



# Goose Creek District Newsletter



June 2016

Volume 7, Issue 11



from Scoutmaster Clarke Green, <http://scoutmastercg.com/ten-ways-to-frustrate-a-youth-leader/>, May 5, 2016

## Special Interest:

### District

- Soda Bottle Rocket Derby – pg 2
- Lion Program – pg 2

### Advancement

- Merit Badge Group Policy – pg 5
- Cyber Chip Requirements – pg 6




### Council/National

- Troop Leader Guidebook – pg 8
- Goshen Camporee – pg 9
- Passport DC Embassy Days – pg 12

## Quick Calendar:

- June 4 – Soda Bottle Rocket Derby
- June 8 – Roundtable
- June 20-24 – Day Camp
- July 16 – Life to Eagle Seminar
- Aug 8 - IOLS
- Aug 10 - Roundtable

## Newsletter Key:

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

## Ten ways to frustrate a youth leader

People who volunteer to work with Scouts are generally good-hearted, well-meaning folks who want to do their best to guide Scouts towards growing into useful, good hearted people themselves. But this goodwill is not enough, we have to strive to develop our skills as adult volunteers. We develop character in individual Scouts; there is no formulaic, step-by-step approach. Each challenge is an individual challenge.

### 1. Talking too much

Too much talk is the root of many of the other ten ways; and the most common way to be really frustrating. How few words can you use? Aim at being brief, direct and intelligible. If Scouts show an unusual interest in the ceiling or their shoes you have talked too long.

### 2. Coercion

Coercion is a fancy way of saying “no”. If you must say “no” just say it. Adults can subtly (or not so subtly) manipulate circumstances and conversations to get what we want. We have a lot more experience manipulating people and getting our way than young people do. Aim at honest discussion, ask questions, and listen more than you speak.

### 3. Nitpicking

Don't sweat the small stuff. Concentrate on the good. Minimize the shortcomings-celebrate the achievements.

### 4. Micromanagement

When we hike we set our destination and put one foot in front of the other without brooding over each individual step. Don't hover, back off; a youth leader needs room to hit their stride, to discover their talents and abilities.

### 5. Anger

“When angry, count ten before you speak; if very angry, a hundred.” – Thomas Jefferson

As a Scouter you have undertaken inherently frustrating work, you must learn to live with frustration of watching young people make all the mistakes you made. Frustration builds anger, but you are the adult, right? Anger is a passing storm – talk to another adult first (one good way of “counting to ten”).

### 6. Sacrificing the perfectly good to the perfect

Don't expect perfection, expect action. Growing up and learning is a messy, unpredictable business. Perfection takes practice, lots of practice. You can't help other people, let alone young people, exactly meet your standard of perfection.

### 7. Treating honest mistakes as horrible crimes.

You know what I mean, right? Your attitude is important. It is likely what adults accept as tacitly understood is not at all understood by young people, that's why we are mentoring Scouts towards understanding. Mistakes are inevitable, even desirable – they indicate action and growth. Trouble from Scouts is rarely deliberate disobedience. Scouts make mistakes in judgment – seize on these moments for positive reflection, not anger, shame, or punishment.

### 8. Hovering

Get out of the room, get out of the campsite, observe from afar. Real responsibility comes from autonomy, and autonomy comes from having the space to act without someone breathing down your neck. Maintain safety and propriety from a respectful distance.

### 9. Moving the goalposts

Fairness means never dismissing what was achieved by demanding even higher achievement, or redefining the goal to fit the effort. We must maintain a high standard, not an impossibly high standard. Not every shot is a goal. A baseball player with a terrific .300 batting average still strikes out around 2/3rd's of the time. The important thing is stepping up to the plate and giving it your best swing.

### 10. Usurpation

Actual responsibility leads to actual achievement or actual disappointment. When adults usurp a youth leader's responsibility to make things easier or more predictable they nullify the good that comes from achieving or failing on your own merits.

## District News

District Website: [www.NCACBSA.org/GooseCreek](http://www.NCACBSA.org/GooseCreek)

### 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](mailto: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.

### About the New Lion Program



As some of you may have Lions, a new Boy Scouts of America pilot program for kindergarten boys, will begin in participating councils (which includes NCAC) this fall (<http://blog.scoutingmagazine.org/2016/02/24/lions-a-new-scouting-program-for-kindergarten-boys-to-begin-pilot-rollout/>). Because this is a pilot program there will be a number of requirements, training, and reports that units that wish to participate must meet.

To explain the program and the requirements a pack must meet to join, Goose Creek will be doing a presentation at the June Roundtable, June 8 7:30 pm – Leesburg United Methodist Church.

**The newsletter staff is taking the month of July off, the next district newsletter will be August 2016. Enjoy summer camp!**

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Roundtable Facebook: [www.facebook.com/pages/Goose-Creek-District-Cub-Scout-Roundtable/122441441115224](https://www.facebook.com/pages/Goose-Creek-District-Cub-Scout-Roundtable/122441441115224)

## Program Launch 2016-2017



In lieu of printing all of the material for Program Launch Council has placed it on a website for you. It can be found at: [www.ncacbsa.org/programlaunch](http://www.ncacbsa.org/programlaunch)

### **Anti-Bullying Video Program**

\*Anti-Bullying and Cyber-Intimidation Programs

### **Aquatics**

\*Aquatics Activities 2016  
 \*BSA Life Guard  
 \*BSA Swimming and Water Rescue 2016  
 \*CPR - AED  
 \*Scuba BSA Flyer 2016

### **Camp William B. Snyder (CWBS)**

\*6-4-16 Wilderness Engineers Workday  
 \*Be a SUMMER CAMP COUNSELOR  
 \*2016 Camp Master  
 \*2016 Fall Family Camping events  
 \*2016 Splash Cinema  
 \*2016 Summer Camp Programs Trifold

### **Goshen Scout Reservation**

\*Beach Yacht Brochure  
 \*Field and Stream Brochure  
 \*Goshen Magazine  
 \*LenHok'Sin High Adventure Brochure  
 Trail to Eagle Brochure

### **High Adventure**

\*High Adventure Treks  
 \*NCAC High Adventure Committee

### **Journey to Excellence (JTE)**

\*Internet Advancement  
 \*Service Hours Instructions  
 \*Service Hour Reporting  
 \*Training  
 \*Unit JTE Scorecards

### **Membership**

\*Free Tiger Book – Spring Recruitment  
 \*Tiger Rally NCAC 2016 Ribbon  
 \*Chair's Commendation Award for Cub Scout Recruiting 2016

### **Popcorn**

\*NCAC Why Trails End for Leaders

### **STEM (Science Technology Engineering and Mathematics)**

\*STEM NCAC 2016

### **Venturing**

\*Fact Sheet FAQs Changes in Sea Scouts 2016-03-24  
 \*Hike-o-ree 2016  
 \*NCAC VOA BBQ Flyer  
 \*Pathfinder Award - Project Management Training  
 \*Sample Crew Budget  
 \*Venture Awards Tracking Sheet  
 \*Venturing Links 2016  
 \*Venturing Program Highlights - 2016

## 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.

## "Onward and Upward" On the Advancement Trail

### New Eagles



Congratulations to Goose Creek's newest Eagles:

**Benjamin P. Baggett** – Troop 2970

**Henri T Brown** – Troop 163

**George Crew** – Troop 982

**John T. Harrington** – Troop 2970

**Parker S Hough** – Troop 982

**Nicholas Karen** – Troop 2970

**Andrew W. Stephenson** – Troop 2970

**Thomas Suttie** – Troop 1550

**Alexander Thorpe** – Troop 998

**Nathan Weslow** – Troop 961

LOL



A Scoutmaster was surprised to see one of his Scouts had brought an umbrella to summer camp.

He asked, "Why did you bring an umbrella to camp?"

The Scout answered, "Did you ever have a mother?"

## Merit Badge Group Policy



Current guidance from the *Guide to Advancement* and newly released *Merit Badge Group Instruction Guide* ([www.scouting.org/filestore/pdf/512-066\\_WEB.pdf](http://www.scouting.org/filestore/pdf/512-066_WEB.pdf)) has focused on making sure that group instruction focuses on maintaining the high quality merit badge program we expect and that these events now require Council or district approval for group instruction to occur.

Council policy is that a troop or a crew can use group instruction of merit badges within their unit without seeking approval from the council or district. However, if the unit decides to offer the merit badge opportunity to Scouts outside their unit it must get district advancement committee approval to conduct the event. This approval can come from either the District Merit Badge Dean (Tom Hill) or the Advancement Committee Chair (Alan Steiner, [Alan.Steiner@GooseCreekDistrict.org](mailto:Alan.Steiner@GooseCreekDistrict.org)).

It is important to note that outside organizations and businesses are not allowed to present classes, events, or similar activities that are largely for the purpose of offering merit badges – even if no fee is involved – without approval from Council.

## Internet Advancement Report Required to Pick Up Badges at Scout Stores



An Internet Advancement report is now required to pick up rank badges (Cub Scout and Boy Scout) at any of the NCAC Scout Shops. Whereas some of the stores were a bit lax about this policy before, it is now being strictly enforced. A paper report or an image of a very recent report on an iPhone or Tablet is acceptable.

## 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 session in 2016: July 16, from 10:30-1:30 in Room B at the Ashburn Library; 43316 Hay Road, Ashburn, VA (pending confirmation from LCPL). There is no cost to attend the session.

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 Requirements for Boy Scouts



With the new Boy Scout advancement requirements, the Cyber Chip must be earned for two ranks, Scout and Star. In both cases the requirement reads “and earn the Cyber Chip Award for your grade.” The Cyber Chip, however, does not have specific requirements for each grade but for 4-5<sup>th</sup>, 6-8<sup>th</sup>, and 9-12<sup>th</sup> grades.

This has raised several questions such as:

### **All Cyber Chips expire annually, how does that affect the process?**

A Cyber Chip earned using the 6-8<sup>th</sup> grade requirements is good for all 3 years for meeting the requirements. Note the requirements says “earn” and not that it must be current (though a Scoutmaster might ask the Scout to do a refresher if it’s been a while).

### **What do you do about a Webelos who crosses over and has already earned the Cyber Chip for his grade, does he need to do it again as a Boy Scout for the Scout rank?**

If a Scout earned the Cyber Chip using the 4-5<sup>th</sup> grade requirements as a Webelos and joins a troop while still in 5<sup>th</sup> grade he has met the Scout rank requirement. It’s not an automatic sign-off though. They still need to demonstrate to the SM or designee what they learned by simply having a conversation. If he waits to join until 6<sup>th</sup> grade, however, the previous chip award does not count and he must do it again using the 6-8 grade requirements.

### **Since the Cyber Chip has different requirements for grades 6-8 and 9-12 what do you do about a Scout who starts the Star process in 8<sup>th</sup> grade or before and has the Cyber Chip done, but finishes the Star requirements in 9<sup>th</sup> grade or later? Does the earlier chip award still count?**

If a Scout has earned the Cyber Chip using the 6-8<sup>th</sup> grade requirements and earns the First Class rank before 9<sup>th</sup> grade, then this requirement can be signed regardless of when he actually goes before the Board of Review. If he waits to have this requirement signed off until he’s in the 9<sup>th</sup> grade, however, then he must earn it again using the 9-12<sup>th</sup> grade requirements (think of it as a procrastination penalty).

### **Star Cyber Chip requirement 4 (Boy Scout version, grade 6-8) requires the Scout to teach internet safety rules to the troop or a patrol, including planning and outside research. This level of coordination, time commitment, and abstract thinking seems well beyond the scope of what we expect from a new scout and seems very out of proportion to the parallel requirements in the Totin Chip and Firem'n Chit where the scout is taught an objective skill and demonstrates it.**

By the time a Scout is ready to work on Star he has been in the Troop 12-18 months, is thinking about a position of responsibility, and should be switching roles from student to teacher. The requirement says to teach internet safety rules. It doesn't say all internet safety rules. Most of examples of these rules are published in many places and should require abstract thought. The [www.netsmartz.org/scouting](http://www.netsmartz.org/scouting) link from the Cyber Chip page ([www.scouting.org/Training/YouthProtection/CyberChip/Grades6-8.aspx](http://www.scouting.org/Training/YouthProtection/CyberChip/Grades6-8.aspx)) has four mini-lessons that a Scout could choose from and appropriate for 6-8th graders. Also...it doesn't say how to teach Internet rules. The EDGE method might be incorporated into a game, an interactive skit, etc. Make sure you encourage creativity!

## MB Counselor – Signing Requirements for a Group Event



Merit Badge Counselors should take special care about signing requirements when they have a group of Scouts for a class/event.

**Differentiate Between Instruction and Completing Requirements.** Some events present opportunities for Scouts to learn skills without being able to actually and personally demonstrate or discuss a requirement. In these cases, the requirement must not be marked as completed. Clarify this before the event, and provide instructions for Scouts to complete it after the event.

**Make Certain Each Scout Personally Completes Each Requirement.** Group instruction does not mean group testing. Each Scout must complete each requirement as written, without exception. For example, if the requirement says to discuss or demonstrate, then each Scout must individually discuss or demonstrate whatever is required. It is not acceptable for the Scout to listen to someone else discuss or demonstrate the subject. There are no exceptions due to lack of facilities, materials, appropriate weather, or time. “Group tasks” do not fulfill requirements except in those cases where a group is needed to perform a specific task as stated in the requirement.

## Packs Enter AOL into Internet Advancement as Soon as Possible



Please remember to enter Arrow of Light awards into Internet Advancement as soon as they are earned. Once one of your Scouts transfers to a Troop you no longer have access to the Scouts' records, and the Troop cannot enter Cub Scout ranks. As a consequence when the Scout eventually (we hope) goes up for Eagle the date that he earned the AOL does not appear on any of the reports.

## What Grade is the Scout in?



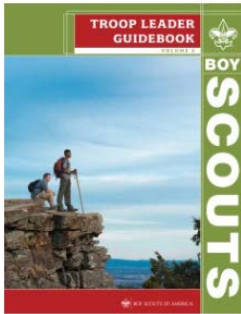
All Cub Scout ranks and some Boy Scout requirements (notably Cyber Chip) are related to what grade the Scout is in. So this summer how do you tell which grade they are in, and when did the changeover occur.

The Boy Scouts recognize June 1<sup>st</sup> as the advancement point to the next grade, even if school is still in session. So on that date a 3<sup>rd</sup> grader (Bear) with several days still left to go for school to end would, for rank advancement purposes, be considered a 4<sup>th</sup> grader (Webelos).

## Council / National News

Council Website: [www.NCACBSA.org](http://www.NCACBSA.org)

### Troop Leader Guidebook – Volume 2



Once you've mastered the basics of Boy Scouting, it's time to level up.

That's the goal of Volume 2 of the *Troop Leader Guidebook*, the BSA's publication for experienced leaders that addresses topics like self-evaluation, succession planning, leadership styles, high adventure, working with older Scouts, working with Scouts with disabilities, counseling, conflict resolution and more.

It's due in Scout Shops and at ScoutStuff.org by the end of June.

Volume 1 of the *Troop Leader Guidebook* covered the nuts and bolts of Boy Scouting. Topics include troop meetings, uniforms and insignia, community service, awards and recognition programs, and more.

Volume 2 addresses the needs of experienced troop leaders — mainly people who have been involved in Boy Scouting for a few years. That's notable because it's the first time the BSA has created a publication exclusively aimed at seasoned Scouters.

### With Your Help, 2017 Journey to Excellence Will Be Even Better



Journey to Excellence (JTE) give you feedback on your Scout unit's progress during the entire Scouting year.

And now the team behind JTE wants feedback to make the JTE requirements and scorecards even more useful.

JTE — the BSA's tool for helping leaders plan their program, monitor progress and assess their Scouting success — uses separate scoresheets for packs, troops, teams, crews, posts, ships, districts and councils.

Like a baseball manager shuffling the lineup to find the perfect mix, the volunteers and professionals on the JTE team review and revise the JTE scorecards every year.

Right now they're working on the 2017 Journey to Excellence scorecards, which take effect on Jan. 1, 2017. And they want your guidance and feedback. Email your suggestion to [jte@scouting.org](mailto:jte@scouting.org).

### NCAC's Online Trading Post



The latest addition to NCAC's new Council website is the online trading post! Visit the site at [www.NCACBSA.org/TradingPost](http://www.NCACBSA.org/TradingPost) to stock up on all your favorite council shoulder patches and Order of the Arrow pocket flaps, including the new limited edition 2016 NESA DC patch.

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Roundtable Facebook: [www.facebook.com/pages/Goose-Creek-District-Cub-Scout-Roundtable/122441441115224](https://www.facebook.com/pages/Goose-Creek-District-Cub-Scout-Roundtable/122441441115224)



## What's the Secret to Recruiting Boy Scouts?



There's plenty of great material (<http://scoutingwire.org/marketing-and-membership-hub/unit-recruiting/>) out there to help Cub Scouters recruit boys into their pack and den.

While focusing on Cub Scouts makes sense, why not introduce families to the adventure of Scouting as early as possible?

But less is said about another important aspect of strengthening the Scouting movement: recruiting Boy Scouts.

### 1. Remember that Boy Scout recruiting happens all year.

Don't like to think of Boy Scout recruiting as having a "season." You can add new Scouts to your troop all year long. And doing so helps maintain your troop's health and bring in new energy and enthusiasm.

One good goal is to add at least 10 new Scouts every year. That way your troop grows without ever growing stagnant.

### 2. Appoint a troop membership chairperson.

Every successful recruiting effort needs a strong leader. Find a committee member who can take the lead on growing troop membership.

This person develops and implements a year-round growth plan. He or she should work closely with Cub Scout packs in the community, the district membership committee and the unit commissioner.

### 3. Use all three methods of growing your troop.

There are three primary ways to get new Scouts into your troop:

1. Graduate Webelos from Cub Scouting into Boy Scouting.
2. Host a troop open house.
3. Encourage peer-to-peer recruiting.

If you use just one or two of these recruiting methods, you're likely missing out on adding new Scouts to your troop. For best results, use all three.

## Goshen@50 Camporee



NCAC is commemorating the opening of the Goshen Scout Reservation in 1967 with a council-wide celebration! Mark your calendars for this one of a kind camporee on Memorial Day Weekend 2017.

The Camporee will be a great event for Scouts (of all ages and program levels) and their families. Activities will include waterfront, shooting sports, COPE and climbing courses, as well as a special arena show, campfires and Scouting skill competitions. There will also be Alumni events honoring key contributors to Goshen's history.

## Cub Scouts Swimming or Boating



Good news for Cub Scouts who love to swim, canoe and kayak: the water is just fine.

Contrary to past BSA program design, all Cub Scouts — not just Webelos — may participate in paddle sports as a pack or den; previously, they could only do so at district or council events. And, of course, Cub Scouts may continue to participate in swimming as a pack or den activity.

The Cub Scouting team worked with the Aquatics and Health and Safety committees to relax the council- or district-only requirements for paddle sports. But as adult leaders, you still must make sure that the points of Safe Swim Defense and Safety Afloat are incorporated, including training and staying within the BSA's aquatics framework.

Here's your five-step plan.

### **Step 1. Learn about aquatics-related Cub Scout adventures.**

The new Cub Scout program includes one aquatics-related adventure for each rank, but you'll notice they're all elective, not required. That means Cub Scouts who aren't interested in water activities are fine to stay on dry land.

### **Step 2. Have a Plan.**

Want to enjoy aquatics activities with your pack or den outside of a council or district event? Then you should use the Tour and Activity Plan as a tool for doing so. Forward the completed plan to your council at least 21 days in advance.

### **Step 3. Have Qualified Supervision.**

You know how to swim, so that qualifies you to take your Cub Scouts swimming or boating, right? Not so fast. If you're taking your pack or den swimming or boating, you need to know what you don't know. The good news is you can complete this training online (<https://my.scouting.org/>).

**Safe Swim Defense:** Any time you take Scouts swimming, even if you're going to a council event or local pool where lifeguards are present, you still need leaders trained in Safe Swim Defense.

**Safety Afloat:** You are permitted to take Cub Scouts boating as a pack or den. (Previously you could only go boating with your Cub Scouts at district or council events.) But any time you take Cub Scouts boating, you need at least one leader with Safety Afloat training taken within the previous two years. At least one adult leader must be trained in first aid and CPR as well.

### **Step 4. Learn more.**

Learn more about aquatics safety in the *Guide to Safe Scouting* ([www.scouting.org/scoutsource/HealthandSafety/GSS/toc.aspx](http://www.scouting.org/scoutsource/HealthandSafety/GSS/toc.aspx)) or the Outdoor Program website for aquatics ([www.scouting.org/Home/OutdoorProgram/Aquatics.aspx](http://www.scouting.org/Home/OutdoorProgram/Aquatics.aspx)).

### **Step 5. Have fun!**

## America's PrepareAthon! - Be hurricane ready



With the start of the Atlantic hurricane season now is a good time to begin discussing hurricane risk and preparing for the tropical storm season that ends in late November. Be sure to have a plan, be informed, be prepared for a power outage, and know your evacuation plan.

1. **Have a plan:** You may not be with your loved ones when disaster strikes, so have a Family Emergency Communication Plan ([www.fema.gov/media-library/assets/documents/94715](http://www.fema.gov/media-library/assets/documents/94715)) in place so you know how to reach each other and where to meet up when conditions are safe.
2. **Be informed:** Download the FEMA mobile app ([www.fema.gov/mobile-app](http://www.fema.gov/mobile-app)) for disaster resources, weather alerts, and safety tips. The app provides a customizable checklist of emergency supplies, maps of open shelters and recovery centers, disaster survival tips, and weather alerts from the National Weather Service. The app also enables users to receive push notifications reminding them to take important steps to prepare their homes and families for disasters.
3. **Be prepared for a power outage:** If you or anyone in your household depends on medical devices that are powered by electricity, make those items a first priority. Talk to your medical equipment company to find out what will happen to your equipment during a power outage. FEMA recommends each person has at least a three-day supply of extra batteries for your flashlights, radios, and other devices run on battery power. Visit this webpage ([www.ready.gov/power-outage](http://www.ready.gov/power-outage)) for information.
4. **Know your community's evacuation plans:** Many communities have designated "evacuation routes" and some even have evacuation zones. You will want to be familiar with these so that if your local authorities issue an evacuation order, you'll know exactly where to go.

America's PrepareAthon! is a year round, grassroots, community-based campaign to increase national preparedness. Visit their webpage ([www.ready.gov/prepare](http://www.ready.gov/prepare)) to read about preparedness stories, find events in your area, access customizable resources, and register your preparedness activities. Visit the DHS Office of Emergency Preparedness website (<http://dhsconnect.dhs.gov/org/comp/mgmt/OEP/Pages/default.aspx>) or FEMA's [www.Ready.gov](http://www.Ready.gov) for more information on other hazards, family planning, emergency kits, and becoming involved in your community.

## Innovations in Flight Family Day and Aviation Display



**Where:** National Air and Space Museum's Udvar-Hazy Center

**When:** June 18, 10 am – 3 pm

Explore the engineering and design innovations that have taken place during the last century of flight. Talk with pilots of over 50 vintage and modern aircraft on display for one day, from a powered parachute to a United jumbo jet. Learn about the science behind flight through hands-on, STEM-based activities. Celebrate with the United States Coast guard on its 100<sup>th</sup> anniversary.

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## 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/](http://www.summitbsa.org/venturingfest/). Email [venturingfest@scouting.org](mailto:venturingfest@scouting.org) with questions or comments.

## Smithsonian Sleepovers



**Where:** National Air and Space Museum’s Udvar-Hazy Center

**When:** Saturday, July 9 to Sunday, July 10, 7 pm – 8:30 am  
 Saturday, July 23 to Sunday, July 24, 7 pm – 8:30 am  
 Saturday, August 20 to Sunday, August 21, 7 pm – 8:30 am

There’s no more perfect setting for dreams of flight! Take off for a night filled with games and activities. Embark on a mission to explore the whole world of flight, from its pioneering days through the era of commercial aviation to the excitement of today’s space program.

For ages 8-12, chaperone required.

**Price:** \$135 General Admission (\$120 Smithsonian Associate members). Each child and adult must have a ticket.

**Register at:** [www.SmithsonianSleepovers.org](http://www.SmithsonianSleepovers.org) (sleepovers are also available for the American History and Natural History museums)

## Splash Cinema



Bring your own floats and chairs and watch *The Spongebob Movie: Sponge Out of Water* at the Camp Snyder pool on Saturday June 18! Gates open 7:30pm, movie begins at dusk. Cost is \$5 per person. Concessions available.

## 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 at least 11 years old and adults.

- 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](http://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](mailto:jaw_ncac_aquatics@yahoo.com)  
 208-598-2897

## Summertime Pack Award



Keep your pack going strong during the summer months by earning the Summertime Pack Award! Your pack can earn the award by planning and conducting three pack activities – one each in June, July, and August.

Dens with at least half their members at three summer pack events (one per month) are eligible for a colorful den participation ribbon. Cub Scouts who participate in three events (one per month) are eligible for a pin that can be worn on their uniform. The requirements for this and the National Den Award have been updated to reflect the changes to the cub Scout program; you can see the changes at [www.Scouting.org/ProgramUpdates](http://www.Scouting.org/ProgramUpdates).

## Be on Staff for Goshen Camporee 2017



2017 marks the 50<sup>th</sup> 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](mailto:camporee@ncacbsa.org).

Note: There will be no District Spring Camporee in 2017

District Website: [www.NCACBSA.org/GooseCreek](http://www.NCACBSA.org/GooseCreek)

District Facebook: [www.facebook.com/pages/NCAC-Goose-Creek-District/150234058338739](https://www.facebook.com/pages/NCAC-Goose-Creek-District/150234058338739)

Roundtable Facebook: [www.facebook.com/pages/Goose-Creek-District-Cub-Scout-Roundtable/122441441115224](https://www.facebook.com/pages/Goose-Creek-District-Cub-Scout-Roundtable/122441441115224)

## 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 online 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 12<sup>th</sup>. 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](mailto:jaw_ncac_aquatics@yahoo.com)  
208-598-2897

## STEM Week at Goshen Scout Reservation



Boy Scouts and Venturing Scouts, did you know that you can earn a complete Nova Award at Camp Marriott this summer (July 31 – August 6)? Join the Specialty week either with your troop or as an individual. You'll select from a myriad of options including Trail to Eagle, COPE, aquatics adventures and learn about the STEM principles on your way.

For information on all STEM programs, visit [www.NCACBSA.org/STEM](http://www.NCACBSA.org/STEM).

## 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, and 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](mailto:jaw_ncac_aquatics@yahoo.com)  
208-598-2897



## 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](http://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](mailto: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



Have you ever wanted to buy an outdoor product and been stumped about which product is best? Or, worse, bought a product only to learn later that you didn't buy the right one for your needs? The OutdoorGearLab ([www.OutdoorGearLab.com](http://www.OutdoorGearLab.com)) mission is simple: to create world's best outdoor gear reviews.

They believe the world's best outdoor gear reviews are the ones that help you select the right products for your specific needs, budget, and interests.

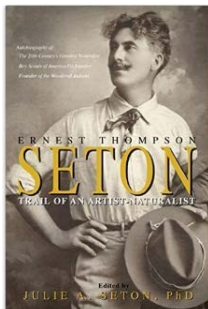
Their review process starts with selection: looking at hundreds of products to determine the top contenders in each category. To provide a fair basis for scoring, they have a set of objective lab tests for each category that helps quantify important differences between competing products.

In addition, they put each product through a set of real world field tests where they use and abuse each product to see how it holds up to its competition. Many of their testers are professional outdoor guides who bring years of hands-on experience and backcountry wisdom to our reviews.

In the end, their mission is to help you find the best product for your situation, keeping in mind that each person's needs are unique. To achieve that goal they publish the scores of each product relative to its competition, both overall and across important attributes for each category. That means you can find the one that best meets your individual needs.

## Books

### Trail of an Artist-Naturalist (NEW EDITION)



Originally published in 1940, this NEW EDITION adds new photographs and foreword by Seton's granddaughters. Ernest Thompson Seton influenced nature lovers, artists, campers; and Scouts with his philosophy. He was inspired by his love for nature and Native American cultures. Here, Seton describes his moments of discovery, knowledge gathering, and successes as an international leader as a naturalist, artist, writer and educator. He wrote more than 40 books to include Wild Animals I Have Known, Gospel of the Red Man, Woodcraft and Indian Lore. His drawings are still found in Merriam and Century dictionaries.

Paperback, around \$19.

## Equipment / Gear / Tips

### Ways to Stop Mosquito Bites from Itching



Mosquito bites. They itch and itch and itch until you just can't take it anymore. Scratching solves one problem, yet scratching releases more histamines in the body, which makes the bite itch more. One bite is annoying, several can be miserable, hundreds over the course of a few months can actually help you build an immunity to their saliva, but probably not the best way to get rid of the itch.

So how can you get the itching to stop while at camp without a nearby drugstore? Here are some surefire ways to stop the itching from mosquito bites:

- Dr. Oz says a dab of honey applied to the site can sooth skin because it is a natural antibiotic. It can also prevent infections if you have scratched your bite open with fingernails that aren't clean.
- Apple cider vinegar also has anti-itch benefits due to the acidity in the vinegar. Once pressed against the wound, the acidic liquid will reduce swelling and take away that huge urge to scratch.
- Garlic is a proven remedy due to its chemical properties, though you can also make matters worse. Rubbing a clove of garlic directly on an open site can result in severe stinging and burning.
- Sounds strange, but doctors also say using the inside of a pulpy banana peel can be an appealing way to get rid of the itch, when applied directly on a bite thanks to the peel's oils.
- Toothpaste is another trick to take the itch out of mosquito bites. A small amount on the bite can provide hours of relief due to toothpaste's anti-inflammatory properties and ingredients like menthol and baking soda.
- A bar of wet soap may be your new best friend if you're itching. The chemicals and fat in soap can be soothing, dry out the bite and reduce the need to itch. Rub it over the affected area and wait a few hours before removing.
- Or grab that roll-on antiperspirant for a quick fix. The aluminum chloride salts usually found there will help absorb the fluid in the mosquito bite, and itching goes away.
- Another interesting home remedy that many swear by? Apply a small piece of Scotch Tape to the bite. From here some find it works best to leave it on for a few hours- something about closing off the air to the site reduces itching- while others simply very gently remove it directly after applying, which helps remove some of the mosquito saliva that is the heart of the itchy problem. Best to do this as soon as possible after receiving the bite.

## 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.

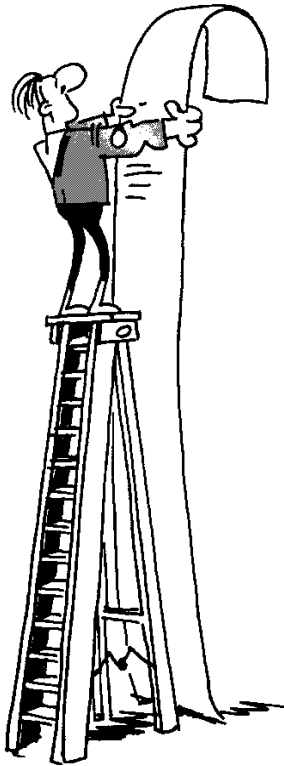
**When:** (each of these is a separate class, you do not need to do both)

- 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/](http://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](mailto:vbieniek@gmail.com) or 703-855-8428 (cell))

## District Calendar



### 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

- 8 **Intro to Outdoor Leader Skills**
- 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

- 8 **Den Chief Training**
- 10 Columbus Day
- 12 Roundtable
- 12 OA Chapter Meeting
- 15 **Life to Eagle Seminar**
- 17-18 **Intro to Outdoor Leader Skills**
- 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
- 15 **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

### APRIL 2017

- 7 Student Holiday
- 10-14 Spring Break
- 12 Roundtable
- 12 OA Chapter Meeting
- 15 Student Holiday
- 26 District Committee

### MAY 2017

- 10 **Program Launch**
- 10 OA Chapter Meeting
- 24 District Committee
- 29 Memorial Day