



Special Interest: District

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Advancement

- Life to Eagle Seminar – pg 8
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
Council/National

- BSA Safety Ruling – pg 15
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Quick Calendar:

- Apr 8-10 – Camporee
- Apr 13 – Roundtable
- Apr 16 – Life-to-Eagle Training
- Apr 27 – District Court of Honor
- Apr 29 – OA Ordeal
- May 11 – Program Launch
- June 4 – Soda Bottle Rocket Derby
- June 8 – Roundtable
- June 20-24 – Day Camp

Newsletter Key:

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

Goose Creek District Newsletter



April 2016

Volume 7, Issue 9

from Ask Andy, <http://netcommissioner.com/askandy/2016/02/issue-472-february-2-2016/>



Dear Andy,

A tradition in our troop is to have a Scout who's about to age out do the Scoutmaster's minute at his last meeting as a youth member. I think what our most recent "Scoutmaster-for-the-moment" and Eagle Scout had to say to his fellow Scouts. Here it is.

Hi everyone. As some you may have noticed, I've been in this troop for a bunch of years now and tonight is my last night with you all as a Scout. So I'd like to share what I've learned in these past eight years by giving you my own version of the Scout Law. If you follow it, I think you'll get everything out of not only Boy Scouting, but out of this troop too.

1. First off, a Scout is **INDEPENDENT**. A Scout doesn't need Mom and Dad to help him every step of the way. He can stand up on his own two feet and carry his own weight.
2. A Scout is **DEPENDENT**. A Scout can't try and carry the whole weight of the world on his shoulders, though. He needs to be able to depend on his friends, family, and fellow Scouts to help him along the way.
3. A Scout is **OPINIONATED**. He pays attention to the world around him and adds his two cents when needed. He should ask questions about what he knows, unless he's driving his poor Senior Patrol Leader crazy.
4. A Scout is **BAE***. I hope some of you get the reference, and if not, I'm really getting old. Either way, the lesson here is that a Scout needs to make sure he's having fun being a Scout because that's what we're supposed to be about: learning new things and having fun doing it.
5. A Scout is **PROUD**. He takes pride in both his accomplishments and mistakes because...
6. A Scout is **IMPERFECT**. He makes mistakes just like anyone else. But what separates him from others is his ability to take a lesson out of them.
7. A Scout is **CREATIVE**. This one doesn't mean just being able paint a picture, write a poem, or play a song. A Scout's creativity comes into play when he faces a problem. He'll need to be creative to find a solution, whether by facing it head on or by looking at it from a different angle.
8. Lastly, a Scout is **UNIQUE**. He leaves an impression on those he meets and makes memories with others that will last him, and them, a lifetime.

Notice I didn't say anything about rank advancement or becoming Eagle. That was on purpose because becoming Eagle Scout shouldn't be your primary goal as a Scout. Sure, you learn a lot from going down that road, and I totally recommend it. But if you focus solely on advancing to Eagle then I'm sorry, you've missed the point of being a Scout. Being a Boy Scout is about the adventures you go on, the people you meet, and the lessons you learn. So look around, enjoy yourself, and be happy you have this opportunity

**BAE – Before Anyone Else*

District News

District Website: www.NCACBSA.org/GooseCreek

Goose Creek District Annual Court of Honor



It's that time of year — time to recognize those amazing Scouters who've made a huge difference in the lives of young people here in Goose Creek District - NCAC.

All Goose Creek Volunteers of Crews, Teams, Troops, and Packs are invited to the Goose Creek District Annual Court of Honor on Wednesday, April 27th, 7-8:30 PM at Leesburg United Methodist Church, 107 W Market Street, Leesburg, VA 20176. Special recipients include the District Award of Merit, District Key 3 Awardees, and the Robin L. Hayes Leadership Award.

In addition to recognizing our adult volunteers, we invite all 2015 Eagle Scouts to please come in Full Class A Uniform for a special recognition. We will open the ceremony at 7:00 and close with a dessert reception following.

Each unit is asked to contribute a dessert to share, preferably cut into single servings.

The BSA is a volunteer organization which relies on dedicated volunteers. If you haven't yet recognized that special volunteer from your unit as the Unit Volunteer of the Year, you still have time.

Please submit to dtexasncac@gmail.com:

- Your name
- The Unit volunteer of the Year's name (one per unit)
- Unit type (Pack, Troop, team, Crew) and number
- A short description of how this leader upholds the ideals of scouting in your unit

Please put your unit, number and unit volunteer of the year in the Subject field of the email. (i.e. Troop 43 Unit Volunteer of the Year or Crew 7070 Unit Volunteer of the Year)

Unit Volunteer of the Year nominations are due April 2, 2016.

Program Launch



What's a "Program Launch"? Are we sending Scouts into orbit? Not quite, but we will be helping you to launch your next year's program. Program Launch is run by the District Committee and is when Council provides us the Council Planning Calendar for the next program year. The various district committees are at hand to discuss what resources/events they have for you, and local vendors are present to show what they can do to enhance your program.

Program Launch will be held in place of the usual May Roundtable, same place (Leesburg United Methodist Church), same time (May 11th, 7:30 - 9).

2015 Journey to Excellence Results



Goose Creek had a 100% turn in for JTE awards this year with 63% of our units receiving Gold (up from 56% last year). At both the District and Council levels we achieved Gold.

Streamers for your unit's flag should be arriving soon. Units may purchase the 2015 JTE patches from the Scout Shops.

	Gold	Silver	Bronze	Total
Pack	42	2	6	50
Troop	30	0	14	44
Team	3	1	6	10
Crew	3	1	13	17
Post	1		3	4
Total	79	4	42	125

Pack 39	Gold	Pack 1164	Gold	Troop 961	Gold	Team 743	Bronze
Pack 71	Gold	Pack 1165	Gold	Troop 962	Bronze	Team 953	Bronze
Pack 256	Gold	Pack 1167	Gold	Troop 966	Gold	Team 1106	Gold
Pack 282	Gold	Pack 1168	Gold	Troop 969	Gold	Team 1165	Bronze
Pack 311	Bronze	Pack 1173	Gold	Troop 970	Gold	Team 1167	Gold
Pack 533	Gold	Pack 1174	Silver	Troop 982	Gold	Team 1168	Bronze
Pack 572	Gold	Pack 1445	Gold	Troop 997	Bronze	Team 1173	Silver
Pack 663	Gold	Pack 1483	Gold	Troop 998	Gold	Team 1174	Bronze
Pack 704	Gold	Pack 1484	Gold	Troop 1106	Gold		
Pack 712	(new)	Pack 1500	Gold	Troop 1154	Gold	Crew 533	Bronze
Pack 743	Gold	Pack 1550	Gold	Troop 1158	Gold	Crew 572	Bronze
Pack 905	Gold	Pack 1576	Gold	Troop 1159	Gold	Crew 663	Silver
Pack 910	Gold	Pack 1666	Bronze	Troop 1164	Gold	Crew 711	Bronze
Pack 950	Bronze	Pack 1733	Bronze	Troop 1165	Bronze	Crew 743	Bronze
Pack 953	Gold	Pack 1737	Gold	Troop 1167	Gold	Crew 953	Bronze
Pack 956	Gold	Pack 1871	Gold	Troop 1168	Bronze	Crew 997	Bronze
Pack 958	Gold	Pack 2010	Gold	Troop 1173	Gold	Crew 1106	Gold
Pack 961	Gold	Pack 2013	Gold	Troop 1174	Gold	Crew 1154	Bronze
Pack 962	Gold			Troop 1430	Gold	Crew 1165	Bronze
Pack 965	Gold	Troop 39	Gold	Troop 1550	Gold	Crew 1167	Gold
Pack 975	Gold	Troop 58	Bronze	Troop 1576	Gold	Crew 1168	Bronze
Pack 982	Gold	Troop 163	Gold	Troop 1666	Gold	Crew 1173	Gold
Pack 997	Bronze	Troop 533	Gold	Troop 1907	Bronze	Crew 1174	Bronze
Pack 998	Gold	Troop 572	Bronze	Troop 1910	Gold	Crew 1550	Bronze
Pack 1106	Gold	Troop 663	Gold	Troop 1941	Gold	Crew 1576	Bronze
Pack 1148	Gold	Troop 711	Bronze	Troop 2010	Bronze	Crew 7070	Bronze
Pack 1151	Gold	Troop 712	Bronze	Troop 2011	Bronze		
Pack 1152	Gold	Troop 743	Bronze	Troop 2012	Gold	Post 1041	Bronze
Pack 1154	Gold	Troop 761	Gold	Troop 2950	Gold	Post 1666	Bronze
Pack 1156	Gold	Troop 786	Gold	Troop 2970	Gold	Post 1912	Gold
Pack 1157	Gold	Troop 950	Gold			Post 6140	Bronze
Pack 1158	Silver	Troop 953	Bronze	Team 533	Bronze		
Pack 1162	Bronze	Troop 956	Gold	Team 663	Gold		

2016 Goose Creek Day and Twilight Camp



We are happy to announce the 2016 Goose Creek Day and Twilight Camps with the theme of *Expedition: Galactic Trek!* Cub Scouts in grades 1 through 5 are eligible to attend camp – including newly registered (starting June 1, 2016) Tigers. Camp will be at the Loudoun County Fairgrounds (17558 Dry Mill Rd, Leesburg) and the dates are:

- **Day Camp**, June 20 – 24 (9 am - 4 pm M-Th, 9 am – 2 pm Friday)
- **Twilight Camp**, June 20 - 23 (Mon-Thur. 6:30 pm – dusk)

Registration Costs Day Camp (check on-line for Twilight pricing):

- Register on or before April 15th, \$190
- After April 15th but on or before May 15th, \$210
- After May 15th, \$230

Camp Coordinators, registration is now open at the following:

www.ncacbsa.org/program/cub-scouts/day-camp/

It's time to schedule your Pack's Summer camp presentation.

A camp presentation is an excellent way to get your Scouting families excited about the wide variety of summer camps available to Goose Creek Cub Scouts. Just send Rumsey Light (rumsey.s.light@NAVIENT.com), our Camp Director, a date, time, and location and he'll make sure your unit gets a great camp presentation.

The camp presenter arrives early and sets up display boards. He'll greet families as your unit gathers and discuss camp options. We then ask for 2-3 minutes, after your Pack opening, for the presenter to address the Pack. He'll not only talk about Day and Twilight camp, but the other excellent camps available – like Camp Snyder and Goshen Scout Reservations (Webelos Only.) After a quick Q&A session, the presenter will turn the meeting back over to the Cubmaster, but be available to answer specific family questions. The presenter will have handouts for your families and can tailor the presentation to your unit's desires. If you have already designed a Pack Camp Coordinator, the presenter would avail any time needed to address camp registration questions.

Remember – Female Siblings who are Cub Scout ages are welcomed and encouraged to participate in camp with their brothers.

We are also looking for camp staff – young and old, just drop Rumsey Light an e-mail. An adult volunteering for the week at camp gets to send up to two children to camp for the reduced fee of \$70 each. Youths over the age of 14 are entitled to a \$75.00 credit that can be applied at any NCAC Goshen Reservation Summer Camp. Youth under the age of 14 receive service hours to be used for school or rank advancement. We also welcome girls on staff so get the word out to those Venturing crews.

Book your presentation early and help get those boys excited about Camp.

Newsletter Email Address



The Goose Creek Newsletter now has its own email address:

Newsletter@GooseCreekDistrict.org. If your unit has done something special (unique service project, camping trip, STEM event, ...) or will be an event that others are invited to, just let us know and we will put it in the newsletter. We can even include pictures of the event.

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

2016 Goose Creek Soda Bottle Rocket Derby



When: Saturday, June 4. 9 a.m. – 4 p.m. Each pack will select their own 2-hour assembly/launch window for the day.

Where: George Washington University Campus, Route 7 (44983 Knoll Sq. Ashburn VA 20147)

Who can Attend: This event is open to all Cub Scouts, including new Tigers (Kindergarten aged Scouts who just registered and will be Tigers the next year) and siblings/friends. **This activity counts towards the Summertime Activity Pin!!**

Cost: \$12 per person, to be paid at the event. This covers the cost for all of the materials (except the 20 oz. soda bottle) needed to build the rockets. This cost also includes the patch which will be given out at the event.

Goose Creek District (GCD) Den Championship! (New this year): Build a bottle rocket in your den meeting using one 2-liter Soda Bottle... be creative, even parachutes are allowed!. Fire it off once on derby day!

Best GCD Den Rocket award. No Fees for entering Den Championship.

For more information: Send an email to saleen.arif@gmail.com or call 703-439-9600. Look for the information/registration packet that will soon be on the district website.

- Please email at above address to reserve your slot.
- Last slot will be from 2 PM to 4 PM.
- Please bring your empty, 20 oz. soda bottle.
- Refreshments / food will be available for purchase.

Webelos-o-ree 2016!



The date for the Goose Creek's annual Webelos-o-ree is set, it will be held October 22-23 at Camp Snyder. So Bears (who will be Webelos this fall) and Webelos leaders should mark down the date.

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.

- The Webelos-o-ree starts off with an opening ceremony Saturday morning and wraps up Sunday after chapel services. Activities will be run by our own Boy Scout troops and can include such things as: Fire building, cooking, monkey bridge, BB shooting and/or archery, a campfire run by the Boy Scout Order of the Arrow, and much more. For the adults we'll provide plenty of Scout leaders to answer questions about camping, joining Boy Scouts, and camping equipment. We will also hold a Webelos to Scout orientation for Arrow of Light Scouts and an Introduction to Webelos meeting for the new Webelos (this year's Bears) and their parents.

2016 "Loudoun Good Scout" Evening



Every year, Goose Creek chooses one individual from the community to honor as the Loudoun County "Good Scout" of the Year. This year we will be honoring Delegate J. Randall (Randy) Minchew, Virginia House of Delegates 10th District.

Randy, an Eagle Scout, has been an avid outdoorsman and conservationist from his early days as a Boy Scout. He served two years as Chairman of Goose Creek District, as well as serving as Scoutmaster of both Leesburg Troop 998 and National Scout Jamboree (2010) Troop 521.

Through his four years in the House of Delegates, Randy has patroned and secured passage of dozens of important bills improving our regional and rural roads, fostering cost-effective, transparent, and ethical government operations, and strengthening our local schools. Randy serves on the House Courts of Justice Committee, where he chairs the Ethics Subcommittee, the Transportation Committee, and the Privileges and Elections Committee. He also serves as the House of Delegates' appointee to the Northern Virginia Transportation Authority that oversees and funds targeted, congestion-relieving road improvements to our region, the Northern Virginia Transportation Commission, that oversees transit and Metro operations in our region, and on the Broadband Advisory Commission, where he works to expand broadband services and connectivity to unserved rural and low density areas of Virginia.

This year's "Good Scout" Evening, wine and hors d'oeuvres, will be on Thursday, May 19, at Stone Tower Winery in Leesburg. The flyer for this special event is attached to the end of this newsletter.

Scouting for Bricks™



Troop 39 of Purcellville invites you to join them for their 4th Annual Scouting for (LEGO) Bricks event! 100 exhibitors, 20 vendors selling many unique LEGO-related items, photo ops with real, life-sized Star Wars Stormtroopers, the Washington Area LEGO train club, Mindstorms LEGO Robotics clubs and much MORE!

If you are aged 10-adult and interested in exhibiting your LEGO MOCs (my own creations) please check out the exhibitor tab on the website and sign-up to display with them: www.scoutingforbricks.com/to-exhibit

When: May 14-15, 2016~ 11 AM – 5 PM

Where: Heritage High School ~ Leesburg, VA

Cost: \$5 admission

Website: www.scoutingforbricks.com

Facebook: www.facebook.com/scouting4bricks

Twitter: www.twitter.com/scouting4bricks

Contact Us: Email: ScoutingForBricks@gmail.com

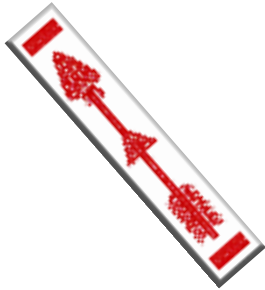
Scouting for Bricks™ is NOT affiliated with the LEGO® Group.



“Cheerful Service Chatter”

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

Vigil Honor



The Vigil Honor was first presented to Founder E. Urner Goodman at the rock outcropping called the Devil's Tea Table overlooking the Delaware River in the summer of 1915. It is only awarded to a maximum of two percent of Brotherhood members who have been in the OA for at least three years. There are no specific requirements. It is awarded only for distinguished service to one or more of the following: the Lodge, the Order of the Arrow, the Scout camp or Scouting in general. The following are the newest Vigil Honor members from Goose Creek:

Nick Stanford – Eagle Scout, OA Chapter Chief, Vice-Chief East: Chairman for 2015 District Freeze-O-Ree, Vice-Chief for Ceremonies, Ceremony Team, Elections Team

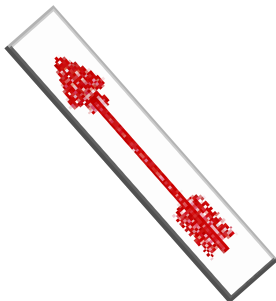
Will Jones - Eagle Scout, Associate Vice-Chief Mountain West: Assisted with planning 2016 Lodge Banquet, Chapter Vice-Chief for Ceremonies, Ceremony Team, Elections Team, NOAC 2015

Michael Bloom – Eagle Scout, Vice-Chief Section NE-6A, Secretary Section NE-6A, Chapter Scribe, Ceremony Team, Election Team, NOAC 2015,

Ryan Raffensperger– Eagle Scout, Vice-Chief for Communications Amangamek-Wipit Lodge, Chapter Vice-Chief, Chapter Scribe, Ceremony Team, Election Team, NOAC 2012 & 2015

Pete Jones – Ceremony Team Adviser, Troop Committee Chairman, NOAC 2015

Spring Ordeal



Arrowmen mark your calendars for this year's Spring Ordeal, which will be held at the Leesburg Izaak Walton League facility on April 29 - May 1. In addition to the induction of our newly elected candidates we will also be holding a Brotherhood Conversion to allow Arrowmen who have been an Ordeal member for over 10 months to "seal" their membership in the Order of the Arrow. Newly elected candidates will receive a Candidate Notification Letter either at the Call Out, which will be held at the Goose Creek Camporee, or in the mail the week after the Camporee.

The online registration for the Spring Ordeal will open in early April. Please check the NCAC OA web page and select the link for "Chapter Ordeal Schedules" to register. If you have any questions, please contact the Chapter Chief Nick Stanford (chapterchief@goosecreekdistrict.org) or the Chapter Adviser Hal Raffensperger (hal.raffensperger@earthlink.net).

Section NE-6A Conclave



This year's NE-6A Order of the Arrow Conclave will be held at the Goshen Scout Reservation May 20-22. The weekend will be filled with OA fellowship, training, ceremony team competition, dance team competition, and inter-Lodge sports competition. On-line registration is now open at www.ne6a.org.

Contact Hal Raffensperger (hal.raffensperger@earthlink.net) if you need additional information.

"Onward and Upward" On the Advancement Trail

New Eagles



Congratulations to Goose Creek's newest Eagles:

Bryson Blaylock – Crew 953

Michael Dragon – Troop 163

Life-to-Eagle Training



The next Life-to-Eagle (L2E) Training session 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 strongly 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.

Next one in 2016: April 16, from 10:15-1:15 at the Purcellville Library; 220 East Main Street, Purcellville, VA. There is no cost to attend the session.

Future ones in 2016 are being targeted for: July 16, and Oct 15. All locations and times are TBD.

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.

Cyber Chip and the Scout Rank



The new Scout rank, effective Jan. 1, 2016, includes a requirement intended to protect youth in our ever-changing cyber-community. That new requirement (#6) calls for Scouts to “earn the Cyber Chip Award for your grade.” There are four age-appropriate Cyber Chip Awards, with content based on a Scout's grade in school.

A transitioning Webelos Scout who holds an unexpired Cyber Chip card for his current school grade has fulfilled this portion of the Scout rank requirement as part of the Webelos “Scouting Adventure.”

- If his Cyber Chip card is currently valid, he should simply demonstrate his knowledge to his Scoutmaster or other designated leader after joining the troop. This is not a retest. If, however, the Scout has not grasped these concepts, they may be reviewed (based on Cyber Chip requirements for the Scout's current grade) to ensure understanding.
- All Cyber Chip Awards expire annually, so if a new Scout's Cyber Chip card for his current grade has lapsed, he simply needs to “recharge” the chip by going back to the Netsmartz Recharge area (www.netsmartz.org/scouting).

For a youth joining Boy Scouts who was not a Cub Scout, the Cyber Chip award to be earned depends on his school grade while working on the Scout rank. If he has already completed the 5th grade, he would complete Cyber Chip requirements for grades 6-8, as would a Boy Scout joining in the 6th through 8th grade. If a youth joins Boy Scouts in the 9th through 12th grade, he would complete Cyber Chip requirements for grades 9-12.

Since technology and youth development are always changing, the Cyber Chip requirement must be completed again by all Boy Scouts for the Star rank regardless of any prior work. Which Cyber Chip Award requirements are to be completed for the Star rank likewise depends on that Scout's current grade in school.

Note that there is a very limited exception to the Cyber Chip requirements . . . “if your family does not have internet access at home AND you do not have ready internet access at school or another public place or via a mobile device, the Cyber Chip portion of the requirement may be waived by your Scoutmaster in consultation with your parent or guardian.” In that event, it is understood that the Scout does not have Internet access and does not have the ability to be online.

Cub Scouts Shooting Sports Awards – Take Aim at New Fun!

SHOOTING SPORTS AWARDS



Cub Scout Shooting Sports Awards are here! To discover the new opportunities, visit the Program Updates web page (www.scouting.org/programupdates), and see the details for the inclusion of BB guns, archery, and slingshots in Cub Scout programs.

SHOOTING SPORTS AWARD PINS

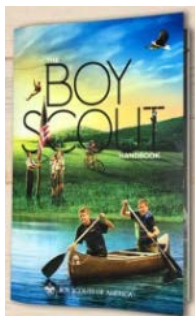


These programs may only be conducted at a district or council level and by qualified range masters and supervisors. Boys will earn the shooting sports awards in a particular order:

1. Rank-level patch. Choose a discipline: BB gun, archery, or slingshot. Complete the Level 1 requirements for that discipline.
2. Discipline device (pin). Complete the Level 2 requirements for the same discipline in which the patch was earned.
3. Additional discipline devices. Earn pins for the remaining disciplines by completing the Level 1 and Level 2 requirements in those disciplines. (Note: Both Level 1 and Level 2 requirements must be completed for each successive discipline.)

Find the Cub Scout Shooting Sports Awards Requirements at www.scouting.org/filestore/program_update/pdf/510-320_WEB.pdf

#HandbookHacks



We all know and love the handbook. Yours is probably worn out, tattered and always by your side. It teaches us everything from how to start a fire to how to spot a cyberbully. It helps you excel at Scouting adventures – and life. And, it's time to share what you know with the world.

As the Boy Scouts of America releases the 13th edition of the Boy Scout Handbook, ScoutingWire (<http://ScoutingWire.org>) is launching a new social media campaign called #HandbookHacks. The handbook is full of life hacks that Scouts can teach their parents, their friends and everyone else. Their first handbook hack breaks down geocaching. Check out this video, www.youtube.com/watch?feature=player_embedded&v=xFDyk-S8zZc, to take a look. In a few simple steps, families can enjoy an afternoon treasure hunt right in their hometowns.

What is your go-to handbook hack? What skill do you have that you think everyone should know how to do? Tell us on social media using the hashtag #handbookhacks. Show us by creating your own handbook hack video. ScoutingWire will follow along and share your content on BSA's channels to encourage other Scouts to get hacking! They can't wait to show you their next hack!

Personal Fitness MB, 12 Week Requirement



From Ask Andy, <http://netcommissioner.com/askandy/2016/03/issue-476-march-1-2016/>

Hi Andy,

I'm a Merit Badge Counselor for Personal Fitness. A Scout started the 12-week physical fitness requirement, but stopped after five weeks due to school. He'd now like to start from "week 6." I interpret this requirement to mean that the 12 weeks must be consecutive. Can he start today at "week 6," or does he need to re-start from "week 1"?

Although that requirement doesn't specifically state that the 12 weeks must be continuous, I'd certainly personally agree with your interpretation.

(As a counselor for Swimming, I'm luckier than you! Both Swimming requirements 2 and 3 specifically state that the 100 yards and 150 yards, respectively, must be continuous.)

Let's take your Scout's situation to the absurd, to see if it holds water... What if a Scout chose to do one week "on" and then two weeks "off," and so on...? What sort of progress is he likely to make? The purpose of the 12 weeks is to concentrate on improving and then enjoy and appreciate the results.

In your shoes, I think I'd tell the Scout that of course he can re-start, but he's re-starting at "day one" of week 1.

As for "school got in the way," let's also remember that the program he creates for himself (with your and his parents' approval) is supposed to account for "hiccups" along the way...like "school." In other words, part of the "hidden learning" here is "stick-to-itiveness"!

Disabilities Awareness Merit Badge to Be Revised in 2016



The intent of the Disabilities Awareness merit badge is to create an understanding of what a disability might feel like and the different means a person with a disability has to deal with in their daily life. The current requirements and pamphlet content touch lightly on the "invisible" disabilities and contain errors in the portrayal of deafness and person-first language. The current badge requirements and resources can be found at:

www.scouting.org/filestore/Merit_Badge_ReqandRes/Disabilities_Awareness.pdf

In an effort to make the badge current and relevant to today's youth, a task force of knowledgeable volunteers reviewed the current requirements and content, and recommended various improvements. Implementation of requirements that portray individuals with disabilities as people like you and me will give Scouts a more realistic view of those in the community where they live. Likewise, understanding the variations in person-first language will help members to better understand individuals with specific disabilities.

The recommended updates will enable Scouts working on the badge to understand better the types of disabilities, the needs of those who have disabilities, and resources to help those who have disabilities. The revised requirements should be posting towards the ladder part of the year.

Council / National News

Council Website: www.NCACBSA.org

Scout Challenge Canoe Race in Fredericksburg, VA.

GRWCR



The Scout Challenge is a tandem canoe race that occurs on the first Saturday in June each year in conjunction with the Great Rappahannock Whitewater Canoe Race (GRWCR).

Competitors: Boy Scouts, Girl Scouts, Venture Crews

Race Course: Rappahannock River from Old Mill Park to City Dock, approximately 1.8 river miles of moving water

All races are in tandem canoes (Editor: most canoes are tandem canoes, meaning they require two people to paddle them): Men, Women, Mixed (1 male / 1 female)

Logistics:

- Tandem canoes are provided courtesy of the Virginia Outdoor Center
- Scouts must register and pay online or on-site
- Waivers must be signed
- If an individual is under 18 years of age, a parent or guardian must sign a Minor Waiver

2016 Information:

- Practice Date: Thursday, June 2, 2016 - 5:30pm at Old Mill Park
- Race Date: Saturday, June 4, 2016
- Location: Old Mill Park, Fredericksburg, VA
- On-site Registration: before 2pm
- Race Starts: 2:30pm

Registration fee: \$7 online, \$10 at Race

Additional information, including maps, registration and waivers can be found at: www.americancanoe.org/grwcr

For additional questions pertaining to the Scout Challenge, please contact volunteer Race Director Mike Robinson - mhrobin@msn.com.

Be on Staff for Goshen Camporee 2017



2017 marks the 50th anniversary of Goshen Scout Reservation, and to celebrate, Council is throwing a huge party with a council-wide camporee! Volunteers of all different skills are needed to be part of the team. If you are interested in helping out, send an email to camporee@ncacbsa.org.

Note: There will be no District Spring Camporee in 2017

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

Let's get a Scout or Venturer on Keep America Beautiful's Youth Advisory Council



Keep America Beautiful is accepting applications for its 2016-2017 National Youth Advisory Council, and we encourage you to share this opportunity with a Scout or Venturer you know. After all, we learn in Scouting to always leave a place better than we found it.

The Youth Advisory Council will consist of 10 high school students (15 to 18 years old by June 1) who will act as ambassadors for Keep America Beautiful, produce materials to spread the Keep America Beautiful message and attend — with all expenses paid — the Keep America Beautiful National Conference in Washington, D.C.

Applications are due at 11 p.m. May 6, 2016.

Here's some more info:

Roles of the Youth Advisory Council

- Engage in creative work with a nonprofit organization focused on litter prevention, beautification and community greening and waste reduction and recycling
- Partner with like-minded youth with unique perspectives from across the country
- Inform KAB on programs while learning about approaches for engaging youth in community service
- Act as a service-learning ambassador in their community and state by playing a leadership role in engaging youth in service and service-learning

Requirements for the Youth Advisory Council

Youth interested in applying must meet the following criteria:

- Be between 15 to 18 years old by June 1
- Be enrolled in public or private high school (in grades 10, 11 or 12) in September 2016
- Be a resident and citizen of U.S., U.S. Territories or Canada
- Be able to commit to a term from July 2016 to June 2017 including one-hour monthly conference calls
- Be available to travel on an expense-paid, youth leadership training as part of the KAB 2017 National Conference in Washington, D.C., Jan. 21 to 26
- Be available for an in-person or conference call training during Summer 2016
- Be available via phone and internet for monthly webinar meetings with fellow Council members
- Be able to provide feedback and participate in program evaluations

How to apply: www.kab.org/our-programs/education/youth-advisory-council

Eagle Career Day



Eagle Career Day offers recipients of Scouting's top youth awards - Eagle Scout, Quartermaster, and Venturing Silver Award - up to age 21 the opportunity to be mentored by professionals in their field of interest.

The event has been called "speed dating for careers." Participants will spend 20 minutes in small groups at a table with an adult mentor discussing a career field, then rotate to a new table and a new career. In this way Scouts have made valuable contacts within their targeted careers while receiving advice on preparing for jobs and future.

We are pleased to announce this year's Keynote Speaker is Dr. Michael Manyak, Distinguished Eagle Scout and author of Lizard Bites and Street Riots.

When: Saturday 05-21-2016 1:30 PM to 4:00 PM

Where: Gannett Conference Center, 7950 Jones Branch Dr, McLean, Virginia 22102

56th Annual Cherry Blossom Festival



Every year the Japan-America Society of Washington DC hosts the annual Cherry Blossom Festival ("Sakura Matsuri") to celebrate Japanese culture, music, food and the long fruitful connection between our two great nations. Scouts of the National Capital Area Council may elect to serve as "Scout Ambassadors" during a portion of the event and provide direction to visitors. It's a great way to provide service to an international forum, put Scouting's best foot forward and obtain free admission to the festival. Scouts will hand out programs or provide directions from the Metro stations to the festival. Scouts work a shift helping out and then attend the event themselves. It's a great experience!

Here is the information sheet on the event:

https://scoutingevent.com/attachment/BSA082/73150_1458737570_2780.pdf

Registration IS required, so log on soon. Registration can be done at:

<https://scoutingevent.com/?sakura>. Only units are allowed to register, but as few as two Scouts may represent their unit.

When: April 2016 9AM-4PM

USA Science & Engineering Festival



Whether you are a Cubmaster trying to figure out how to incorporate STEM into your annual program or a Boy Scout looking to fulfill the last requirement for your NOVA badge look no further than the 2016 USA Science & Engineering Festival. Held every other year, the festival takes place April 16-17 at the Washington, DC Convention Center. This event is FREE (though you still must register) and open to the public. Come explore all things STEM with 3,000 hands-on activities! The event is perfect for kids, teens, parents, teachers and STEM enthusiasts!

Visit www.usasciencefestival.org to pre-register.

BSA Safety Ruling



There's been a lot of interest in some new activities, specifically Bubbleball, Knockerball™, Zorbing, Battle Ball™, bubble soccer or football, and similar orb activities where participants run into each other or roll around on land or water. So, much, in fact, that the BSA national risk management committee has taken a very serious look at these activities, and the very next online revision of the BSA GUIDE TO SAFE SCOUTING will be making this statement:

Bubbleball, Knockerball™, Zorbing, Battle Ball™, bubble soccer or football, and similar orb activities where participants run into each other or roll around on land or water has been reviewed and is now unauthorized.

Passport DC Embassy Days



Passport DC 2016 is a month-long journey around the world highlighting DC's thriving international diplomatic community and its lively and varied international culture. Celebrated annually in May, which is International Cultural Awareness Month in Washington, Passport DC is 31 days of programming by 70 embassies and more than 40 of DC's very best cultural institutions.

Over 280,000 people experience the popular embassy open houses, street festivals, performances, exhibitions and workshops. There is no cost to participate and you do not have to register. Attendance may support Cub Scout Adventures, the Citizenship in the World Merit Badge and the International Spirit Award.

May 7th, 2016 10AM-4PM: Participants travel the world as they experience the food, art, dance, fashion, music, innovations, and manufactured goods from different countries. More than 50 embassies opened their doors to visitors in 2014, allowing guests to pet alpacas, play with robots, learn indigenous dances, and more! Come see the world through the embassies of missions of our global neighbors. Embassies participating previously included the African Union Mission, Argentina, Australia, Bahrain, Bangladesh, Bolivia, Botswana, Brazil, Colombia, Costa Rica, Dominican Republic, Ecuador, Egypt, Ethiopia, Fiji, Ghana, Iraq, Japan, Kazakhstan, Kenya, Korea, League of Arab States, Malaysia, Mexico, Morocco, Mozambique, Nepal, Peru, Philippines, Saudi Arabia, South Africa, Sri Lanka, Thailand, Turkey, Ukraine, Venezuela, and Zambia.

May 14th, 2016 10AM-4PM: Visitors to the European Union (EU) Delegation and the embassies of the EU member states will enjoy the authentic music, dance, food, film, and art of 28 distinctive nations. Guests may sip tea at the British Embassy or get a henna tattoo in the Turkish Embassy. Previous participants in the embassy open houses included Croatia, Denmark, Finland, Hungary, Latvia, Malta, Portugal, Slovenia, United Kingdom, Austria, Cyprus, Estonia, France, Germany, Ireland, Lithuania, the Netherlands, Romania, Spain, Belgium, the Czech Republic, Greece, Italy, Luxembourg, Poland, Slovakia, and Sweden.

For more information go to www.ncacbsa.org/council-committees/program-impact/international/upcoming-and-recent-events/

VenturingFest 2016



VenturingFest 2016, a national gathering of Venturers that will be held July 31 to August 5, 2016 at one of the coolest spots in Scouting, Summit Bechtel Reserve.

Billed as a "Scouting experience unlike any other before," VenturingFest 2016 lets Venturers or older Scouts climb, skateboard, bike, shoot, zip-line, kayak, paddleboard and rappel. At night they'll enjoy concerts, meet new friends and try new food.

Though VenturingFest will surely feature a sea of Venturers clad in green, they aren't the only ones invited. It's open to registered Venturers, Sea Scouts, Boy Scouts (14 and up) and adult leaders. Groups must include at least seven participants, with at least two youth participants and two adults. There is no maximum group size.

And how much for this week of fun? The cost is \$400 for youth and \$300 for adults, which includes meals (Sunday dinner through Friday breakfast), campsite (with showers, dining flies, tents, cots and Wi-Fi) and all program equipment.

Learn more and register for VenturingFest at www.summitbsa.org/venturingfest/. Email venturingfest@scouting.org with questions or comments.

2016 Catholic Scout Retreat: Go to the Light



Activities begin Saturday Morning with registration at 7:30 am. All youth will participate in a variety of activity stations. Holy Mass will be offered Saturday (fulfilling the Sunday Obligation). Activities will include a Penance Service after lunch. Youth will also have the opportunity for Chaplain's Aide training. This is primarily a day program - but optional Unit camping for Friday and/or Saturday is available.

Registration: Registration fee of \$5.00 per participant is payable onsite (please make checks payable to the Catholic Committee on Scouting). (overnight camping is an additional \$5 per person.) We ask that units pre-register so that we may estimate the number of participants and purchase supplies. Please direct registration questions to Trish Walker (301-498-3071 or walkerscouts@verizon.net) or to Dottie Tamai (301-773-1995).

All retreat attendees (youth and adults) must be listed on the unit roster. The \$5 registration fee applies to both youth and adults. All registered participants receive the commemorative patch.

When: April 23, 9am through 7pm

Where: St Ingoes Youth Camp (9270 Loyola Retreat Rd, Newburg, Maryland 20664)

Registration Form and further information: With the switchover to the new Council website the online version of the registration has become lost. If you would like a copy send us an email at Newsletter@GooseCreekDistrict.org and we will send it to you.

Parental Tips for Preventing Homesickness at Summer Camp



It is not at all uncommon for kids to get homesick at camp, especially their first time. Parents can do a lot to help with the situation. These recommended steps may seem counter-intuitive in some cases, but they're based on many years of summer camp experience. The key is helping the boy to live in the moment – to stay focused on the activities he's involved in at camp rather than dwelling on what he's missing back home.

- It helps if your son attends Webelos resident camp with a parent along, before he first goes off to Boy Scout camp on his own for a week. Although he may still get homesick his first time at camp without you, he will get over it more quickly because camp is not a totally unfamiliar experience.
- Your attitude before camp makes a huge difference. As much as you might want to tell your son how much you (and his siblings, Grandma, the dog, etc.) will miss him ... don't. We are not suggesting you lie to him about it or act as if you're glad to get rid of him, but focus your conversations on the things he will be doing at camp, rather than what he will be missing at home.
- Do not make promises that you will come get him early if.... Instead, help him to focus on how he can use the resources available to him at camp – his fellow campers, unit leaders, and the camp staff – to deal with any problems or concerns he has while away.
- Send letters or even care packages. Make sure you mail them early enough to get to camp while he's there. If you send them early, mark on the envelope what day you want us to give them to him. Keep the letters positive, and again focus on what a good time he must be having at camp, rather than what he is missing at home. And whatever you do, don't say that you miss him (even though you do). This can often trigger a major case of homesickness.
- Don't plan on phone calls to or from camp. Do not ask your son to call you and do not promise to call him. Most camps have limited phone service that might make it impossible for him to call or for you to reach him. More importantly, experience shows that boys often become more homesick, not less, after a call home. Talking to Mom or Dad makes them focus on what's happening at home rather than what's going on at camp.
- For the same reason, do not allow your son to take a cell phone to camp, even if there is cell service available.

Tech Talk 2016



Come to "Tech Talk!" at the Microsoft Store! "Tech Talk!" for Cub Scouts at the Microsoft Westfield Store is on the first Tuesday of every month Apr 5, May 3, etc., and at the Microsoft Tysons Corner Store on the first Thursday of every month: Mar 3, Apr 7, May 5 . All classes are from 7 PM to 9 PM and go to <https://scoutingevent.com/?MicrosoftSTEM> to register

Jamboree Performance Troupe seeks Dancers, Singers, Comedians



Every troop or crew has a few young people who shine in the spotlight. A few Scouts or Venturers who can sing, dance or make you laugh with ease. They belong on a stage. At the 2017 National Jamboree, that's exactly where they'll be.

The BSA's jamboree planners are looking for a few Scouts and Venturers to take their talents to West Virginia and join the Jamboree Performance Troupe. The coed troupe will appear at a variety of functions at the 2017 National Jamboree, including preshows in front of 50,000 at the Summit Bechtel Reserve stadium. This is the first year for such a troupe, meaning its members will make jamboree history.

Like the Jamboree Band, the Jamboree Performance Troupe is a staff position, meaning you'll first need to register as jamboree staff.

Here's what the Jamboree Performance Troupe needs:

- Twelve dancers: Contemporary, jazz and hip-hop dancers. All dances will be designed by a professional choreographer, and videos will be sent to dancers in advance of the jamboree so they can practice. Dances are expected to be in the style of Stomp, emphasizing contemporary dance with a Scouting twist.
- Eight comedians: Scouts with demonstrated comedic skills will work with a comedy mentor before the jamboree to prepare to perform at a variety of functions at the jamboree.
- Four vocalists: Will perform at a variety of venues and events. Must be able to sing the national anthem as well as a few other prepared contemporary and traditional Scouting songs. May travel with the jamboree band.
- Four adult leaders: Volunteer leadership with backgrounds in dance, improvisational comedy and/or singing. They should be able to train and organize young people to perform at a variety of events and willing to audition potential troupe members prior to the jamboree.

Think you're a fit? To sign up to be considered, go to the jamboree site for staff at this link: www.summitbsa.org/events/jamboree/volunteers/. Performers will be selected from all applicants after an online audition.

When selecting your staff preference, pick "Troop 6366," also labeled as "Program-Summit Center Stadium Performance Troupe."

For more information or with questions, contact Steven McDonald at Steven.McDonald@du.edu.

What about the Jamboree Band?

The Jamboree Band is looking for musicians. Scouts and Venturers ages 16 to 25 may apply. To be in the Jamboree Band you need to play at a high school level or better.

The Jamboree Band will supply music for ceremonies, events, concerts, stadium shows and will entertain the many thousands of Scouts and visitors. Repertoire includes popular and patriotic music, marches and pep band tunes.



Scouts/musicians who can double on set, guitar, bass and keyboard are also needed for the 16-piece jazz/rock band. Adults (26 and up) may apply, but initial preference will go to youth staff ages 16 to 25.

For information about the band and how to apply, please visit this link, www.coljamboband.colbsa.net/, or email the band director at George.Pinchock@villanova.edu.

2016 Goshen Summer Camp Availability



Key: Available Almost Full Full

Camp (as of 03/25/2015)		Week					
		1	2	3	4	5	6
	Bowman (Patrol Cooking)						
	Marriot (Patrol Cooking & Heater Stack)	LDS Week		LDS Week			
	Olmsted (BS Dining Hall)						
	Lenhok'sin High Adventure						
	PMI (Dining Hall)						
	Ross (Dining Hall)						

Week 1 – 6/26 to 7/2

Week 4 – 7/17 to 7/23

Week 2 – 7/3 to 7/9

Week 5 – 7/24 to 7/30

Week 3 – 7/10 to 7/16

Week 6 – 7/31 to 8/6

Fees:

Due Date – April 15: Youth \$360, Adults \$225

Due Date – May 20: Youth \$400, Adults \$265

Cub Scout Resident Camp



Camp Snyder will conduct four sessions (Friday 9 AM – Sunday 9 AM) for Cub Resident Camp in 2016. Cub Resident Camp is your bite sized introduction to a Boy Scout summer camp program. All registered Cubs, Tigers – Webelos and their adult leaders/parents sleep on cots in 4 person BSA wall tents that sit on raised platforms, eat in the camp dining hall and experience a whole day into the night program. The program at camp includes opportunities for Scouts to earn Adventure Loops, and several just-for-fun activities. The importance of Cub Resident camp to a registered Cub Scout and their family is tremendous! Resident Camp will develop your son's or dens' self-reliance and resourcefulness by providing learning experiences in which campers acquire knowledge, skills, and attitudes essential to their well-being.

Session 1: July 8-10

Cost: \$220 – register by April 15

Session 2: July 15-17

\$240 – register by May 20

Session 3: July 22-24

\$260 – register after May 20

Session 4: July 29-31

\$60 – adults

To register: <https://scoutingevent.com/?CWBSResCamp>

Cub Scout Day Camp



Camp Snyder will conduct two Cub Scout Day Camp sessions in 2016. Cub Scout Day Camp is a great means for all Scouts from Tiger through Webelos and their families to experience Camp Snyder without the overnight sleeping. Each day will begin at 9:00 am and conclude at 4:00 pm with lunch included in the cost of camp.

Session 1: July 11-14
Session 2: July 25-28

Cost: \$210 – register by April 15
\$230 – register by May 20
\$250 – register after May 20
\$30 – one adult for a week
(may be a different adult each day)

To register: <https://scoutingevent.com/?CWBSCubDayCamp>

Webelos Camp



Camp Snyder will conduct two Webelos Resident Camp sessions in 2016 (Monday 9 AM – Friday 9 AM). Webelos camp is a big step for the Webelos I or II working on rank adventures. Scouts will camp overnight just like when they become Boy Scouts to get the full summer camp experience in a shorter setting. Most of your time will be spent working towards advancing in your Webelos trail on the way to becoming a Boy Scout. There's plenty of other fun activities to fill your week including trips to the pool and more.

Session 1: Aug 1-5
Session 2: Aug 8-12

Cost: \$260 – register by April 15
\$280 – register by May 20
\$300 – register after May 20
\$80 – adults

To register: <https://scoutingevent.com/?CWBSWebeRes>

Cub Scout STEM Day Camp



The NCAC STEM Program is coming to Camp Snyder for one week only (July 18-21). Spaces are limited so sign up early for this unique blend of BBs, Archery, Swimming and STEM! Each day will begin at 9:00 am and conclude at 4:00 pm with lunch included in the cost of camp.

Cost: \$300 – register by April 15
\$320 – register by May 20
\$340 – register after May 20
\$30 – adults

To register: <https://scoutingevent.com/?CWBSSTEMDayCamp>

Goshen Specialty Camps



Goshen's Specialty Week for 2016 will be held during the week of July 31st to August 6th at Camp Marriott. Trail to Eagle, Beach & Yacht, Field & Stream, and The Marriott Project are the featured programs for this year. Instead of regular Merit Badge program, participants select one of the four themed programs and engage in activities, Merit Badges, awards, and other offerings based around that program theme. Specialty Week is traditionally largely attended by provisional Scouts (attending individually instead of with a unit), but is also open to units. Specialty week is open to Scouts ages 13 and up as well as Venturers, Varsity Scouts, Sea Scouts, and Explorers.

The Marriott Project (STEM Program)

Back for a second year! Explore the STEM (Science, Technology, Engineering, and Mathematics) fields outdoors! The program includes a mix of Merit Badges, STEM NOVA Venturing Explorations, and activities. Use forensic science to solve an at-camp mystery, explore energy and forces on the COPE course, put your engineering skills to the test building catapults, examine the natural world, and much more! Participants will have the opportunity to earn one of BSA's NOVA Awards.

Trail to Eagle

Trail to Eagle is our most popular provisional program, which offers older scouts the opportunity to enjoy a week of fun, advancement, and growth towards becoming an Eagle Scout. Our camp staff is joined by additional volunteer merit badge counselors who are experts specializing in a particular merit badge. Trail to Eagle gives each scout the opportunity to earn up to 6 Eagle-required Merit Badges and learn valuable leadership skills to bring home to their home troops and communities. This program is designed with a focus on both advancement and development as a leader. We emphasize quality instruction and activities to help the scouts truly become Eagle Scouts.

Beach & Yacht

Come hang out and enjoy the sun at the Camp Marriott waterfront while earning Sailing, Swimming, Lifesaving, Water Sports, and other aquatics merit badges during this week. Our staff of lifeguards is ready to provide a great week of fun and learning. Remember your sunscreen!

Field & Stream

This program is being offered to those Scouts and Venturers who love fishing and shooting. Rifle Shooting, Archery, Trap Shooting, NRA qualification shooting for rifle and shotgun, lake and stream fishing, and other outdoor sportsman skills and activities are featured. Field and Stream is intended to open the door to a lifetime hobby or skill enhancement in the shooting sports and related fields.

For more information about these Specialty Camps go to: http://ncacbsa.site-ym.com/members/group_content_view.asp?group=119323&id=282474

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 31 1-3pm;
- (Day 2 and 3) class/pool sessions – Aug 13 & 14 9am-5pm,
- (Day 4 and 5) open water training dives – Aug 20 & 21 10am-1pm;
- (Also Day 5) Scuba Diving merit badge counseling session - Aug 21, 4-6pm held at A.B. Seas Diving

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

Registration: <https://scoutingevent.com/?ScubaCertification>. For the SCUBA Diving Merit Badge Counseling Session only: <https://scoutingevent.com/?SCUBADivingMeritBadge>. Deadline is July 25

Contact: Jason Wesbrock
Aquatics Organizer
jaw_ncac_aquatics@yahoo.com
208-598-2897

'CatDrill' - Quick Pioneering with Pre-drilled Poles and Light Synthetic Cord



'CatDrill' is an Italian technique for staving or lightweight pioneering, that involves preparing the staves to be used by drilling a small hole and notching the surface of the pole. Lightweight synthetic kernmantle rope is then used to tie the staves together, using stopper knots on the starting end of the rope, and simple slipped hitches to end the lashings. The technique saves time, produces strong structures and is worth investigating if you have some light staves/laths you can set aside for this technique.

International Catdrill's English website (<https://trento1.wordpress.com/international-cat-drill/>) has a series of PDF documents that guide you through the basics, from preparing your poles, to the different types of lashings, and some basic projects. The original, Italian site (<https://trento1.wordpress.com/tecnica-cat-drill/>) has some more projects that are not yet translated into English, but the pictures speak for themselves.

CPR/AED Pro and First Aid Training



What: This is the CPR/AED for Professional Rescuers and First Aid training 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, 17 September 2016 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. You may bring your own or purchase one here, and we'll have it for you at the course.

Where: Camp Snyder, VA

When: Saturday, September 17, 2016

Registration: <https://scoutingevent.com/?CPRAEDFirstA>. Deadline is September 12th. The maximum number of registrations is six.

Cost: \$40 or \$50 (with purchase of CPR mask)

Contact: Jason Wesbrock
Aquatics Organizer
jaw_ncac_aquatics@yahoo.com
208-598-2897

BSA & American Red Cross Lifeguard Training



Who: This course is open to all registered adults and youth 15 years old and older. It is a recommended adjunct to the Aquatics Supervision awards for unit leaders who wish to expand their unit water safety programs. Youth who wish to work on an aquatics staff at BSA camps need this training.

When:

- May 22 2-4 pm - prerequisites & orientation (Manassas)
- June 11-12, 9am—5pm (Camp Snyder)
- June 18-19, 9am—5pm (Camp Snyder)

Participants must attend all scheduled sessions.

This course will use the Red Cross blended learning option that requires approximately 7 1/2 hours of online study before June 11. This allows us to reduce the amount of time needed for the pool-side classes.

You will earn the following certifications by successfully completing this course:

- American Red Cross Lifeguarding/First Aid/CPR/AED
- BSA Lifeguard

What do you need:

- You must be at least 15 years old.
- You must supply a BSA Annual Health and Medical Record form signed by a physician. You must be approved for swimming activities.
- You must demonstrate the following at the prerequisite swim test: swim continuously for 550 yards, including at least 100 yards of each of the following strokes in good form: front crawl, breaststroke, elementary backstroke, and sidestroke. Immediately following the swim, you must tread water for two minutes using no hands (your hands must be under your armpits).
- You must be able to, starting in the water, swim 20 yards using a front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, surface, swim with the object 20 yards back to the starting point, and exit the water, all within 1 minute, 40 seconds.
- You will need to furnish a swim mask, snorkel and fins (all other equipment is provided)
- You will need to bring a bag lunch for each day of the weekend sessions.

Registration: <https://scoutingevent.com/?BSAARCLifeguard>. Register early since the course is limited to the first 16 participants!

Cost: \$200.00

Contact: Jason Wesbrock
 Aquatics Organizer
jaw_ncac_aquatics@yahoo.com
 208-598-2897

Scuba BSA



Scuba BSA introduces participants to the special skills, equipment, and safety precautions associated with scuba diving, encourages aquatics activities that promote fitness and recreation, and provides a foundation for those who later will participate in more advanced underwater activities.

The Scuba BSA experience contains two parts— Knowledge Development and Water Skills Development. During the first part, participants learn basic dive safety information and overview skills to be used during their water experience. The Water Skills Development session introduces essential dive skills, such as mask clearing, regulator clearing, and alternate air source use.

NOTE: This is an introductory, try-it scuba experience. It does not result in certification for diving on your own. It covers the requirements of the Scuba BSA award. It is not the BSA Scuba Diving merit badge. Many people decide to go on and take a certification course after trying scuba.

Who: Any Boy Scout-aged youth or adult. Maximum 8 participants per session

Preregistration is required: Each participant must complete a PADI Medical questionnaire available at:

<http://www.scouting.org/filestore/HealthSafety/pdf/padi.pdf>

When: June 19. 1.5 hour sessions at 1:00, 2:30, 4:00, 5:30pm

Registration: <https://scoutingevent.com/?OrgKey=BSA082&eventID=6162>.
Registration deadline June 13.

Cost: \$25 (includes all equipment). All you need to bring is your swimsuit and a towel!

Contact: Jason Wesbrock
Aquatics Organizer
jaw_ncac_aquatics@yahoo.com
208-598-2897



Webelos Scout: "My den leader sure does like me. I heard him tell another leader that it would be the happiest day of his life when I cross over into the Boy Scouts."

Pre Camp Swim Tests



This is an opportunity for your unit to have your annual BSA swim classification check done under the supervision of NCAC-approved aquatics personnel at the Camp William B. Snyder pool.

When: June 12. 30 min blocks starting at 1pm, last session starting at 4:30pm.
Up to 20 tests per 30 minute session

Where: Camp William B. Snyder

Cost: \$2 per participant

Note: Although these swim tests are being conducted prior to summer camp, the camp aquatics director is expected to review or retest any Scout or leader whose skills appear to be inconsistent with his classification. Additionally, the camp aquatics program director is authorized to retest any Scout or group of Scouts at his discretion. Goshen Scout Reservation waterfronts require swim classification tests be conducted at Goshen in Lake Merriweather.

A unit swim classification record will be issued by NCAC Aquatics personnel to each unit showing the swim classification (swimmer, beginner, non-swimmer) of each participant.

This event is open to all NCAC units.

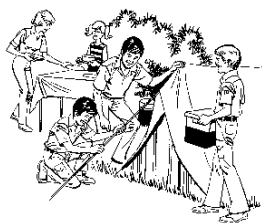
Registration:

https://scoutingevent.com/?2016_Precamp_swim_classification_tests.

Registration deadline is June 6.

Please register the names of those who are taking the test. If the Primary Contact is taking the test, include their name. This will be used for a unit swim classification record issued by NCAC Aquatics personnel to each unit showing the swim classification (swimmer, beginner, non-swimmer) of each participant. Remember to check the REQUIRED session for each participant.

Cub Scout Family Camping



A great opportunity for Packs and families to enjoy the total Camp Snyder experience. Scheduled program areas and the shooting sports will be up and running; then we cap off the day with a group campfire.

When: Saturday May 21

Pre-register online (not yet available) by 5/13 – Scouts/Cub Scout age siblings: \$30*

Pre-register online by 5/13 – Adults: \$10*

Siblings age 5 and under are free

Optional meal plan (lunch/dinner/continental breakfast)

\$15 per person (Siblings age 5 and under eat free)

*A \$5 late fee is assessed after 5/13/2016

ScubaJam Virginia 2016



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 Phoenix, VA (1 Quarry Ln, Rawlings, Virginia 23876)

When: Sept 2-5, 2016

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).

Prerequisites for Participation:

- Youth must be 11-20 years of age
- Hold an Open Water Certification Card or be under the training supervision of a current and insured Scuba Instructor (Non Divers are welcome to camp and snorkel. Or better yet – get certified before you arrive!); and
- Be registered with a participating BSA Troop or Crew or other youth group 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.

If you are a small group of less than 6 youth divers or an individual, please contact info@scubajam-va.org. Volunteer staff can assist you with joining another small group and if needed, ensure you have a Dive Pro available for a safe diving experience.

On-Line Resource of the Month



RAFT (Resource Area For Teaching, www.raft.net), is a non-profit organization, founded in 1994, whose's main focus is to inspire, engage and educate children through the power of hands-on teaching.

RAFT's mission is to help educators transform a child's learning experience through hands-on education to one that inspires the joy and discovery of learning. RAFT's products (Activity Kits & Idea Sheets), services (professional development and mentoring) and low-cost teaching supplies enrich and improve the education of over 900,000 young people each year.

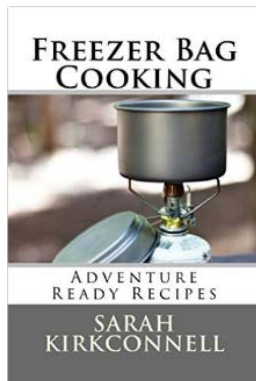
Field tested with a high success rate in engaging students, and increasing retention and academic achievement, RAFT hands-on Activity Kits are now available online at www.raftstore.net

To provide kits and materials at low cost, the organization has developed an innovative supply chain process that converts commonly found or discarded materials from the business community into hands-on Activity Kits, all built with the help of thousands of volunteers.

RAFT has Scout-tested, engaging, and fun hands-on learning activities that map to STEM related badge requirements and activities: www.raft.net/scouts

Books

Freezer Bag Cooking: Adventure Ready Recipes



Author Sarah Kirkconnell (www.Trailcooking.com) has revised and expanded her excellent book Freezer Bag Cooking with the addition of many, many great new recipes.

Freezer bag cooking is a simple technique that is perfect for Scouts, hot water is added to dry ingredients in freezer bag much like one adds hot water to a prepackaged freeze-dried meal. (No, this is not like boiling an omelet in a bag (don't) and there are no BPA worries with these techniques.) Directions are included in many of the recipes for adapting them to an insulated mug, or as a one-pot meal.

Some of the recipes require preparation at home, but most favorites are the ones where you throw the ingredients in a bag and head out on your camping or backpacking trip.

Most of the ingredients can be found in your local grocery store, but you'll expand your menu significantly using some of the vendors listed in the book (Sarah notes that Amazon (<http://amzn.to/1L3i6Mm>) has a lot of the less common ingredients too.)

Currently about \$10 for a Kindle version, a printed version is coming out soon.

Equipment / Gear / Tips

The Backpack Cheat Sheet



Do you know what size pack you need for your next trip? Or, do you even know how to load your backpack? Perhaps you're wondering whether or not you should bring along the kitchen sink on your next backpacking trip?

Campmor got down and dirty, with some of their most experienced backpackers, and answered all of these questions and more, in a super easy-to-follow backpacking infographic: <http://outdoors.campmor.com/wp-content/uploads/2012/03/backpack-cheat-sheet-campmor.jpg>

How to Choose a Hydration Pack



from www.trails.com/how_1923_choose-hydration-pack.html

Hydration packs are nearly a must-have for any serious hiker. While you could lug around several bottles of water, the hydration pack keeps your water stored comfortably and accessible whenever you need a sip. There are a ton of options on the market and it's easy to get overwhelmed. Luckily, hydration packs are pretty simple and there's really just a few points to compare.

Step 1

Determine the size of pack that you need. Although a hydration pack may serve primarily to carry your water, you'll probably want to pack some other items in there. Packs range widely in their capacity, from no storage space at all to about 2000 cubic inches. Any larger than that and you'll be looking at a medium-sized backpack. Decide what you need to bring with you including things like extra clothing, navigation gear, food and sun protection. Then purchase a pack that has enough room to store it all. If you need more room than a hydration pack provides, opt for a backpack with built-in hydration storage; you'll need to purchase the bladder with hose separately.

Step 2

Consider how much water that you'd like to carry in your hydration pack. Standard sizes include 35 oz., 50 oz., 70 oz., 72 oz. and 100 oz. How much water you need will depend upon where you hike, how long that you're out and how strenuous the hike or activity is. If you decide it prudent to carry water beyond the 100 oz. mark, look for a hydration pack with stretch side pockets, which you can use to store water bottles. Bear in mind that a liter of water (approximately 68 oz.) weighs roughly 2 lbs.

Step 3

Consider the compartments available. Organized compartments can help you to keep your belongings separated and easy to access.

Step 4

Check the hydration bladder and system. A number of different filling systems are available including top seals and screw-on lids. Consider how easy the system will be to fill with water, put ice cubes in and clean. Look for a bite valve with a turn-off knob to prevent leaking.

Step 5

Get a winter hydration pack. If you plan to use the pack solely for winter sports, look for packs with insulated parts that will mitigate freezing. You could also purchase a kit to convert a regular hydration pack into a winter pack.

Step 6

Try the pack on. Make sure that it fits comfortably. For a more accurate feel, put a few pounds of gear in it to see how comfortable it feels when full. A sternum strap is a handy design feature that will keep the pack stable and prevent the shoulder straps from sliding off during use.

Cleaning Hydration Packs



from www.outdoorgearlab.com/Hydration-Pack-Reviews/Buying-Advice

All hydration packs need to be cleaned eventually. If you are adding sugar/electrolyte powder to your water, you should clean your reservoir and hose every use or two. You can delay the frequency of cleaning by not using sugar drinks and leaving the bladder full of water or storing the bladder empty in the freezer (but it in a plastic bag first).

But eventually you will need to clean all hydration bladders and hoses.

Cleaning Reservoirs/Bladder

Bags that zip open on top are the easiest to clean. Geigerrig models are dishwasher safe and even zip top models that can't go in the dishwasher are still much easier to get a brush in and clean. Perhaps an even larger factor is that zip top pouches are easy to dry. Just flip them inside out (or not) and they will dry just about anywhere.

Next in ease of cleaning are single compartment bladders with large openings so you can easily get a brush inside. Most CamelBak and Osprey reservoirs are of this design. These are relatively easy to clean, but can be a pain in the ass to dry. You either need to buy the drying rack or improvise a coat hanger or kitchen utensil. The hardest bladders to clean are ones that you can't easily get a brush into and/or have multiple compartments like the CamelBak waist belt hydration bladders. These require more effort with a brush and/or usually involve many rounds of warm water flushing with a bacteria killing additive, then more flushing to clean out that additive.

Cleaning Hoses

All hoses are a pain to clean, especially if you use sugar drink mixes. If you want to be sure your hose is bacteria free, you will need to scrub it with a brush and soapy water and then flush it out. CamelBak, Platypus, and Osprey all sell cleaning kits with a special long and skinny brush for the tube. Geigerrig does not. In this video, they seem to imply you never need to scrub brush out the drink tube. Maybe if you mainly just use treated water. But if you use any type of sugary drink, our experience is that all tubing eventually needs some scrubbing. The exception might be if you religiously follow the method in the Geigerrig video (using soapy water flush after each use of drink mixes). But don't get us wrong, in our test, the Geigerrig system is clearly the easiest to clean.

- Camelbak official how to clean video:
http://www.camelbak.com/Sports-Recreation/Support/Product-Care/Cleaning/~link.aspx?_id=07F1F816C57C45E099AC51B00A23AF12&_z=z
- Osprey's official how to clean video:
www.youtube.com/watch?v=_PQj7E4Fc1Q

Geigerrig Cleaning Video: www.youtube.com/watch?v=kl1SHtYrNZs

Types of Rain Gear to Keep You Dry



This time of the year can be a beautiful time to go hiking and/or camping. The air is cool and the trees and flowers are already in bloom. However, weather is also known for its unpredictability as well. One minute, you can experience unseasonably warm, dry weather, and the next it can turn cold and very, very wet.

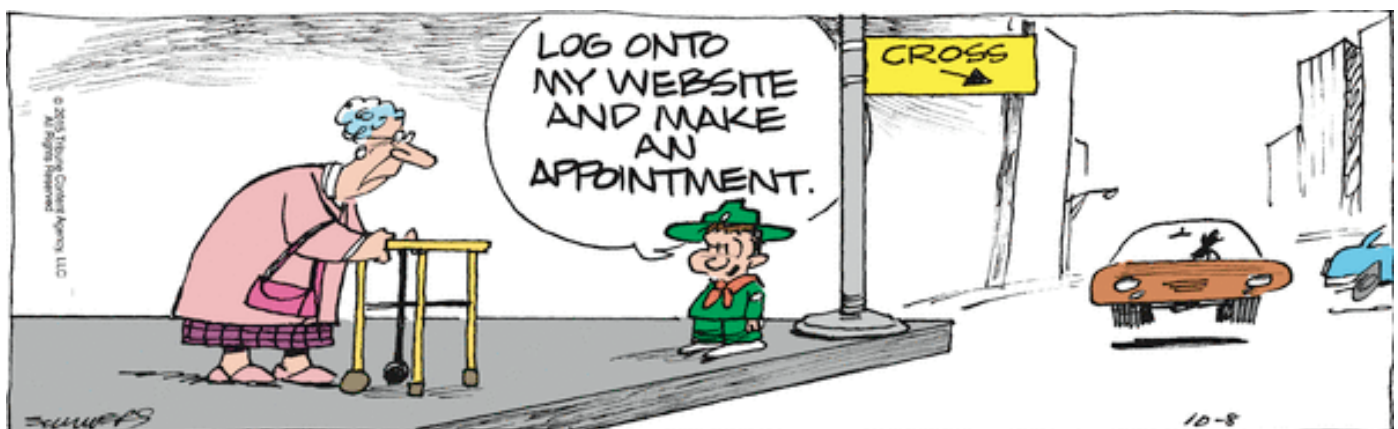
If you are going to take advantage of the season to hike or camp, it is critical that you plan ahead to ensure you remain warm and dry, no matter what Mother Nature throws at you.

You'll want to pack lightweight (often packable) rain gear that can be easily carried or packed when not needed. Again, even though it may be raining at any given moment, conditions could change quickly... and you don't want to get stuck with heavy rain gear to carry, when it turns warm and sunny.

So take a look at this Campmor article that includes eight different types of lightweight rain gear that you can plan to include in your next outdoor excursion: <http://outdoors.campmor.com/8-types-of-rain-gear-to-keep-you-dry/#bid=DWjafvZsLI3>

[Editor Note: For those of you reading this in hard copy, or unable to access the link at this time, here's a brief listing of the 8 types of rain gear; but trust us, you WILL want to check out that link when the time is right; the list below doesn't do the author justice.

1. Shell (rain jacket)
2. Poncho
3. Pants
4. Gaiters
5. Hat
6. Trekking Umbrella
7. Boots
8. Pack Cover]



Training Opportunities

Leave No Trace Trainer Classes – BSA Outdoor Ethics



What is the purpose of this class? The Cub Scout, Boy Scout, Varsity Scout, Venturing, and Sea Scout programs all include outdoor stewardship, care for the environment, and Leave No Trace as part of their programs. This course is offered to train adults and youth aged 14+ to serve their units and districts as Leave No Trace Trainers and as Outdoor Ethics Trainers. Every Cub Scout, Boy Scout, Varsity Scout, Venturing, and Sea Scout unit should have at least one Leave No Trace/Outdoor Ethics Trainer. A Boy Scout must complete this course before he can serve in the Troop Leave No Trace Trainer position.

Who should attend? Venturers, Sea Scouts, Varsity Scouts, and Boy Scouts aged 14+; adult Cub Scout, Boy Scout, Varsity, Venturing, and Sea Scout leaders; and District and Council leaders and trainers.

What will I learn? This course is designed to enhance your understanding of Leave No Trace practices and outdoor ethics, and to increase your level of expertise and confidence in teaching Leave No Trace skills.

This class is both active and highly interactive. You will be introduced to concepts and methods that will advance your knowledge of Leave No Trace issues in both developed and high adventure environments, 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 Leave No Trace Center for Outdoor Ethics and with the BSA. Students will receive Leave No Trace teaching materials, a certificate of course completion, a Leave No Trace Trainer lapel pin, and a BSA Leave No Trace Trainer card.

This course is instructed by nationally designated Leave No Trace Master Educators and Trainers. Attendance for the entire duration of the training is required.

When: (each of these is a separate class, you do not need to do all three)

- Apr 8 (indoor) and April 16-17 (outdoor)
- Sep 23 (5pm) – Sep 25 (10am)
- Mar 31, 2017 (5pm) – Apr 2 (10am)

Cost: \$75, non-refundable, which includes fees and materials. Meals are included. Registration for all courses is via the NCAC website www.ncacbsa.org/training/outdoor-ethics/

Where: Northern Virginia (Editor Note: their site and flyer doesn't give the full address, please contact Victor Bieniek at vbieniek@gmail.com or 703-855-8428 (cell))

Philmont Advisor Skill School Helps You Know Before You Go



When preparing for Philmont, you'll no doubt have a ton of questions. What gear do I bring? What's a typical day like? How do I get in "Philmont shape"? How do I select leadership positions for my crew? What's a smellable?

To help you learn, Philmont has developed three different courses for adults that are 18 or older:

Philmont Advisor Workshop (PAW)

PAW courses are two-hour evening workshops, typically 7 to 9 p.m. They provide a nice introduction to crew advisors to encourage constructive and smooth preparations for your Philmont trek. You'll learn about physical conditioning, conducting a shakedown hike, crew leadership positions, preparing youth leaders prior to your trek, travel to and from Philmont, establishing a crew Philmont committee, and more.

Cost: Free

When: April 13, 2016 in Baltimore (tentative)

More Info & Registration:

www.philmontscoutranch.org/~link.aspx?_id=BD9B40A3A9D04DEEB62BF3B63B7BE0BD&_z=z

Philmont Advisor Skill School in the field (Field-PASS)

Field-PASS is taught by a Philmont Ranger, 9 AM to 7 PM, in city and state parks across the country. In addition to the info taught in PAW, you'll learn all about the backcountry and logistical fundamentals of Philmont over the course of the day. You'll enjoy a trail lunch and dinner in between training sessions. At the conclusion of the course, advisors will receive PASS materials to share with crew members.

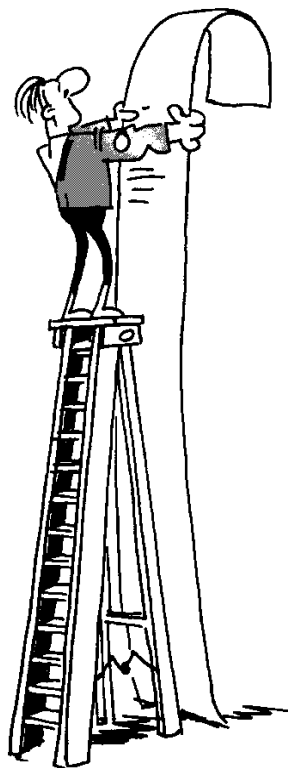
Cost: \$25

When: April 9 & 10 in Washington, D.C. (tentative)

More Info & Registration:

www.philmontscoutranch.org/~link.aspx?_id=4E69DAC272B840E4AD46FA0DF8E8C717&_z=z

District Calendar



APRIL 2016

8-10 **Spring Camporee**
 13 Roundtable
 13 OA Chapter Meeting
 15 Student Holiday
 16 **Life to Eagle Seminar**
 17 **COR Training**
 18 **COR Training**
 27 **District Court of Honor**
 29-5/1 **Spring OA Ordeal**

MAY 2016

11 **Program Launch**
 11 OA Chapter Meeting
 25 District Committee
 30 Memorial Day

JUNE 2016

4 **Soda Bottle Rocket Derby**
 8 Roundtable
 8 OA Chapter Meeting
 14 Last Day of School
 22 District Committee
 20-24 **Day Camp**

JULY 2016

4 Independence Day
 16 **Life to Eagle Seminar**

AUGUST 2016

10 Roundtable
 10 OA Chapter Meeting
 24 District Committee
 29 First Day of School

SEPTEMBER 2016

5 Labor Day
 14 Roundtable
 14 OA Chapter Meeting
 28 District Committee

OCTOBER 2016

10 Columbus Day
 12 Roundtable
 12 OA Chapter Meeting
 15 **Life to Eagle Seminar**
 22-23 **Webelos-o-ree**
 26 District Committee

NOVEMBER 2016

5 **SFF Bag Distribution**
 7-8 Student Holiday
 9 Roundtable
 9 OA Chapter Meeting
 12 **SFF Food Pickup**
 16 District Committee
 23-25 Holiday

December 2016

14 Roundtable
 14 OA Chapter Meeting
 21 **Annual District Business Meeting**
 22 Winter Break Starts

JANUARY 2017

2 Winter Break Ends
 11 Roundtable
 11 OA Chapter Meeting
 16 MLK Jr. Day
 25 District Committee
 27 Moveable School Holiday

FEBRUARY 2017

5 Scout Sunday
 8 Roundtable
 8 OA Chapter Meeting
 11 Scout Sabbath
 20 President's Day
 22 District Committee

MARCH 2017

2 **AOL Recognition Ceremony**
 8 Roundtable
 8 OA Chapter Meeting
 22 District Committee



BOY SCOUTS OF AMERICA
NATIONAL CAPITAL AREA COUNCIL

2016 "Loudoun Good Scout" Evening

Thursday, May 19, 2016

6:30 PM - Reception

7:15 PM - Program

Stone Tower Winery

49925 Hogback Mountain Road
Leesburg, VA 20175

HONOREE



Delegate J. Randall (Randy) Minchew

Virginia House of Delegates 2016

10th District

- ☐ **\$7,500 - Platinum Sponsor**
Full-page program advertisement and program listing, presentation at event
- ☐ **\$5,000 - Gold Sponsor**
Half-page program advertisement and program listing and presentation at event
- ☐ **\$2,500 - Silver Sponsor**
Quarter-page program advertisement and program listing and presentation at event
- ☐ **\$1,250 - Bronze Sponsor**
Presentation at event and listing
- ☐ **\$500 - Friend Sponsor**
Two tickets and program listing
- ☐ **\$300 - Scout Sponsor**
Sponsor a Scout in Scouting for 1 year in Delegate Minchew's name
- ☐ Though I cannot attend, I am pleased to enclose a \$_____ contribution to the National Capital Area Council, Boy Scouts of America

Name _____
Title _____
Firm _____
Address _____
City _____ State _____ Zip _____
Phone _____ Fax _____
Email _____
Contact Name _____
☐ Bill Me for \$ _____
☐ Check enclosed for \$ _____
(make payable to Boy Scouts of America, please indicate GC16 in the memo)
www.NCACBSA.org/LoudounGoodScout
☐ AMEX/VISA/MC/Discover for \$ _____
Name _____
Card Number _____
Exp. Date _____ CID# _____
Signature _____

Local Scouts will receive seating at each table in addition to those allocated based on your sponsorship.

Note: A portion of your contribution may not be tax deductible per IRS regulations.

For more information contact:

Peggy Durbin

Tel: 540-359-5335 | Fax: 301-564-3648

Peggy.Durbin@Scouting.org

9190 Rockville Pike, Bethesda, MD 20814

