legit"?, and Trademark Basics: What Every Small Business Should Know. The workshops and seminars will run once an hour on Friday and Saturday.

Boy Scouts are welcome! If there are questions contact Chrisie.King@uspto.gov. More information is also available on the USPTO's website at www.NCACBSA.org/USPTO

BSA Asks Scout Units to Stop Using Phrase 'Fun With a Purpose'



The Boy Scouts of America protects its brand and trademarks. We wouldn't let a company use our red, white and blue fleur-de-lis or the phrase "Prepared. For Life." without permission. In that same vein, we should respect the rights of others to protect their trademarks.

That's why the BSA is asking for help from packs, troops and crews to stop using the phrase "Fun With a Purpose" and remove it from promotional materials and unit websites. The phrase, often used with Cub Scout-related activities, is a registered trademark owned by the publishers of the popular *Highlights* children's magazine.

Don't worry. Your unit isn't in trouble or getting sued; the BSA doesn't expect any legal action from *Highlights*. In fact, the BSA and the *Highlights* publishing company are working cooperatively on this effort.

But there are a few simple steps you should take to respect the *Highlights* company's protected trademarks. Here are six do's and don'ts you should share with your fellow adult leaders:

1. **DO delete all instances of the phrase from your unit website.** This includes uses of the phrase in text as well as graphics.
2. **DO use a different phrase in the future.** Find a different phrase to promote your activities from now on.
3. **DON'T simply use a similar phrase.** You cannot use a similar phrase, like "Fun and Purpose" or "Fun Has a Purpose." It needs to be distinctively different, not just a variation.
4. **DON'T worry about materials already printed or distributed.** In order to avoid waste, you don't need to destroy hard-copy materials already printed. And you don't need to collect copies already distributed. Just use a different phrase going forward.
5. **DO notify the BSA if you're contacted by *Highlights*.** If *Highlights* contacts you directly, be courteous and respectful (in the spirit of the Scout Law). Then notify the BSA of any communication you receive. Call the Member Care team at 972-580-2489.
6. **DO find other marketing ideas from the BSA.** You can't use "Fun With a Purpose" anymore, but you can find tons of great marketing materials at the BSA's Marketing Toolbox:

www.scouting.org/scoutsource/Marketing.aspx

Scuba Diving Training Scholarships



The Professional Association of Dive Instructors (PADI) has a scholarship program that awards various levels of grants to individual Scouts/Venturers Troops/Venture Crews for PADI diver training courses. The scholarship applications must be submitted to BSA National Office no later than December 31, 2014. The forms are available at www.NCACBSA.org/PADI.

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

Cub/Webelos STEM NOVA Award - Geology



When: Nov. 22-23, 2014, Sessions begin at 10 AM
Where: George Mason University, The HUB / 3rd floor classrooms
 Po River Lane and Nottoway River Lane
 Fairfax, Virginia 22030

Cubs can earn their Cub Scout Geology Belt Loop or Webelos their Geology Academic Pin. All can work on their STEM NOVA Science Everywhere Award. As part of meeting the STEM NOVA Award requirements, this event will include guided tours of the GMU Geology and Paleontology labs.

This STEM Program consists of 3 hour sessions, starting every ½ hour, Saturday 10am to 3pm and Sunday 10am to 1pm.

Class sizes are limited to 16 Cub Scouts per session (to see the sessions go to www.ncacbsa.org/events/Sessions.aspx?id=491166), and four Adult Den Walkers. You must register accordingly (one Den walker for every four Scouts).

There is a \$5 Fee per Cub Scout. Adult Den walkers are free. Pre-registration is required and may be done online at www.ncacbsa.org/events/event_details.asp?id=491166.

This event is open to Cubs/Webelos. It is not open to Tigers, as they may not earn the STEM NOVA Awards.

Contact: Tony Petruzzi
 Abpetruzzi@verizon.net
 Phone: 703-577-7037

Why Every Scout Unit Needs A STEM Coordinator



Serious about STEM? Then you need a Unit STEM Coordinator. This adult position is the point of contact for all Scouts in the pack, troop or crew to help promote and deliver STEM programs in the unit.

STEM stands for science, technology, engineering and math. And it's important.

The U.S. Department of Commerce says STEM occupations are projected to grow by 17 percent from 2008 to 2018, compared to 9.8 percent growth for non-STEM occupations. Empowering an adult volunteer to serve as Unit STEM Coordinator will help your Scouts develop skills that could one day land them high-paying, exciting jobs in fields that are actually hiring.

So a STEM Coordinator is important, but are you the man or woman for the job? The Unit STEM Coordinator must be registered as a member of the unit committee and must be current in Youth Protection training. The coordinator need not be a STEM expert, although comfort with STEM material would be helpful.

For more information about being a STEM coordinator look at the following article: <http://blog.scoutingmagazine.org/2014/09/23/stem-coordinator/>

Did You Know There Are Two Editions of *Boys' Life* Each Month?



Here's a little behind-the-scenes *Boys' Life* info you may not know: The magazine is available in two different versions. Your Scout automatically gets the one that's right for him, and it's easy to tell which is which.

First, though: What are the versions?

The **Cub Scout edition** has content tailored to younger readers, including fun, age-appropriate puzzles, mazes, comics and games.

The **Boy Scout edition** has high-adventure stories, merit badge tips and content better suited for older boys.

There's overlapping content, too, including select feature stories and popular sections like Scouts in Action, Think & Grin and Pedro's Hitchin' Rack.

Here's some more stuff you might not know about the two editions:

Boys' Life knows which one your boy needs. Scouts automatically get the edition that's right for them — no action is necessary on your part. Boys' Life knows the Scout's age from his registration form, and that info is used to make sure he gets the right version.

There's an easy way to tell which one you're looking at, you'll probably spot quite a few differences, but pay particular attention to the top-right corner of the contents page. You'll see an illustration of a Cub Scout holding up the Cub Scout sign (as seen on the right).



That little guy is in every issue of *Boys' Life's* Cub Scout edition. Flip to the contents page, look for the Cub Scout and you'll know which version you're holding.

Why two versions?

This allows the magazine to tailor program-related content to the appropriate audience. Cub Scout content for Cub Scouts; Boy Scout content for Boy Scouts.

But *Boys' Life* includes way more than just Scouting stories. The magazine covers everything boys are interested in, all while upholding Scouting's values. Take movies for example. Say there's a movie Scouts are sure to love, but it's rated PG-13. *Boys' Life* would cover that movie in its Boy Scout version but not its Cub Scout version. That same strategy applies to books, games and toys.



Are you a Wood Badger?

Some people have great difficulty in determining if they are a Wood Badger, the following should help.

- If instead of a night out with the boys, you prefer a night out with the "Bears" or "Owls" or "Beavers"...You Might Be A Wood Badger!
- If the fountain at your wedding had bug juice...You Might Be A Wood Badger!
- If you decided to lash together the new deck on the back of your house...You Might Be A Wood Badger!

Sending #X Before You Drive Could Save a Life, Maybe Even Your Own



Scouts and Scouters love great conversations. We love the in-person ones: sitting around the campfire or sharing ideas at roundtables. We love the virtual ones: exchanging stories and thoughts via email or text message, on Instagram or Facebook. Those digital conversations don't have to *end* when you're driving, but they do need to *pause*.

And now AT&T, whose "It Can Wait" campaign (www.itcanwait.com/all) started the effort to end texting and driving, has created an ingenious, simple way to pause those precious conversations without offending the other person.

Use **#X** to put your handheld life on hold until you reach your destination. Two simple characters could make all the difference. If you send a friend, family member or fellow Scouter **#X** (pronounced "hashtag X") via text or email, you're letting them know you won't be responding for a bit. If you post **#X** on Twitter or Facebook, you're telling the world you're making the right choice and putting your phone down to just drive.

No text is worth a life, not even one.

Ways to remind yourself and others

- Make a conversation about #X the topic of a future Scoutmaster's minute. Or have your senior patrol leader or another driving-age Scout give his personal story about how — and why — he avoids texting while driving.
- Hold a car wash with your troop or crew, and make #X the focus of the event. After all, with a car wash you're exclusively reaching members of the target audience.
- Make fun, creative #X signs with your Venturers or Scouts to put in front of their houses or your unit meeting place to spread the word that texting and driving don't mix.
- Draw #X in dust on your car window (sure beats the played-out "Wash Me").
- Use a sticky label or tape on car keys, a key fob or a steering wheel to make a #X that reminds you (or your teenage drivers) to use #X before driving.
- Change your phone's wallpaper to feature the #X for a reminder you'll see at the right time.
- Create a calendar where you put an X over each day you don't text and drive. It's a fun way for kids/Scouts who aren't yet of driving age to participate and see that Mom and Dad are avoiding the habit.

Resources for you

- Download this #X toolkit (PDF) from AT&T for more great ideas, <http://blog.scoutingmagazine.org/wp-content/uploads/sites/2/2014/09/ATT-X-It-Can-Wait-toolkit.pdf>
- Visit AT&T's "It Can Wait" website for videos, celebrity testimonials and to take the "It Can Wait" pledge.
- Incorporate #X and "It Can Wait" into your Traffic Safety merit badge instruction.
- The Transportation section of the BSA's *Guide to Safe Scouting* includes important safety tips to remember when driving Scouts around.

How to Build an Emergency Kit and Have What You Need



As we all know, emergencies come with little to no warning, so it's important to be ready to evacuate or shelter in place at a moment's notice. When disaster strikes, it's important to have your supplies already prepared. Even ordinary thunderstorms and winter storms—fairly common occurrences—may not be catastrophic, but can have devastating short-term impacts, such as loss of electricity or water for several days. Having a disaster supply kit can mitigate the impact of large and smaller-scale emergencies.

Getting the motivation to prepare an emergency kit may be a challenge when you are not faced with immediate danger. However, building an emergency kit could potentially save the lives of you and your family. Much like developing a family emergency plan, building an emergency kit can be a simple task if you know where to start.

FEMA's Ready.gov website provides a basic list of emergency supplies you can use to build kits (www.ready.gov/kit) to keep in your home, car, and office. Some of these supplies include:

- ☐ Water
- ☐ Non-perishable food
- ☐ Flashlight
- ☐ Batteries
- ☐ First aid kit
- ☐ Pliers
- ☐ Local maps

Before you begin building your kit, review your family emergency plan. Take those same questions you used to write your plan and apply them to developing your emergency kit list. When going through the list, look around for items you already have in your home and gather your supplies into a centralized location. Keep your list handy for when you are out on your shopping trips. You don't have to build your kit all at once.

You can also download and install the FEMA Mobile App (www.fema.gov/mobile-app) for your smartphone. This app contains emergency preparedness information, family communication plan templates, and an interactive emergency kit list. This interactive list allows you to check off the items you already have in your kit and add items to the list you and your family may need that are not on the basic list.

Once you've completed your basic supplies kit, consider items that may be more unique to you and your family's needs. Some examples include:

- ☐ Prescription medications
- ☐ Extra eye glasses or contact lenses
- ☐ Infant formula and diapers
- ☐ Pet food

Retiring a Flag Without Burning It



Scouts and Scouters have a number of options for retiring worn-out American flags. Burning is the preferred method in the U.S. Flag Code (Section 176), but it's potentially hazardous to the environment. Unlike the cotton and wool flags made in the early 20th century, today's flags are made out of petroleum-based materials like nylon. Burning nylon is different from burning cotton or wool and can create hazardous gas.

One alternative is to recycle the flag. At the retirement ceremony, you can cut up your flag using an approved technique that doesn't cut through the blue star field. When a flag has been cut up, it is no longer officially a flag.

Here is one method:

1. Stretch out the corners of the flag.
2. Cut the flag in half, vertically — do not cut into the blue star field.
3. Place the two halves together and cut in half, horizontally.
4. You will have four pieces of flag, one being the blue star field and the other three red and white stripes.
5. Put the flag in a container and dispose of it properly.

Here's another similar approach: <http://usscouts.org/ceremony/flagret1.asp>

PRO: Doesn't introduce hazardous gases into the environment. Is safe enough for anyone who can use scissors, even Cub Scouts, to participate.

CON: Some might consider it less ceremonial. You still have to throw the flag away (though after it's cut up it's no longer a flag).

BSA recently updated its guidelines to read: "We simply need to ask ourselves if the manner in which we are retiring (destroying) the flag is dignified. If the answer is yes, then that method is perfectly acceptable."

Report your Unit's Service Hours and Achieve JTE Points



Scouting was founded on the premise of doing a Good Turn daily. Community service is very important in the character-building process and, as Scouts, we have made the commitment to give back to our communities. National BSA has provided a website to make it easy for us to report and keep track of Service Projects we perform in our local communities and council.

Completion of a certain number of service hours is a requirement for your unit's Journey to Excellence score. This website will help to keep track of service projects and hours spent executing them. Setting up your unit's Profile on the Service Hours website is simple. Just follow the three steps shown below!

To sign up, you will need to know your 4-digit Unit Number (use zeros to make up digits if needed. Example: Troop 98 would use Troop 0098) as well as your Unit ID#, (This is the same # you use for online advancement) If you don't have this, you can get it from your District Executive.

For additional help setting up your unit's profile, visit

<https://servicehours.scouting.org/includes/files/popHelp.htm>

For additional information and Service Project examples, visit:

http://www.scouting.org/sitecore/content/Home/Awards/JourneyToExcellence/unit_tips.aspx

V3 Hike-o-ree Online Registration



The 25th Annual V3 (Venturing, Varsity, and Venture) Hike-o-ree will be held on, November 7-9, 2014, 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 is 13 years old as of January 1, 2015. 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 17, 2014. All registration will be done on the Council Web Site www.ncacbsa.org/event/hikeoree. After you sign up for a hike and pay your deposit you will be sent a confirmation email and the advisors 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 24. 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 \$16.00 per person (\$18.00 for extra extra large shirts).

For additional information contact: Bob Austin, (703) 425-9675(H) or (703) 244-5415(C) email at Bob.austin@verizon.net

A Post-Campout Checklist Every Scout or Venturer Needs



It's Sunday night after a fun but exhausting weekend of camping. But before your Scout or Venturer collapses on the couch with a book, favorite show or videogame, hand them their post-campout checklist. You'll be glad to have everything put away properly and your Scout smelling good again. They'll be glad upon arrival at their next campout to find everything clean and ready for use.

By following the 10-step post-campout checklist below, your Scouts/Venturers can make the transition from Scouting on Sunday to school on Monday much easier.

1. **Dry your tent and gear.** Just say no to mold. Put your tent up to dry right away, preferably outside or in the garage. Do the same with your sleeping bag, rain jacket and anything else that might still be damp. Or don't, and risk finding out at the next troop or crew meeting that you left your gear rolled up in the back of a leader's hot car!
2. **Wash your clothes.** Don't take your backpack or bag to your room. Instead, head straight for the laundry room. Why? First, if there are any bugs in the clothes they get washed (killed). If you rubbed around in some poison ivy, this washes away the oil the plant deposited on the clothes.
3. **Put away food.** What do you do with leftover food from your patrol box? Hopefully the answer isn't to simply leave it in there. Gross.
4. **Take a shower.** Your clothes are getting cleaned, but what about you? That foul smell — yeah, it's probably you.
5. **Apply bite treatment,** if needed
6. **Care for those feet.** See peeling skin around your toes or the bottoms of your feet? That may be athlete's foot, especially if you were recently in a shower used by other Scouts. Find over-the-counter treatment for athlete's foot. This will keep the rest of your family from getting infected. Oh, and next time, remember those shower shoes!
7. **Watch for fleas and ticks.**
8. **Have a headache?** If you came home with a headache or you're overly tired, don't rush for the aspirin just yet. Instead, drink some water.
9. **Organize those advancement records.** Now that you're clean, it's time to make sure all that advancement work wasn't for naught. Record the campout in your Boy Scout Handbook, marking down how many nights you were camping.

Relax. At last, you're done. Everything is taken care of, and you can plop in front of your favorite game or the TV. But wait: Is your homework done?

Winter Camping Tips



Some tips to keep in mind when your troop takes on winter camping. For the full set go to www.boyscouttrail.com/library/wintercampingtips.asp

- Stay hydrated. It's easy to get dehydrated in the winter. Eat plenty of carbs.
- Bring extra food that doesn't need to be heated or cooked.
- Always eat hot meals (breakfast, lunch, & dinner.) Dutch ovens are the best – they keep the food hot longer. It doesn't need to be fancy DO cooking. Meals should be 1-pot meals to keep cleanup to a minimum. Don't get too fancy with the meals - it's hard to chop onions & carrots at -10°F with gloves on. Prep all meals at home in the warmth of the kitchen.
- Fill coffee/cook pots with water before bed. It's hard to pour frozen water, but easy to thaw it if it's already in the pot.
- COTTON KILLS! Do not bring cotton. Staying dry is the key to staying warm.
- Remember the 3 W's of layering - Wicking inside layer, Warmth middle layer(s) and Wind/Water outer layer. Wicking should be a polypropylene material as long underwear and also sock liner. Warmth layer(s) should be fleece or wool. The Wind/Water layer should be Gore-Tex or at least 60/40 nylon.
- Bring extra hand covering - mittens are warmer than gloves.
- Bring 2 changes of socks per day.
- Dress right while sleeping. Change into clean, dry clothes before bed. Your body makes moisture and your clothes hold it in - by changing into dry clothes you will stay warmer and it will help keep the inside of your sleeping bag dry. Wearing wool socks and long underwear (tops and bottoms) in the sleeping bag is OK.
- Put on tomorrow's t- shirt and underwear at bedtime. That way you won't be starting with everything cold next to your skin in the morning.
- Wear a stocking cap to bed, even if you have a mummy bag.
- Put tomorrow's clothes in your bag with you. This is especially important if you're small of stature. It can be pretty hard to warm up a big bag with a little body, the clothes cut down on that work.
- Put a couple of long-lasting hand warmers into your boots after you take them off. Your boots will dry out during the night.
- Eat a high-energy snack before bed, then brush your teeth. The extra fuel will help your body stay warm. Take a Snickers bar to bed and eat it if you wake up chilly in the night.
- Use a sleeping bag that is appropriate for the conditions.
- Use a sleeping bag liner. There are silk and fleece liners that go inside the sleeping bag. They will lower your sleeping bag's rating by up to 10 degrees. Or buy an inexpensive fleece throw or blanket and wrap yourself in it inside the sleeping bag.
- Don't burrow in - keep your mouth and nose outside the bag. Moisture from your breath collecting in your bag is a quick way to get real cold.
- Don't sleep directly on the ground. Get a closed cell foam pad to provide insulation between your sleeping bag and the ground. A foam pad cushions and insulates.
- A space blanket or silver lined tarp on the floor of the tent or under your sleeping bag will reflect your heat back to you.
- If in tents, leave the tent flaps/zippers vented a bit, it cuts down on interior frost.
- Drain your bladder before you go to bed. Having to go in the middle of the night when it is 5 degrees out chills your entire body. Drink all day, but stop one hour before bed.

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

On-Line Resource of the Month



Many of you may have noticed that a lot of the inspirational articles that appear on our newsletter's front page, and quite a few of our resource reviews, come from "Scoutmaster CG" (<http://scoutmastercg.com>). This is an excellent, unofficial Scouting blog done by Clarke Green, who has been a Scoutmaster since 1984. Besides his blog, his site includes podcasts, program ideas, Scout leader skills, an outdoor gear guide, book reviews, and much more.

Equipment / Gear

Placing the Groundcloth Inside the Tent



Old ideas die hard, and when it comes to camping, the hardest to die is that you should place a plastic groundcloth **UNDER** the floor of your tent. This is dead wrong, and akin to pitching the tent on a slab of concrete. Rainwater will flow between the impervious groundsheet and floor, pool there, and be pressure wicked by body weight into the sleeping compartment. And if any part of the groundcloth extends beyond the tent floor it essentially becomes a gutter that guarantees that there will be water underneath.

Most tent floor material is urethane coated nylon which begins to degrade every time you fold and roll the tent for storage or transport and friction against the ground will accelerate it. It begins to get microscopic cracks and pinholes. Pressure from your weight forces the water up through the (at one time) sealed floor and into the tent. It only takes a few pinholes to squirt a couple of gallons of water up into your sleeping bag.

Therefore the answer is simple: put the groundcloth inside! Be sure that the cloth is about 4 to 6 inches bigger on each edge so that it rises above the wall and floor seam. When it rains, so what if the tent floor gets wet. As long as there are no holes in the ground cloth you stay high and dry.

The idea to put the groundcloth under the tent started in the 1950's when few tents had floors. If you've ever pitched a floorless tent you know it isn't easy. Squaring the perimeter means moving and re-setting stakes. Campers didn't have the patience for this, so tent makers sewed in floors to make tents easier to pitch, not to keep out water. But any ground water that gets inside a floored tent stays there.

Also contrary to popular belief, a layer of plastic under your tent will not discourage tears or holes in the tent floor. Why? Because most holes develop like a "green stick break". Explanation: When you bend a green stick it compresses on the bottom and elongates on top. The break first occurs on the elongation (top) side. The waterproof coating is on the **INSIDE** of your tent floor. As a sharp stick begins to force its way upward through the coated nylon floor, the undersurface (non-coated side) of the nylon compresses and the upper surface (coated side) elongates. When the elongation becomes large enough, the top coating breaks and the stick pokes through the floor. To prevent this, beef up the elongation surface (top surface), not the compression side. An interior groundcloth does exactly that.

How to Pack a Backpack



When it comes to experiencing the outdoors, nothing beats backpacking. But carrying around all that gear on a trail isn't easy. Here a video from *Boy's Life* on some ways you can make it easier by packing the right way:

<http://boyslife.org/video-audio/136868/how-to-pack-a-backpack>

Are There Restrictions on Ax Sizes in Scouting?



The question

I have been told for years that Boy Scouts are only allowed to use three-quarters-size or boys' size ax. Is this true? I have searched and searched but cannot find any reference to ax-size restrictions.

The answer

Richard Bourlon, the BSA's health and safety czar, offers this response:

If we go back into the Fieldbooks of the 1940s and 1950s, we find that we recommended a hand ax and a smaller-size felling ax. Those are probable sources for the folklore that we "only allow" such things.

These days, though, choosing the right equipment for the job at hand is the best answer we could give. In a perfect world, you'd fit the tool to the job and the youth.

In most cases with youth, a hand ax and/or a smaller felling ax would most likely fit the bill.

I think we need more common sense and qualified supervision instead of going back to blanket statements like "we only allow," in our program.

The Boy Scout Handbook (12th edition, Pages 406 to 409) addresses safe ax use. Read that to refresh yourself.

In the end, though, we don't specify a maximum length or size.

What about knife length?

There is no limit on knife length just like there's no limit on ax length. Instead, remember Bourlon's mention of "common sense and qualified supervision."

The *Guide to Safe Scouting* states that knives are part of the program, but that long sheath knives should be avoided. (But even then, there is no statement that they're "banned"). However, state, localities and schools may have laws or rules concerning knives. The 3" length and non-locking rule that most people cite as BSA regulation is actually an Army policy for troops on military installations.

High Efficiency Wood Burning Stoves



High efficiency wood burning stoves have been around for many years but there's been a renaissance in wood burning stove technology over the past decade or so. This renaissance has its roots in engineering simple technology that can be used to conserve wood fuel in the developing world.

Half of the world's households and 80 percent of rural households in developing countries cook with solid fuels like wood, coal, crop residues and dung. Many of these households use traditional open fires or simple stoves that release smoke into the dwelling and do not make efficient use of the fuel.

With high efficiency stoves the key element is "gasification" or the creation of a secondary combustion zone that burns the gasses in wood smoke. This greatly increases efficiency and reduces. While earlier versions of these were often very heavy there are now backpacking versions.

The Case for Wood Burning Stoves

The advantages of Scouts using wood burning stoves over propane stoves or open campfires are many:

- Learning and using the skills of building, maintaining and cooking over a wood fire.
- Reducing environmental impact to nearly zero (wood fires are carbon neutral and very little fuel is required).
- No disposable propane cylinders eliminating the cost and the significant environmental impact associated with using them. Disposing of these cylinders are also a growing problem for parks and wilderness areas. As Scouts we really do have to consider the environmental impact of the propane cylinder itself. The energy embodied in the production and transportation of the cylinder (let alone the extraction, refinement and impact of the gas the fills the cylinder) make it an environmentally poor choice.

Cooking using a wood burning stove is faster than an open campfire, and a bit longer in comparison to a propane stove. A few extra minutes is an acceptable trade-off for the advantages gained. A good wood burning stove costs as much or more than a propane stove but that expense is offset by the savings on fuel and disposable cylinders.

Books

Top 5 Best Buys on Geocaching Guides



1. Complete Idiot's Guide to Geocaching

The *Complete Idiot's Guide to Geocaching* was written by GPS expert Jack Peters and may be the most recommended book for beginning geocachers. Peters is also an editor for Geocaching.com, a website that has cultivated THE perfect geocache niche and become the best and most used geocaching site on the Web. From www.Geocaching.com: "The *Complete Idiot's Guide® to Geocaching* is a comprehensive, yet entertaining and easy-to-understand book for getting started and having fun with geocaching."

2. Geocaching: Hike and Seek with Your GPS (English)

Geocaching: Hike and Seek with Your GPS by experienced geocacher Erik Sherman is a big 224 page book that offers both information on the technology and some very interesting "tips" and "tricks" when hunting and hiding the cache. Hike and Seek overviews the sport and the technology, describes various cache types and gives great advice when "On the Hunt" and "In Hiding" the geocache. Although the book is about geocaching Sherman weaves his outdoor experiences into fun stories.

3. Geocaching for Dummies

The "Dummies" series of books are always loaded with good information on every subject they take on. Geocaching is no exception. Joel McNamara's 231 page guide on Geocaching follows the "Dummies" format and gets you all the necessary technical GPS information in easily digestible chapters. He uses a lighthearted but not lightweight approach to even the most complex parts of Geocaching and reinforces it with lists and cheat sheets.

4. Essential Guide to Geocaching (English)

The *Essential Guide To Geocaching: Tracking Treasure With Your GPS* is a book written by professional cartographer and geographer Mike Dyer. Dyer's book provides a great start for the geocache beginner with a broad overview of the sport, but the book also has much material included to educate even the expert geocacher. The book features easy step-by-step checklists, a glossary of terms, and a resource listing of GPS manufacturers and geocache organizations.

5. The Geocaching Handbook (English)

Written by Layne Cameron, *The Geocaching™ Handbook* is a 128 page paperback written to serve as a complete introduction to Geocaching. The forward is actually written by Dave Ulmer, the inventor of the sport of Geocaching. As you would expect, *Geocaching Handbook* includes an introduction to GPS technology and receivers. Other chapters cover creating and maintaining caches, geo games, ethics and safety in the backwoods, available organizations, clubs and websites, and Cachinary 1.0.

Training Opportunities

Upcoming IOLS and OLSWL Training



Outdoor skills are critical to the success of any Scouting program. Introduction to Outdoor Leader Skills (IOLS) provides Boy Scout leaders with the basic outdoor skills needed to start a program right and keep it going. IOLS is the **required** outdoor training for all Scoutmasters, Assistant Scoutmasters, and Varsity Scout coaches. The course is also ideal for Venturing leaders because it focuses on building confidence and competence in Leaders conducting outdoor camping experiences. Outdoor Leader Skills for Webelos Leaders (OLSWL) prepares the Webelos leader for the camping experience.

Prerequisites: Youth Protection Training, (available online at www.MyScouting.org).

Date/Location: Oct 25-26, Banshee Reeks (21085 The Woods Road, Leesburg, Virginia 20175) . It starts at 8 AM on Saturday. There is a \$40 fee for this class.

All Leaders should wear their Class A Scout Leader Uniform. Please bring a chair and a water bottle for class sessions. Also bring full camping gear for an overnight stay; camping overnight is part of the course. Meals will be provided. Please provide any dietary restrictions.

Please register by going to: http://ncacbsa.site-ym.com/events/event_details.asp?id=496182&group=114098

Basic Adult Leader Outdoor Orientation (BALOO)



BALOO is an outdoor skills training program for the Cub Scout Leader or Parent – no camping experience is required or assumed. BALOO training teaches Cub Scout Leaders and Parents the essential organizing, planning, camp craft, and outdoor safety skills to enable a Pack to go camping as a group.

BALOO training program topics include event planning, program ideas, campfire planning, equipment specifications and use, cooking and sanitation, safety and first aid. **BSA policy requires at least one leader with BALOO training on all Cub Scout pack overnights.**

When: Nov 1, 8AM to 4PM

Fee: \$20 per person (pay onsite). Includes foil dinner lunch, handout materials

Where: Lake Fairfax Park, 1400 Lake Fairfax Dr, Group Camping Area G-6, Reston, Virginia 20190

Please contact Roger Claff, reclaff@aol.com, if you plan to attend or for more information.

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 15, 2014. 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.

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?

Last year pre-registration was \$35.

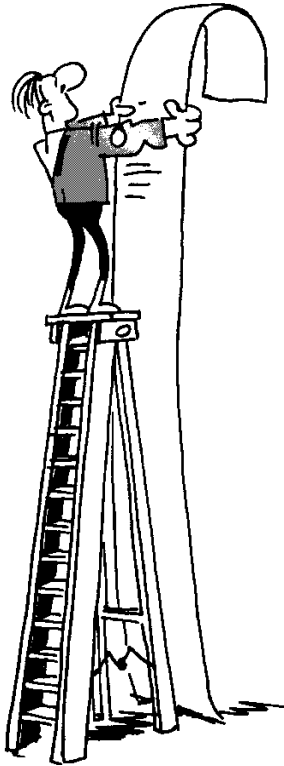
All courses have limited enrollment and many fill very quickly. Courses that reach maximum enrollment will not be available to be selected when you electronically pre-register or at walk-in registration. So register as soon as it is posted on this page!

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 spirit, and Cub Scout networking as you can take-in during the day!

For more Information: Contact Bill Mayo at NCAC.PowWow@gmail.com

District Calendar



October 2014

- 8 Roundtable
- 8 OA Chapter Meeting
- 8 Commissioner RT
- 9 **SFF Bag Pickup**
- 13 Columbus Day
- 14 **SFF Bag Pickup**
- 18 **Training – Life to Eagle**
- 18 **SFF Bag Pickup**
- 20 **SFF Bag Pickup**
- 22 District Committee
- 25-26 **Webelos-o-ree**
- 25-26 **Training – IOLS and OLSWL**
- 29 **SFF Bag Pickup**

November 2014

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

December 2014

- 10 Roundtable
- 10 OA Chapter Meeting
- 17 **Annual District Business Meeting**
- 22 Winter Break Starts

January 2015

- 2 Winter Break Ends
- 5 **Training – COR (Charter Organization Rep)**
- 14 Roundtable
- 14 OA Chapter Meeting
- 14 Commissioner RT
- 20 MLK Jr. Day
- 28 District Committee
- 26 Moveable School Holiday
- 30 **Freeze-o-ree**

February 2015

- 1 **Freeze-o-ree**
- 1 Scout Sunday
- 7 Scout Sabbath
- 11 Roundtable
- 11 OA Chapter Meeting
- 11 Commissioner RT
- 16 President's Day
- 25 District Committee

March 2015

- 5 **AOL Recognition Ceremony**
- 7 **District Pinewood Derby**
- 11 Roundtable
- 11 OA Chapter Meeting
- 11 Commissioner RT
- 25 **District Court of Honor**
- 30 Spring Break Starts

April 2015

- 3 Spring Break Ends
- 6 Student Holiday
- 8 Roundtable
- 8 OA Chapter Meeting
- 8 Commissioner RT
- 10-12 **Spring Camporee**
- 22 District Committee

May 2015

- 13 **Program Launch**
- 25 Memorial Day
- 27 District Committee

June 2015

- 6 **Soda Bottle Rocket Derby**
- 10 Roundtable
- 10 OA Chapter Meeting
- 10 Commissioner RT
- 16 Last Day of School
- 24 District Committee

July 2015

- 4 Independence Day

August 2015

- 12 Roundtable
- 12 OA Chapter Meeting
- 12 Commissioner RT
- 26 District Committee

September 2015

- 7 Labor Day
- 9 Roundtable
- 9 OA Chapter Meeting
- 9 Commissioner RT
- 23 District Committee