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Quick Calendar:

- May II Program Launch
- June 4 Soda Bottle
- Rocket DerbyJune 8 Roundtable
- June 20-24 Day Camp

Newsletter Key:

Cub Scout Interest

Boy Scout / Venturing Interest

For Everyone

Goose Creek District Newsletter

May 2016

Volume 7, Issue 10

from Scoutmaster Clarke Green, http://ScoutmasterCG.com, Feb 3, 2016



What is a "Boy-Led Troop"?

Many Scouters claim; "We have a boy-led (or youth-led, or Scout-led) Troop," but what does that really mean?

Official literature mentions this sort of thing often, but how is do we really define "boy-led"?

We'd like to think what the Scouts do and how they do it defines "boy-led", but it doesn't. Young people lead themselves all the time, it comes quite naturally to them.

What adults do is just as important to a boy-led troop as what adults don't do.

Defining what we should not do is nowhere near as useful as sharing what we should do, but before I do let's address one common misconception;

Boy-led is not boy-defined.

Every once in a while I'll hear something like; "We don't have patrols because the Scouts decided they didn't want them, we are boy-led after all."

Imagine a basketball game where the players were carrying the ball rather than dribbling. You ask a coach why and they tell you; "the players all decided they's rather play this way." Can you still call that game "basketball"?

Just like any other game Scouting has limitations and definitions. We all play the game within those definitions and limitations, the players don't re-invent the game.

Adults should help Scouts maintain focus on fulfilling the promises of Scouting and understand the limitations and definitions of the game we are playing.

If we honestly want to engage our Scouts in leading themselves there things we ought to do -

Adults Should Employ Guided Discovery

Adults should guide their youth leadership to find their own answers. Ask questions that help them define the goal or the problem and then let them seek a plan or resolution. Don't provide answers – provide guidance.

Adults Should Respect Autonomy

When Scouts are focused on fulfilling the promises of Scouting poor choices will be few and far between. Respecting autonomy means our Scouts have the latitude to fail within the bounds of safety and propriety.

Adults Should Promote Cooperative Resolutions

In any situation we encounter with our Scouts there are not two sides, there's not a right and wrong, just a question everyone is trying resolve cooperatively.

Adults have the advantages of age and guile, we can pull strings and coerce decisions, we also have the provisional authority to make absolute decisions and give absolute directions.

If we are careful to maintain focus, employ guided discovery, respect autonomy, and promote cooperative resolutions our "boy-led" troop will flourish, and we will rarely have to give absolute directions or make absolute decisions.

That's four, easy to remember, thoughts Scouters can apply to triage any situation –

Am I maintaining focus? Am I guiding or directing?

Do I respect autonomy?

Are we working for a cooperative resolution?

District News

District Website: www.NCACBSA.org/GooseCreek

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).

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 Districk (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.

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District Court of Honor



On April 27th we held the District Court of Honor to recognize those Scouts who made Eagle and the Scouters who have provided outstanding service to their units or to the distritct.

This year's District Award of Merit honorees were:

Kevin Knoll

Claudia Wolfson

Unit Volunteers of the Year who were recognized were:

Pack 533 Tracy Sheppard

Pack 572 Tim McGinnis

Pack 982 Jim Blocker

Pack 998 Matthew Edwards

Pack 1148 Thomas Morley

Pack 1151 Austin Levine

Pack 1152 Marty Heinze & Stephanie Jackels

Pack 1500 Dennis Kellen

Troop 786 Rahiq Syed

Troop 961 Anthony Doherty & Paula Dillon

Troop 998 Sue Breen

Troop 1154 Victoria Pierce

Troop 1666 Duane Torbert

Troop 2012 Richar Eitzel

Pack 704 & Troop 969 Marilyn Gugliotta

The Robin L. Hayes Leadership Award was given to **Patrick Lewis**, Scoutmaster of Troop 1666.

And the Key 3 Leadership Awards were combined this year into a special recognition to **Steve Wolfson**, who is not doing his job as the District Vice-Chair for Program but has also stepped up to be acting Committee Chair for the past few months.

Newsletter Email Address



The Goose Creek Newsletter now has its own email address: **Newsletter@GooseCreekDistrict.org.** If your unit has 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.

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) (Note: Twilight camp already has 200 registrations and may be closed out soon).

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

- 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 email. An adult volunteering for the week at camp gets to send up to two children to camp for the reduced free 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.

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.

Service Hours Opportunity



Are you a Scout who needs service hours? Want a service opportunity to earn your Disability Awareness Merit Badge?

Loudoun Volunteer Caregivers is a Leesburg based volunteer organization in need of Scouts for various tasks including taking walks with a 95 year old WWII advanced combat flying instructor, assisting a blind widow with some minor yard care and many other opportunities. They especially need Scouts for their "Chore Corps" that assists senior citizens and disabled adults with light yard work during the spring and summer.. And let's not forget snow shoveling in winter!

To learn more about Loudoun Caregivers, please visit their site at: *http://lvcaregivers.org*

They are a certified organization for the Presidential Volunteer Service Award. To learn more about this award, please visit: *www.PresidentialServiceAwards.gov*

The contact for youth group volunteers at Loudoun Volunteer Caregivers is Davanna Black and she can be contacted at *dblack@lvcaregivers.org*.

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 LEGOrelated 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.comFacebook:www.facebook.com/scouting4bricksTwitter:www.twitter.com/scouting4bricks

Contact Us: Email: ScoutingForBricks@gmail.com

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

Service Hours Opportunity: Relay for Life



Relay for Life has need of Boy Scouts for their upcoming Loudoun County event on Saturday, May 21st at Heritage High School. During their Opening Ceremony to honor Cancer Survivors and Caregivers, they utilize approximately 300 color guard flags. They are seeking volunteers to hold the flags. All color guard flags will be provided. Opening Ceremony begins at 11:00 am and ends at approximately 11:30. Note the volunteers would be holding the flags to create an archway around the Heritage HS track for 10 minutes.

Please contact Michelle Johnson at *LoudounLearning@msn.com* to respond. You can also see their website at: http://main.acsevents.org/site/TR/RelayForLife/RFLCY16SA?pg=entry&fr_id =71161

Eagle Scout Family



Charlie Spradling of Boy Scout Troop 998, chartered by the Leesburg United Methodist Church, held his Eagle Court of Honor and received the Boy Scouts highest rank on Sunday, April 24, 2016. What made the day even more special was the presence of Charlie's two older brothers, Eagle Scouts Jake (2010) and Peter (2014) who were there to celebrate with him. And, if that's not enough, Charlie's father Brock (1986) and his Uncle Craig (1987) who are also Eagle Scouts. Five Eagle Scout Award recipients in one family. Nationally, only 6% of registered Boy Scouts achieve the rank of Eagle Scout. For the Spradling Family, this statistic has been blown out of the water. 100% of the men in this Leesburg Family have done so.





"Cheerful Service Chatter"

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

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: Lance Larson – Troop 663 Austin Wyatt Laws – Troop 1154 Kevin S Lynner – Troop 966 CJ Mackris – Troop 663 Hyrum Madson – Troop 663 Geoffrey Scott Pierce Jr – Troop 1154 Chris Roth – Troop 966 Garrett Edward Verfurth – Troop 997 Aaron Walsh – Troop 998 Christopher Ryan Yehle – Troop 1154

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New Lion Program



Lions, a new Boy Scouts of America pilot program for kindergarten boys, will begin in participating councils this fall. NCAC is one of the councils in the program.

Why go younger? Research shows that a child's development accelerates at age 4 and 5 — about the time these youngsters begin their formal education in kindergarten. That's also the time when families start looking for after-school activities for their children. While 5-year-olds could join a soccer team or karate studio, they couldn't yet join Scouting.

Here's a quick overview of the program:

- In Lions, you'll find the familiar concepts of character development, leadership skills, personal fitness and citizenship weaved into activities that are age-appropriate and fun.
- "Adventures," which are themed sets of activities and experiences, will help families explore the world around them.
- Lions will form into dens of six to eight boys. Parents will serve as "Lion Guides."
- When completing an adventure, a Lion will earn an "adventure sticker" for his Lion Adventure Book.
- Instead of the blue button-up uniform, Lions will love wearing their very own Lion T-shirt. The shirts will be available at Scout Shops in councils that are piloting the Lion program. Lions won't wear the Cub Scout uniform until they are old enough to officially transition into Cub Scouting as a Tiger.
- Lion dens may be invited to some pack meetings, but Scouters should make sure any meetings the Lions attend include age-appropriate activities. Because of their age, it's unrealistic to expect Lions to participate fully in pack activities. For example, Lions shouldn't participate in pack fundraising, overnight camping or activities such as shooting sports. Those experiences, and others, are more appropriate for older boys as they move through Tiger, Wolf, Bear and beyond.
- At the end of the kindergarten year, Lions will graduate into Cub Scouting as Tigers, where even more fun and adventure await.

So how does your pack set up a Lion's den? The guidelines that units will have to agree to in order to recruit Lions is being rolled out at the May 16th Council Membership Committee. We do know that one requirement is that the district have a District Level Lion Cub Coordinator and we, hopefully, have that person identified and will announce their name shortly.

Council / National News

Council Website: www.NCACBSA.org

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

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.

Scout Challenge Canoe Race in Fredericksburg, VA.



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

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 Sprit 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/programimpact/international/upcoming-and-recent-events/

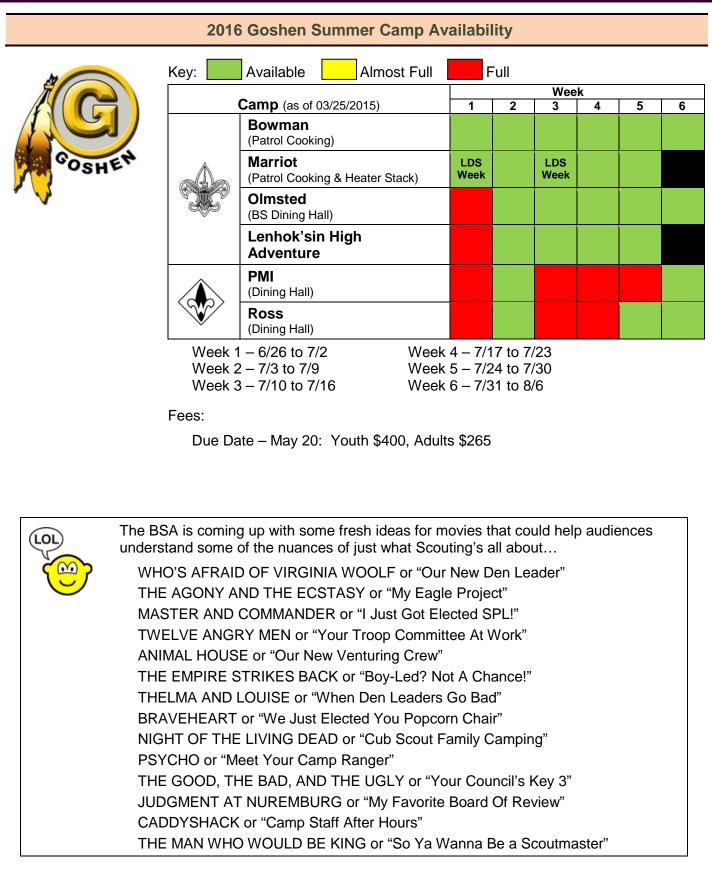
Cub Scout STEM Day Camp



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



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 Session 2: July 15-17 Session 3: July 22-24 Session 4: July 29-31 Cost: \$220 - register by April 15 \$240 - register by May 20 \$260 - register after May 20 \$60 - adults

To register: https://scoutingevent.com/?CWBSCubResCamp

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

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

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

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

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. <u>Goshen Scout Reservation waterfronts require swim classification tests be conducted at Goshen in Lake Merriweather</u>.

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.



"Don't be silly, son, of course I see the big bear and the little bear. But you should really refer to them by their proper names: Ursa Major and Ursa Minor."

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*.Vvolunteer 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



Gear Institute, *www.GearInstitute.com*, is an online network of outdoor gear testers in America, dedicated to providing consumers with the most credible, objective, and helpful gear reviews and advice on the web. Guides, product testers, and outdoor athletes put each product through extensive field testing against comparable products to provide gear buyers with clear, trustworthy, consumer-friendly comparisons of high-performance outdoor gear.

Their goal is to professionalize outdoor gear testing. They conduct fair, thorough, head-to-head tests of comparable outdoor products, both under controlled conditions and in appropriate real-world field-testing scenarios. They publish their testing criteria and open their methodology to discussion.

Above all, they strive to provide fair, objective, and credible product reviews to the buyers of outdoor gear. That means they will not be influenced in any way by advertisers, product representatives, or their own biases.

Books

The Stand Up Paddle Book



The Stand Up Paddle Book is the complete guide to stand up paddle surfing etiquette, equipment, and surfing technique! Nate Burgoyne, founder and editor of Stand Up Paddle Surfing Magazine, who is also and founder and instructor of Rainbow Watersports Adventures stand up paddle school in a Hawaii on the North Shore of Oahu, guides you through the exciting journey from window shopping for your first board to catching your first waves to taking your stand up paddle surf skills to a higher level in this, the first book ever published, on the sport. Fun illustrations, comprehensive information, real life stories, and conversational voice packed into 268 pages make The Stand Up Paddle Book the best book for learning how to stand up paddle.

Cost is about \$16, paperback

Equipment / Gear / Tips

Man Food: 5 Homemade Snacks for Hiking



The flowers are out, the birds are chirping, and the air is warm (but not too warm). Spring may just be the perfect season for hiking. And if you're planning on getting out and enjoying the great outdoors, you're going to need some nourishment, which means packing both snacks and water.

"Your food and water needs are generally higher than usual on activity-based excursions," Jackie Newgent, a registered dietitian, wrote in an article for the Academy of Nutrition and Dietetics. Dehydration can happen even on low-key day hikes, so in addition to drinking plenty of water before you head out, you'll want to have at least 2 cups of water for every 1 hour of hiking, Newgent advised.

As far as food, "opt mainly for non-perishable foods that are relatively lightweight and nutrient dense," Newgent suggested. Old standbys like nuts, energy bars, and trail mix are all good bets. But that doesn't mean you have to settle for yet another handful of GORP (good old raisins and peanuts) when you get hungry while hiking. Here are five more creative recipes for healthy snacks for while enjoying the great outdoors: www.cheatsheet.com/culture/man-food-5homemade-snacks-for-hiking.html/

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 lowimpact 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)

- 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))

District Calendar			
R. A. A.	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	December 2016	JANUARY 2017
	5 SFF Bag Distribution 7-8 Student Holiday 9 Roundtable 9 OA Chapter Meeting 12 SFF Food Pickup 16 District Committee 23-25 Holiday	14 Roundtable 14 OA Chapter Meeting 21 <i>Annual District</i> <i>Business Meeting</i> 22 Winter Break Starts	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	APRIL 2017 7 Student Holiday 10-14 Spring Break 12 Roundtable 12 OA Chapter Meeting 15 Student Holiday 26 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

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Local Scouts will receive seating a	t each table in addition to those	

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

