



Special Interest:

District

- Tiger Handbooks – pg 2

Advancement

- Animation Merit Badge – pg 7
- Interactive Digital Merit Badge Pamphlets – pg 8

Council/National

- 2015 Guide to Safe Scouting – pg 10
- National Jamboree – pg 11
- 2015 V3 Hike-o-ree – pg 16




Training

- IOLS and OLSWL – pg 28
- Powder Horn – pg 29
- Leadership Challenge – pg 30

Quick Calendar:

- June 6 – Soda Bottle Rocket Derby
- June 10 – Roundtable
- June 20 – Life to Eagle Seminar
- June 29 – Day Camp Starts
- Aug 12 - Roundtable

Newsletter Key:

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

Goose Creek District Newsletter



June 2015

Volume 6, Issue 11

From Bobwhite Blather, <http://bobwhiteblather.com/our-job-is-to-enable-success/>



Our Job is to Enable Success

I doubt there's anyone who hasn't felt frustration at how poorly or inefficiently our Scouts go about doing tasks at one point or another. We all know how to set up a tent – and could beat almost any Scout in a competition – how to cook in the outdoors, how to lead a meeting, plan an outing, pack a trailer or shop for groceries for a campout.

All too often, adults feel the need to take over some of these jobs so they'll be done "right".

But is that the point? Sure, we'd like to have a well-run troop meeting or a campsite set up neatly. But our role is not to ensure these things – our role is to support the Scouts in their efforts to learn how to do so.

This phenomenon isn't just for Scouting. Business leaders often fix up work done by their subordinates, rather than giving them the resources to do things right the first time. Business consultant Mike Figliuolo would call you an enabler

(www.thoughtleadersllc.com/2015/02/how-youre-an-enabler-of-your-teams-poor-performance/), for encouraging substandard performance from your team members. He says that the longer you go on fixing others' lousy work, the less motivated they'll be to do it right. Figliuolo encourages leaders to help their people learn the right way and to practice until their performance approaches the desired level.

We can do the same with our Scouts. Don't do things for them because you can do it better, but don't let them flounder either. Show them the skills – or encourage those youth leaders who know to show their fellow Scouts – and recognize them for improvement without expecting perfection.

They'll never have the advantage of many years of practice that you do, but with coaching and mentoring, their skills and confidence will improve – and your workload will shrink. Don't enable poor performance – enable success!.

The newsletter staff is taking the month of July off, the next district newsletter will be August 2015. Enjoy summer camp!

District News

District Website: www.NCACBSA.org/GooseCreek

New Cub Scout Advancement Requirements



It's now June 2015 and the new Cub Scout advancement program is now in effect!!! That means that **ALL** Cub Scouts must use the new requirements, with one exception. If your den is 2nd Year Webelos then you have the option of either changing over to the new requirements or finishing up the old Arrow of Light requirements. This decision should be made for the whole den and not for individual members of the den. This is also the only group that can continue to work on belt loops since some of them are needed to meet some of the old requirements. The Sports and Academic pins and belt loops can still be bought from the Scout Shops until June 2016. The Shops, however, will not be ordering any new ones so once their supply is gone, they are gone.

2015 Goose Creek Day and Twilight Camp



Day/Twilight Camp is coming up quick and hopefully everyone has gotten their registrations in. Here are some highly important notes from the Camp newsletter.

If you have registered your Scouts then you want to now be focusing on paperwork. Please get the needed forms to Sara Phillips – for every boy and adult walker: BSA Medical Part A and B only, Shooting Release Form (Boy only.) **Deadline for submitting the paperwork is June 15th.**

Sara Phillips
chicagogirl73@hotmail.com
 43107 Sherbrooke Terrace
 Leesburg, VA 20176
 Phone: 703-777-4720 (h), 718-233-0400 (f)

There will be Walking Den Leaders (WDL) training on Sunday, June 28th, from 4pm to 6pm. Location is Loudoun Fairgrounds where we'll be holding camp. This is for Day and Twilight Camp. Please be sure to attend as this is where we will go over lots of important information about how Day/Twilight Camp is run (structure, safety, hazardous weather, etc.)

If we have all your paperwork submitted by the training day, you'll get your Pack's t-shirts and water bottles after the training. Impress upon your WDL's to take the online Youth Protection Training (YPT.) It's available on <http://myscouting.org>. You don't have to be a registered leader to take it. It's only takes 20 minutes, but well worth it.

New Tiger? Free Tiger Handbook!



All new Tigers will receive a free copy of the new Tiger Handbook! Your completed and signed (by parent and Cubmaster) applications must be turned into our District Director, Peggy Durbin, within the month of June. There is a limit of one per Scout and you will receive a gift card in the mail that can be redeemed at one of the Council's Scout Shops (Bethesda and Springfield).

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

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

Civil War Reenactment



On April 17-19th, Troop 1154 joined troops from all over Virginia, New York, Massachusetts, West Virginia and cadets from the Virginia Military Institute for a Civil War reenactment at New Market Civil War Battlefield Park. Troops paraded and participated in the Civil War reenactment of the Battle of New Market. On Saturday night, there were several religious services offered to scouts and many sang Civil War hymns.

There were about two thousand scouts in attendance which were about the same number of Civil War soldiers at the battle of New Market. The historic battle of New Market took place on Sunday morning May 15, 1864. If you are interested in learning more about the battle of New Market, you can visit the Virginia Military Institute's website on the subject at the following link:

www.vmi.edu/vmcw/10737428737/.



Magic: The Gathering Tournament®



Troop 966 is hosting a *Magic: The Gathering*® (also known as MTG or simply Magic) tournament. This is a trading card game where each game represents a battle between wizards known as "planeswalkers", who employ spells, artifacts, and creatures depicted on individual Magic cards to defeat their opponents. For more information about this game and how it is played go to

http://en.wikipedia.org/wiki/Magic:_The_Gathering.

When & When: Sunday, June 14, 1:00 - 5:00 PM
Sterling Ruritan Club, 183 Ruritan Road, Sterling, VA

Registration:

- \$10 for preregistration at www.surveymonkey.com/s/9TTRRJ7 (includes 3 booster packs and 1 raffle ticket)
- \$15 at the door

First 30 registrants get Magic Promo-cards. Pizza and drinks will be on sale during the event.

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Scouts Earned Welding Merit Badge



This past spring break, some Goose Creek District scouts earned their Welding Merit Badge thanks to the Iron Workers Local #5 in Upper Marlboro, Maryland. Scouts got to try their hand at stick welding and learn about safety and knots used in welding and construction work. Each scout went home with a piece of steel art they welded themselves with their initials on it.



Dulles Little League Challengers Division



A fun way to earn your Disability Awareness Merit Badge is to volunteer to coach baseball with the Dulles Little League Challengers Division. The Dulles Little League Challengers Division is a program that gives intellectually and/or physically challenged boys and girls the full benefits of playing baseball. They play in an environment that is structured to their abilities. Boy Scouts can volunteer to help cheer them, run along side them to each base or help them practice swinging the bat on the sidelines. It is a great way to learn how to be a great sports coach with some great people! To volunteer contact Wendy Melcher at challenger.division.dll@gmail.com. To find out more about this league, visit: <http://dulleslittleleague.org/Page.asp?n=32771&org=dulleslittleleague>

A Troop 1154 Boy Scout (Ashburn, VA) with some players on the Grasshoppers Team with the Dulles Little League Challengers Division.





“Cheerful Service Chatter”

Chapter News for our Arrowmen
Lodge Website: www.ncacbsa.org/group/OA

ArrowTour



ArrowTour is an interactive event for Scouts, volunteers, and Scouting alumni that will travel throughout the country during the summer of. The tour will make a stop on July 26th at Camp Snyder, Haymarket.

The purpose of the tour is to commemorate the Order of the Arrow's 100th anniversary. During the event, participants will have the opportunity to learn about the Order of the Arrow, its story, and its future. Some of the program highlights include interactive exhibits, activities such as silk-screening and branding, and challenge games. Participants will have a chance to meet some of the Order's national leaders, and alumni can learn about the Scouting Alumni Association and local alumni efforts to supporting Scouting in our area. An exclusive ArrowTour Trading Post will carry ArrowTour and OA centennial merchandise.

The program will conclude with a special show that recognizes the Order's rich history and empowers participants to help shape the organization's future. The Order of the Arrow is creating a truly unique and interactive experience for all Scouts, volunteers, and Scouting alumni.

You can find more information about the ArrowTour routes and program on the web at <http://arrowtour.aa-bsa.org>. You can also keep up with the tour as it makes its way around the country by following @ArrowTour on Twitter.

“Onward and Upward”

On the Advancement Trail

New Eagles



Congratulations to Goose Creek's newest Eagles:

Nicholas P Carr – Troop 950

Tyler W Daily – Troop 982

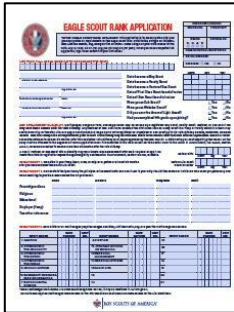
Joel Edward Eager – Troop 39

Benjamin Jozef Kurzyna – Troop 163

Derek Rothrock – Troop 2970

Grant Curtis Vazin – Troop 2970

Date Became a Boy Scout on Eagle Application


 The image shows a form titled "EAGLE SCOUT RANK APPLICATION". It contains various fields for personal information, unit details, and a section for "Date Became a Boy Scout". The form is a standard application for the Eagle Scout rank, with multiple sections for signatures and dates.

One of the first fields to fill in on the Eagle Scout Rank Application, and the hardest to remember, is the date the Scout became a Boy Scout. This is the date that the parent signed the application to join the troop, not the day they got the Scout badge. Some troop membership/advancement chairs keep the application on file for as long as the Scout is a member of the unit.

The date found in ScoutNet for this is rarely correct because that is the date the registrar posts the membership which is often days, weeks, or months after the parent signed the application.

Why is this date important? Because anything the Scout earned before the reported date, and yes Scouts can earn merit badges as soon as they join and before they get their Scout badge, is considered invalid.

Venturer Summit Award Process



Processing the Summit Award is much like the Eagle Scout application. Records must first be verified by Council and then the Board of Review can be scheduled. To avoid any delays, the unit should ensure that all awards have been entered for the Venturer (except Summit) and that the application has been submitted to Council for verification prior to the Board of Review.

Guide to Advancement 2015: Section 4.3.4.0

"...At the council service center the application is checked against council records.....The board is scheduled only after the council verified application is received."

The Board of Review must also be chaired by a District representative. Until the District's Advancement committee finishes reorganizing/training to meet this requirement please contact the committee chair, Alan Steiner

Alan.Steiner@GooseCreekDistrict.org, for Board of Review requests.

Teaching the New Digital Technology Merit Badge



At first blush, you might think today's Scouts would need a technology merit badge as much as a merit badge for eating. After all, they're digital natives who can't remember a time without laptops, smartphones and GPS devices.

Yet the new Digital Technology merit badge does more than teach Scouts something they already know or give them credit for what they've already done. Instead, the badge — which replaced the Computers merit badge at the end of 2014 — adds context to the technology they use every day and helps them become safe and smart users of all sorts of digital devices.

To learn more about the Digital Technology merit badge and how you can teach it effectively (or finding people to be a counselor for it), check out this *Scouting* magazine article: <http://scoutingmagazine.org/2015/01/teaching-the-new-digital-technology-merit-badge/>

Animation Merit Badge Requirements Released



Pick up your pencils, Scouts, because the Animation merit badge is finally here. Drawing from the wisdom of animators who have worked at Disney, Dreamworks and EA Sports, the BSA has created a merit badge sure to please any young man with an interest in making art come to life.

Requirements were released in May, officially making the Animation MB the BSA's 136th current merit badge.

The patch design shows an animator's disk — a light table used to create hand-drawn two-dimensional animations. On it is a bouncing blue ball that conveys motion — a key part of animation. Drawing a bouncing ball is typically among the first projects a student must master when learning to become an animator.

Animation merit badge requirements

1. General knowledge. Do the following:
 - a. In your own words, describe to your counselor what animation is.
 - b. Discuss with your counselor a brief history of animation.
2. Principles of animation. Choose five of the following 12 principles of animation, and discuss how each one makes an animation appear more believable: squash and stretch, anticipation, staging, straightahead action and pose to pose, follow through and overlapping action, slow in and slow out, arcs, secondary action, timing, exaggeration, solid drawing, appeal.
3. Projects. With your counselor's approval, choose two animation techniques and do the following for each:
 - a. Plan your animation using thumbnail sketches and/or layout drawings.
 - b. Create the animation.
 - c. Share your animations with your counselor. Explain how you created each one, and discuss any improvements that could be made.
4. Animation in our world. Do the following:
 - a. Tour an animation studio or a business where animation is used, either in person, via video, or via the Internet. Share what you have learned with your counselor.
 - b. Discuss with your counselor how animation might be used in the future to make your life more enjoyable and productive.

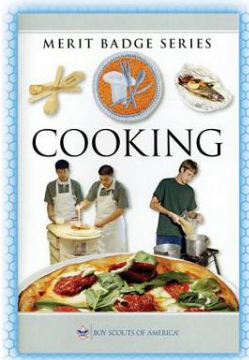
Careers. Learn about three career opportunities in animation. Pick one and find out about the education, training, and experience required for this profession. Discuss your findings with your counselor. Explain why this profession might interest you.



Murphy's Laws of Camping

- All foods assume a uniform taste, texture, and color when freeze-dried.
- Rain. ('nuff said).
- You will lose the little toothpick in your Swiss Army knife as soon as you open the box.
- Bears (see Rain).

Rollout of Interactive Digital Merit Badge Pamphlets Begins



The Boy Scouts of America just released its first wave of interactive digital merit badge pamphlets, and they're insanely cool.

Starting now, Boy Scouts (and troop leaders and merit badge counselors) can download digital versions of the pamphlets for Cooking, First Aid, Animation and Robotics merit badges. More are coming soon (see the list below).

These digital pamphlets are the same price as their print siblings (\$4.99), but you get so much more for your money. In addition to everything in the paper versions, Scouts who use the digital versions get:

- **Videos**, including "how-to" clips, career bios, virtual tours and multimedia experiences
- **Search**, so you can find what you need quickly
- **Simulations**, animations, photo slideshows and graphics
- **Interactive Q&A's**

These are the first four, out now:

- Animation
- Cooking
- First Aid
- Robotics

The next wave of four should be out in July:

- Communications
- Digital Technology
- Family Life
- Personal Fitness

Then the next wave should debut in September:

- Camping
- Cycling
- Hiking
- Swimming

How do you purchase them? See this step by step guide at

<http://blog.scoutingmagazine.org/2015/05/23/step-by-step-how-to-buy-interactive-digital-merit-badge-pamphlets/>

Starting the Eagle Application the Day After the Life Board of Review



A suggestion from Council, from the person who validates all of the Eagle Scout Rank Applications (ESRA), is that as soon as a Scout passes the Life Board of Review that he be congratulated and then handed an ESRA to start filling out. While a lot of the information is still unknown have him fill in as much as possible and return it to the unit advancement process to perform a records audit.

As he earns more merit badges they can be added to the ESRA (please place all elective badges in chronological order). By the time he is ready for the Eagle Board of Review his application will be complete, and more importantly, accurate.

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New Cub Scout and Boy Scout Requirements Explore Duty to God

From *Scouting* magazine, <http://scoutingmagazine.org/2015/02/new-requirements-explore-duty-to-god/>



Doing one's duty to God is central to Scouting. The Scout Oath begins with duty to God; the Scout Law ends with reverence. As Scouting founder Robert Baden-Powell said, "There is no religious 'side' of the movement. The whole of it is based on religion, that is, on the realization and service of God."

In implementing the 2011-2015 National Council Strategic Plan, the BSA incorporated duty-to-God adventures in the revised Cub Scout program and tweaked the Boy Scout requirements to reflect duty to God. These changes will give Scout leaders an avenue to help Scouts better understand and live out duty to God in their lives.

How does the new Cub Scout program reflect duty to God? The new program, which begins with the 2015-16 program year, is built around required and elective adventures. Each rank includes a required duty-to-God adventure.

What activities are involved in these adventures? Depending on rank, boys will participate in worship experiences and service projects, visit religious sites, learn about religious practices and study people in history who have shown great faith in God. You can find the complete requirements at www.scouting.org/programupdates.

Are interfaith activities included in the Cub Scout adventures? That's up to the boy's family. For example, one of the Tiger requirements has a boy participate in a worship experience or activity with his family. He could meet that requirement at his family's place of worship or an interfaith service.

What is changing in Boy Scouting? The Scout Spirit requirement for each rank starting with Tenderfoot is expanding to have the Scout describe how he has done his duty to God.

When will the new Boy Scout requirements take effect? Jan. 1, 2016. Find more information about the transition plan and requirements at www.scouting.org/programupdates.

How can I evaluate a Scout for duty to God, especially if he and I have different beliefs? Consider asking him how his family or faith group defines duty to God and how he is living up to that definition. Remember that the focus is on the Scout's understanding of duty to God, not the leader's. Also, keep in mind that duty to God will be only one part of the Scout Spirit requirement.

Do boys have to earn the religious emblem for their faith? No. Not every youth is a member of a faith group, and not all faith groups offer religious emblems. Earning one is not a requirement.

As the BSA's Declaration of Religious Principle states, "The Boy Scouts of America maintains that no member can grow into the best kind of citizen without recognizing an obligation to God and, therefore, recognizes the religious element in the training of the member, but it is absolutely nonsectarian in its attitude toward that religious training. Its policy is that the home and organization or group with which the member is connected shall give definite attention to religious life."

Council / National News

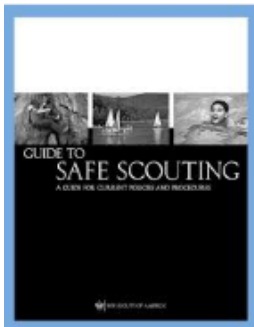
Council Website: www.NCACBSA.org

Program Launch Information



Did your unit miss Program Launch? Well if you did there's still a way for you to get all of the Council information to help you do your annual planning session. Just go to www.NCACBSA.org/ProgramLaunch and you'll get links to the Annual Planning Guides and information on anti-bullying, aquatics, Camps Snyder and Goshen events and forms, high adventure, JTE, popcorn, membership, religious committees, STEM, training, and Venturing events.

2015 Guide to Safe Scouting Now Available



Snowboarding and snowmobiling, BMX biking and BB guns, caving and climbing, scuba and surfing, shotguns and sailboards. Those adrenaline-filled activities have one thing in common: All are approved in Scouting, provided a young man or young woman meets age minimums.

"There is a place in Scouting for age-appropriate events that push youth beyond their normal comfort level and stretch their abilities," our National Key 3 wrote about the BSA's commitment to safety. "This is appropriate when risks are identified and mitigated."

That's why it's critical for every Scout leader to familiarize himself or herself with the Guide to Safe Scouting.

The 2015 Guide to Safe Scouting is now available online (www.scouting.org/scoutsource/HealthandSafety/GSS/toc.aspx). The new version includes changes to the Safety Afloat section, an updated COPE/Climbing section and an updated Transportation section.

BSA Names Michael Surbaugh its 13th Chief Scout Executive



The Boy Scouts of America has named Michael Surbaugh its 13th Chief Scout Executive. In his role as the BSA's top professional, Surbaugh will help lead our movement during an exciting, important time for Scouting.

But he won't do it alone. He joins two volunteer counterparts: Dr. Robert M. Gates, our national president, and Tico Perez, our national commissioner, to form the National Key 3.

For the past year, Surbaugh has served Scouting as the BSA's Group Director of Human Resources, Innovation, Exploring and Learning for Life. Surbaugh, an Eagle Scout, is a Vigil Honor Member of the Order of the Arrow. He loves the outdoors, which explains the fact that he was a camp director and summer camp staffer for 12 years. He graduated from Salem College in West Virginia with a bachelor's degree in youth agency administration.

Surbaugh will succeed Wayne Brock, who is retiring in October after a three-year term.

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2017 National Jamboree Registration Now Open for Staff and Attendees



Where can you get the best of Scouting in one place? At the 2017 National Jamboree, set for July 19 to 28, 2017.

There are two basic ways to experience a jamboree, and both are great. You can attend as a youth or adult participant, or you can serve on staff.

Scouts

You must be a First Class Scout and at least 12 years old by the first day of the Jamboree (July 19, 2017) or an 11-year-old who has graduated the sixth grade. A boy born on or before July 19, 2005, will be 12 by jamboree time. There's an upper limit, too. To be a Boy Scout participant, you can't have reached your 18th birthday by the last day of the Jamboree (July 28, 2017).

The fee is \$975 (plus additional transportation costs, gear costs, and maybe additional pre- or post-jamboree tours). Once registered, council will place you into a jamboree troop, which is different from your regular troop but may be composed of some or all of the members of your regular troop. Jamboree troops include 36 Scouts or Venturers and four adults. (Yes, Venturers, including female Venturers, are invited.)

Staff

Serving on staff is a rewarding experience that lets you help make a young man or young woman's jamboree experience one they'll never forget. It's not all work, though. You'll get plenty of time to enjoy the jamboree fun. The fee for staff attending the jamboree is about \$850 (there are variations for only doing some the sessions and if under 25 years old). To see who is eligible for staff go to www.summitbsa.org/events/jamboree/volunteers/

Registration

Registration happens electronically. Go here, www.summitbsa.org/events/jamboree/jamboree-registration/, and follow the on-screen instructions. You'll just need to link your BSA membership to your Summit account. To do so you'll need your last name, date of birth and BSA member ID number.

If you're registering as a participant (youth or adult), you'll print your "Request to Attend Form" upon completion of the application. Parents, fill that out and take it to your local council for the next step to be put into a jamboree troop.

For more information go to the official jamboree site:
www.summitbsa.org/events/jamboree/overview/

Advice on Recruiting Cub Scouting Volunteers



It's a common sight at join-Scouting nights: Parents of new Cub Scouts sit around a table waiting for someone to blink. Perhaps it's the dad who acknowledges being an Eagle Scout. Perhaps it's the mom who starts filling out the den roster she finds on the table. Whoever blinks first ends up as den leader, while the rest of the parents breathe a sigh of relief.

The pack committee chairman and Cubmaster may breathe a sigh of relief as well, glad to be done with an unpleasant task that comes around only once a year.

Other leaders take a different approach, recognizing that recruiting leaders is a year-round process and that effective recruiting will ensure their pack's health not just for the current program year but for many years to come.

To see the rest of this article go to:

<http://scoutingmagazine.org/2014/10/advice-recruiting-cub-scouting-volunteers/>

Water Guns OK for Target Shooting, Not for Firing at other Scouts



As summer — and pool weather! — lingers on the horizon, it's a good time to remind you that BSA policies prohibit pointing simulated firearms at people.

Yes, that includes water guns.

The official source for this information: the 2015 *Boy Scouts of America National Shooting Sports Manual*, available as a PDF here:

www.scouting.org/filestore/Outdoor%20Program/pdf/30931_WB.pdf

You'll find the relevant sentence on page 99. It reads: "Water guns and rubber band guns must only be used to shoot at targets, and eye protection must be worn."

Water balloons, meanwhile, have a size limit: "For water balloons, use small, biodegradable balloons, and fill them no larger than a ping pong ball." (Page 100)

If you need more explanation, see page 61 of the *Guide to Safe Scouting* (www.scouting.org/filestore/pdf/34416.pdf). The key paragraph reads:

"Pointing any type of firearm or simulated firearm at any individual is unauthorized. Scout units may plan or participate in paintball, laser tag or similar events where participants shoot at targets that are neither living nor human representations."

Camp Snyder Events



Saturday June 13, watch a movie while floating in the pool. Gates open 7:30pm and the movie starts at dusk. Concessions will be available. The cost is \$5 for Scouts and \$10 for non-Scouts.

Information on these events and more may be found online at

www.GoToSnyder.org

Scouter Jim Ganley Shares the Secret to a Successful Venturing Crew



As a boy scout, Jim Ganley's only real high-adventure experiences came on a couple of backpacking trips he helped lead as a camp staffer. He really caught the high-adventure bug during college, when he and his friends got into backpacking as a low-cost alternative to skiing and other expensive sports.

After college, Ganley returned to his old troop as a volunteer but had a hard time convincing other adults to embrace high adventure. He eventually gave up and launched Venturing Crew 1, chartered to VFW Post 905. A dozen years later, the crew's high-energy program attracts members from communities up to an hour's drive away. Some members come home from college to participate in activities, and a few charter members have signed on as associate Advisors.

To see Jim's 'secrets' on what he's done check out this *Scouting* magazine article: <http://scoutingmagazine.org/2015/02/scouter-jim-ganley-shares-secret-to-succesful-venturing-crew/>

Technology Policy Based on the Scout Law



Our youngest Boy Scouts were 3 years old when the first iPhone came out. They don't remember a world without iThings.

Troops that absolutely forbid smartphones in Scouting — even confiscating them or locking them away — are fighting a losing battle.

That's why units like Troop 96 of Grayslake, Ill., have developed a technology policy that's realistic and effective. Scoutmaster Pat Klemens shared his troop's policy in the following *Bryan on Scouting* blog:

<http://blog.scoutingmagazine.org/2015/05/04/this-troops-excellent-technology-policy-is-based-on-the-scout-law/>

Scout Days with D.C. United



D.C. United is holding two special Scout Days, one for Cub Scouts and another for Boy Scouts. There will be discounted group tickets for groups of 10 or more people and each Scout will receive a D.C. United Scout Night patch. For Cub Scouts there will be an opportunity to do some of the requirements for the Soccer belt loop and pin (Newsletter Editor Note: Since the new Cub Scout program started this may no longer be applicable but we're sure that they will have something special for the Scouts). For Boy Scouts there will be an opportunity for a pre-game merit badge fair.

Cub Scout Day: July 26th, 2015
5:00 PM kickoff
Opponent is the Philadelphia Union

Boy Scout Day: August 22nd, 2015
7:00 PM kickoff
Opponent is the San Jose Earthquakes

For additional information or to purchase group tickets call Aaron McCollum at 202-587-5480 or at AMcCollum@dcunited.com

Cub Scout Outdoor Activity Award



With the changes to the Cub Scout program, many of the requirements for supplemental awards have to be updated as well. One of the awards with new requirements is the Cub Scout Outdoor Activity Award. This award encourages Cub Scouts to get outdoors and develop their skills.

Cub Scouts can earn this award during each of their program years (Tiger, Wolf, Bear, Webelos). The first year they earn it, they get a pocket flap which can be worn on the right pocket of the uniform. After that, they get a pin to display on the pocket flap. The requirements are a little different depending on which year they are in, so read the requirements carefully.

Requirements for the Cub Scout Outdoor Activity Award

All Ranks

Attend Cub Scout day camp or Cub Scout/Webelos Scout resident camp. Additionally, complete the rank-specific requirements as follows:

Tiger Scouts

Complete the Backyard Jungle adventure, and complete four Outdoor Activities.

Wolf Scouts

Complete the Paws on the Path adventure, and complete five Outdoor Activities.

Bear Scouts

Complete the Bear Necessities adventure, and complete six Outdoor Activities.

Webelos Scouts

Complete the Webelos Walkabout adventure, and complete seven Outdoor Activities.

Outdoor Activities

These activities must be in addition to any similar activities counted toward rank advancement and can be accomplished as a family, a den, or a pack.

- Participate in a nature hike in your local area. This can be on an organized, marked trail, or just a hike to observe nature in your area.
- Participate in an outdoor activity such as a picnic or a fun day in a park.
- Explain the buddy system, and tell what to do if lost. Explain the importance of cooperation.
- Attend a pack overnighter. Be responsible by being prepared for the event.
- Complete an outdoor service project in your community.
- Complete a nature/conservation project in your area. This project should involve improving, beautifying, or supporting natural habitats. Discuss how this project helped you to respect nature.
- Participate in your pack's earning the Summertime Pack Award.
- Participate in a nature observation activity. Describe or illustrate and display your observations at a den or pack meeting.
- Participate in an outdoor aquatics activity. This can be an organized swim meet or just a den, pack, or family swim.
- Participate in an outdoor campfire program. Perform in a skit, sing a song, or take part in a ceremony.
- Participate in an outdoor sporting event.
- Participate in an outdoor Scouts Own or other worship service.
- Explore a local city, county, state, or national park. Discuss with your den how a good citizen obeys park rules.
- Invent an outside game, and play it outside with friends for 30 minutes.

Endeavor



The National Capital Area Council Venturing Officers' Association (NCAC-VOA) presents Endeavor, the new council program event for Venturers! This year's theme is Mt. Olympus – Greek Mythology, so prepare for a fun and exciting weekend with all the Greek Gods and Goddesses while enjoying awesome activities like chariot races and Olympian training!

Date: Oct 30 – Nov 1, 2015

Where: Camp Snyder

Keep an eye on www.ncacbsa.org/VOA and our Facebook page for more details to come.

Financial Practices for Units: The Unit Budget



Now that many troops and packs are winding down the most active part of their program year and are looking forward to scaling back a bit over the summer, and as adult leadership and committee assignments often change, it's a good idea to review how you do business, from a business standpoint.

While most Scouting units don't fall in the "small business" category, they do tend to handle a fair amount of money during a typical year. For a Cub pack, registration and membership fees and other costs such as insignia can run upwards of \$50 per year per Scout. Add in fundraising proceeds, family camp, Blue & Gold banquet, Pinewood Derby trophies and day camp, and you could hit \$10,000 without much trouble. In a troop, this can skyrocket when you factor in equipment, camping and high adventure. A typical troop can run \$25,000 or more through its checking account in a year's time, and if the troop uses a system of Scout accounts, the amount of cash held in the bank can be substantial.

How, then, does a unit best maintain the safety and accountability of these funds? Check out this Bobwhite Blather blog: <http://bobwhiteblather.com/financial-practices-for-units-the-unit-budget/>

Also check out the BSA's Ideal Year of Scouting planning process. It's centered around popcorn sales as a means of funding your unit, but it's also a valuable budgeting tool. There's a plan for Cub Scout packs (www.scouting.org/scoutsources/CubScouts/resources/packbudget.aspx) and also advice for Boy Scout troops [PDF] (www.scouting.org/filestore/boyscouts/pdf/510-275.pdf).

Tips to Remember When Animal-Proofing your Campsite



Around midnight, three bears — a sow and two cubs — strolled into our camp, lured by something scattered on the ground: Our Scouts had used their extra snacks as ammunition in a food fight when I wasn't looking.

When the bears had devoured every discarded morsel, they lumbered around camp, probing packs and peering into tents. We were all scared senseless! The bears finally waddled into the night, leaving us to pack up fast and head to another campsite, where we hoped to avoid another bear encounter...

To see the rest of the Scouting magazine article go to:

<http://scoutingmagazine.org/2015/04/tips-remember-animal-proofing-campsite/>

2015 V3 Hike-o-ree



The 26th Annual V3 (Venturing, Varsity, and Venture) Hike-o-ree will be held on, October 23-25, 2015, 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, 2016. 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). For a listing of trails see the full information packet at www.ncacbsa.org/ProgramLaunch and go to the Venturing section.

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 SERVED BASIS. An initial deposit of \$60 is due to reserve a particular hike and must be made not later than October 2, 2015. All registration will be done on the Council Web Site www.ncacbsa.org/event/hikeoree beginning September 1, 2015. 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 (small, medium, large, extra large, extra extra large) of shirts to Joe Flaig is October 9. 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. The cost of the Hike-o-ree is \$16.00 (\$18.00 for extra extra large shirts).

For additional information contact: Joe Flaig, (703) 250-9791(H) or email at jwflaig@aol.com or Adair Petty, (703) 545 5747 (work), e-mail at ppetty1@cox.net

JOTA/JOTI



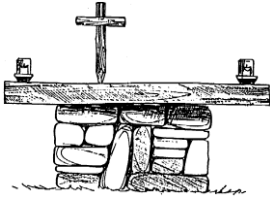
The 57th Jamboree-on-the-Air (JOTA) and Jamboree-on-the-Internet (JOTI) are set for October 16-18. Make plans now to link up now with the global Scouting community via ham radio, computers and tablets. Info at www.Scouting.org/JOTA

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

Scout Religious Retreat



On April 24-26 was the Annual Joint Scout Religious Retreat hosted by the Archdiocese of Washington Catholic Committee on Scouting and the NCAC Protestant Committee on Scouting at the Knights of Columbus Council 2809 facility in College Park MD. Events included archery, rock climbing, obstacle course, an OA tipi and team building games. Also there was plenty of time to earn some religious awards or at least work towards them. There were scouts of many faiths and denominations in attendance and there were various religious activities offered throughout the weekend. The Stations of the Cross was held on Friday night, followed by a Bible trivia challenge on Saturday and an Eucharistic Adoration service. On Sunday, a Rosary Walk was held in the early morning hours followed by Catholic and Inter-Faith services for all Retreat attendees.



National Summertime Pack Award



A pack can qualify for the National Summertime Pack Award by planning and conducting three pack activities - one each in June, July, and August. This award can be an incentive for greater attendance at your summer pack activities.

One activity in June, July, and August is the minimum requirement. But remember that few Scouts will be able to make three specific dates during the summer. Consider offering at least two pack events each month. Ask your dens to each host an event. Remember that Council is offering Cub Scout Day Camp and Cub Scout and Webelos Resident Camp as well as a variety of other activities for you to put in your calendar. So realistically your Cub Scouts may be able to choose from several activities each month.

Dens with an average attendance of at least half their members at the three summer pack events are eligible for a colorful den participation ribbon. Boys who participate in all three pack events are eligible to receive the National Summertime Pack Award pin. There is a different color pin for each Cub Scout rank so earning the pin each year has more incentive.

The application for this award can be found at
www.Scouting.org/filestore/pdf/33748.pdf

How to Prevent and Overcome Heat Exhaustion



From *Scouting* magazine, <http://scoutingmagazine.org/2015/04/how-to-survive-heat-exhaustion/>

Emergency Situation: You're hiking with some friends in July at Zion National Park. It's high noon when you begin to feel faint. Sweat pours down your forehead and into your eyes, causing you to stumble down the trail. You're dizzy. You open your canteen for a drink of water, but it's empty. Your pulse quickens, and then you collapse.

Solution: First, choose wisely when planning your summer hikes. Walking in the desert at noon puts you at a higher risk for overheating. If you must hike when it's hotter (noon versus early morning), always carry extra hydration and dress for the expected temperatures.

Now let's make a distinction: Heat exhaustion is different from heat stroke. This column deals with the former, which can lead to the latter — but they are not the same thing. Heat stroke is a serious condition that can be fatal and demands urgent hospital care. (Recovery requires immediate full-body cooling to avoid permanent brain injury or death.)

Heat exhaustion, while serious, can be field-treated in most cases if you know what you're doing.

Heat exhaustion is the body's way of telling you that it's water- and salt-depleted, typically because of excessive perspiration without proper replenishment. There are numerous signs of the condition: profuse sweating (as the body tries to cool itself), dizziness, fatigue and muscle cramps. Other signs might be less obvious: general confusion, very dark yellow (or even brownish) urine, nausea and a rapid heart rate.

The first step in treating heat exhaustion is to stop, sit and cool down. Next, move to a cool(er) place. If you're near a swimming hole or an air-conditioned building, go for it. It's more likely you're near an air-conditioned car: Use one, if it's close. If not, move to a shady spot (try a north-facing slope).

Once you cease activity, rehydrate slowly while removing tight-fitting clothing. Water is a good choice. But because heat exhaustion might also be caused by mineral depletion, electrolyte-enhanced sports drinks are also effective. If a banana is available, eat one for added mineral replenishment. Salt tablets can also be dissolved in water, but don't overdo it ... you're trying to rehydrate, not dehydrate. Rehydrate with a mouthful of liquid at a time. This should eventually lead to urination, a sign that the kidneys are functioning normally and the body is no longer fluid-depleted.

There are additional ways to treat heat exhaustion. Full-body immersion in cool water is ideal. If you have water to spare, cool the victim's skin with dampened T-shirts. Also, fanning speeds up the skin-cooling effects of sweating. Use a map, book, magazine or hat. A few people fanning the overheated hiker can be helpful.

Recovery times vary for heat exhaustion. Don't expect someone to take off down the trail after swallowing some Gatorade. Activity should be kept to a minimum. If you need to hike out, wait until it's cooler and then take your time.

How to Create a Pack Handbook

From *Scouting* magazine, <http://scoutingmagazine.org/2015/04/how-to-create-a-pack-handbook/>



In just a few months, families across America will walk into join-Scouting nights, wide-eyed at the prospect of participating in Cub Scouting. But those wide eyes might glaze over as the Scoutspeak begins. “We just start tossing out ‘den,’ ‘pack,’ ‘Akela’ and all these terms, and they’re looking at us like we’re speaking a foreign language — which we are,” says Cubmaster Perry Lipker of Pack 148 in Hilliard, Ohio.

While it’s smart to rein in the jargon, many packs go a step further by providing families with a pack handbook that introduces them to Scouting in general and their pack in detail. If your pack doesn’t have a handbook, you might want to create one over the summer, when Cub Scouting slows down a bit. Here are some tips to get you started.

Choosing Your Content

A simple handbook would cover these topics:

- Basic Cub Scouting: The program’s purpose, how the pack is structured and how the advancement program works
- Basic pack information: Details on your chartered organization and when and where you meet
- Activities and outings: Information on camping trips, summertime activities, and big events like the pinewood derby and blue and gold banquet
- Leadership: Leadership positions and the role of parents
- Finances: Membership costs, dues and fundraising opportunities
- Uniforms: Where to buy uniforms and where to put patches
- Communications: Details on the pack’s newsletter, Web page and social-media presence
- Pack code of conduct and discipline policy: Highlights of the BSA’s Youth Protection guidelines
- Resources: Information on Boys’ Life and Scouting magazines, the Cub Hub (cubscouts.org) and your local council

Also, think about the questions people often ask you. “If we start seeing a trend of some frequently asked question that’s not answered in the handbook or on the website, we’ll put that into the handbook,” Lipker says.

Keeping Content Up to Date

Some info will change. This year, for example, every pack handbook that describes the Cub Scout advancement program will need a major update. Summer is a good time to make any needed changes.

Don’t just rely on your own eyes, though, because you might see only things that relate to your position. Ask den leaders and committee members to spot things that need to be changed.

Finally, don’t be surprised if you hear from Scouters who want to borrow your work. “I’ve been contacted a dozen times by packs who have found this thing and want a Word copy so they could edit it and make it their own,” Lipker says. “I always tell them: I wish we could take full credit for it, but it’s a work of BSA volunteers across the U.S.”

28th Annual Cub Scouts Day with Jesus



What: This is a day of fun activities with a Biblical theme for Cub Scouts. Cubs will rotate through stations where they will hear stories from the Bible, make crafts to take home, and participate in activities / games. This event is sponsored by the Protestant Committee on Scouting.

When: Saturday, December 5, 2015. Registration begins at 11:30am with the program starting at 12.

Program ends about 4:45pm. Have lunch before coming.

Where: Groveton Baptist Church, 6511 Richmond Hwy. Alex., Va. (Ft. Belvoir south/Rt.1 exit from the beltway) Use Entrance A of church.

Who: Christian Cub and Webelos Scouts **Siblings (age 6-12) are also welcome – older scouts can volunteer to help. Also open to Girl Scouts, American Heritage Girls, and Camp Fire. Wear your uniform.

There will not be a separate rotation for Catholics & Protestants at this site. All sessions will be done together.

Fee: \$7.00 per returning youth (get rocker) or \$9.00 for first time youth (get rocker & center patch) (\$5 /adult wanting center patch & rocker). (No Walk-in registrations.) Please pre-register now!

Bring canned goods, pasta, pasta sauce, soup, etc. – to benefit the food pantry for the needy at Groveton Baptist Church

Rain or Shine – Attendance limit set at 35 Scouts. If parent is not staying with child specify on form

Please plan to pre-register by November 20 so staff can adequately plan for the day (cancel by November 28)

One leader is required for each eight boys or fraction thereof – Wear your Scout uniform

To get this flyer with the registration form go to www.ncacbsa.org/ProgramLaunch, and go to the Religious Committees section.

18th Annual Sully District Golf Classic



The Sully District (Chantilly, Centreville, and Clifton VA) golf classic will be held at the beautiful Chantilly National Golf & Country Club, in Centreville, VA on September 14, 2015.

Enjoy a great day of golf, friendship and giving as they raise money to ensure the continued success of this 105 year old program for youth in our community. (Newsletter Editor's Note: the money goes to NCAC, not to the district).

All golfers go home as winners as we end the day with a banquet and awards ceremony.

Sign up as an individual player (\$200), or bring a foursome of your friends (\$750). Businesses can sign up to sponsor a hole and bring business colleagues to enjoy a day of golf.

For more information or to register go to www.NCACBSA.org/SullyGolf

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

Scuba Certification and Scuba Diving Merit Badge



What: PADI open water scuba certification and the BSA Scuba Diving merit badge.

Who: This course is for Scouts and Adults least 11 years old.

- Participants younger than 15 years old will receive PADI Junior Open Water Diver Certification.
- 15 years and older receive PADI Open Water Diver Certification.

Where: Camp Snyder (orientation, classroom, pool session) local quarry (open water training dives)

Required form: Each participant must complete a PADI Medical questionnaire available at: www.scouting.org/filestore/HealthSafety/pdf/padi.pdf

When:

- (Day 1) Orientation – Jul 26 1-3pm;
- (Day 2 and 3) class/pool sessions – Aug 15 & 16 9am-5pm,
- (Day 4 and 5) open water training dives – Aug 22 & 23 10am-1pm;
- (Also Day 5) Scuba Diving merit badge counseling session - Aug 23, 4-6pm

Cost: Scuba certification class and merit badge session - \$450 (includes all equipment); Scuba diving merit badge session fee is included.

Registration: http://ncacbsa.site-ym.com/events/event_details.asp?id=524096#, Online registration is available until July 20

Contact: Mike Meenehan
mmmeenehan@cox.net
 Phone: 703-400-2176

Fairfax 2015 World Police & Fire Games



This summer (June 26 – July 5), the Fairfax 2015 World Police & Fire Games welcomes 12,000 first responder athletes from 70 countries to Fairfax County and the National Capital Region. As one of the world's largest multisport multi-venue events there will be 61 sports taking place at 53 venues.

While most sports events do not require any ticket or purchase to be a spectator, the events do require tickets to enter. Both the Opening and Closing Ceremony are FREE but still require a seating ticket at both RFK Stadium in Washington, D.C. and Wolf Trap in Vienna, Virginia.

Volunteer opportunities exist in multiple areas of interest including, Games Ambassadors, Special Events, Venues and Competition, PR and Marketing, Operations and more:

- Participate in massive Olympic-style event
- Receive a WPFG uniform
- Receive meals & refreshments for each shift
- Receive discounts for area retailers thru Sept 5, 2015 using a valid Games ID

For more information about this event and to volunteer to help go to:

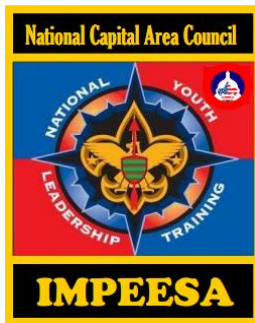
<http://fairfax2015.com/>

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

National Youth Leadership Training (NYLT)



NYLT (Impeesa) is the National Capital Area Council's presentation of the National Youth Leadership Training. The objective of our NYLT program is to equip our young people with leadership skills to help them succeed in their scouting program and in LIFE. NYLT brings together scouts from all over the Council to learn and practice the leadership techniques in a risk free, scout friendly environment. The Scouts learn and practice leadership skills and styles together.

The course is presented primarily using a Boy Scout model as the vehicle which allows all attendees to SEE how leadership skills fit into the scouting program. These Leadership skills are applicable to all scouting programs.

While it remains the responsibility of the unit leaders to train the youth leaders, this course is designed to supplement the adult leaders' role in the training process. NYLT skills build on the fundamental leadership skills presented in the unit basic leadership training in their home unit. This training conference has six specific objectives:-

- To give participants the confidence and knowledge to run their unit.
- To give participants the most contemporary, successful, and useful leadership tools available and allow them to "experiment" with them to help them better relate these skills to their unit responsibilities.
- To give participants the opportunity to share ideas and experiences with Scouts from other scouting programs.
- To create an atmosphere where Scouts will experience Scouting at its best.
- To enhance the relationship between the participant and their adult leaders. • To have fun!

In order to attend the course each participant must certify that they have have now (or will have by June 1st) met the following qualifications to attend NYLT:

- Attained First Class Rank if in Boy Scouts
- Completed Unit Leader Training
- At least 13 years of age (or have Unit Leaders approval to attend)
- Home Unit Leader approval

Dates: (each date is a separate course)

- 21 - 27 June 2015
- 12 - 18 July 2015
- 26 July - 2 August 2015

Information flyer: http://www.ncacbsa.org/resource/group/405727e6-f289-4f85-8e62-a8b0f5857afa/NYLT/Impeesa_Flyer2015.pdf

Cost: \$275

Registration: <http://www.ncacbsa.org/event/nylt20153>

ScubaJam Virginia 2015



What: The ScubaJam Virginia program was created to provide a great SCUBA diving experience to BSA registered youths, boys and girls, ages 11-20. The event has been created by interested divers representing dive shops, scuba training operations, and various BSA Troops and Venturing Crews.

Where: Lake Rawlings, VA (in Rawlings, VA; roughly 1 hour south of Richmond)

When: Sept 4-7, 2015

Cost and Registration: www.scubajam-va.org (Note: ScubaJam is not a BSA sponsored event but rather an event provided for BSA Units and Crews).

Registration: Youth must be 11 -20 years of age. All participants must be registered with a participating groups and the group must (1) register themselves and their members with the event, (2) take responsibility for meeting youth protection and control requirements of their respective organizations and (3) must have a dive professional attached to the registration

SCUBA Diving Merit Badge Counseling Session



When: 8/23/2015, 4:00:00 PM - 6:00:00 PM

Where: AB Sea's Diving
10416 Hampton Road
Fairfax Station, Virginia 22039
United States

Contact: Mike Meenehan
mmmeenehan@cox.net
Phone: (703) 400-2176

Registration: \$5,
www.ncacbsa.org/events/event_details.asp?id=524108

Event is limited to 36 Boy Scout

On-Line Resource of the Month



On the Bobwhite Blather site (<http://bobwhiteblather.com/>) you will find Bobwhite Blather's observations about Boy Scouting, both in situations he has encountered and topics he has discussed with others. He will also include topics from Roundtable sessions and breakouts that he has conducted and classes he has developed for University of Scouting. His emphasis is on the troop committee, but articles will cover a variety of topics in both Boy Scouting and Cub Scouting and are of interest to all adult Scouters.

Of course, Bobwhite Blather is not an official publication of, nor is it endorsed by, the Boy Scouts of America or any other Scouting organization.

Equipment / Gear

Did bug spray melt my watch?



Question: Dear Gear Guy (<http://boyslife.org/contact-us/gearguy/>), I got bug spray all over the face of my watch. It is waterproof, so the watch still works, but there is a dirty residue on the face of the watch. I have tried everything to remove it. What would you recommend?

I think I know exactly what happened. The bug spray you were using contains deet. It's the most effective mosquito repellent, but it's also known for being capable of melting plastics. Most likely, the face of your watch is made of some type of plastic. So there's actually no residue on the watch; the plastic was melted. I don't think there's anything you can do to fix it. Bummer, I know. I ruined a pair of nice sunglasses with bug spray. So this is mostly one of those learning moments: Be really careful when applying deet-based bug sprays, and keep them from coming in contact with any of your gear that has plastic parts.

Chainmail Scrubber for Cast Iron



Review by ScoutmasterCG, <http://scoutmastercg.com/cm-scrubber-for-cast-iron/>

When you first see the CM Scrubber you'll probably say the same thing I did; "it's too expensive!" (Newsletter Editor: About \$18 from Amazon) But the next time you have a crusty dutch oven to clean you'll agree that it's worth every penny.

Put some water in the oven while it's still warm, and scrub away. The chain mail design won't scratch, and is very effective at lifting tough baked-on residue. No soap needed, cooked-on crud will clean up easily and you'll have a clean dutch oven pretty fast without worrying about damaging the seasoning.

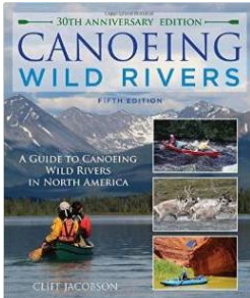
From *Cooks Illustrated*

(www.cooksillustrated.com/equipment_reviews/1346-chain-mail-scrubber?incode=MCSCZ00L0&ref=search_results_1) –

We passed this 4-inch square of stainless steel chain mail over a cast-iron pan encrusted with charred bits of sausage and another that we'd used for frying bacon. The linked steel rings effortlessly lifted away any stuck-on bits without damaging the pan's finish. The scrubber itself took some scrubbing to become completely grit- and oil-free for the next use, but it dried quickly and didn't rust. We're even fonder of our cast-iron skillet now that we have a faster, tidier cleanup tool.

Books

Canoeing Wild Rivers



Review by Scoutmaster Clarke Green, <http://scoutmastercg.com/not-just-canoeing-wild-rivers/>

Reading Canoeing Wild Rivers is like attending a master class in wilderness travel. Cliff Jacobson's 30th anniversary edition of the classic *Expedition Canoeing* (now *Canoeing Wild Rivers*) is required reading for anyone planning or even thinking about a high adventure trip.

This completely updated and revised edition features dozens of full-color photos, how-to illustrations, source charts, canoeing and camping techniques, and a chapter full of hard-won advice from a couple of dozen canoeing experts, and a new chapter devoted to paddling desert and swamp rivers.

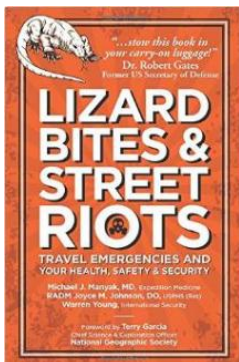
Although this is the best and only canoeing book of its type, and Jacobson writes in great detail about canoeing techniques; don't get the idea that this is just for canoeists!

Jacobson shares a lifetime of valuable how-to wisdom on camping, route-finding, and expedition techniques; but the whole is greater than the sum of its parts. Beyond the immediately practical information aimed at canoeing the most valuable thing to be gained is the mindset of planning, preparing, and carrying out a wilderness trip.

A law student studies cases to understand the concepts and principles of the law. A wilderness trip leader studies Canoeing Wild Rivers to understand the concepts and principles of wilderness travel.

Cost is about \$22, paperback.

Lizard Bites



As a Distinguished Eagle Scout, Michael J. Manyak knows a thing or two about being prepared. He's turned those skills into a career in medicine, specifically expedition medicine.

He's such an authority on preventing and treating travel emergencies, in fact, that he has consulted the National Geographic Society, USA Today, the Peace Corps and NASA on the very subject.

Now, with his new book *Lizard Bites & Street Riots — Travel Emergencies and Your Health, Safety, and Security*, Manyak shares those lifesaving lessons with the public.

Think of it as a reference book for the worst that life can throw at you while you're away from home. I'm talking abdominal pain, bedbugs, civil unrest, insect and spider bites, hypothermia and frostbite, Ebola and viral diseases, wild-animal bites, heat exhaustion and heat stroke, airline hijackings, taxi fraud, theft, lost documents, and so much more.

There's a reason BSA president and former defense secretary Robert M. Gates says to "stow this book in your carry-on luggage." When you need it, you really need it.

The hardcover book is available now for \$22.95 at ScoutStuff.org. And, according to the Huffington Post, this is " ... a travel book that might just save your life."

Training Opportunities

CPR/AED Pro and First Aid Training



What: This is the CPR/AED for Professional Rescuers and First Aid training that is required for BSA Lifeguard requirement #6. This training is usually not included in non-Red Cross BSA Lifeguard training courses. The course will use the Red Cross blended-learning versions of CPR/AED for the Professional Rescuer and First Aid. That means you will do on-line work before the in-person skills session so we can minimize the classroom time. Successful completion of course requirements will result in 2 American Red Cross certifications.

You will have a 2 week window (????) to complete the 3 hr 20 min online components. The in-person skills session will be Saturday, 19 September 2015 from 9am-Noon at Camp Snyder.

In order to attend the in-person session, students must pass the assessment at the end of the online session and print a copy of their online completion certification to submit to the instructor at the in-person session.

Certifications that will be issued upon successful completion:

- American Red Cross CPR/AED for Professional Rescuers and Health Care Providers
- American Red Cross First Aid

Course materials: Participant Handbooks for both courses will be furnished in digital form to the students.

A CPR mask is required for the course. Bring your own or purchase one here and we'll have it for you at the course.

Where: Camp Snyder, VA

When: Saturday, September 19, 2015

Registration: http://ncacbsa.site-ym.com/events/event_details.asp?id=524120#, deadline is September 8th. Maximum number of registrations is six.

Cost: \$40 or \$50

- \$30 payable to NCAC
- \$10 for CPR pocket mask (if you don't have one)
- \$10 payable to the Red Cross (Instructions for this payment will be sent to you by email after registration)

Contact: Mike Meenehan
mmmeenehan@cox.net
Phone: 703-400-2176

NCAC Powder Horn 2015



Powder Horn is a resource course designed to introduce Scouting's leaders/advisors and scouts to the exciting program possibilities for their unit. The goal for participants is to leave the Powder Horn course with a list of ideas to help their program, along with contacts and resources needed to implement them.

It is important to understand that Powder Horn is not a personal development course or a team building experience. It is not a certification course and no high adventure skills are taught in this course.

Its purpose is to educate the scouts and Scouting leaders about specific high-adventure skills, to connect them to resources to deliver those skills, and to get them excited about delivering those skills in an exciting, challenging way to youth. It is designed to have many disciplines introduced with a hands-on segment.

Course Method

During the course, presentations on topics are made by knowledgeable consultants with demonstrated skills and certifications, as appropriate. They demonstrate the skills required and explain where resources, such as equipment, facilities, guides, instructors, and certifications can be obtained locally. Most of the presentations involve actual hands-on experience by the participants, including, shooting sports, kayaking, canoeing, fishing, mountain biking, SCUBA, land navigation, Leave No Trace, Project COPE, wilderness survival and much, much more.

This is NOT a high-adventure activity. Under NO CIRCUMSTANCES are Powder Horn participants required to participate in an activity where they feel uncomfortable. They may choose to observe, listen, and learn.

Learning Objectives

Completion of Powder Horn will result in understanding the skills, equipment, facilities, & certifications needed to conduct specific high-adventure programs, such as:

- provide a robust outdoor program using a variety of resources
- identify local resources and consultants for high-adventure activities
- apply the health and safety requirements of the BSA to the outdoor programs
- apply the rules and regulations of the BSA as they apply to outdoor programs

Location

ONE COURSE ---TWO WEEKENDS --- TWO LOCATIONS!!!

You MUST attend both weekends to complete the course.

- August 28 – 30, 2015 - Camp St. Charles, 15375 Stella Maris Drive Newburg MD

AND

- September 17-20, 2015 - Camp Snyder, Haymarket, 6100 Antioch Road, Haymarket, VA, 20169

Participant Fee

The fee is \$275 (includes course materials, instruction, meals, lodging, recognition items). Horsemanship session will be followed by an optional 90-minute trail ride at Marriott Ranch for an additional cost of \$50.00. The optional trail ride is reserved on a first-come basis due to limited space.

Course Size and Registration

The course is limited to 48 participants (40 adult leader/advisor/committee members and 8 scouts/Venturers). To register and get more information about this course go to

http://ncacbsa.site-ym.com/events/event_details.asp?id=605263&terms=%22powder%22#

Leave No Trace Trainer Courses and Master Educator Course



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

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

The **LNT Master Educator** course is a five-day course (split over two weekends) trains Scouts and Scouters ages 18 and up to serve as Leave No Trace Master Educators. Master Educators can conduct Leave No Trace Trainer courses (two-day) and awareness workshops (one-day or shorter).

This invaluable training is recognized and highly regarded throughout the world, especially by the outdoor industry, as well as government land management agencies. Successful graduates are certified to train others in Leave No Trace skills and ethics. The Master Educator Course provides participants with a comprehensive training in Leave No Trace skills and ethics through practical application in a field-based setting. The first weekend is a mix of classroom and outdoor instruction, introducing the course and schedule, providing in-depth information on the overall Leave No Trace program, how to conduct training courses, and the science behind the Leave No Trace principles. The second weekend is spent in the field on a short backcountry trip, learning and practicing Leave No Trace skills and techniques hands-on.

Virginia LNT Trainer Courses:

Location: Northern VA (location emailed upon registration)

- Fall 2015: Oct 16 (indoor) + Oct 24-25 (outdoor)

Cost: \$75, non-refundable, which includes fees and materials. Meals are included.

http://www.ncacbsa.org/events/event_details.asp?id=580742&group=

LNT Master Educator Course:

When and Where: April 10-12, 2015, Blackburn Trail Center, Round Hill, VA, and April 23-26, 2015, Prince William Forest Park, Triangle, VA. Attendance at both weekends is required.

Cost: \$260, which includes meals for both weekends and a year's membership with LNT's Center for Outdoor Ethics.

http://www.ncacbsa.org/events/event_details.asp?id=583123&group=

Class sizes are limited, so register early!

For more information please contact Victor Bieniek at vbieniek@gmail.com or 703-855-8428.

Back Country Outdoor Leader Skills



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

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

Part 1 — Addresses ways to effectively work with older youth and covers the detailed preparation and planning that must be done before you go out including risk management. Summarizes the personal and crew equipment used for lightweight camping. Plans are also made for the weekend overnight session.

Part 2 — Participants will practice core leader skills for the outdoor program — Leave No Trace, navigation (map & compass plus GPS), terrain awareness, expedition menu planning and food preparation, stove and stove maintenance, wilderness first aid issues, expedition health and hygiene, team building. Back Country Outdoor Leader Skills is offered by the Council Training Committee as an optional follow-on to the basic course, Introduction to Outdoor Leader Skills.

Fall 2015 BCOLS (Virginia)

Part 1 - Sat. 9/27/2015 from 8:00 AM to 5:00 PM
Aldersgate United Methodist Church
1301 Collingwood Rd, Alexandria, VA

Part 2 - Sat. 10/25/2015, 7:30 AM thru Sun. 10/26/2015, 1:30 PM
Camp Highroad, Middleburg, VA

Cost: \$45

Contact:

Margee Egan
margee.egan@scouting.org
Phone: 301-214-9197



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

Wood Badge



Wood Badge is designed to meet the advanced leadership needs of all Scouters, in all leadership positions for the BSA. The Wood Badge course incorporates the traditions of over 80 years of Wood Badge, while adding the management and leadership training necessary to become a successful leader in the 21st Century.

Wood Badge is more than a classroom; it's entertaining, fun games, hands-on projects, team building, and inspirational events. You will come away with an appreciation of Scouting's heritage, as well as a vision of the role you will play in its future, and the impact you will make on the youth in your own unit, the district and our council. Participation in this course will provide skills to help you achieve success in other aspects of your life or in your career! The course starts with a 2-weekend, fun-filled practical training period where the Scouter lives as a member of a team progressing through Scouting, and learning the skills of leadership. The outdoor experience is followed by a period of up to eighteen months during which the Scouter applies the skills learned during the practical experience in his or her Scouting position – at the unit, district, or council level. Through this period, each Scouter is assigned a counselor who acts as a resource, evaluator, and Scouting mentor to assist the participant in putting into action those points discussed during the course. This is demonstrated by the process known as “working your ticket.”

Prerequisite Training for Wood Badge:

Complete the basic training courses for your primary Scouting position. Cub Leaders must have completed New Leader Essentials and the position specific training for their position. Boy Scout and Varsity leaders must have completed New Leader Essentials, their position specific training as well as Introduction to Outdoor Leader Skills. Venture advisors must complete New Leader Essentials, their position specific training and Introduction to Outdoor Leader Skills. Other unit, district, and council leaders must complete New Leader Essentials, plus their position specific training.

Fall 2015:

Session 1: September 11-3, 2015

Session 2: October 10-12, 2015

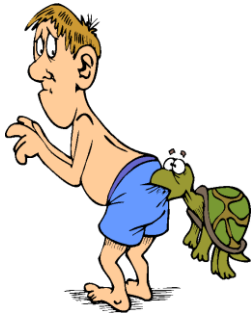
Location: Camp William B. Snyder, Haymarket, VA

Cost: Total cost for Spring & Fall courses is \$300.00 (participants sleep in tents). All registration fees are due at NCAC 30 days prior to the start of each course.

For more Information: check Programs → Training on the Council website

To register: call Margee Egan, 301-214-9197 (NCAC Service Center)

Swimming and Water Rescue



What: This is the hands-on, in/on water training for supervisors of any scouting swimming or boating activity. It covers the skills needed to meet Safe Swim Defense and Safety Afloat policies applied at the unit level. This is the training referenced in BSA's Safe Swim Defense and Safety Afloat guidelines. The training consists of a classroom portion and water sessions.

Prerequisites: Safe Swim Defense (available online at <https://myscouting.scouting.org/>)

The Swimming and Water Rescue course has 4 major components:

- 1) BSA Swim test
- 2) Classroom session
- 3) Written test
- 4) In-the-water session

Who: Older youth (min. 15 years old) and adult leaders.

Where: Camp Snyder.

Registration: http://ncacbsa.site-ym.com/events/event_details.asp?id=524085# Online registration is available until 8/24/2015

Cost: \$40, \$10 if already own required course book.

Contact: Mike Meenehan, mmmeenehan@cox.net, Phone: 703-400-2176

Nap on Safely Training



We hope all of you Scouters out there will be able to complete your Nap on Safely training during summer camp. If you are unaware of the requirements for this training we have listed the guidelines below.

Two Deep Leadership: It is recommended that all available adults participate in napping activities. At a minimum, ensure that at least two adults are resting at all times.

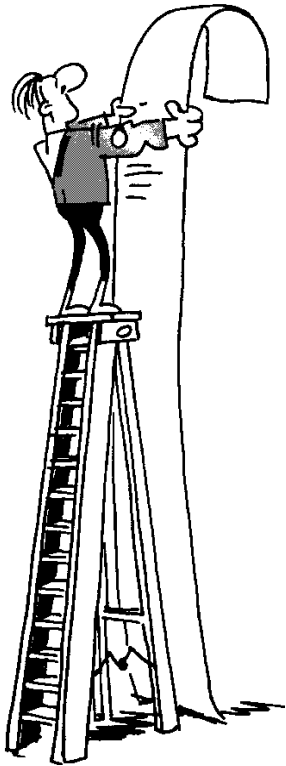
Area: Before engaging in any napping activities, make sure that the area is free of Scouts.

Lookout: At least one adult should serve as a lookout during napping activities. He must awaken the nappers from their slumber when Scouts are returning to the campsite.

Physical Condition: All participants should be sufficiently tired to nap.

Equipment: Appropriate equipment is required for napping. All nappers should have a comfortable cot or hammock. A pillow is recommended.

District Calendar



June 2015

- 6 **Soda Bottle Rocket Derby**
- 10 Roundtable
- 10 OA Chapter Meeting
- 10 Commissioner RT
- 16 Last Day of School
- 24 District Committee
- 29-30 **Day Camp Starts**

July 2015

- 1-3 **Day Camp**
- 4 Independence Day

August 2015

- 12 Roundtable
- 12 OA Chapter Meeting
- 12 Commissioner RT
- 26 District Committee
- 31 School Starts

September 2015

- 7 Labor Day
- 9 Roundtable
- 9 OA Chapter Meeting
- 9 Commissioner RT
- 19 **Life-to-Eagle Seminar (tentative)**
- 23 District Committee

October 2015

- 3-4 **Webelos-o-ree**
- 12 Columbus Day
- 14 Roundtable
- 14 OA Chapter Meeting
- 14 Commissioner RT
- 16-18 JOTA/JOTI
- 28 District Committee

November 2015

- 2-3 Student Holiday
- 7 **SFF Bag Distribution**
- 11 Roundtable
- 11 OA Chapter Meeting
- 11 Commissioner RT
- 14 **SFF Food Pickup**
- 18 District Committee
- 25-27 Student Holiday

December 2015

- 9 Roundtable
- 9 OA Chapter Meeting
- 16 **Annual District Business Meeting**
- 21 Winter Break Starts

January 2016

- 1 Winter Break Ends
- 13 Roundtable
- 13 OA Chapter Meeting
- 13 Commissioner RT
- 18 MLK Jr. Day
- 27 District Committee
- 29 Moveable School Holiday

February 2016

- 7 Scout Sunday
- 13 Scout Sabbath
- 10 Roundtable
- 10 OA Chapter Meeting
- 10 Commissioner RT
- 15 President's Day
- 24 District Committee

March 2016

- 3 **AOL Recognition Ceremony**
- 5 **District Pinewood Derby**
- 9 Roundtable
- 9 OA Chapter Meeting
- 9 Commissioner RT
- 21-25 Spring Break
- 23 District Committee

April 2016

- 13 Roundtable
- 13 OA Chapter Meeting
- 13 Commissioner RT
- 15 Student Holiday
- 27 District Committee

May 2016

- 11 **Program Launch**
- 25 District Committee
- 30 Memorial Day