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Quick Calendar:

- Jun 8 Roundtable
- Jun 20-24 Day Camp
- Jun 20-23 Twilight Camp
- Aug I0 Roundtable
- Aug 20 Life to Eagle Training

Newsletter Key:

Cub Scout Interest

Boy Scout / Venturing Interest

For Everyone

New Article
/Updated
Information

Goose Creek District Newsletter

June 2022

Volume 13, Issue 11



From Scoutmaster Clarke Green, Oct 22, 2014 http://scoutmastercg.com/the-authority-of-youth-leadership/#email_follow

The Authority of Youth Leadership

Compel

Force or oblige someone to do something.

Delegate

To give or commit (duties, powers, etc) to another as agent or representative.

Empower

Give someone the authority or power to do something.

The authority of youth leadership is not based in compelling young people to do something.

The authority in youth leadership is not delegated (One abiding myth of Scouting is that the adults are the source of all authority and delegate responsibility to youth leadership.)

The authority of youth leadership is built into the fabric of Scouting, they are empowered to lead.

Youth leaders are not servants, employees, or soldiers but volunteer players in the purposeful game of Scouting.

Scouting is something that Scouts do for themselves and adults have the honor of observing, coaching and encouraging.

Adult oversight is cooperative; we are there to aid our youth leaders by doing only the things they, by reason of their age, cannot do.

Adult authority is provisional; we are there to assure things are safe, and that our youth leaders are playing within the bounds of the game.

Adult leadership is responsive and reciprocal to youth leadership: we provide assistance to developing leaders in the same way we teach someone to ride a bike, by letting go when they are ready to pedal on their own.

The newsletter staff is taking the month of July off, the next district newsletter will be August 2022.

District News

District Website: www.NCACBSA.org/GooseCreek

Goose Creek Day Camp and Twilight Camp



June 20-24 (Day), June 20-23 (Twilight) @ Loudoun County Fairgrounds

Registration is open. Visit *GoToDayCamp.org* for information, links to registration, and paperwork. Most paperwork will be ONLINE this year!

Calling for Adult & Youth Staff, submit interest form https://rb.gy/3rkfat.

For Questions, contact Shannon Klee, *GooseCreekCubCamp@gmail.com*, 317-833-3138

Camp registrations are increasing. We now have 89 for Day Camp, and 32 for Twilight Camp. Will we hit three digits for Day Camp? Will we get to see the big 5-0 at Twilight? Get those registrations in! As you can see, there's plenty of space for your Cubs to run and be free at camp this year.



2022 Webelos-o-ree



Mark your pack calendars for the 2022 Webelos-O-Ree the weekend of October 1-2 at Camp Snyder in Haymarket, VA. The Webelos-O-Ree is a day-long event of scouting activities culminating in a highly entertaining campfire. The pie throwing skit is a must-see!

Troops will run activity station activities using EDGE to show Webelos what scouting is like at the troop level. Stations include fire building, first aid, cooking, monkey bridge crossings, shooting sports and more. Participation in the Webelos-O-Ree is open to all Webelos and is a great way to ensure your cubs efficiently visit several troops. Dinner is on us, and camping overnight is encouraged.



Troop Participation in the Webelos-o-ree



GCD's annual Webelos-O-Ree is an opportunity for troops to be on their best footing and "pay it forward" to the Webelos of our district with several goals in mind. The most important of these goals is demonstration of scout spirit in showing younger scouts what troop life has to offer. The EDGE method will serve you well in teaching scout skills, and troop leaders will indulge in cub-to-scout transition discussions with prospective parents.

If your troop is interested in participating in this year's Webelos-O-Ree, even if you were at last year's, please contact Charles Thornton at **scouterchalis@gmail.com**. We have space for seven troops to camp over and, as always, there is no fee for troops to attend. You just have to supply your own food. Reservations are already filling so do not hesitate to volunteer.



Save the Date - Freeze-o-ree 2023



The Arrowmen of the Goose Creek Chapter of the Amangamek-Wipit 470 Lodge invite you to:

The Zombie Invasion of the Great White North

Feb 10-12, 2023 at Camp William B. Snyder

Registration opens this fall.

Friends of Scouting



The annual Friends of Scouting giving campaign helps ensure that the National Capital Area Council can continue to provide quality programs for our youth. This campaign provides approximately 15 percent of the council's annual budget. What does your investment in Friends of Scouting provide?

- Local programs and activities throughout the council
- Camp scholarships, uniforms and registration fees for youths who otherwise could not participate
- Scout service center that coordinate Scouting activities and provide customer service to members
- Accident and liability insurance to protect both youth and adult members
- Professional staff who counsel, guide, and inspire volunteer leadership
- Camps and facilities available for year-round camping and Cub Scout family outdoor events
- Opportunities to attend summer camp and high-adventure events
- Advancement programs where Scouts are recognized for learning and achievement of goals they set
- Distribution and development of literature and training-materials
- Leadership training for young people who will become future community leaders

To make a donation to Friends of Scouting, please go to https://donations.scouting.org/#/council/082/appeal/3971

Please include Goose Creek District and your unit number with your donation. If you want to pledge and pay over time just follow the easy steps on the website.

If your unit has not scheduled a Friends of Scouting presentation this year please email **development@goosecreekdistrict.org** to get on the calendar. Thank you for investing in Scouting!

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 hold 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.

Shooting Sports Corner



The February Feeeze-o-Ree and March Camp Highroad Camporee shooting sport events were hugely successful and supervised by certified shooting sports instructors. These individuals ensured each Scout experienced an enjoyable and safe Camporee.

Goose Creek District (GCD), however, still needs more certified Shooting Sports personnel to supervise more fun shooting events especially at our upcoming Day/Twilight Summer Camp in June.

NCAC Shooting Sports Committee is hosting 1 more Rangemaster training on June 4, 2020 at Camp Snyder, Haymarket, VA.

Goose Creek needs a few more certified Rangemasters to make the Summer Camp a great success like the Freeze-o-Ree and Camp-o-Ree. Please respond to **shootingsports@goosecreekdistrict.org** to help serve. The Scouts are counting on your help.

Range Safety Officers (RSO)

RSOs are needed at all GCD Shooting Sports events. If you're interested in serving as an RSO, visit: https://www.NRAinstructors.org/search.aspx, scroll down to the Safety section and select the NRA Chief Range Safety Officer Course" on the right side of the page.

To become a certified BSA Rangemaster to supervise the BB-gun and Slingshot events is rather easy. Attend and complete one of the offered BSA Rangemaster courses at Camp Snyder, the next one is 21 May 2022

Archery

Completion of U. S. Archery Level 1 certification is required to supervise BSA Archery Events. If you have one, please contact John Witek, the GCD Shooting Sports Chair, *john.witek@gooosecreekdistrict.org*, to get your name added to NCAC Shooting Sports Committee Approved Instructor list.

Rifle/Shotgun

Completion of NRA Rifle and/or Shotgun Instructor Course and Certification is required to supervise Scouts BSA Shooting events. This certification is good for 2 years and renewable through the *NRA Instructors website*.

Tomahawk

Tomahawk-throwing must be supervised by an experienced Scouter when being thrown at Unit or District events. If interested in serving, send your name, years of experience and unit # to: John Witek, GCD Shooting Sports Chair, *john.witek@gooosecreekdistrict.org* to be processed through the NCAC Shooting Sports Committee.

If you are interested in applying for a Shooting Sports event in GCD, be sure to visit our Basecamp District Committee Team, select 'Shooting Sports' in 'Docs and Files' and download and fill out the Shooting Sports Event Request.

If you are interested in hosting a Shooting Sports event on a non-BSA property, be sure to visit the same area in Basecamp and download and review "Private Property Approval for Shooting Sports by Units, Districts, and Councils" and "NCAC So You Want to Hold a Shooting Activity" document to properly set up your range.

Contact John Witek, Chief Range Safety Officer to review and approve your shooting range. Without approval, BSA will not insure your activity.



Cheerful Service Chatter"

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



June OA Meeting



The Goose Creek Chapter of the Amangamek-Wipit Lodge will hold it's monthly meeting on the usual day (June 8) at 7:30 PM, but in a special location - Crossroads United Methodist Church in Ashburn. We will have an ice cream social for all Arrowmen in attendance (wear your sash for easy identification), and our leadership team will be helping judge at the Goose Creek Roundtable annual Dutch Oven Cook-off.

Please join us to help welcome our new members, and enjoy a relaxing evening as we end another school year.

*

New Ordeal and Brotherhood Members



The Goose Creek Chapter of the Amangamek-Wipit Lodge congratulates its newest inductees into Scouting's national honor society, the Order of the Arrow:

Thad Alpeter - Troop 1907 B
Dylan Ammann - Troop 997 B
Mathias Bart - Troop 1910 B
Noah Byrnes - Troop 1159 B
Joseph Caldwell - Troop 950 B
Mr. Steve Carroll - Troop 2012 B
Varun Cheedala - Troop 761 B
Ryan Chevraux - Troop 2907 B
Hudson Geiger - Troop 962 B
Mr. Brian Gerling - Troop 761 B
Nicholas Gerling - Troop 761 B
Nathan Gillispie - Troop 969 B
Daniel Hicks - Troop 966 B
Chris Hurley - Troop 997 B

Ben Levine - Troop 58 B Drew Lobel - Troop 997 B Hunter Makitka - Troop 58 B Mr. William Matlack - Troop 998 B Zak Matlack - Troop 998 B Daniel Murphy - Troop 1910 B Eshan Nayak - Troop 2012 B Ms. Barbara Price - Troop 2970 B Sierra Price - Troop 2970 G Connor Quinn - Troop 58 B Nicholas Rinaldi - Troop 969 B Daiwick Sevugan - Troop 2970 B Fred Max Simpson - Troop 962 B Chris Sledjeski - Troop 1941 B Andrew Stern - Troop 1159 B Brendan Stewart - Trop 1159 B

We also congratulate our newest Brotherhood members:

Ethan Cox – Troop 982 B Mr. Chris Geiger – Troop 962 B Eban Khalili – Troop 58 B Ryan McLemore – Troop 969 B

Calvin Johnson - Troop 1907 B

Michael Shivik – Troop 1910 B Mr. Allon Stern – Troop 1159 B Mr. John Stillings – Troop 998 B Noah Stultz – Troop 1941 B



Leadership Team 2022-2023



The Goose Creek Chapter of the Amangamek-Wipit Lodge announces their newly installed leadership team for 2022-2023:

Chapter Chief:
Chapter Vice Chief (Elections):
Vice Chief East (Freeze-O-Ree):
Vice Chief West (Ordeal):
Vice Chief – Ceremonies:
Vice Chief - Health & Safety:
Vice Chief – Communications:

William Stehn – Troop 1941 B
Colin Sparrow – Troop 761 B
Andrew Weitzel – Troop 58 B
Sterett Prevost – Troop 1910 B
Ethan Cox – Troop 982 B
Toby McDonald – Troop 1430 B
Ian Pender – Troop 997 B:

"Onward and Upward"

On the Advancement Trail



New Eagles



Congratulations to Goose Creek's newest Eagles:

Maxwell Ahr – Troop 997 Ryan Buttner – Troop 2950

Aditya Kalva – Troop 761 Hudson Lane – Troop 572

Brayden Muller – Troop 966

Mark Shields – Troop 572

Matthew Si – Troop 956

Andrew Woodley – Troop 969



Online Resource - EagleScout.org



www.EagleScout.org is a site dedicated to helping Scouts become Eagle Scouts!

They've collected a lot of resources to assist Scouts in achieving Eagle Scout rank and planning the celebration to follow - everything from Eagle planning guides to extensive court of honor materials. Whether you are a Boy Scout looking for practical resources for yourself, a parent who is supporting (or motivating) your very own Eagle Scout candidate, or a Scouter helping one boy or assisting hundreds, you'll find tools that will empower you and help you do your best!

Please note, this site is not sponsored by the BSA, and it currently shows that it was last modified more than 11 years ago. Its existence is being shared with you - our readers - because it appears to have a lot of one-stop-shopping appeal to an Eagle Candidate or parent, and it might contain valid and useful information. But please double-check with other real BSA guidance (like the *Guide to Advancement*) or our Council's, District's or Unit's Advancement leadership to confirm.

Update to Scouts BSA Joining Requirements



A change to the Scouts BSA joining requirements makes it easier for young people to join a troop alongside their friends and classmates. Effective April 18, 2022, the Scouts BSA joining requirements have changed. They now state that a young person can be a member of Scouts BSA if they meet any of these requirements below.

New Scouts BSA joining requirements (effective April 18, 2022)

At least 10 years old, currently in the fifth grade and register on or after March 1

At least 10 years old and have earned the Arrow of Light Award

At least 11 years old (but not yet 18)

Old Scouts BSA joining requirements (prior to April 18, 2022)

At least 10 years old and have completed the fifth grade

or

At least 10 years old and have earned the Arrow of Light Award

At least 11 years old (but not yet 18)

In comparing the two sets of bullets, you can see that the change primarily applies to young people who are still in the fifth grade. Thanks to the change, a 10-year-old who wants to join a Scouts BSA troop in March of their fifth grade year (or beyond) is welcome to do so.

An option to cross over

Some parents might wonder whether a Cub Scout working on Arrow of Light must move to a Scouts BSA troop if they turn 11 but haven't finished the rank.

The answer is no. The pack can continue to work on rank advancement as normal and move the Scout into a troop when they complete the rank or at the regular program roll-up in June.

In other words, the only mandatory crossover is when they have completed the fifth grade. Like all the other ranks in Cub Scouting, once school ends, the Cub Scout is now the next rank.





Eagle Scout Congratulatory Letter Request Template to Use or Adapt



Here's something that unites a select group of sports stars, celebrities, authors, politicians, astronauts and hundreds of others whose names are known to Scouts across the country.

They have all sent hand-signed letters congratulating newly minted Eagle Scouts on earning the BSA's top honor.

Parents, guardians and Scouters have been contacting famous people for decades to inform them of their Scout's accomplishment.

This is often intentionally done without the Scout's knowledge so they can be surprised with these letters at their court of honor. By sending a letter to a dignitary, these adults are creating potential memories for their Eagle Scout that will last for generations.

The question of whom to contact is a highly personal one. The key is to identify individuals who might mean something to your Eagle Scout — either today or in the future. This *excellent resource from the U.S. Scouting Service Project* has some names (and addresses) to get you started. (In addition to reviewing the names, be sure to consult the list at the end, which includes people who have specifically asked not to be contacted.)

But coming up with a list of names and addresses is one thing. Knowing what to say when you contact those individuals is another. That's why *Bryan on Scouting has created a template* that should help you get started as you write those letters.

There has been some debate — on this blog and elsewhere — about whether the letter should be crafted as an invitation to the court of honor or simply as a request for a congratulatory letter.

We've heard stories about letters with invitations leading to a famous person showing up at a court of honor; rumor is that MacGyver actor Richard Dean Anderson showed up at one. So that's an argument for including time, date and place in yours.

But that extra info makes the letter longer. When it comes to writing to a famous person, less is more. If they see a wall of text, they might be less inclined to read. And if their eyes skip right to the time and place for an event several states away, they might send it to the recycling bin immediately.

So as for exactly what to include, we'll leave that decision up to you.

Either way, we recommend including some sort of "soft ask" in the letter. If you don't ask for a letter, the person is less likely to send one.



Ideas for a Memorable Eagle Court of Honor



Try these readers' tips from *Scouting* Magazine to make your *troop's next eagle* scout court of honor memorable.

Citizenship in Society Becomes Eagle Required on July 1, 2022



On July 1, 2022 The new Citizenship in Society merit badge becomes Eagle required. This means that any Life Scout working on their Eagle requirements that will not have them ALL completed by June 30, 2022 will need this merit badge to become an Eagle Scout. So, on the Eagle Scout Rank Application, if any of the merit badge completion dates, the Eagle project completion date, the date marking the end of the six-month leadership position, or the Scoutmaster Conference date are July 1, 2022 or later, then Citizenship in Society is required.

There is NO EXTENSION on this date, no 'but the Scout only misses it by a day' leniency. This is especially important to Life Scouts that are turning 18 in July. If they don't plan to finish EVERYTHING by June then they should start working on the merit badge now!

Goose Creek now has ten-plus Merit Badge Counselors in the District for this important badge. You can find their contact info on the District website. If other MBCs are interested in becoming a MBC for Citizenship in Society, they should contact Merit Badge Dean Rich Pender at

meritbadgedean@goosecreekdistrict.org to get info on the requirements for approval.

Life-to-Eagle Seminar



The next L2E Seminar for 2022 is scheduled for.

Date: Saturday, August 20, 2022 **Time:** 10:30 – 2:30 (to be verified)

Place: A Loudoun County Library (Library location and room TBD)

While <u>primarily</u> targeted for the Life-to-Eagle Advisers & Coordinators at the unit level, these trainings, but are by no means limited to same. Life Scouts and their parents are strongly encouraged to attend as well. 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.

If you are a Life-to-Eagle Adviser or Advancement Chair for your Unit and have <u>not</u> attended one of these in Goose Creek within the last 2 years, you really should make an attempt to do so.

Come to think of it, District Eagle Reps ... when was the last time you attended this training? SO much has changed in the last 6-7 years, please come on out!

Any questions about Life-to-Eagle training can be directed to Brad Scales ... *MSVA_Tenor@yahoo.com*; or 703-850-6679.

Council / National News

Council Website: www.NCACBSA.org

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How to submit a story idea for Scout Life magazine



Scout Life is the magazine for Scouts, filled with their stories. But we need to hear about their stories before we can consider them for publication.

Here's how you and your Scouts can contribute story ideas to the BSA's official youth magazine.

Tell us about any upcoming adventures that your Scouts have planned, as well as their big service projects and other special activities. Go *here* to give us all the details. Also, let us know about Scouts who are accomplishing great things outside of Scouting, whether in academics, athletics, the arts or more. Please go *here* to give us those details.

We can't cover everything we hear about, but for the outings we do select, we'll send a professional photographer along, or we'll give you and your youth some tips on how to take photos yourselves.

Also, we encourage your Scouts to submit content for the Readers' Page or a funny joke or two. They can even tell us about their favorite collection. Besides seeing their name in print, they'll get an official contributor's patch if their content is selected for publication.

Who knows? The next time you open your mailbox, you might see yourself or a Scout you know!

\star

Be Prepared to Earn Awards this Summer



You and your Scout might already be looking forward to summertime fun. It's a great time to get outdoors, earn some awards a little more conducive to the season and make lifelong memories. But to ensure maximum enjoyment, you should make sure you're in shape to accomplish your goals.

As Scouting magazine columnist Jeff Csatari points out in the latest issue, now is the time to get physically fit for the summer. *His column on the Mile Swim BSA award* breaks down how you can gradually train for the challenging award. The Boy Scouts of America offers many awards, some perfect to do during the summer, like hiking, conservation and, especially, aquatics.

To see a list of most of the awards that can be worked on over the summer by Cub Scouts, Scouts BSA, Sea Scouts, Venturers, and adults go to this **Bryan on Scouting's post**.



Two Things You (probably) Didn't Think About Taking to Summer Camp



Excerpted from Scoutmaster Clarke Green, May 28, 2014., http://scoutmastercg.com/

Two humble things find a number of uses at summer camp: clothespins and index cards.

I usually have a pocket full of index cards, and use them all day long to take notes, leave messages, and post reminders or notices for youth leaders. With clothespins or thumbtacks I can clip them to a tent flap, a branch, or pin them to our bulletin board.

Here are some ideas that you may find useful and fun:



1. Simple "where is" board.

Someone is usually trying to find me at camp, or I am looking for someone else. A simple "where is" note can help folks figure out where to look first.

2. Summer Camp Chore Chart

Here's one idea your Senior Patrol Leader can use to assign patrol tasks for the day.

3. Notes and Notices



I can be reasonably sure a Scout will find a note clipped to their tent flap. I can use the same method to distribute mail from home or other information a particular Scout or youth leader needs.

4. Clothespin Obstacle Course

Two Scouts use 5 clothespins to attach themselves together and follow an obstacle course. The team who completes the course with the most pins still attached wins.

5. Clothespin Endurance Champion

Each Scout holds a clothespin pinched open between two fingers with their arm fully extended and elbow straight at shoulder level. The last Scout to hold this position wins.

6. Clothespin Hunt

A number of marked or colored clothespins are hidden around the campsite. The patrol who finds the most in a given time wins.

7. Clothespin Challenge

Which Scout or Patrol, in the opinion of their fellow Scouts, can create the best animal, gadget, or inventive use for clothespins by the end of the week? Whittling, a couple of Popsicle sticks from the trading post, some glue, lashings or the addition of other found objects – amazing things can be made from clothespins.

8. Hanging Clothes

Goes without saying, but I'll say it anyway.



Parental Tips for Preventing Homesickness at Summer Camp



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

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



Did you know there is an eye test for summer camp? Anyone who doesn't see the skunk gets sent home immediately.



How to Make a Camp Washing Machine using a Paint Bucket and Plunger



Showers are a regular amenity at most Scout summer camps. Washing machines are not.

So why not create your own camp washing machine? With just five minutes and a couple of items available at your local hardware store, you can make a device that'll leave your clothes smelling gloriously fresh. You'll gain confidence, respect and the undying gratitude of your parents (and your tentmate).

What you need

- A clean 5-gallon plastic paint bucket with lid
- A new, clean plunger
- Drill with properly sized drill bit OR sharp knife
- Laundry detergent
- Dirty clothes

Step 1: Drill or cut hole in the lid

The hole should be centered in the lid. Make it just big enough for the plunger handle to fit through. The goal: Some wiggle room but not so much that water splashes out at you.

Start small and gradually widen if needed. It's much easier to make the hole larger than to make it smaller.

To cut the hole, use a hole saw bit, spade bit or a sharp knife.

Step 2: Drill or cut holes in the plunger

It's an important and often overlooked step when making a DIY washing machine: Cut holes in the top of the plunger.

By drilling or cutting six to 12 holes, agitation — the plunging process that gets your clothes clean — becomes much easier. That's because the holes allow water to flow freely and keep the plunger from buckling. The holes only need to be a ½ inch in width.

Step 3: Add water, clothes, laundry detergent

Fill the bucket with water, toss in those dirty clothes and add some laundry detergent. Powdered detergent works best, and with such a small washing machine you won't need much.

Step 4: Close the lid, and plunge

Agitate — plunge up and down — for several minutes.

Step 5: Rinse clothes and hang to dry

Be sure to wash out that detergent. Then find a place for your clothes to air dry — clothesline, tree branch, tent line.



How to Prevent and Overcome Heat Exhaustion



From Scouting magazine

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

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

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

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

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

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

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

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

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



Lyme Disease



The map below shows where Lyme is an issue when camping and hiking in the outdoors.

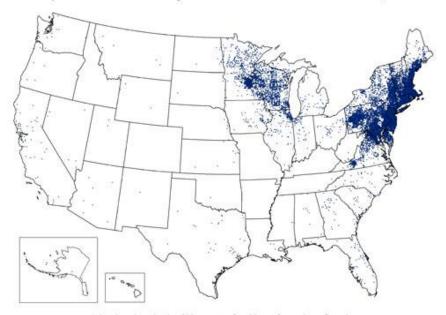
Consult this *CDC website* for a comprehensive set of resources to better understand Lyme and how to prevent it.

This **PDF** document offers succinct advice for campers and hikers.

This *FAQ site* is helpful for getting answers and clarification of common (mis)information.

This **PDF brochure** gives a detailed look at transmission, diagnosis and prevention.

Reported Cases of Lyme Disease -- United States, 2012



1 dot placed randomly within county of residence for each confirmed case



Book - Mac King's Campfire Magic



When a magic book starts with a foreword by Las Vegas headlining illusionists Penn & Teller, how can you go wrong? This book's subtitle says it all: "50 Amazing, Easy-to-Learn Tricks and Mind-Blowing Stunts Using Cards, String, Pencils, and Other Stuff from Your Knapsack."

These are perfect-for-the-campfire magic tricks with Scouting in mind. So get ready to amaze your friends and astound your family using only this book, your newfound "magical powers", and simple, everyday objects.

Master magician Mac King reveals the secrets behind 50 jaw-dropping illusions, each one accompanied by hilarious instructions and step-by-step illustrations. Anyone can perform them... whether at the campsite or stranded in the great indoors!

Perfect for readers aged 8-12 (grades 4-8). Soft cover, 176 pages. Available from **ScoutStuff.org for \$12.95**.



Sunscreen: You're Doing It Wrong



True or False – sunscreen should be rubbed in thoroughly to protect skin from dangerous sun rays.

False. Sunscreen should not be rubbed in vigorously upon application. Simply, if you rub it in too much, you're essentially wiping it off and losing your barrier to the sun. And it's a safe bet you don't apply enough of the stuff – most people don't.

After slathering on some sunscreen and applying it according to label instructions, your or your kids' sunscreen might leave a white layer on top of your skin (yes, think the lifeguard look). That's OK.

Proper sun protection is a necessity for heading outdoors. This is especially true for sensitive skin most frequently exposed to the sun.

"Use sunscreen to protect exposed skin, giving special attention to your face, ears, nose, and neck," the Boy Scouts of America's Fieldbook explains.

Always follow the application instructions on your sunscreen bottle (or can if you're using a spray applicator).

Also, be aware of the elements. If you're using a spray sunscreen and applying it in windy conditions, take extra care to make sure you're in the path of the sunscreen stream. If you or your kids go for a swim or get wet, apply sunscreen more frequently (even if your brand is water resistant).

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Making Sense of SPF



SPF stands for "sun protection factor." And the numbers included after "SPF" on your sunscreen indicate what level of protection is offered.

The Fieldbook states, "An SPF of 25 shields skin from about 94 percent of damaging rays and provides 15 times the protection of no sunscreen at all, provided that the the sunscreen has been applied according to label instructions."

And yes, going up to SPF 30 offers higher protection from the sun – 30 times the protection of no sunscreen to be exact. That means it's filtering out 97 percent of harmful rays.

But here's where it gets tricky.

"SPF numbers above 30, however, add only marginally more protection," the Fieldbook says.

So grab a bottle or spray can of SPF 25 or 30 if you want effective protection. Then, apply it correctly and liberally.

Remember: use a lot, create an even layer/barrier, and don't rub it in too much. A (possibly visible) layer of sunscreen will keep you and your kids safe in the fun of the sun.

Rover Rally at the Summit



World Scouting events bring Scouts together under the spirit of unity and friendship. Every four years, tens of thousands Scouts from around the globe meet for a World Scout Jamboree. Also every four years, young adult Scouts meet for a World Scout Moot; it's like a high-adventure jamboree for young adults on a smaller scale.

The next Moot was planned for 2021 in Ireland, but the COVID-19 pandemic forced those plans to be postponed until this summer and then ultimately canceled.

But that doesn't mean those young adults can't have a gathering this summer.

The Summit Bechtel Reserve will host the first-ever *Rover Rally*, inspired by the World Scout Moot, from July 31 to Aug. 6 for young adults ages 18-26.

A Rover refers to the U.K.'s older Scout program, launched in 1918. The first Moot, held in Switzerland in 1931, was called a "World Rover Moot." The BSA started a Rover program in 1935 as part of its "Senior Scout" division; it eventually became consolidated into Exploring in 1949.

Scouts from all over the world are invited to the Rover Rally. Included in the fee, international participants will have the option to start in Washington, D.C., and travel via bus to West Virginia.

The cost for the weeklong event will be \$1,200, which includes food and activities. The activities will include all the fun high-adventure offerings at the Summit, including whitewater rafting, mountain biking, zip lining and more. Participants will also be able to attend training seminars, community service opportunities, and cultural exchange and social gatherings.

This event will be hosted by the Boy Scouts of America, not the World Organization of the Scout Movement, like the World Scout Moot. Since registration is for young adults older than 18, for American Scouts, that means Venturers, Explorers and Sea Scouts can attend.

The early registration deadline is June 1 with the *registration* closing July 15.

Michael's Woodshop



Conveniently located at Camp William B. Snyder, Michael's Woodshop is an incredible resource which may be reserved for use by all NCAC Units & Scouts.

Michael's Woodshop operates year-round with opportunities for youth of all ages to participate in a variety of shop activities. Holding a Den project session is just one way to use the shop. Michael's Woodshop also offers great Baloo the Builder and Webelos Build It workshops, Woodwork Merit Badge classes and has recently added several new Woodshop Specialty Classes. In addition, the shop is a great venue for hosting Eagle Scout and Summit Award projects as well as conservation projects and other unit activities.

Here is the link to their latest quarterly newsletter *Michael's Woodshop News Spring 2022* which was just posted to their webpage.

Memorial Service Guide for Scouts/Scouters



When a Scouter dies, what's the appropriate way to honor their Scouting legacy?

Two years ago, Frank Perman was pondering that very question while attending Wood Badge at the Summit Bechtel Reserve in West Virginia.

While there, he met Silver Buffalo Award recipient Russell Smart, who encouraged Perman to consider turning that question into a Wood Badge ticket item — one of five acts of service to Scouting that Wood Badge participants must complete to earn their beads.

Smart told Perman that he'd attended Scouters' memorial services that were poorly planned — not because the well-meaning organizers didn't try but because they lacked guidance.

After their discussion, Perman recognized he was the right person to create this guidance. He'd call it the Memorial Service Guide for Scouters.

Perman is a Silver Beaver Award recipient, father of three Scouts (an Eagle Scout son, First Class daughter and Second Class son), and husband of a den leader.

On top of that, his day job is as a licensed funeral director. He owns and operates Perman Funeral Home and Cremation Services located near Pittsburgh, Pa.

Like many volunteers, Perman found opportunity at the intersection of his professional skills and Scouting passion.

"I wrote the Memorial Service Guide intending to profess respect, honor and reverence to the memory of the deceased while steeped in the ideals of Scouting," Perman says.

The 24-page Memorial Service Guide includes a suggested order of service, prayers from different faiths, eulogy ideas, songs and more.

You can *download it here*. Depending on your browser settings, clicking the link will download the Word document.

It should be noted that the BSA does not have an official memorial service resource. So this guide should be treated as unofficial.

2022 Goshen Family Camp



Come on down and enjoy some family fun at Goshen Scout Reservation over the Labor Day (9/2-5) weekend. We will have the Waterfront, Shooting range, and Handicraft areas open. All are welcome, not just registered Scouts.

Cost is \$30 per person (over 5 years of age). For more about this event and to register go to: https://scoutingevent.com/082-51073#

JOTA/JOTI



Jamboree on the Air - Jamboree on the Internet (JOTA-JOTI) promotes a Scout's sense of belonging to the worldwide Scout Movement and builds cultural awareness, develops tolerance, advocates sharing and collaboration as well as demonstrates teamwork. It provides exciting opportunities for young people to explore technology and to develop technical skills including fostering innovation and creativity through communicating with other Scouts.

A wide range of activities using communication technology are the chief methods of attaining these goals. JOTA-JOTI strives for a meaningful engagement of as many young people from as many parts of the world as possible annually on the third weekend in October. This weekend is also an occasion to celebrate Scouting and to generate positive energy to support the development of the Scout Movement.

The event seeks to promote quality Scouting in a manner faithful to the purpose, principles and Methods of Scouting and consistent with the needs and aspirations of young people in today's world.

The JOTA-JOTI programme shall be a reflection of the Promise, Law, Principles and Methods of Scouting, as defined by the WOSM Constitution, and shall also reflect the most up-to-date policies and initiatives of WOSM relating to youth programme for all ages.

When? JOTA-JOTI is an annual event that takes place the third weekend of October. This year that would be 14 to 16 October 2022,

For more information please visit the event website: www.world-jotajoti.info

2023 National Jamboree – Registration is now Open



Next year, Scouts, Venturers, Explorers and Sea Scouts from all over the country are invited to the Summit Bechtel Family National Scout Reserve in West Virginia from July 19 to 28, 2023. There, they can enjoy whitewater rafting, biking, rock climbing, shooting sports and much more.

You will need to make sure items in your My. Scouting account profile are up-to-date to ensure the online *registration process* goes smoothly.

First, your BSA membership must be current, and your member ID number must be linked in your *My.Scouting* account profile.

All of the information in your profile of the My.Scouting account should also be current, especially the email address. Jamboree registration pulls the information from My.Scouting accounts, and the email address linked to that account will be used to correspond with you.

After submitting the application, you will receive an email to complete the required disclaimers. That step must be completed before the application is considered complete and made available to your local council to review. If you don't see it in your inbox, check the junk/spam folders.



Campers Swear by This Futuristic-looking Sleeping Mat That's 'Better Than My Bed at Home' — and It's on Sale



Let's face it, you're probably not going to get your best night's sleep when you're camping. But, thanks to products like camping pillows and sleeping pads, the experience doesn't have to be totally miserable. In fact, there's one camping sleeping mat that's generating a lot of buzz on Amazon for its unique look and extremely comfortable design: the Powerlix Sleeping Pad.

Currently ranking number one on the Amazon best-sellers list in the foam sleeping mats category, the Powerlix Sleeping Pad has earned more than 5,000 five-star ratings from shoppers. Plus, it just went on sale. Right now (as of 5/31/2022), you can get the mat for up to 33 percent off, bringing its \$60 price tag down to just \$40 for a limited time.

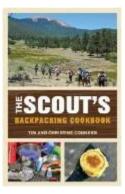
Revered for its futuristic design by campers, the Powerlix Sleeping Pad is an inflating mat that uses hexagonal air cells to ergonomically cushion your body, focusing on your pressure points to prevent achy necks, backs, and shoulders, all while protecting you from the ground. It's also made with thermal insulated material to ensure that you stay warm throughout the night, but reviewers assure that it will keep you at a comfortable body temperature when camping in the spring and summer.

When inflated, the Powerlix camping pad measures 2 inches in thickness and rolls out to 22.8 inches wide by 74.8 inches long. Once deflated, it rolls back into a handy 4-inch by 11-inch carrying case that easily attaches to your backpack and camping gear to reduce bulk in your luggage. It weighs just over 1 pound, so it definitely won't weigh you down while you're on the go. It's also worth mentioning that the sleeping mat is made with waterproof, rip-resistant nylon to offer enhanced durability, no matter where your camping adventure takes you.

Note: This product is not sponsored by BSA.

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Book – The Scout's Backpacking Cookbook



Cooking on the trail is a unique challenge requiring unique solutions. For newcomers to the trail, The Scout's Backpacking Cookbook addresses the skills necessary to meet the challenge by showing how to successfully plan and prepare a backpacking menu while keeping the weight of your food and cooking gear within reason. Each recipe has been personally tested and approved by the authors and is accompanied by at-a-glance information about cooking method, preparation time, challenge level, and servings. Over one hundred outstanding recipes spanning a wide range of preparation techniques and meal categories for experts and novices alike provide plenty of easy options for your next adventure.

The backcountry beckons and the high mountains call. Whether you're hungry for Fear-Factor Beef Jerky, Coyote Butte Coleslaw, Vent-the-Tent Burritos, or another trail treat, you'll find the perfect backpacking recipes collected in this book. As you follow the lure of the trail, may this book enhance the fun and fellowship that you and your troop or crew finds in the wild places of the world.

Available from Amazon, \$12.30 paperback.

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National/International Recognition Days/Weeks/Months Calendar

JUNE 2022						
SUN	MON	TUE	WED	THU	FRI	SAT
			,	2	3	
,		,			10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Here is a listing of some of the things we can celebrate in June. To get a full list of the Day, Week, or Month celebrations for June go to *National Day Calendar*

- June 1 National Go Barefoot Day
- June 2 National Rotisserie Chicken Day
- June 3 National Doughnut Day
- June 4 National Trails Day
- June 5 National Gingerbread Day
- June 6 National Gardening Exercise Day
- June 7 National Chocolate Ice Cream Day
- June 8 National Upsy Daisy Day
- June 9 National Donald Duck Day
- June 10 National Movie Night
- June 11 National Corn on the Cob Day
- June 12 National Peanut Butter Cookie Day
- June 13 National Weed Your Garden Day
- June 14 National Flag Day
- June 15 National Smile Power Day
- June 16 National Fudge Day
- June 17 National Eat Your Vegetables Day
- June 18 National Go Fishing Day
- June 20 American Eagle Day
- June 21 National Daylight Appreciation Day
- June 22 National Onion Rings Day
- June 24 National Pralines Day
- June 25 National Catfish Day
- June 26 National Chocolate Pudding Day
- June 28 National Paul Bunyan Day
- June 29 National Camera Day
- June 30 National Handshake Day

National Gardening Week - First full week in June
National Play Catch Week - Third full week in June

June is **National Camping Month**

Training Opportunities

Safe Swim Defense Training Updated



Units conducting swimming activities must have leaders trained in Safe Swim Defense. The training, required every two years, just got a little easier to access as the course has been updated to be compatible with mobile devices. The training is taken by logging into your *my.scouting.org account*, as with other online training. You'll find more about Safe Swim Defense in the *Guide to Safe Scouting*.



Powder Horn 2022



When: 26 - 28 August 2022, (Friday 8 AM – Sunday 5 PM)
Where: Camp St Charles, 15375 Stella Maris Dr, Newberg, MD 20664

Like the powder horn used as a vessel to carry gunpowder in the days long gone, in Scouting, Powder Horn is the vessel to sustain the spirit of the outdoors in our youth today. Along with the spirit of the outdoors, you will also gather knowledge to share, motivate and direct youth. Powder Horn will give you the necessary skills to oversee a high adventure program. It will also help you identify local resources for your group's program.

PRE-REQUISITES:

- Must be a registered adult or youth member of the Boy Scouts of America, within the Scouts BSA, Venturing, or Sea Scout Program.
- Youth must be 14 years of age (or have joined a Venturing crew if 13 years of age and completed eighth grade).
- Youth must have completed the unit's version of leadership training (Introduction to Leadership Skills for Troops, Ships, or Crews, etc.) and National Youth Leadership Training (NYLT) is highly recommended for youth participants.
- All adult participants must be fully trained for their program and position, to include a valid Youth Protection Training certificate which covers the course dates.
- All participants must complete the Hazardous Weather training, Safety Afloat and Safe Swim Defense, Climb on Safely online, and Drive Safely through My.Scouting.org prior to the course.
- Meet the physical requirements contained in the Annual Health and Medical Record physical in a back-country environment (Forms A, B, and C).

Cost: Early discount price (ends 6/13): \$300.00 Regular price \$350.00

Register at: https://scoutingevent.com/082-49585# (closes 8/21)



Leave No Trace Trainer Course - Outdoor Ethics



Purpose of this Course

Participants in the Trainer Course learn Leave No Trace skills and ethics as well as techniques for educating others about these low impact practices. Research has shown that this course significantly improves participant knowledge and understanding of how Leave No Trace protects the outdoor places we love. The goal of this course is to teach students taking the course how to introduce the concept of Outdoor Ethics in a fun and engaging way to a group with little experience in outdoor ethics. It should help youth and adults at all program levels understand the general principles behind Scouting's outdoor ethics program. Graduates of a Trainer Course are prepared to lead Outdoor Ethics Orientation and BSA Leave No Trace 101 courses and to offer Leave No Trace Awareness Workshops to their community.

We recommend that youth complete this course before serving as the troop Outdoor Ethics Guide.

Who should attend?

This course will be of interest to any youth or registered Scouter who is associated with either implementing or training for any BSA outdoor program at any level. It is also well-suited for anyone who would like to pass on the knowledge of how to treat the outdoors and protect its beauty for others to enjoy. Youth must be at least 14 years old. Youth must be willing and able to conduct themselves appropriately for an adult training experience that is tightly scheduled and highly interactive.

Course Structure

This course will take place in three parts.

Student Self Study (10/11 - 10/20) - The first part of the course is offered using a combination of online self-study modules. During this portion of the course, students will also prepare a 10–15-minute lesson which they will present to other students in their assigned patrol during the outdoor session of the course. This portion of the course will take approximately 6 hours to complete.

Zoom Meeting (10/17, 7-8 PM) - The second part of the course is a one-hour online Zoom meeting. At this meeting, students will accomplish two goals. They will review with an instructor how they plan to present their lesson on Saturday. This is also when meal planning for the Saturday session will be done.

Outdoor Session (10/22, 9 AM - 7 PM, Camp Snyder) - The final part of the course is an all-day outdoor session. During this session, students will:

- Present to their fellow patrol members the lessons they have prepared
- Practice Leave No Trace cooking techniques
- Learn about Leave No Trace activities and games
- Learn how to use education to help others reduce their outdoor recreation impacts
- Share ideas with other students and instructors
- Learn about the resources available to help spread the message of Leave No Trace
- Prepare an action plan for how you will use what they've learned

Cost: \$50.00 per participant (same price for both youth and adults).

Registration: https://scoutingevent.com/082-55114, closes Oct 10.

Wood Badge



Wood Badge is the Boy Scouts of America's ultimate leadership training designed to meet the advanced leadership needs of Scouters in all aspects of the BSA, whether unit, district, or council level – from assistant den leaders to Scoutmasters, from Cubmasters to Venturing Advisors, from committee members to commissioners. It is a fun, energetic, and inspiring course guaranteed to infuse your unit with fun and meaning – all designed to fulfill the mission of the BSA, and ensure our youth is getting everything they are promised from the program.

Reflecting the best of nearly a century of Scouting experience, Wood Badge draws upon the most current leadership models used by corporate America, academic circles, and successful organizations throughout the country. Participants can expect to develop skills in many areas, including leadership theory, team building, problem-solving, communication, project planning and more. These skills can be taken back to packs, troops, crews, and ships to help leaders guide youth in dynamic Scouting programs. Scouters will find these skills invaluable in their business and personal lives as well.

Wood Badge consists of two parts:

- The first five full days is the initial group training, usually held over two weekends – the first weekend Friday through Sunday, and the second Saturday and Sunday.
- The second part requires participants to apply the skills they learned by completing a 5-part plan (called a "ticket") over the following 18 months, leading towards the individual participant's vision of a better Scouting future.

Requirements for attending Wood Badge:

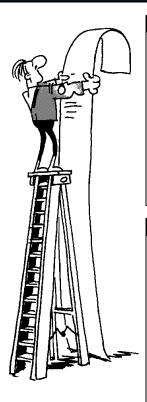
- 1. Be registered members of the Boy Scouts of America and age 18 or older.
- 2. Have completed the basic position-specific training courses for their Scouting role.
- 3. Be capable of functioning safely in an outdoor environment. All participants are required to complete the Annual Health and Medical Record. Parts A, B, and C are required which includes a physical. Part C is required for everyone, including people who are not present for more than 72 hours.

A minimum (non-refundable) deposit is due with registration, and then full payment is due 45 days before the start of the course. Each Wood Badge course is limited to 48 participants. Per national guidelines, any course not having 30 fully paid participants 30 days prior to the start of the course is subject to cancellation.

QUESTIONS?

For information about specific courses, contact the Course Director listed on the *registration page*.

District Calendar



June 2022

- 8 Roundtable
- 8 OA Chapter Meeting
- 9 Commissioner Mtg
- 20-24 District Day Camp
- 20-23 District Twilight Camp
 - 23 District Committee

July 2022

4 Fourth of July

August 2022

- 10 Roundtable
- 10 OA Chapter Meeting
- 11 Commissioner Mtg
- 20 Life to Eagle Training
- 25 First Day of School
- 25 District Committee

September 2022

- 5 Labor Day
- 14 Roundtable
- 14 OA Chapter Meeting
- 15 Commissioner Mtg
- 26 Student Holiday
- 29 District Committee

October 2022

- 1-2 Webelos-o-ree
 - 5 School Holiday
- 10 School Holiday
- 12 Roundtable
- 12 OA Chapter Meeting
- 13 Commissioner Mtg
- 14-16 JOTA/JOTI
 - 24 School Holiday
 - 26 District Committee
 - 31 School Holiday

November 2022

- 1 School Holiday
- 5 Scouting for Food (SFF) Notices out
- 8 School Holiday
- 9 Roundtable
- 9 OA Chapter Meeting
- 10 Commissioner Mtg
- 12 SFF Food Pickup
- 19 Life to Eagle Trning
- 30 Final Date for Recharter Turn In

December 2022

- 14 Roundtable
- 14 OA Chapter Meeting
- 15 Commissioner Mta
- 19 School Break Starts
- 29 District Committee

January 2023

- 11 Roundtable
- 11 OA Chapter Meeting
- 12 Commissioner Mtg
- 16 MLK Jr. Day
- 23-24 School Holidays
 - 26 District Committee

February 2023

- 8 Roundtable
- 8 OA Chapter Meeting
- 9 Commissioner Mtg
- 10-12 Freeze-o-ree
 - 10 Scout Jumuah
 - 11 Scout Sabbath
 - 12 Scout Sunday
 - 20 President's Day
 - 23 District Committee

March 2023

- 8 Roundtable
- 8 OA Chapter Meeting
- 9 Commissioner Mtg
- 13 Student Holiday
- 23 District Committee
- 27 Student Holiday

April 2023

- 13 Commissioner Mtg
- 12 Roundtable
- 12 OA Chapter Meeting
- 14-16 Spring Camporee
 - 27 District Committee

May 2023

- 10 Goose Creek Court of Honor/Program Launch
- 10 OA Chapter Meeting
- 11 Commissioner Mtg
- 25 District Committee
- 29 Memorial Day