

LEAD | INSPIRE | EXPLORE

SEPTEMBER-OCTOBER 2009

Scouting

ST. JOHN

Troop 5's Caribbean
Campground

**The Dangers Of Obesity
What You Can Do**

**New Scout Handbook
Promises Adventure**

Mickman

More Than a New Look

Scouting sharpens its editorial focus to help adult volunteers become better leaders of Cub Scouts, Boy Scouts, and Venturers.

BY NOW, YOU'VE NOTICED that *Scouting* magazine has a different look. It begins with a redesigned logo on the cover and continues on page 8 with a message from Chief Scout Executive Robert J. Mazzuca.

But you'll find so much more on the expanded contents page. Our first goal was to enhance the visual appeal of the magazine and make it easier to read. We chose a cleaner typeface, created more white space with flush-left, rag-right text, and added more photographs or illustrations to each page.

Mission accomplished. But we didn't stop there. Instead, we re-thought our entire editorial mission, deciding to refocus our stories on providing "take-away" value—information that will help you become more productive leaders of Cub Scouts, Boy Scouts, and Venturers.

We've organized the magazine into four basic units. The first, Trailhead, presents news about people and events, new books or videos, humorous Scouting anecdotes, and topics of historical interest.

The next section, Roundtable, includes FAQ's about advancement, a column for merit badge counselors, and an interview with a veteran Scouter, titled "What I've Learned"

Our features will continue to showcase the nation's finest unit, district, and council programs, as well as provide information on current topics

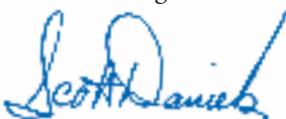
that leaders can use in their dens, packs, troops, and crews.

Last but not least, *Scouting* delivers equipment reviews, guides for better camping, Dutch oven recipes, and tips on how to survive almost anything in a new back-of-the-book section—Outdoors.

And did you notice the dateline on this issue? It's "September-October." We've combined the two months and will now publish five issues a year instead of six. But our expanded Web site offerings at www.scoutingmagazine.org now include a weekday blog, Cracker Barrel, that further celebrates the fellowship of Scouters.

We've made a lot of changes to better serve you, the BSA's community of adult volunteer leaders. I want to know what you think. Go to our Web site, click Letters to the Editor, and give us your opinions about specific articles or tell us about exciting ideas for future stories.

In these pages, I hope that you'll find plenty of motivation to lead, inspire, and explore the wonderful adventure of Scouting.



SCOTT DANIELS
MANAGING EDITOR

Roots of Faith

I am writing about your article "Show of Faith" (May-June 2009, page 28). First off, I have really appreciated the effort to explain the knots and emblems available to BSA members. The more information we have, the more effectively we can deliver the program to the Scouts.

Unfortunately, there were errors in two of the religious emblems—those of the Eastern Catholic and Roman Catholic faiths. Jesus and his Apostles founded the churches in A.D. 33, not in the fourth century as you printed. The Roman Catholic and Eastern Catholic Churches existed from the time of Jesus on.

Kathleen Ellison
VENTURA, CALIF.

You're right. The Christian faith existed long before the fourth century. We should have been clearer.

It Was Me!

We just got the May-June issue of *Scouting*, and I immediately flipped to the story about ArrowCorps⁵ ("As Good as it Gets," page 18) because I was in Wyoming with the OA that week. But in the picture on page 22 of a Scout high-fiving the Chief Scout Executive, there's some wrong information. The Scout in the photo is actually me—David Syfrett of Troop 504.

David Syfrett
DESTIN, FLA.

With more than 1,000 Arrowmen at the Bridger-Teton work site, we had difficulty keeping everyone's name straight. Thanks for letting us know.

Whitewater Safety

I'm surprised that you'd print a cover photograph (May-June issue) depicting whitewater activity without a single safety helmet anywhere in sight. What kind of a message does this send to all who look up to *Scouting* to set the example?

Scott MacInnes
PEMBROKE, MASS.

The rafting outfitter contracted by the BSA to provide a recreational whitewater activity for ArrowCorps⁵ participants determined that this particular stretch of the Snake River posed little risk of a person falling overboard, and therefore participants were not required to wear safety helmets.

SCOUTING INVITES READERS to comment on articles appearing in the magazine. You may send a letter to the editor on our Web site at www.scoutingmagazine.org or mail it to: *Scouting* magazine, P.O. Box 152079, Irving, TX 75015-2079.

PBS

PBS

Scouting

LEAD | INSPIRE | EXPLORE

What better place to play in the surf than a beach on St. John? Especially when it's just 100 footsteps from camp.

34 St. John the Divine

BY SCOTT DANIELS

Troop 5 of Maplewood, N.J., flies to a Caribbean paradise to camp, hike, and snorkel near some of the most beautiful beaches this side of heaven.

43 Let's Celebrate!

BY SCOTT DANIELS

Volunteers and professionals gather at the BSA's annual national meeting in Orlando, Fla., to recognize outstanding achievements and put the finishing touches on a yearlong centennial celebration.

45 Fat Chance

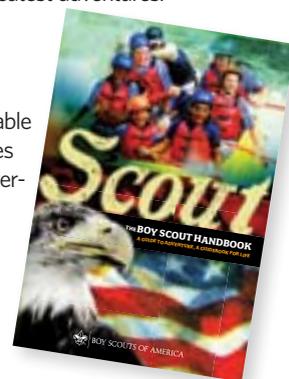
BY MARY JACOBS

People who recite the Boy Scout Oath promise to keep themselves "physically strong." That goes for adult leaders as well as youth. Find out how you and your Scouts can become fitter and faster—and not miss out on Scouting's greatest adventures.

50 Going by the Book

BY KEN MCALPINE

The 12th edition of the venerable Boy Scout Handbook promises fun and adventure while delivering lifelong lessons. And in a nod to all things digital, the new volume boasts a companion Web site with loads of electronic resources.



56 Gourd to the Last Drop

BY BRYAN WENDELL

Smashing pumpkins and physics? Cub Scouts learn about both as they fine-tune homemade catapults and trebuchets to see which team can hurl the orange fruit the farthest.



Vermont Center Wreath

September-October



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Every Issue

8 From the CSE

Bob Mazzuca expresses concern about young people's health and the growing problem of youth obesity. Volunteer leaders, he says, can set the example to lead healthy, productive lives.

32 Boys' Life Preview

Articles scheduled for the September and October issues include: the Okpik winter camping program at Northern Tier High Adventure Base, a whale of a tale about nature's largest mammals, and a canoe trip on the Suwannee River with Florida Troop 188.



ABOUT OUR COVER: Troop 5 assistant Scoutmaster Dan Peterson and his son Bryce of Maplewood, N.J., take a 13-foot Hobie Cat for a sail on Cinnamon Bay in St. John, U.S. Virgin Islands. Photograph by Vince Heptig.



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ARTHUR GIRON



Trailhead

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The Bert Adams Scout Reservation in the Atlanta Area Council makes campfire programs a big production.

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ANDY LEVIN

Interstate Batteries

Push your Scouts

away from the table... and the remote control.

This is the first in a series of regular columns in which Chief Scout Executive Bob Mazzuca discusses issues critical to Scouting and the welfare of the young people we serve.

AS I TRAVEL TO COUNCILS across the country, I often speak about the health of our young people and the challenges of the growing problem of youth obesity.

Granted, we are now living in a digital age. Video games, cell phones, computer keyboards, and iPods are driving our young people indoors or into more sedentary activities. In fact, the U.S. Surgeon General's office reports that today, 12.5 million children are overweight in the United States—more than 17 percent.

It is clearly our responsibility to continue to aggressively build and promote programs that contribute to healthier living for our Scouts. In addition, we need to be partners in making all children healthy, which we can accomplish through stepped-up recruiting efforts. I found very alarming a statement from former U.S. Surgeon General Richard H. Carmona in his testimony before Congress on childhood health and obesity:

“Because of the increasing rates of obesity, unhealthy eating habits, and physical inactivity, we may see the first generation that will be less healthy and have a shorter life expectancy than their parents.”

During 2009, Acting Surgeon General Steven K. Galson has been helping to raise awareness through his nationwide tour to promote “Healthy Youth for a Healthy Future” (www.surgeongeneral.gov/obesity-prevention), an obesity prevention initiative recognizing communities that use creative approaches to encourage kids to eat right and exercise.

Scouting can also help reverse unhealthy trends by making sure “no child is left inside.” On a weekend outing, a Scout may spend 36 to 48 hours in nature, more than balancing any time spent in front of a screen. This same outing will help keep a Scout active and physically fit, thereby addressing obesity rates.

Most important, Scouts are in an environment where patrol members set the structure with ample time to explore the wonders of nature in an unhurried setting.

The approach of our 100th anniversary celebration reminds us of our commitment to encourage young people to enjoy the outdoors and strive to be as “physically strong” as possible to lead healthy, productive lives. Their future is Scouting's future. It's up to us to set the example along the Scouting trail and help reduce the obesity rate of our future generation.



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WHAT TO WATCH

The Boys Are Back!

Don't miss the second season of "Scouting For Adventure," the Outdoor Channel's original series based on the BSA and *Boys' Life*. Filmed at national high adventure bases and Scout camps across the United States, the series highlights exciting activities: rock climbing, kayaking, scuba diving, backpacking, horse riding, canoeing, whitewater rafting.

You'll see plenty of scenic beauty as Scouts tackle challenging outdoor activities such as coral-reef sailing and mountain trekking, but the emphasis remains on Scouting's core values, safety, and team building. The season is already under way. Each of September's four episodes runs four times, so tune in Wednesdays at 8:30 A.M., Saturdays at 1:30 and 6:30 P.M., or Sundays at 6 A.M. (all times Eastern). Or, set the DVR.



Tune in to 'America's Best Idea'

Yosemite. Yellowstone. The Everglades. Gates of the Arctic. The names read like an honor roll of America's great national parks. And starting this month, Ken Burns, one of America's great documentary filmmakers, takes viewers inside these parks as they've never been seen before with "The National Parks: America's Best Idea."

Filmed over the course of more than six years in some of the country's most spectacular locales, Burns' 12-hour, six-part series tells the story of the parks and the people—rich and poor, famous and unknown, soldiers and scientists, natives and newcomers, idealists, artists, and entrepreneurs—who devoted themselves to saving some precious portion of the land they loved.

"The National Parks: America's Best Idea" runs each night between Sept. 27 and Oct. 2. All episodes will be shown more than once; check local listings for times.



SCOUTING GOES GREEN

From the forest to the pressroom to the mailboxes of 1 million subscribers five times a year, *Scouting* adheres to a strict policy of environmental responsibility. That tradition was recognized recently by the Sustainable Forestry Initiative (SFI), which certified *Scouting*

magazine—and *Boys' Life*, too.

SFI's seal of approval means that the *Scouting* workflow at its printing partner, Quad/Graphics, will undergo annual surveillance audits as well as full certification against the SFI Standard every five years.

With more than 154 million acres certified across North America, the SFI sustainable forestry certification program is one of the largest in the world. Partners like SFI will help *Scouting* and its readers continue to be good stewards of the earth.



Got Photos?

Send them to us and you might be a winner in *Scouting* magazine's Celebrate the Adventure Photo Contest. We must receive your entries by Oct. 1. Check out the May-June issue of *Scouting*, or go to our Web site, www.scoutingmagazine.org/photocontest, for all rules and more information.



HELP WANTED SIZZLING SUMMER FUN

If you're a Scout or Scouter 18 or older who loves the outdoors, learns fast, and enjoys working with people, the BSA's three high adventure bases invite you to apply for a super summer job. Here's how to make contact:

Florida National High Adventure Sea Base

Summer hires: 130. Pays: \$215 per week and up, more for specialty positions. Room and board are also provided. Positions include program, retail, and food services staff. Specialized positions, such as scuba instructors and watercraft operators, must be certified prior to employment. P.O. Drawer 1906, Islamorada, FL 33036; www.bsaseabase.org.

Philmont Scout Ranch

Summer hires: 1,000. Pays: \$950 a month, plus room and board. Positions include trek rangers, backcountry interpreters, and craft counselors. 17 Deer Run Road, Cimarron, NM 87714; 575-376-2281, philstaff@philmontscout ranch.org.

Northern Tier National High Adventure Bases

Summer hires: 175. Positions include canoe trip leaders and outfitting staff. Pay varies by position; first-year staffers generally make \$920 a month, plus room and board. P.O. Box 509, Ely, MN 55731-0509; 218-365-4811, info@ntier.org.

SAVING OUR WATERY WORLD

Whether they're swimming, kayaking, or scuba diving, Scouts take to water, well, like a duck takes to water. That's all the more reason to help honor the 100th anniversary of the BSA by signing up for the Preserve America's Waterways Initiative. The program challenges participants to give 1 million community service hours this year to help preserve and protect our nation's lakes, streams, rivers, and shorelines.

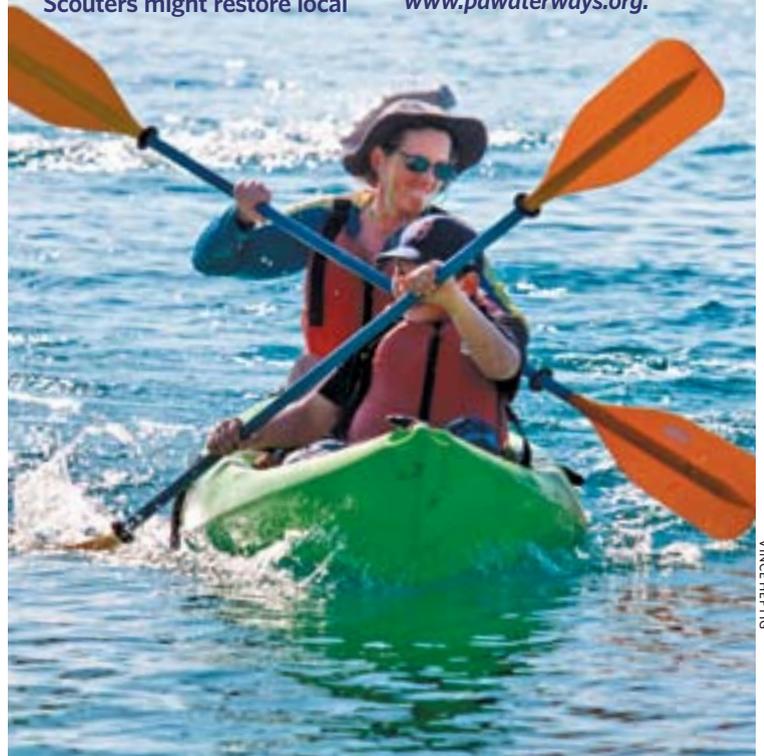
There's no one formula for getting involved with the initiative. Depending on their home base, some Scouts and Scouters might restore local

watersheds or monitor water quality, while others could clean up beaches or work to restore coral reefs.

Jimmie Homburg, chairman of the Preserve America's Waterways Project, says the benefits can be enormous both for the environment and the Scouts and leaders who pitch in to help.

"It's our world, and we have a chance to leave it to the next generation better than we found it," Homburg says. "Your efforts will set an example for the entire nation."

To make a splash in this vital project, go to www.pawaterways.org.



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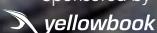
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COUNTDOWN TO 100

The 2010 National Scout Jamboree celebrates 100 years of Scouting, and you can play a key role in the festivities as a member of the jamboree staff.

Scheduled for July 26-Aug. 4 at Fort A.P. Hill in Virginia, the jamboree needs staff applicants born between July 27, 1984, and July 26, 1994, to serve in a variety of capacities.

The staff fee for persons 16 to 25 years old is \$397.50. That's half the price of the staff fee (\$795) for applicants age 26 and older.

To apply and get more information about jamboree staff qualifications, available positions, and clearance procedures, go to www.bsajamboree.org.

QUOTABLE

'...It is our challenge to take the wonderful legacy that we have been given and to prove to everyone out there why Scouting is, and will continue to be, relevant in the next century.'

TICO PEREZ, NATIONAL COMMISSIONER, AT THE BSA'S NATIONAL ANNUAL MEETING

Did You Know?

Tour Permits Now Online

Registered unit leaders can save time and paper by submitting local and national tour permit applications online. From MyScouting at www.scouting.org, go to Tour Permits and enter the necessary information for the tour. Helpful messages will guide you through the process. You'll also see any specific rules for tour permits. The new system will save transportation and training information so it won't have to be re-entered for future applications.

Remember, local tour permit applications (for trips of less than 500 miles) must be submitted two weeks before the tour start date. National applications (for trips of more than 500 miles) must be submitted at least one month before the tour start date.



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ON THE TRAIL RECIPES

JUICY GRILLED BURGERS

Serves 4-8

- 1 large slice white sandwich bread, crust removed and bread torn into ¼-inch pieces
- 2 Tbsp milk
- 1 Tbsp Fire Roasted Steak & Grill seasoning
- 2 tsp steak sauce (optional)
- 2 lbs. 80% lean ground beef
- Hamburger buns

Preheat grill or fire to medium heat.

In a large bowl, mash bread and milk until uniform. Stir in Steak & Grill seasoning and steak sauce (optional). Break apart beef into small pieces. Using a fork or hands, lightly mix beef and seasoning mixture together until well blended. Divide into 4 equal portions (more for smaller burgers). Gently flatten into ¾ inch patties. Grill burgers on hot grill until well-seared on the first side (2-4 minutes). Flip burgers and continue grilling for about 3-4 minutes for a medium-well burger. If desired, place cheese on top of burger about 2 minutes before removing. While burgers are grilling, toast buns on a cooler part of the grill.

On the trail tip: Mix and form patties at home, place in a sealed bag and keep cold until reaching the campsite.



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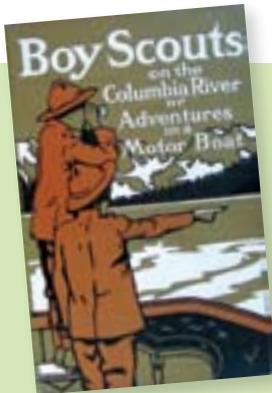


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WAY BACK WHEN

One for the Books

The BSA doesn't have an official author, but one candidate for the job might be G. Harvey Ralphson (1879-1940), an American Scoutmaster who wrote more than a dozen novels featuring Boy Scouts saving the day in America and

around the globe. Ralphson's titles include *Boy Scouts in the Canal Zone* (1911), *The Boy Scouts Beyond the Arctic Circle* (1913), and *The Boy Scouts on the Open Plains* (1914).

Ralphson hoped that his novels would help boys and girls "grow in usefulness, self-reliance, patriotism, and unselfishness." You can read excerpts from some of his books at www.online-literature.com/ralphson. Click on a book title at left, and a list of chapters will appear.

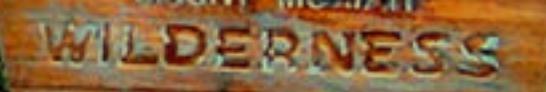
Waite's Wheels

A brand-new car for \$500? Yep. That was the price tag on Henry Ford's 1906 Model "N," which weighed only 800 pounds and ran the roads at a cool 40 miles per hour, an eye-popping speed in those days.

If you visit Philmont, check out a fully restored Model "N" that was purchased by Waite Phillips back in the 1920s. Chuck Walneck, a member of the Philmont Ranch Committee, spent a year restoring the car with the help of some of the finest automotive craftsmen in the country.

Now if we could only dial gas prices back to 1906 levels.





2010 TOUR SCHEDULE

JAN. 1-3	PASADENA, CALIF.
JAN. 8-10	SAN DIEGO, CALIF.
JAN. 15-16	LAS VEGAS, NEV.
JAN. 21-23	SACRAMENTO, CALIF.
JAN. 30-31	AUSTIN, TEX.
FEB. 4-7	SAN ANTONIO, TEX.
FEB. 12-14	NEW ORLEANS, LA.
FEB. 20-21	TUPELO, MISS.
MARCH 2-6	HOUSTON, TEX.
MARCH 12-14	TAMPA, FLA.
MARCH 19-21	JACKSONVILLE, FLA.
MARCH 26-30	MIAMI, FLA.
APRIL 9-11	CHARLOTTE, N.C.
APRIL 16-18	ATLANTA, GA.
APRIL 23-25	LOUISVILLE, KY.
APRIL 30-MAY 1	CHICAGO, ILL.
MAY 8-9	MINNEAPOLIS, MINN.
MAY 14-16	DETROIT, MICH.
MAY 21-23	CINCINNATI, OHIO
MAY 29-30	COLUMBUS, OHIO
JUNE 4-6	PITTSBURGH, PA.
JUNE 11-13	CHATTANOOGA, TENN.
JUNE 18-20	CEDAR RAPIDS, IOWA
JUNE 27	EAST HARTFORD, CONN.
JULY 1-4	BOSTON, MASS.
JULY 10-11	BUFFALO, N.Y.
JULY 16-18	BALTIMORE, MD.
JULY 23-AUG. 8	BETHESDA, MD.
AUG. 13-15	INDIANAPOLIS, IND.
AUG. 21-22	ST. LOUIS, MO.
AUG. 27-29	LINCOLN, NEB.
SEPT. 3-6	DENVER, COLO.
SEPT. 10-11	BLACKFOOT, IDAHO
SEPT. 17-19	SEATTLE, WASH.
SEPT. 24-25	SALT LAKE CITY, UTAH
OCT. 2-3	KANSAS CITY, MO.
OCT. 8-10	TULSA, OKLA.
OCT. 15-17	DALLAS, TEX.
OCT. 23-24 & 26-27	PHOENIX, ARIZ.
NOV. 20-21	FLORHAM PARK, N.J.
NOV. 25	NEW YORK, N.Y.

KEEP ON TRUCKIN'

SHIFT YOUR CELEBRATION of the BSA's 100th anniversary into overdrive with a visit to "Adventure Base 100" when it rumbles to a location near you during 2010.

Starting immediately after its debut Jan. 1-3 at the Tournament of Roses festivities in Pasadena, Calif., this 18-wheeler hauling a fascinating interactive exhibit will hit the road to more than 40 destinations throughout the continental United States. Millions of families like yours can connect with the breadth of the Scouting experience.

What will you see and do? Plenty. And you won't miss the mammoth truck if you spot it on the highway. You'll recognize it by the scenes of Scouts

in action, as well as by the anniversary logo and legend writ large on the side: "100 Years of Scouting: Celebrating the Adventure, Continuing the Journey."

Don't miss the virtual Adventure Base 100 tour, either. Keep up with all developments and find out where you can see this motor-vating exhibit in your area at the BSA's 100th anniversary Web site: www.scouting.org/100years.

STRUCTURES AND ACTIVITIES

TRAVELING LODGE—a double-wide trailer that offers guests a stage for Scouting demonstrations and a traveling museum, with more than 1,000 square

feet of multisensory Scout-related experiences.

GO SCOUTING DOME—surround-sound, surround-vision immersion chamber that features a multitude of typical Scouting environments.

ROPES COURSE AND ZIP LINE—exciting, outdoor fun.

GREEN SCREEN—picture yourself doing cool Scouting activities.

GUEST TENTS—informative sites where boys and adults can learn about joining the BSA, everyone can purchase Scouting memorabilia and patches, and sponsors can promote their partnership with the organization.

Old World Spices FP



GOTTA HAVE IT

The Ultimate Gadget

Here's a multidimensional jewel that will work wonders on camp-outs and Scout projects of all kinds. The new Super Tool 300 from Leatherman (\$84) comes with more pop-out features than we can list, but try pliers, removable wire cutters, saw, screwdrivers, bottle opener, can opener, and serrated knife for starters. It even includes an added smart touch called "edge-safety clumping," which prevents users from accidentally pulling out one of the knives and getting cut when trying to access a different tool. You'll want to add this baby to your troop or crew's toolbox.



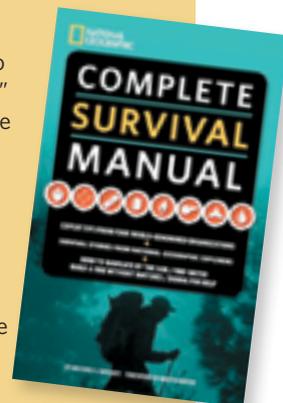
GOOD READ

You Will Survive

Do you know how to avoid "woods shock," self-arrest with an ice ax, and test to see if an unknown plant is edible?

You can master all that and discover hundreds more tips for staying safe in the outdoors from the *National Geographic Complete Survival Manual* (National Geographic Books, \$29.95). Loaded with expert advice from the editors of *National Geographic* (along with valuable tips from the BSA, Girl Scouts of the USA, American Red Cross, and the U.S. Army), the book shows readers how to survive and thrive on rough seas, in steamy swamps, or on polar ice.

The survival manual teems with information laid out in a logical, easy-to-find structure. Each chapter is split into 10 subheads, including First Aid, Food, Shelter, and Signaling. Pack it along and be ready for just about any curve nature can throw.



IN MEMORIAM

Edward Whitehead

Edward Whitehead, the Detroit Area Council's oldest Scout, passed away in July in Detroit at the age of 102. As a boy, Whitehead had a good excuse for never being a Cub Scout. The Cub Scouts didn't exist when he joined Troop 113 in Albion, Mich., in 1922. He was associated with Scouting for the rest of his life, as a Cubmaster, Scoutmaster, unit commissioner, camporee staffer, and more. At 86, Whitehead began serving on the summer camp staff of the Detroit Area Council, which recently honored his long service at a banquet.

Whitehead sometimes hiked farther and worked longer hours than some of the teenage camp staff. He attributed his longevity to his continued work on behalf of young people—and the fact that he never missed a winter camp-out.



COURTESY OF VEEDRA FRANCIS AND DAVID R.M. STAKOR

Trails End#1



BRAD FITZPATRICK

LOL! But He's Only a Third Cousin!

LAST SUMMER AT CAMP, I got the wonderful task of teaching fishing to Cub Scouts. To enforce the catch-and-release policy, I pretended to know the names of all the catfish we caught. The boys thought it was fun to catch "Ugly," "Uglyette," "Simon," "Snorkel," and "Big Boy."

After camp ended, I was in the grocery store when a Cub Scout came over and hugged me. But when he began to make faces about what was in my shopping cart, I asked him "What's wrong?"

He replied, "Does Ugly know you're eating his cousin for dinner?"

SUMMER PEARSON, RIVERSIDE, CALIF.

Do you have a Laugh-Out-Loud Scouting anecdote? Write it up in 150 words or less and submit it to LOL at www.scoutingmagazine.org. If we print it, we'll pay you \$50.

Of Merit

Boy Scouts across the United States earned a whopping 2.3 million merit badges last year. Take a look at the top 10 badges earned in 2008, and you'll notice they all have something in common. That's right—all 10 are among the 12 required for Eagle. Here's a look at the badges and how many Scouts earned each in 2008, according to sales figures from the BSA Supply Group:



Air It Out

Experience the thrill of sharing your adventures with Scouting peers during the 52nd Jamboree-on-the-Air (JOTA) and 13th Jamboree-on-the-Internet (JOTI) taking place Oct. 17-18.

Sponsored by the World Organization of the Scout Movement, both of these special editions feature a "green" theme: "Climate Change Challenge (C3)."

As usual, your kids can make contact with Scouts and Guides from more than 150 countries via short-wave radio and personal computers. But this year they'll also help showcase Scouting's ongoing efforts to protect the environment and battle climate change.



Check with your council or district for local

venues

and get all the details to register and participate at www.scouting.org/international/highlights.



THIS OLD PATCH

JOURNEY THROUGH TIME (AND TREES)

Excited about the National Scout Jamboree in 2010? That feeling must at least equal the anticipation your predecessors felt 50 years ago.

In 1960, the Golden Jubilee jamboree celebrated a milestone in BSA history—50 years of Scouting. More than 55,000 Scouts and Scouters showed up for that one, the only jamboree to take place in Colorado Springs, Colo. And members of the Yosemite Area Council wore the patch you see at right.

You might recognize its most prominent element—if you happened to visit Yellowstone Park

prior to 1969: The Wawona Tree.

Before it fell that year under the weight of a big load of snow, this giant sequoia served as a popular tourist attraction. Visitors could drive their cars right through its massive trunk.

But can you spot the other defunct element of the patch? The Yosemite Area Council no longer exists, either. In the late 1990s, it merged with the 49er Council to form the Greater Yosemite Council.

If you can get your hands on one of these, you've got quite a collector's item.



COURTESY OF KELLY WILLIAMS

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Roundtable

WHAT I'VE LEARNED

Kelly Rodrigue

How do you prevent burnout as a super-involved Cub Scout leader? For this Scouter, it's all in the family.

KELLY RODRIGUE WEARS MANY HATS in Scouting. He's the commissioner for the Southeast Louisiana Council's Bayou District, chairman of the Catholic Committee on Scouting for the Diocese of Houma-Thibodaux, and Scoutmaster of Troop 820, which

he organized last year. He recently stepped down as Cubmaster of Pack 820—but only so he could become his younger son Zachary's Tiger Cub leader.

In between his Scouting, family, and work responsibilities—he's the registrar at Nicholls State University—Rodrigue took a moment to discuss what he's learned from his years in Scouting.

GIVEN THAT YOU WEAR SO MANY HATS IN SCOUTING, HOW DO YOU AVOID BURNOUT?

The biggest thing you need to do right off is to get the support of your spouse. Get him or her involved in Scouting. Scouting can be a wonderful family activity, but it helps tremendously when your whole family is involved.

You must also remember to take the time to recharge your own batteries.

WHAT KEEPS YOU GOING AS A SCOUT LEADER?

Knowing that I can make a

difference in my sons' lives. Also, the friendships I have entered into with other leaders and their families, many of whom I certainly would have never met if not for Scouting. But more than that, it's knowing that I can make a difference in other Scouts' lives as well.

WHEN YOU STARTED TROOP 820 LAST YEAR, YOU ONLY HAD A FEW SCOUTS. WHAT HAVE YOU LEARNED ABOUT WORKING WITH A NEW TROOP?

You have to start somewhere. Beginning with a small number can certainly allow for bonding between the Scouts. Continue to hold outings even with small numbers. Get them involved in volunteering at Cub Scout events where Webelos Scouts will see them. Our troop doubled in size after the first year.

THE TRANSITION FROM CUB SCOUTING TO BOY SCOUTING CAN BE HARD FOR BOYS—AND FOR THEIR PARENTS. WHAT ADVICE DO YOU HAVE ABOUT WORKING WITH NEW TROOP PARENTS?

Many parents have a tough time letting go and allowing the boys to make decisions and take control. You have to gently remind the parents from time



ANDY LEVIN

to time that Boy Scouting is supposed to be boy led. It is designed to help them mature and learn. Sometimes the best leaders just get out of the way.

SHIFTING GEARS TO CUB SCOUTING, WHAT HAVE YOU LEARNED ABOUT RECRUITING PARENTS? Watch the parents and how they interact with the Cub Scouts at meetings to recruit

FactSheet

Kelly Rodrigue

SCOUTER SINCE: 2003

HOME: Houma, La.

CURRENT POSITIONS: Commissioner of the Southeast Louisiana Council's Bayou District, chairman of the Catholic Committee on Scouting for the Diocese of Houma-Thibodaux, and Troop 820 Scoutmaster

DAY JOB: Registrar, Nicholls State University

FAVORITE CAMP: Camp V-Bar, located on Salmen Scout Reservation

PROUDEST MOMENTS IN SCOUTING: Seeing my son James earn the Arrow of Light and wife, Kelley, get her Wood Badge beads



RT ADVANCEMENT FAQ'S

Above and Beyond

What it takes to earn the Palms.



MICHAEL ROTTER

assistant den leaders. You never know what will happen to a leader as a job may change and require a move. This way you will have someone ready to step in if necessary. It also helps to lessen the load of the den leader.

ONCE YOU'VE RECRUITED THEM, HOW DO YOU GET THEM TO TRAINING? Keep on them. Once most of your leaders are trained, others actually feel the pressure to get trained as well. The “Every Scout Deserves a Trained Leader” mantra is so very important to believe and act upon any chance you get.

MANY PACKS LOSE MOMENTUM OVER THE SUMMER. WHAT'S THE SECRET TO A GREAT SUMMER PROGRAM? Plan one or two fun events per month. Work in belt loops, rank requirements, etc., if you can, but just make sure the events are fun. Have a barbecue at someone's house. Show a movie and pop some Trail's End popcorn, or order pizza. Play miniature golf. Hold a derby. Take a day trip to a nearby festival.

WHAT HAVE YOU LEARNED ABOUT SERVING AS A ROLE MODEL FOR YOUR SCOUTS? Realize that you are a Scouter and setting an example at all times, whether in uniform or out of uniform, whether at a Scouting event or just shopping at the supermarket. Good Scouters are Scouters for life in both attitude and lifestyle.

WHAT OTHER ADVICE WOULD YOU GIVE TO NEW SCOUT LEADERS? Never stop doing your best and always be prepared. Those mantras aren't just good for Cub Scouts and Boy Scouts; they're good for everyone. ♣

EAGLE PALMS RECOGNIZE EAGLE SCOUTS who remain active in Scouting and earn merit badges beyond the 21 required for Scouting's highest rank. After the number of new Eagle Scouts began to exceed 3,000 each year, BSA officials saw the need for awards beyond Eagle Scout. So the Palms were introduced in 1927.

WHAT ARE THE REQUIREMENTS FOR EARNING AN EAGLE PALM? For each Palm, the Scout must be active in his troop, team, or crew for three months, demonstrate Scout spirit, develop and demonstrate leadership ability, earn five merit badges, take part in a Scoutmaster conference, and complete a board of review.

WHAT DO THE PALM COLORS SIGNIFY? The Bronze Palm represents five merit badges, the Gold Palm 10 merit badges, and the Silver Palm 15 merit badges. Scouts must earn Palms in that order.

CAN A SCOUT EARN MORE THAN THREE PALMS? Yes. Conceivably, he could earn up to 20 palms—depending

on how many merit badges he completes and how much time he has remaining before his 18th birthday.

DO MERIT BADGES FOR A PALM HAVE TO BE EARNED AFTER A SCOUT HAS BECOME AN EAGLE SCOUT? No. Any merit badges he has earned since joining Scouting may be used, except those applied for his Eagle rank.

WHAT IS THE CUTOFF DATE FOR EARNING PALMS? Scouts may not earn Palms beyond their 18th birthday.

CAN VENTURERS EARN PALMS? Any male Venturer who has achieved the First Class rank as a Boy Scout or Varsity Scout may continue advancement toward Star, Life, and Eagle Scout ranks and Eagle Palms up to his 18th birthday.

WHERE DO SCOUTS WEAR PALMS? Palms are worn on the ribbon of the Eagle medal or, for adult Scouters, on the Eagle square knot. They are not worn on the pocket emblem. When worn, Palms should represent the

number of additional merit badges earned. For example, a Scout who has earned 20 additional merit badges (and completed the other requirements described above) would wear a Silver Palm and a Bronze Palm.

DOES A SCOUT HAVE TO HOLD A POSITION OF RESPONSIBILITY SUCH AS SENIOR PATROL LEADER TO EARN A PALM? No. The requirement states “. . . develop and demonstrate leadership ability.” A Scout could meet this requirement in other ways such as by serving on National Youth Leadership Training staff or completing a Scoutmaster-assigned leadership project.

I RECENTLY SAW A SCOUT RECEIVE A BRONZE PALM AT HIS EAGLE COURT OF HONOR. HOW IS THAT POSSIBLE? Scouting counts tenure for the Bronze Palm from the date of the Eagle board of review. If that Scout's court of honor occurred more than three months after his board of review, he could have earned a Palm by that time. ♣

classb.com

How to Get Up and Go

Wrangling your Tiger Cubs on trips is like herding cats—plan on lots of people and lots of patience.



DAVE WHEELER

THE BOY SCOUTS OF AMERICA promises its members a lifetime of adventure—family camp-outs, day and summer camps, national Scout jamborees, high-adventure trips. But all of this activity starts closer to home with Tiger Cub “Go See It” outings.

To earn the Tiger Cub badge, a boy must take part in simple excursions in five achievement areas: Making My Family Special, Where I

Live, Keeping Myself Healthy and Safe, How I Tell It, and Let’s Go Outdoors.

The outings might be simple, but coordinating them can prove difficult for new Tiger Cub den leaders. In fact, Dan Hartshorn of Pack 112 in Berwyn, Penn., got so frustrated leading his den of 13 boys that he later created a Tiger Cub den leader manual as part of his Wood Badge ticket.

The manual includes general guidelines and a directory of places to visit in the area.

Here are five ways that you can plan great Go See Its:

1 Plan trips well in advance.

Map out your den program months in advance. Schedule trips at least two weeks ahead and explain just what you hope to achieve. When you call the police station or newspaper office, says Hartshorn, ask for a 30-minute tour followed by time for questions. Point out that you’re bringing first-graders accompanied by adult partners.

2 Stay close to home and get creative.

Hartshorn discourages his pack leaders from planning all-day trips to nearby Philadelphia. “They’re looking at it through their eyes and trying to do something big and cool,” he says. “But a half-hour or 45 minutes for these guys can be a cool thing.”

Lisa Titus, Cubmaster of Pack 358 in Barrington, N.H., says creative thinking can pay big dividends. For the “How I Tell It” Go See It, a den in her pack visited the office of a local “freebie” newspaper rather than a larger publishing operation. “They were really cool,” she says. “They took pictures of the kids and

mocked up a front page for them.”

3 Use adult partners and pack leaders as resources.

Titus recommends splitting up responsibility for planning field trips. Allow a parent who’s a firefighter or a librarian to show off his or her workplace, for example. You’ll have a great Go See It and teach all the parents a valuable lesson. “It builds far more ownership into the parents,” he says. “They get used to participating.”

4 Think like a first-grader.

“Goey is good,” Hartshorn says, while sitting still for long periods of time is bad. And speaking of sitting still, be prepared to lead a simple game if you get stuck in the lobby of the firehouse waiting for your tour guide to return from a fire run.

5 Thank the people you visit in writing and keep notes for next year.

The first part is common courtesy and smooths the way for future visits. The second part helps future leaders learn from your successes—and mistakes.

Above all, Hartshorn says, “Have fun. If you’re having fun, they are.” ♣

Dan Hartshorn’s “Tiger Cub Leaders Guide” is available for download on his pack’s Web site: www.cubpack112.org.

Just the Facts, Jack

How to scale the wall of silence: Keep it simple.

THINGS ARE NOT GOING WELL in the Pioneer Patrol, Troop 12's new-Scout group. The Scouts have been bickering about the duty roster, their voices loud enough to be heard from the adults' tent area.

Hoping to head off trouble, an assistant Scoutmaster gathers the boys to talk about the situation. She's met with a stony silence and stonier expressions.

When she asks what's going on,

the patrol leader says, "Nothing?" When she asks another Scout how he feels, he says, "Fine."

She can't figure out how to get the Scouts to open up.

What's Going On

Experts say both nature and nurture are to blame when older boys and teens clam up.

The first thing you have to realize, according to family therapist and

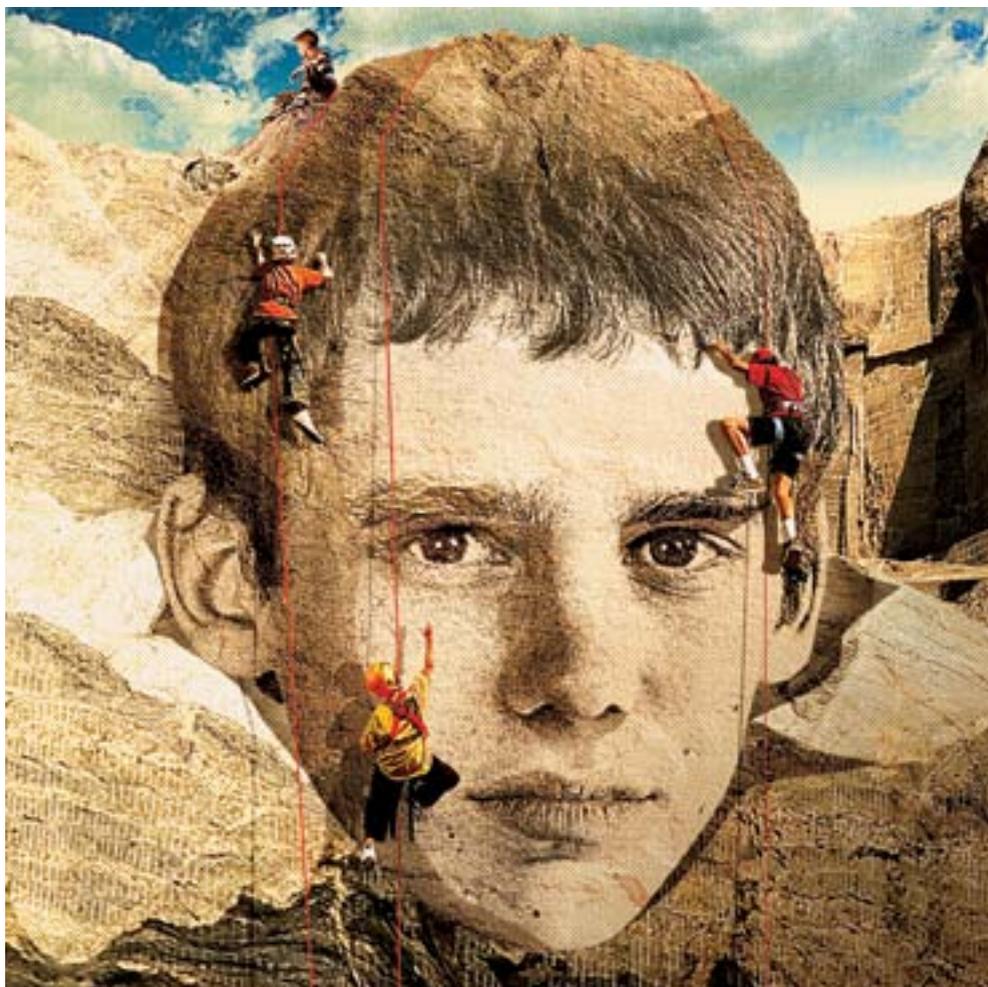
author Michael Gurian, is that male and female brains are wired differently. In fact, as he reports in *The Purpose of Boys: Helping Our Sons Find Meaning, Significance, and Direction in Their Lives*, "neurobiologists have been able to track over 100 biological differences between the male and female brain."

These biological differences affect how boys deal with their feelings, Gurian says. Boys are more likely to express themselves with actions rather than words and more likely to look for quick solutions to problems rather than to delve deeply into them. And when they do work through emotions, the process takes them longer.

The other problem is societal expectations, according to clinical psychologist and author Michael Thompson. "Boys lose facial expressions from ages 7 to 15 because they are under constant pressure, both internal and external, to present themselves as strong and competent," he writes in *It's a Boy: Understanding Your Son's Development from Birth to Age 18*. As a result, Scout leaders can have a tough time seeing behind boys' masks.

What You Can Do

Since boys are more likely to talk about facts than feelings, start off by talking about what happened rather than how they feel. Also recognize that boys communicate as much with body language as they do with words. If you notice negative body language (crossed arms and averted eyes, for example), Thompson recommends breaking the ice by saying something like, "Well, I can tell every-



SEAN MCCABE

one is uncomfortable with this?”

Thompson also recommends that adults put their emotional cards on the table first. Adults who don't show emotions—especially men—shouldn't expect kids to do so. “This is especially important for dads,” he writes. “How can you expect your son to share his feelings with you when you insist on looking strong at all times yourself?”

Another strategy is to take advantage of male brain biology. Gurian

points out that boys often relate to one another best through what he calls “relational intermediaries”—balls, sticks, and other objects that make their relationships more comfortable.

Rather than have a completely verbal conversation with a group of Scouts, turn the conversation into a game that puts a twist on the Native American tradition of the talking stick. Start with a roll of toilet paper. Hold the end of the paper and toss

the roll to one of the Scouts. While he holds the roll, he has the floor and can talk. When he's done, he tosses the roll to another Scout, holding onto his section of paper. The silliness of the game can break the ice, while the toilet paper can serve as a relational intermediary.

You might just have to bide your time if techniques like that don't work. As Thompson says, “Be patient. Be available. For as long as it takes.” ♣

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Pressure vs. Principle

Teaching your teens to do the right thing isn't a game. Or maybe it should be.

THE RESULTS OF A 2008

Junior Achievement (JA) poll present a classic good news/bad news scenario.

The good news? Nearly 80 percent of teens surveyed said they felt “fully prepared to make ethical decisions” when they join the workforce.

The bad news? More than 60 percent admitted to lying to their parents, while a significant number had illegally downloaded music (23 percent), behaved violently toward another person (20 percent), or cheated on a test (18 percent).

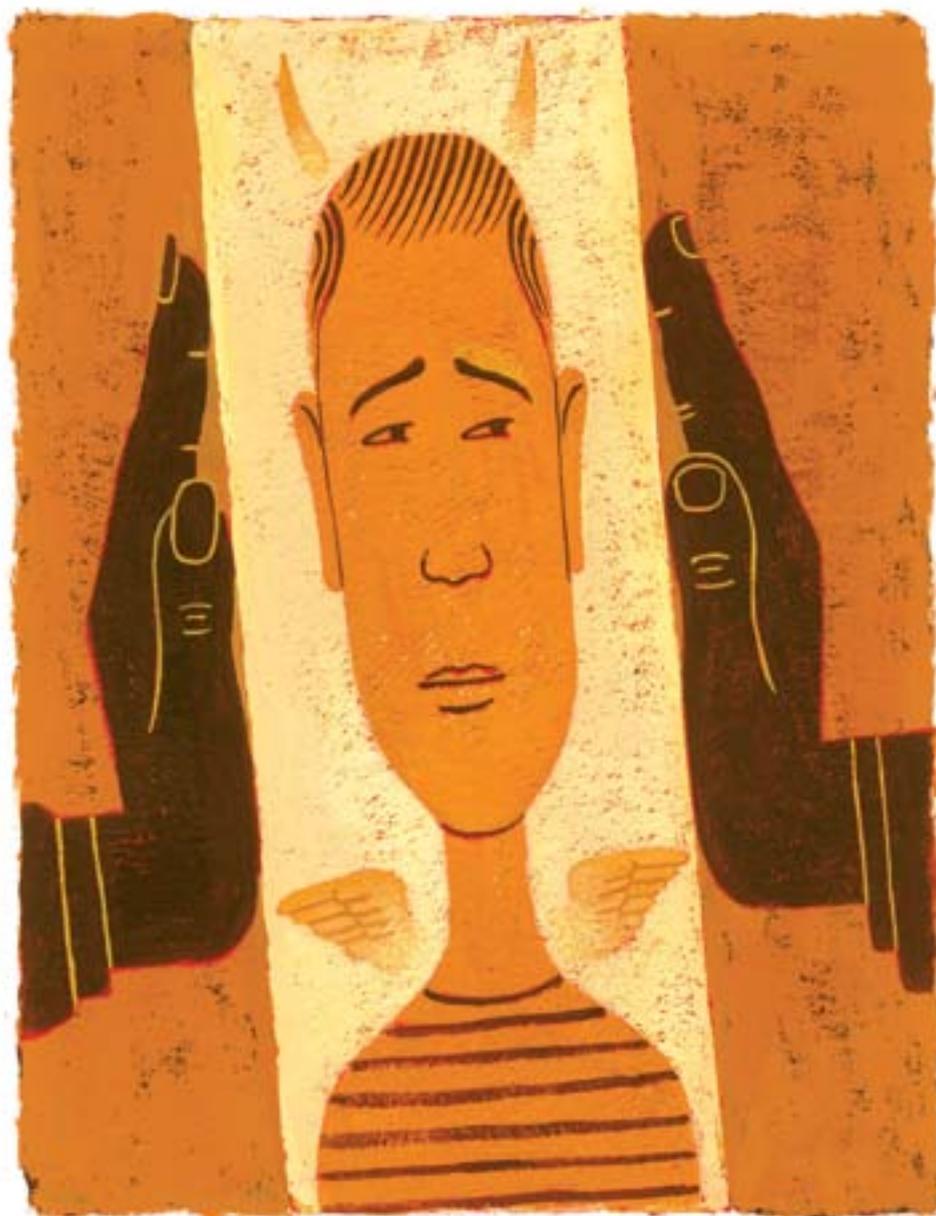
You can read more results at www.ja.org/about/releases/about_newsitem524.asp. But that disconnect between belief and behavior offers Boy Scout and Venturing leaders both a challenge and an opportunity.

If we can help teens understand why they're acting against what they believe, perhaps we can help them better align their words and actions.

First, though, we need to understand the disconnect.

Why Teens Betray Their Beliefs

There are plenty of reasons why teens don't act as ethically as they think they should. But the No. 1 reason is pressure—pressure to succeed, pressure to please others, pressure to get more



done in less time.

Consider, for example, the top three reasons teens in the JA survey said plagiarism was acceptable: not enough time to do the assignment

(72 percent), a personal desire to succeed in school (70 percent), and pressure from parents to succeed in school (63 percent).

Peers, on the other hand,

were much less of a factor. Only 24 percent said plagiarism is acceptable because “everyone else” does it, while just 15 percent cited peer pressure as a reason.

Jammed Up

To demonstrate how outside pressure affects decision-making, play "Traffic Jam." The object of this game is to have players split into two teams, with three or more players on each team. Each player stands on a piece of paper, and there's one piece of paper in the middle.

Start by having the teams face each other on the spaces. Keep some Scouts or Venturers out of the game to serve as cheerleaders; privately explain their role before the game starts. The teams must now trade places, following these rules:

- ▶ A player may only step onto an adjacent empty space or step around a person from the other team onto an empty space.
- ▶ Players may not move backward.
- ▶ Players may not step around their own teammates.
- ▶ Two players may not move at once.

Start the game and let play proceed for a few minutes. Then, have the Scouts or Venturers who aren't playing pressure the players by criticizing their moves or commenting on how easy the game is. (Don't let these comments get out of hand.)

After a few more minutes, announce that the players have just two minutes to

complete the exercise. Stop the game when time is up, and then gather the group to debrief. Use these questions as a starting point, but let the discussion go where the group takes it:

- ▶ How did the pressure from the cheerleaders affect your performance?
- ▶ How did the time limit affect your performance?
- ▶ Would you have performed better or worse if you'd been playing to win a prize? To avoid a punishment?
- ▶ How has your behavior in school been affected by pressure from others? By time constraints? By the prospect of a reward or a punishment?
- ▶ Have you ever been tempted to do something you knew was wrong because of outside pressure? How did you respond?
- ▶ If you gave in to pressure, how might you have responded more ethically?
- ▶ What techniques can teens use to resist pressures that tempt them to behave unethically? ♣

ON THE WEB: Junior Achievement, in collaboration with Deloitte LLP, has created a comprehensive Excellence through Ethics curriculum, which is available free online at studentcenter.ja.org/asp/LearnEthics/ethics_classroom.aspx. High school session 4 includes a role-playing game that deals with ethics under pressure.



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IN THE DECADE OR SO THAT

he's been teaching Personal Management merit badge, Ted McLaughlin has seen his share of glazed eyes and blank stares as he's talked about terms such as compound interest, mutual funds, and return on investment. But the Minneapolis Scouter knows just how to get the attention of a group of Scouts: hand them his credit cards.

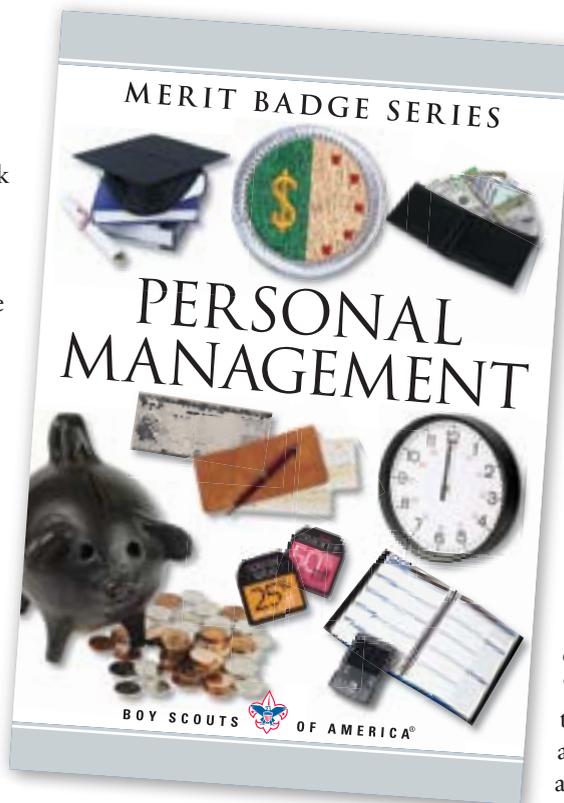
"The moment you hand them a credit card, they come to life," he says. And as he reels off each card's credit limit, the Scouts quickly spend that money in their heads—on Xbox 360s, iPods, cars, and other toys.

Then McLaughlin asks a simple question: "How many of you thought about how you were going to pay for that?"

When he has their attention, McLaughlin helps the Scouts work through some calculations, figuring out what happens, for example, when someone only makes minimum payments or gets hit with a late charge or a higher interest rate—all concepts related to requirement 7.

"The best part is when boys realize, 'We'll never pay that off,'" McLaughlin says. "That's the point I try real hard to drive home to them."

Craig Lincoln, a merit badge counselor from Joliet, Ill., takes a similar approach to requirement 6, which covers ways to invest \$1,000. Rather than start off with long-term goals like retirement, he focuses on the Scouts'



own lives. "If you had \$1,000 and you wanted to save it, what would you be saving for?" he'll ask. "Would you be saving for college? A car?"

Once he and a Scout have discussed ways to save for short-term goals, Lincoln can talk about goals with a longer time horizon. "The thing that makes a CD or savings account the best option for saving for a car two years from now might not be as good an option for something really long term," he says.

It's also important to tailor examples to each Scout's family situation, McLaughlin says. He works with two troops—one made up of middle-class suburban boys and the other of second-generation

Americans living in cramped inner-city apartments. The former Scouts might plan a trip to Disney World for requirement 1 (develop a plan for a major family purchase), while the latter Scouts might talk about buying a new refrigerator. "The kids from the immigrant families aren't going to Disney World," he says. "That's so pie-in-the-sky that they can't even relate to it."

Both McLaughlin and Lincoln often teach Personal Management at merit badge clinics. Although settings like that can make it hard to tailor the material to individual Scouts, they offer other benefits, Lincoln says. "It's really fun to share ideas and talk things out. A group setting allows Scouts to learn not just from a counselor but from one another."

Lincoln is also a strong proponent of using the buddy system for this badge. "Part of what makes Personal Management hard is that you feel so isolated," he says. "It's 90 days of you doing something on your own, and that's hard."

When Scouts buddy up, however, they can hold each other accountable as they track their income, expenses, and savings over 13 consecutive weeks (requirement 2). Each Scout must be reviewed individually on all of his progress, of course, but he's more likely to finish all of the merit badge requirements when he works with a buddy. "Life's better when you do it with a friend," Lincoln says.

And so is Personal Management merit badge. ♣

Trails End #2

When It's Time to Settle Down

Cub Scout den and pack leaders chip in with their thoughts on how to get young boys to get serious.

Den Chief W.M. leads games for his dad's Cub Scout den, but he has trouble getting the boys to settle down for serious activities, and he asked what other leaders would do.

SHOW YOUR SIGN

I would suggest using the Cub Scout sign. Just use the hand gesture, though; it should be enough without shouting, "Signs up." Also, make it clear that you won't be doing anything until the boys settle down and listen. And follow through on this!

Wolf Den Leader M.C.
YORKTOWN HEIGHTS, N.Y.

TRAIN THEIR EARS

Maybe listening is something you need to train your Cub Scouts to do. Teach them that listening means looking at

the speaker with their hands quiet and no talking. Get the parents involved, and get the boys to monitor each other.

M.S.
TANANA, ARK.

HAND THEM THE REINS

Let the Cub Scouts help set the routine as much as possible. Giving kids ownership of their environment, whether in Scouts or the classroom, will make your job much easier. This will also ease their transition to Boy Scouts.

D.R.
OLYMPIA, WASH.

REWARD GOOD BEHAVIOR

At the beginning of the year I handed each Tiger Cub a single, black tiger tooth and some lacing to make a necklace. At each meeting, a boy who is in uniform, has his handbook, and is on time receives three pony beads for his necklace. I use additional



DARREN THOMPSON

tiger teeth for special rewards. The boys love to see their necklace grow. You could do the same thing and reward beads for good behavior, paying attention, or doing a Good Turn.

Tiger Cub Den Leader A.C.
LAKE OSWEGO, ORE.

TRANSFER SOME POWER

Ask the boys what they consider to be enough time for the different parts of the meeting and how they think they should act for each one. If they have some investment in these decisions, they will be more likely to adopt the proper frame of mind for the different aspects of a meeting.

Scoutmaster C.G.
KENNETT SQUARE, PA.

PLAN COOL-DOWN TIME

Give them an adjustment time as you go from one activity to another. For example, you could say, "OK, one more game and then we need to

get down to business." The last game should be an activity that doesn't require a lot of energy—no running or high-energy games. Also, your father should make it clear that if the boys can't get serious, they may not get the game time they like.

Pack Committee Member J.S.
SAN DIEGO, CALIF.

PUT IT IN WRITING

When I was a den leader, we had the Cub Scouts develop rules of behavior for den meetings. If they acted up, a gentle reminder of their own rules usually had them listening to the adults. We posted their rules on a poster and had it at every den meeting. Eventually, we didn't need the poster.

Assistant Scoutmaster P.R.
FORT COLLINS, COLO.

For the BSA's take on this issue, check out the "Den Code of Conduct" in Chapter 16 of the *Cub Scout Leader Book*. ♣

NEXT QUESTION

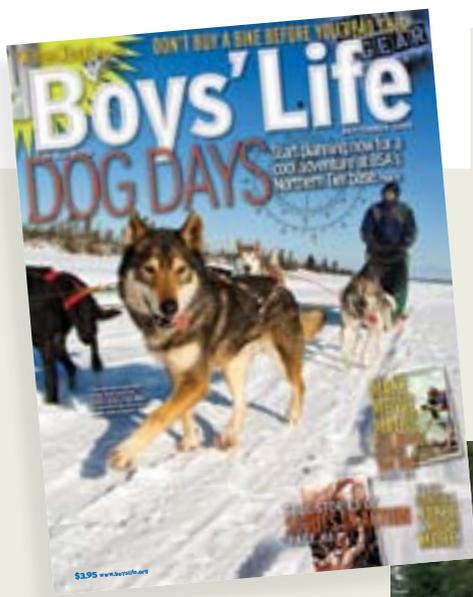
HOW WOULD YOU MANAGE RAPID GROWTH?

Over the past few years our troop has doubled in size because of good programming and good promotion by our committee chair. Although this is a great problem to have, it's hard to keep youth and adult leaders in step with changes required by the larger numbers. What should we do to manage our rapid growth?

Scoutmaster G.P.
MERRILL, WIS.

WE WANT YOUR SOLUTIONS! Send your answer to What Would You Do? *Scouting* magazine, P.O. Box 152079, Irving, TX 75015-2079. Responses will appear in *Scouting's* next issue. We also solicit new questions and pay \$50 for each one used in this column. Submit responses or a new question electronically, or view selected responses from past columns, at www.scoutingmagazine.org.

Dutch Mills



Boys' Life Preview

Boys' Life magazine helps make your Scouting program and your Scouts excel. Research shows that boys who subscribe to the magazine advance farther, spend more time outdoors, and stay in Scouting longer than those who don't.

Check out these exciting articles scheduled for publication in the September and October 2009 issues of *Boys' Life*:

COMPLETING THE SUWANNEE: A FEATURE FOR BOY SCOUTS

Is a canoe trip on your boys' planning radar for the coming year? If so, *Boys' Life* has a must-read story in its October issue. There you'll find an in-depth look at Troop 188's annual canoe trip down the Suwannee River. The Florida boys paddle a portion of the 232-mile river annually until each Scout has canoed the whole thing. The story features helpful tips for choosing a location, getting in shape, and packing for a river adventure.

VINCE HEPTIG



NORTHERN STARS: A FEATURE FOR ALL SCOUTS

If your guys are looking for something awesome to do this winter, how about an activity that's so cool it's below zero. That's what awaits Scouts who attend Okpik, a winter fun camp at the Northern Tier High Adventure Base in Ely, Minn. Your boys can pick up the September issue to read about the 1,000-plus Scouts per year who visit the camp to cross-country ski, lead a dogsled team, and build—and spend the night in—igloos.



ERIC ZAMORA



A WHALE OF A TALE: A FEATURE FOR CUB SCOUTS

Looking for something to impress your Cub Scouts? Don't tell them some contrived fish story. Instead, try a mammal story—specifically, whales. Take your boys on an ocean adventure in September's issue, where you'll find a feature on these warm-blooded creatures. From the blue whale that can weigh as much as 80 Ford F-150s to the gray whale that travels up to 12,500 miles a year, these animals are sure to fascinate your young readers.

Subscribe to *Boys' Life* There's something for everyone in *Boys' Life*. And everyone can receive the magazine every month.

■ For a one-year, nonmember subscription, send \$24 (add state taxes as applicable) to *Boys' Life*, Subscription Service, S302, 1325 W. Walnut Hill Ln., P.O. Box 152350, Irving, TX 75015-2350. ■ Anyone in your pack or troop, however, can receive the magazine at home for only \$12 a year (add state taxes as applicable). That's just \$1 an issue! To get this great bargain, check with your local Scout council service center. ■ Outside the United States, all subscribers add \$21 for additional postage for each one-year (12 issues) subscription.

Harbor Lights

St. John



the *Divine*

BY SCOTT DANIELS

PHOTOGRAPHS BY VINCE HEPTIG

**NEW JERSEY SCOUTS FLY TO A
CARIBBEAN PARADISE TO CAMP,
HIKE, AND SNORKEL NEAR THE
MOST BEAUTIFUL BEACHES
THIS SIDE OF HEAVEN.**

CANEEL BAY, THE EXCLUSIVE, upscale resort on the north shore of St. John in the U.S. Virgin Islands, caters to a genteel client-

tele. But anyone can book one of the eco tours that leave from the property. So when the Boy Scouts and leaders of Maplewood, N.J., Troop 5 entered the resort's gated enclave after a 15-minute ride from their tent-site campground, they got a vivid glimpse of how the other half lives.



Brightly colored coral attracts Thomas West (opposite, left) and Daniel Brauchli as they snorkel in the calm waters of Cinnamon Bay. At right, Zach Bruckner and his dad, Jeff, gaze across Trunk Bay.

“When I found out that our tour departed from here,” said Mary Chris Brauchli, a Troop 5 committee member and wife of the unit’s Scoutmaster, “I was so excited, because I knew it was probably the only way I was ever going to see the inside of Caneel Bay?”

What the Scouts probably didn’t know, but the adults sure did, was that some of the resort’s guests pay nightly rates that equal a Scout’s expenses for an entire week on the island. Eager to begin their ecologi-

cal adventure of sea kayaking, hiking, and snorkeling, the boys paid little attention to the posh surroundings.

Led by a pair of college-age guides, troop members paddled their tandem kayaks around a point and landed on Scott Beach. Then, during a 45-minute hike, the guides pointed out native plants and holes in the ground where tarantulas burrowed. They also spoke about the island’s Danish heritage and the huge sugar cane plantations once tended to by African slaves.

But the boys experienced the

highlight of the eco tour later. At the beach, they fitted themselves with snorkels and masks, entered the clear, turquoise waters, and gazed down at the wonders of Caribbean coral reefs, tropical fish, and giant sea turtles.

Now *that* was their idea of “posh surroundings.”

TROOP 5 LANDED in St. Thomas following a four-hour flight from New York’s LaGuardia the day before Easter. Twenty boys and 10 adults collected their luggage and 17 boxes of

The highlight of the boys’ eco tour came when they fitted themselves with snorkels and masks and entered the clear, turquoise waters.



provisions brought from New Jersey. This was the troop's sixth spring-break trip to the Caribbean, one that occurs about every four years.

Hamilton Eugene, a local entrepreneur and transportation specialist, greeted the group with drivers and four taxis, also known as jitney buses. These pickup trucks, modified with canopies and bench seats in the bed, shuttled the group and its gear to Red Hook on the other side of the island.

"Transportation for a group this size from Point A to B to C is always



MICHAEL NEWHOUSE

ST. JOHN FACTS

GEOGRAPHY

The U.S. Virgin Islands consist of St. Thomas, St. John, and St. Croix.

U.S. HISTORY

In 1917 the United States bought the islands from the Danish government to prevent German expansion into the Western Hemisphere during World War I. It paid \$25 million.

ACCESSIBILITY

St. John can only be reached by boat or ferry. It's about 4 miles east of St. Thomas, which has an airport.

SIZE AND POPULATION

The island consists of about 20 square miles and has a population of 4,200.

VIRGIN ISLANDS NATIONAL PARK

Almost 60 percent of St. John is a national park. Philanthropist Laurance Rockefeller donated 5,000 acres to the U.S. National Park Service in 1956 to keep the land from being developed.

CITIZENSHIP

Native residents are U.S. citizens and pay U.S. income taxes, but they cannot vote in U.S. presidential elections.

TROOP 5 AGENDA

DAY 1

Fly to St. Thomas; board ferry to St. John; make camp; swim at Cinnamon Bay; attend park service sky-watch program

DAY 2

Easter Sunday Catholic Mass; sightsee in Cruz Bay; swim/snorkel at Cinnamon Bay

DAY 3

Eco tours depart Caneel Bay Resort

DAY 4

Climb Cinnamon Bay Trail to Centerline Road; meet park service ranger for interpretive hike on Reef Bay Trail; rendezvous with boat at beach for return trip to Cruz Bay

DAY 5

Service project with Friends of V.I. National Park; tour ruins of Annaberg sugar plantation; snorkel at Waterlemon Cay

DAY 6

Optional scuba diving trip; swim at Cinnamon Bay

DAY 7

Boat trip to snorkeling sites near St. John; swim at Cinnamon Bay

DAY 8

Board ferry to St. Thomas; fly home



A school of small fish darts past Daniel Brauchli as he investigates coral formations on the bottom of Leinster Bay. The troop learned about the area's exceptional snorkeling opportunities when a U.S. Park Service ranger guided them on the Reef Bay Trail hike.

‘Once parents recognize the value Scouting can offer their sons, trust me, it’s not hard to get them involved in some manner, shape, or form.’

ROGER BRAUCHLI

a challenge,” Scoutmaster Roger Brauchli said, “but I’ve worked with Hamilton ever since our first trip. He’s always made it pretty painless, both on St. Thomas and St. John.”

With synchronized precision, a truck from the island’s warehouse grocery arrived at the Red Hook ferry terminal about the same time as the troop. The Scouts unloaded boxes of pre-purchased foodstuffs and marked them for transit to St. John. A 20-minute ferry ride delivered the troop at Cruz Bay, St. John’s commercial hub, and another fleet of jitneys hauled the troop on the last leg of a long day of travel—to their campground at Cinnamon Bay.

Among the world’s greatest campsite locations, Cinnamon Bay must rank in the Top 10. Operating as a concession within St. John’s national park, the campground features two group sites with canvas wall tents. Measuring 10 by 14 feet, the tents sit on wooden platforms and contain four metal bunks with mattresses, bed linens, and pillows. Nearby, two bathhouses offer flush toilets and showers. The site’s finest amenity, though, is its proximity to the beach and the Caribbean’s soothing surf, a mere 100 footsteps away.

On Easter Sunday, many Scouts and leaders attended mass at Our Lady of Mount Carmel Catholic Mission. The parish deacon enlisted Life Scout Daniel Brauchli as an altar boy, and several other Scouts volunteered to distribute service leaflets and collect offerings. The islanders’ style of worship—hand clapping, gospel singing, and tambourine shaking—helped make the Easter service unlike



Scouts find many starfish like this one (top) as they snorkel around Waterlemon Cay. But an optional troop activity for certified divers such as First Class Scout Michael Goodman (above) and his parents, Sue and Mark Goodman, proves one of the highlights of the trip—as does the opportunity for Roger Brauchli and wife, Mary Chris, to relax on Cinnamon Bay Beach. Roger has been Troop 5’s Scoutmaster for 40 years, and Mary Chris helped plan the group’s flight arrangements and grocery shopping.

any that many of the Scouts had experienced. As did their presence at the church.

Conspicuous in their field uniforms, the Scouts attracted quite a following as both locals and tourists asked about their plans for the week. That evening, the boys discovered plastic Easter eggs filled with candy placed on their bunks. Somehow, the Easter Bunny had found his way to the Cinnamon Bay Campground.

MAPLEWOOD’S TROOP 5 turns 90 in 2010, the same year the BSA celebrates its centennial. Roger Brauchli grew up in the troop as a youth, earned his Eagle Scout rank, and served as a junior leader before becoming the unit’s Scoutmaster. It’s a position he has held for the past 40 years. The troop’s foundation is based on tradition and character-building values. One example: the St. John trip.

Plans were announced in September 2007. “We wanted to give everyone a heads up and explain the basic requirements,” Brauchli said. These were:

- ▶ Attend 75 percent of unit events—troop meetings, camp-outs, and money-earning activities.
- ▶ Earn at least one-third of the trip’s cost with troop money-earning projects: selling popcorn and Christmas wreaths, as well as food concessions at the township’s Fourth of July celebration.
- ▶ Attain a rank requirement goal set by the Scout and an assistant Scoutmaster.
- ▶ Attend summer camp the year prior to the St. John trip and the summer immediately following.





TROOP 5'S ADVICE FOR A ST. JOHN SCOUT TRIP

- ▶ **Set trip requirements for Scout participation and money earning.**
- ▶ **Plan early; delegate duties among boys and adults.**
- ▶ **April is the best month to travel.**
- ▶ **Use Web resources and network with other Scout units.**
- ▶ **Book nonstop flights (group fares allow some ticket flexibility).**
- ▶ **Wear field Scout uniform while traveling, activity uniform in camp.**
- ▶ **Prearrange local transportation.**
- ▶ **Prepurchase majority of food at warehouse club on St. Thomas.**
- ▶ **Perform an island service project.**
- ▶ **Schedule downtime and keep your program flexible.**

“This year’s trip cost \$1,400 per person,” Brauchli said. “That’s more expensive than it’s ever been, mainly because of an increase in airline fares.” Even so, two boys earned their entire trip fee through money-earning projects.

“Over the years, I’ve found that when the boys have a financial stake in the trip, as well as a participation goal, it truly becomes their trip. I believe they enjoy it and get more out of it as a result.”

Buying food and shipping it to

St. John were two of the trip’s greatest logistic challenges, said Pete Lenz, a troop committee member, who teamed up with Mary Chris to break down the week’s menu into individual items.

“First, we priced everything at a local warehouse club in New Jersey,” Lenz said. “Then I sent the same spreadsheet of items to a warehouse grocery on St. Thomas. A number of

Scouts and leaders attend Easter services at the Catholic parish in Cruz Bay (below). Some boys even participated in the Mass.





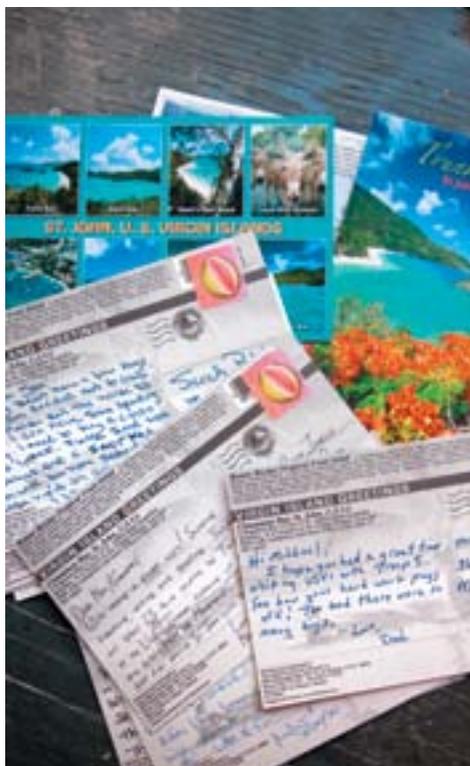
Corey Durr and his dad, Bob, paddle their kayak on the eco tour from Caneel Bay (top), while other troop activities included writing postcards home as a ticket for one night's dinner (below) and morning assemblies with recitations of the Scout Oath, Scout Law, and Pledge of Allegiance.

items were significantly more expensive there, but a lot of stuff was within pennies: cereal, paper goods, pancake mix. It didn't make any sense to buy those things here and pay for shipping. Buying it in St. Thomas was a no-brainer."

The troop eventually bought 70 percent of its provisions from the St. Thomas store, the first year that the entire week's worth of food wasn't shipped from New Jersey. "The advantages were that we didn't have to shop for it, store it, and box it all up," said Lenz. "The St. Thomas people did all that for us, and it was ready for us to load onto the ferry when we arrived."

With 10 adults making the trip, they settled on an easy division of labor. Some had specific roles; others pitched in where they were needed. Sue Ryan Goodman, an EMT, served as chief medical officer for the group. "Our main concerns prior to the trip were sun exposure and dehydration," she said. "So in addition to distributing prescription medicines to Scouts, I constantly reminded the boys to apply sunscreen and drink plenty of water."

Goodman also planned an





Learning and serving, Matt Robins examines petroglyphs on a cliff near the Reef Bay Trail (above) and hauls out a portion of the 1 ton of trash the Friends of Virgin Islands National Park estimates Troop 5 removed during its service project (below). Matt learned that archaeologists and historians aren't certain who carved the symbols, but many believe it was the Tainos, one of the island's first inhabitants, nearly 3,000 years ago.



optional event for the trip. Because she, husband Mark, and son Michael are all certified scuba divers, she asked if anyone was interested in a “discover scuba” activity. A couple of other adults were also certified divers, and several of the older boys wanted to try it out.

One afternoon a group of 10 headed out aboard a dive boat. Topside, the divers watched an instructional video and received training from the PADI-certified dive master. Then it was out into the underwater world. Later, Goodman read some notes from her diving logbook.

“Our first dive lasted 34 minutes, and I went down to 43 feet. The second dive was longer, 42 minutes, and my maximum depth was 62 feet. We saw lots of blue tang. That’s like the fish named Dory in *Finding Nemo*.”

Two of the Scouts enjoyed the dives so much they plan to get certified.

ON PREVIOUS TRIPS to the island, Troop 5 performed some sort of service project of their own making. This year, though, the group contacted Jeff Chabot, volunteer coordinator for the Friends of Virgin Islands National Park, and asked if he had any ideas. Chabot, an Eagle Scout, was thrilled with the request and knew exactly how the group could improve the island’s environment.

Dense and prickly shrubs grow within the mangroves along the island’s shore. The mangroves filter sediment for streams and provide habitats for cuckoos and pelicans. Unfortunately, they also become a net for loads of floating debris.

Chabot said that section of coastline was directly downwind of the British Virgin Islands—Tortola, Norman, and Peter—and anything that gets lost or tossed overboard usually winds up on St. John’s windward northeast shores. The troop’s mission: clear the trapped trash from an area near Mary Creek.

Wearing work gloves and toting plastic bags, the troop toiled for nearly three hours picking up trash low on the ground and caught high in the shrubs’ thorny branches. The most interesting find of the day was a young woman’s U.S. passport and wallet for travel visas. The enclosed student ID was dated 1998. Who was this person and how did these documents wind up in a mangrove after floating in the ocean? The discovery had all the plot elements of a thrilling novel.

Mysteries aside, the troop’s clean-up efforts were much appreciated. “They collected 30, 40-gallon contractor bags full of debris weighing about 50 pounds apiece,” Chabot said. “In addition, they filled the back of a pickup with other trash.”

The final estimate of garbage cleared from the shoreline reached nearly a ton.

ROGER BRAUCHLI WEARS the Scoutmaster’s patch on his uniform sleeve, but he’s quick to credit others for the success of Troop 5’s programs, especially the St. John trips. “I am blessed with the adult leaders I have in Troop 5. They are all willing to pitch in, all willing to make a huge commitment to ensure our boys have the best possible experience in Scouting.”

Asked if he ever has difficulty recruiting additional leaders, he said, “A great, well-rounded program for the Scouts is key. Once parents recognize the value Scouting can offer their sons, trust me, it’s not hard to get them involved in some manner, shape, or form.”

Troop 5’s traditions, including the St. John trips, are well known back home. This fall, an 11-year-old boy who joins the troop can take part in the 2013 trip. And it’s a sure bet some of 2009’s younger Scouts already have set their sights on a return visit. ♣

SCOTT DANIELS is Scouting magazine’s managing editor.

LET'S

Celebrate!

Past, present, and future all play a part in the BSA's national annual meeting.

BY SCOTT DANIELS

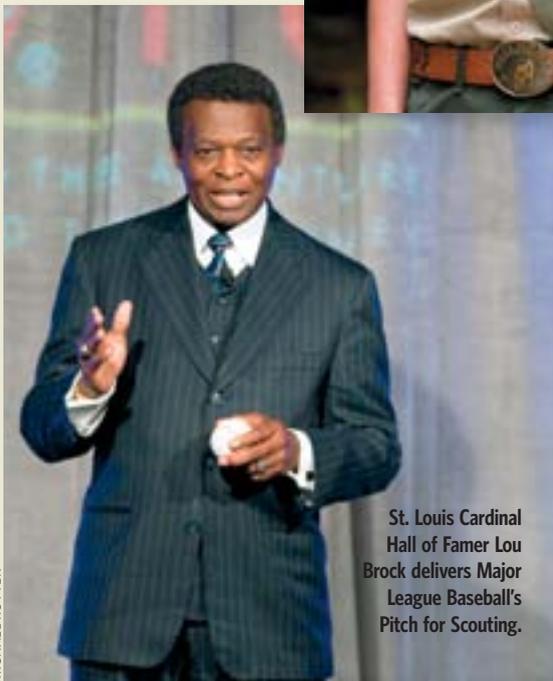
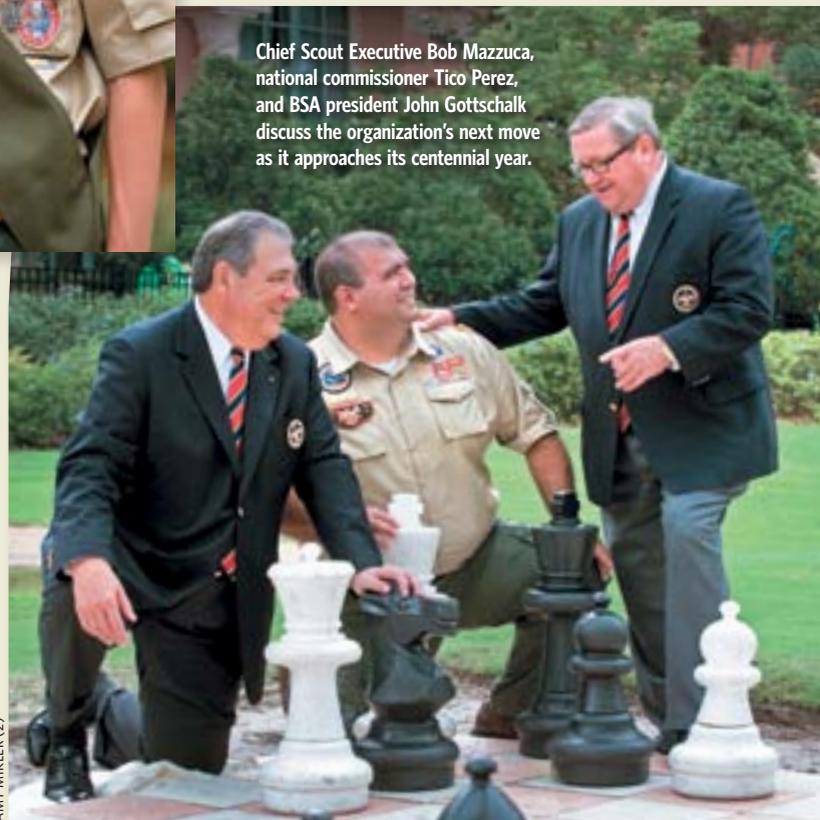
MILESTONES MARK occurrences of significant achievements and historic events. Those attending the BSA's 2009 national annual meeting in Orlando got both—one realized and the other eagerly anticipated.

First, the organization recognized its 2 millionth Eagle Scout: Anthony Thomas of Troop 471 in Lakeville, Minn. Anthony achieved Scouting celebrity when he received his Eagle Scout rank. The 16-year-old set the 2 million

Anthony Thomas is the BSA's 2 millionth Eagle Scout. He's a member of Troop 471, chartered to Prince of Peace Lutheran Church in Minnesota's Northern Star Council.



Chief Scout Executive Bob Mazzuca, national commissioner Tico Perez, and BSA president John Gottschalk discuss the organization's next move as it approaches its centennial year.



St. Louis Cardinal Hall of Famer Lou Brock delivers Major League Baseball's Pitch for Scouting.

MICHAEL ROYTEK

AMY MIKLER (2)



2009
**SILVER
BUFFALO
RECIPIENTS**



D. Kent Clayburn

MORAGA, CALIFORNIA

*Dedicated Scouter,
Caring Mentor,
International Scouting Advocate*



Randall K. Cline

MECHANICSBURG, PENNSYLVANIA

*Lifelong Scouter,
Visionary Leader,
Dedicated Arrowman*



Larry Cunningham

AMARILLO, TEXAS

*Venturing Pioneer,
Dynamic Trainer,
Longtime Scouter*



Jeff Gordon

CHARLOTTE, NORTH CAROLINA

*NASCAR Champion,
Cub Scout Recruiter,
Pediatric Cancer Humanitarian*



Ronald K. Migita

HONOLULU, HAWAII

*Dedicated Scouter,
Education Advocate,
Business Leader*



Nathan O. Rosenberg

LAGUNA BEACH, CALIFORNIA

*Visionary Leader,
Gifted Trainer,
Lifelong Scouter*



James S. Turley

NEW YORK CITY, NEW YORK

*Committed Volunteer,
Gifted Leader,
Good Scout*



Charles T. Walneck

CARY, ILLINOIS

*Innovative Leader,
Veteran Scoutmaster,
Patriotic American*



Lance B. Wickman

SALT LAKE CITY, UTAH

*Lifelong Scouter,
Combat Veteran,
Man of God*

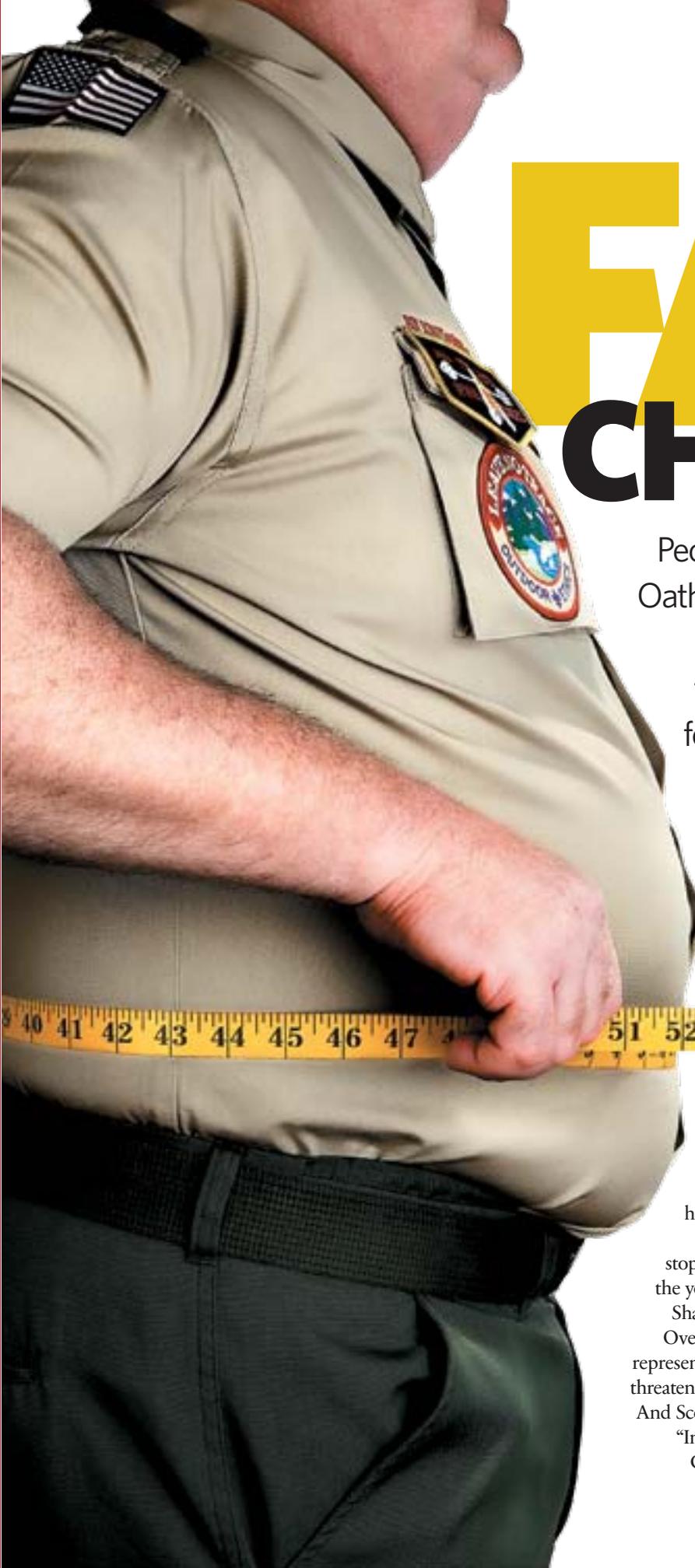
mark in March and joined a long list of outstanding young men who have earned Scouting's highest rank.

Second, the BSA announced exciting details for its centennial celebration in 2010. The anniversary hoopla kicks off on New Year's Day in Pasadena, Calif. During the nationally televised Tournament of Roses Parade, a Scouting-themed float will showcase youth and leaders. And though Feb. 8 marks the BSA's real birthday, that's too early in the year to stop partying.

So organizers have drawn up a long list of plans for a yearlong observance that includes a massive outdoor road show called Adventure Base 100. The BSA has outfitted a huge 18-wheeler to haul this 10,000-square-foot campus of interactive exhibits to 41 cities across the nation, meaning the stops will be within driving distance of about 160 local council offices.

But the organization is saving its real fireworks for the national Scout jamboree next summer. The event promises to be the "best, most exciting, fun-filled, and safest" jamboree ever. Plans call for a broadcast of the closing arena show so that no one misses out on this once-in-a-lifetime event.

At the close of the two-day meeting in Orlando, attendees went away pumped. They returned to their local Scout councils committed to the BSA's centennial theme, "Celebrating the Adventure, Continuing the Journey." ♣



FAT CHANCE

People who recite the Boy Scout Oath promise to keep themselves 'physically strong.' That goes for adult leaders, too. It's time for you and your Scouts to get fitter and faster—and avoid missing out on Scouting's greatest adventures.

BY MARY JACOBS

PHOTO ILLUSTRATION BY MARC
AND MELANIE CHARTRAND

WHAT BOB SHANAHAN SAW TROUBLED HIM. The Scoutmaster of Troop 121 in Clinton, N.J., led "modest hikes" of about three miles, with short, gentle climbs. Shanahan, 50, and not particularly athletic, easily handled the hikes. The Scouts, however, couldn't keep up. Many were overweight. "The kids would ask me, 'Mr. Shanahan, can we stop now?'" he says. "They were out of breath. It scared the you-know-what out of me."

Shanahan's not the only one who's frightened. Overweight, out-of-shape kids in the United States represent a problem of epidemic proportions, one that threatens to create a public-health crisis in the years ahead. And Scouting's not exempt.

"In my travels, I see many bright, smiling faces," reports Chief Scout Executive Robert J. Mazzuca. "But all too

often, I also see evidence of unhealthy lifestyles among our young people.”

Unfortunately, youth and leaders in Scouting are every bit as overweight as the rest of the population—if not more so, says Ruth T. Reynolds RN, BSN, and medical coordinator for the Boy Scouts of America.

Body-mass index (BMI) data collected from applicants for the 2010 National Scout Jamboree show that 41 percent of the youth were overweight or obese; among the adults, a staggering 77.5 percent were overweight, obese, or morbidly obese. But Scouting is determined to raise the bar by encouraging responsibility.

The Annual Health and Medical Record, which takes effect in January 2010, restricts participation in high-adventure activities based on standardized height/weight ratios. For wilderness outings where health care is 30 minutes or more away, Scouts deemed too overweight won't be allowed to participate. And bottom line: If you're overweight, you can't attend Philmont Scout Ranch, Florida

front from the issue of obesity, the biggest health threat facing children today, as part of its commitment to child advocacy.

“Our role is clear,” Mazzuca says, “We must continue to aggressively create and promote programs that help build healthier lifestyles for our Scouts. As leaders, we must do all we can to set the example for encouraging these healthy choices, not only for our Scouts, but for their parents and peers as well. Their future is Scouting's future.”

OBESITY RATES HAVE soared in all age groups over the past three decades. They've doubled among children and tripled among adolescents. And nearly one in three young Americans is overweight or obese. All of which foretells a sobering future.

“If we don't succeed in reversing this epidemic,” according to a report by the Robert Wood Johnson Foundation, “we are in danger of raising the first generation of American children who will live

Sea Base, or Northern Tier High Adventure Base.

Reynolds doesn't apologize for that. She says the BSA intends the new forms to be in line with the Scout Oath: “I will keep myself physically strong, mentally awake, and morally straight.” She argues that, “We as Scouters are not taking responsibility for who we are. The Scout Law says a Scout has 12 important characteristics, but it doesn't say a Scout is sedentary, fat, or unhealthy.”

Leaders say Scouting must con-

sicker and die younger than their parents' generation.”

In addition, the costs of medical care for obesity-related disease and the resulting loss in productivity could be staggering. The obesity epidemic already costs our nation \$117 billion annually in medical expenses, as well as lost productivity. Childhood obesity alone costs up to \$14 billion annually, and if trends continue, that number will only get worse.

“I think it's literally going to overwhelm us,” says Dr. Sandra Hassink,

SCOUTING'S BY-

We know that getting started is the hardest part, so we present our quick-start guide. Just follow these numbers and you'll see results as quickly as 1-2-3.

GET WITH THIS 5-STEP PROGRAM



- 1 Look in the mirror.** What kind of example do you set? If needed, make changes, tell your troop what you're doing, and invite them to make changes, too.
- 2 Get active.** How often does your troop do something active? Set a troop goal for getting outside on a regular basis.
- 3 Enlist parents' involvement.** Share this article. Inform them about the BSA's weight and height restrictions. Ask for their help to reinforce healthy messages at home.
- 4 Use planned high-adventure trips as an incentive** for troop members to set fitness goals.
- 5 Challenge Scouts and adult leaders** to get fit enough to meet the height/weight limits. Encourage your patrol leaders to take a leadership role.

THE-NUMBERS GUIDE TO **FIGHTING THE FLAB**

5 WAYS TO DEAL WITH THE KID IN THE BACK

Overweight kids pose a challenge for adult leaders as well as young people. On a hike, how can leaders encourage the overweight Scout who is struggling without singling him out? "Don't underestimate the value of the atmosphere you help create," says Dr. Sandra Hassink, of the American Academy of Pediatrics. She emphasizes two words: "include" and "empower."

- 1 **Put the slowest kid in the front.** That'll keep him motivated.
- 2 **Teach a few simple techniques,** like taking bigger steps to maintain momentum.



- 3 **Create positive experiences** that build confidence and competency in outdoor skills. This will lead to more involvement.
- 4 **Don't compare** him to other kids. Emphasize personal improvement.
- 5 **Model encouraging, respectful treatment** for other Scouts. Don't tolerate bullying.



5 STEALTHY WAYS TO SNEAK EXERCISE INTO YOUR DAY

- 1 Take the **stairs**.
- 2 Park your car at the **far end** of the lot.
- 3 Run errands on your **bike**.
- 4 Take a **walk** at lunch.
- 5 If you have a desk job, use your computer or smartphone to remind you to take a stretching or short walking **break** every few hours.

5 CAMP MEALS THAT WON'T GO TO YOUR GUT

Google "healthy camping recipes" to find hundreds of ideas for eating healthier on the trail, including:

- 1 **Healthy trail mixes:** dried fruit, nuts, seeds, and a healthy cereal (Grape Nuts or Kashi, for example)
- 2 **Lowfat stews** made with lean protein and veggies
- 3 **Beans and rice**
- 4 **Fish or lean meat** with vegetables in a foil pocket
- 5 **Oatmeal** with dried fruit and skim milk

SIX SWAPS SAVE 700+ CALORIES A DAY

- 1 Water instead of soda: **-150 calories** (12 oz. serving)
- 2 Pretzels instead of chips: **-80 calories** (2 oz. serving)
- 3 "Light butter" instead of "movie theater butter" microwave popcorn: **-75 calories** (5 cups)
- 4 Skim milk instead of whole: **-60 calories** (1 cup)
- 5 Whole-grain Fig Newtons instead of Chips Ahoy: **-60 calories** (per serving)
- 6 Subway Turkey Sandwich instead of McDonald's Quarter Pounder With Cheese: **-300 calories**

ADD THESE 3 SIMPLE DIET CHANGES AND LOSE SOME POINTS

- 1 **Adding 5 to 10 grams of soluble fiber** to your daily diet will reduce LDL ("bad") cholesterol by 5 percent.
- 2 **Adding a daily dose of 2 to 3 grams of plant-derived stanol** and sterol esters (a supplement found in foods such as yogurt, orange juice, and margarine products) typically lowers LDL by 6 to 15 percent.
- 3 **Adding fruits and vegetables,** reducing sodium and alcohol intake, and increasing physical activity will reduce blood pressure by 2 to 14 mmHg.



JACK HORNADY

OFFICIAL BSA HEIGHT/WEIGHT*

HEIGHT (INCHES)	RECOMMENDED WEIGHT (LBS)	MAXIMUM ACCEPTANCE
64	111-157	189
65	114-162	195
66	118-167	201
67	121-172	207
68	125-178	214
69	129-185	220
70	132-188	226
71	136-194	233
72	140-199	239
73	144-205	246
74	148-210	252
75	152-216	260

*Find an expanded height/weight chart under "Forms" (Annual Health and Medical Record) at the Scouting Safely Web site: www.scouting.org/scoutsources/HealthandSafety.aspx

who heads a youth-obesity clinic in Wilmington, Del., and chairs the obesity leadership group for the American Academy of Pediatrics.

Authorities also say obesity affects a child's quality of life. Obese kids have negative body images and poor self-esteem. Many become targets for bullying. And obesity threatens a child's health—both in the short and long term. Overweight kids suffer greater risks for diabetes, heart disease, asthma, sleep apnea, depression, and other problems.

"Think of obesity as an accelerator for disease," Dr. Hassink says. "Until recently, we called Type 2 diabetes 'adult onset' because we never saw it in children. Now, it's showing up in kids as young as 12."

ACTIVITY INCREASES IN KIDS when they get outdoors. But Richard Louv, author of *Last Child in the Woods*, thinks the outdoors could fight obesity beyond just burning calories.

A lack of exposure to nature, Louv says, affects people in deep ways—not yet understood—that could account

leaders assert: Outdoor activities—camping, hiking, canoeing, and other adventures—represent Scouting's best hope for fighting the obesity epidemic.

"Those activities drive Scouts to want to become fit, lose the game controller, and get on a bike to get in shape," says Alex Zic, an Eagle Scout and assistant Scoutmaster for Troop 162 in the Bronx, N.Y. And outdoor activities can serve as a recruiting selling point, too, as parents grow more aware—and more worried—about the obesity epidemic.

That's why many parents found ways to take a visible leadership role in the community. Jason Barlow, area commissioner for the Northeast Region, uses public service announcements aired on local radio stations as an answer to obesity:

"Our kids are spending too much time indoors, online, and logged on to the computer. At Scout camp 'logged on' means putting more wood on the campfire and 'online' means catching a great trout for dinner. Scouting will get your son unplugged from screen time and plugged into the great out-

doors, where he will develop character and leadership skills."

for some of the underlying psychological causes behind overeating and inactivity. He calls it "nature deficit disorder;" and obesity, he thinks, is one of its symptoms.

Dr. Hassink, who was a Cub Scout den leader when her children were young, believes the Scouting program can perform a critical service in tackling obesity. "It's perfectly positioned," she says. "It's an outlet for children of all backgrounds and abilities to become more physically active."

Louv echoes what many Scout

doors, where he will develop character and leadership skills."

Recently, the council teamed with the Girl Scouts for a "No Child Left Inside" day hike. Promotions pitched Scouting as an antidote for sedentary kids. "The Boy Scouts are all about character and the outdoors," says Diego Aviles, chief operating officer for the Hudson Valley Council. "It's only natural to position Scouting as the remedy to youth obesity."

Similarly, the Northern Star Council, headquartered in

'Our role is clear: We must aggressively create and promote programs that help build healthier lifestyles for our Scouts.'

CHIEF SCOUT EXECUTIVE ROBERT J. MAZZUCA

Minneapolis-St. Paul, Minn., partnered with a local TV station to sponsor a series of "Keep Movin'" events promoting fitness. Scouts and Venturers served as staff and volunteer instructors for a variety of winter outdoor activities at a local arena and ski area. And Audun Mikkelsen issued a "Scout Executive's Challenge" to each pack, troop, team, and crew in the Great Alaska Council.

Starting in January 2009, participating Scouts in the Alaska council began getting "outside and active" for 13 consecutive monthly activities in pursuit of the "2010 Scout Executive's Active Outdoor Challenge" patch. Qualifying activities include "anything that gets your boys outdoors and moving under

AND IF YOU GRIPE about the new health forms that require annual physicals, Jack Haycock doesn't want to hear it.

In 2002, Haycock's doctor refused to approve his physical to attend Scout camp. He was overweight, his blood pressure was sky high, and his blood sugar had slipped into diabetic range. The rejection spurred Haycock to exercise and healthier eating habits. He dropped 125 pounds, and kids in his troop noticed.

One night around the campfire, they began bragging about who could do the most push-ups. Haycock managed to eke out a few, and the boys cheered. "I could never have done push-ups when I was fat," he says, "and they knew it."

their own power": biking, skiing, canoeing, climbing, rollerblading, soccer, swimming, or backpacking.

Troop 121's Shanahan issued his own "Scoutmaster Challenge" to the unit's patrols, urging them to hike 50 miles in six months and earn a "50 Miler" patch. He encourages his troop leaders to take a leadership role, too. "I say, 'You know the guys who can't keep up. So let's talk to those guys, see if we can build up their endurance a little bit.'

"I realized we've got to get those guys out of their houses," he says.

Haycock's physical in 2005, in advance of the national Scout jamboree, turned up a diagnosis of prostate cancer but in a very early stage. He's cancer-free now.

So don't complain about the physicals to Jack Haycock.

"Scouting physicals saved my life—twice!" he says. ♣

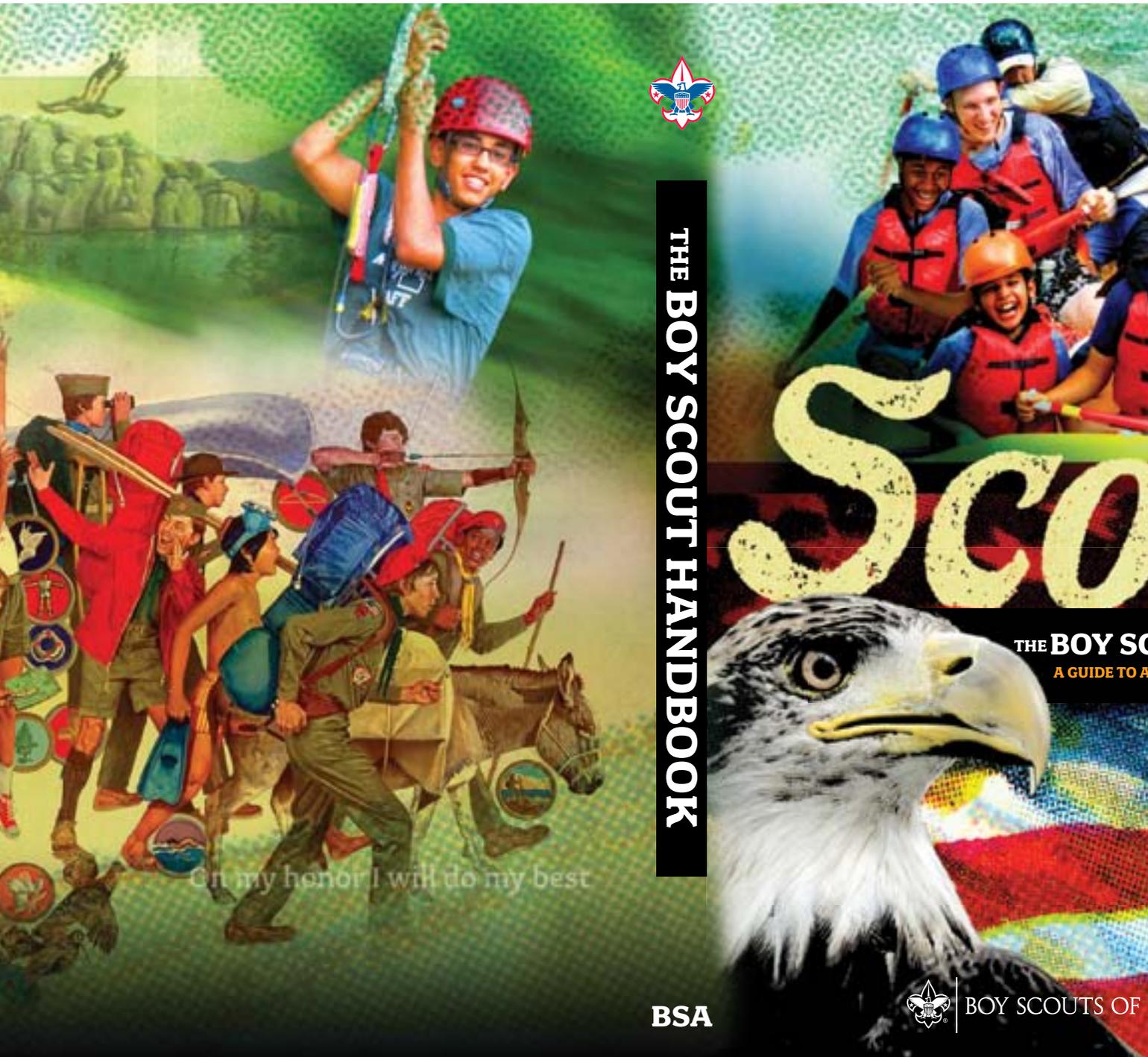
MARY JACOBS, a Dallas-based freelance writer, was inspired by nurse Ruth Reynolds to lose 10 pounds while working on this article.



The 2010 BSA Handbook nods to the past, bows to the future.

GOING BY THE

BY KEN MCALPINE



THE
BOY SCOUT
HANDBOOK

SCO

THE BOY SCOUTS OF AMERICA
A GUIDE TO A

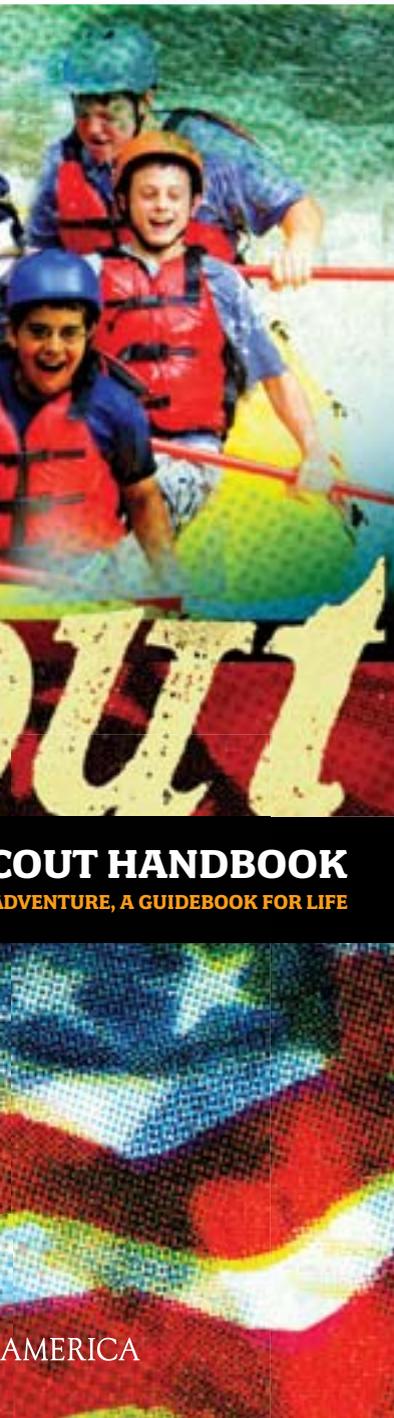
On my honor I will do my best

BSA



BOY SCOUTS OF AMERICA

BOOK



YOU CAN APTLY JUDGE—and come to understand—a book by its cover. “The cover of the new *Boy Scout Handbook* is really colorful, and it’s got a whole lot of action,” says Joe Glasscock, project director for the

new 2010 edition of Scouting’s treasured handbook that came out this summer.

Why is the cover—and, for that matter, the rest of the new *Boy Scout Handbook*—a colorful, action-packed assemblage? The answer is simple, and telling.

Beginning in 2006 the very adult task force assigned to decide the very important matter of Scouting’s direction as it takes its first steps into a very new and different century, did a natural thing. They put out reams of questionnaires and collected equal reams of answers. Yep, they polled adults, from Scoutmasters to outdoor experts. But wisely, the task force also did a very un-adult thing. They polled the kids. And why not?

“This is a book written for 12-year-olds, and 12-year-olds like action,” says Glasscock.

Welcome to the newest *Boy Scout Handbook*, the Centennial edition, two years and a century in the making, like some things you’ve seen before and like nothing you’ve seen before.

“The new handbook looks back over the first 100 years of Scouting and highlights what has been most important and exciting about Scouting’s first century,” sums up Robert Birkby, who wrote this 12th edition (as well as the 11th [1998] and 10th [1990] editions). “But mostly it looks forward to the coming century and where Scouting goes from here. We’re building on the last century to make the next one even better.”

A nod to the past, with an eye fixed on the future, the new handbook resulted from a vast collaboration. Opinions came in from

every corner of Scouting and plenty of corners outside Scouting, as well. Every paragraph was combed over by the 18-member task force as well as experts in everything from disability challenges to Leave No Trace.

But the task of writing the paragraphs went to Birkby, a soft-spoken, droll, Seattle-based writer and outdoorsman whose credentials for bringing the Scouts into the 21st century, without neglecting the past, were impressive.

Past director of conservation at Philmont Scout Ranch, a leading advocate and instructor in backcountry trail repair, a mountaineer whose adventures have taken him to the Caucasus Mountains in Russia and to Nepal, Birkby is also, last but not least, an Eagle Scout from the small town of Sidney, Iowa—not an outdoor mecca but a magical, unshakeable memory nonetheless.

“My own Scouting experience as a kid had a huge impact on me,” Birkby says. “The opportunity to share some of that with young people today was a tremendous motivation in working on this handbook.”

Twelve Boy Scout handbooks preceded this one (they’re published roughly every 10 years), including the original book published in 1910 and the First Edition published in 1911. However, no handbook has arrived in Scouts’ hands at a more pivotal time.

Today’s world is not the world of yesterday’s boys; in some instances it is barely the same world it was five years ago.

In a culture of iPods, video games, GPS units, and previously unimagined problems (cyber-bullying) and opportunities (a mouse

YOUR NEW HANDBOOK IN A NUTSHELL

- ▶ It's the **12TH EDITION** of the *Boy Scout Handbook* (the First Edition came out in 1911).
- ▶ It commemorates Scouting's **CENTENNIAL**.
- ▶ The handbook is **AVAILABLE NOW** in Scout shops and online at www.scoutstuff.org.
- ▶ The first printing was **700,000** copies. Additional printings will likely top 3 million copies.
- ▶ It's printed entirely on **RECYCLED** paper.
- ▶ It combines vintage artwork from handbooks past with modern photos and graphics.
- ▶ It's **COLOR CODED** for easy navigation.
- ▶ You can **LEARN MORE** at www.bsahandbook.org.

Tenderfoot Fitness Checklist

Record your best in the following tests.

Exercise	Date	Score (30 days later)
Push-ups		
Pull-ups		
500-yd run		
Standing long jump		
500-yard walk/run		

Show improvement in the activities listed above after practicing for 30 days.

To build strength, complete three sets of each of these exercises three or four times a week, for example, do six sets of push-ups on your own, then rest for a minute. Then do one set of a second set of six push-ups, then finish with a third set. Repeat a number of your weakest progress can encourage you to keep at it regularly.

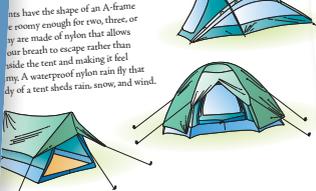
Push-Ups
Push-ups build the muscles of the arms, chest, and abdomen.
How to do them:
Lie on your stomach on the floor with your arms bent and the palms of your hands flat against the floor. Keeping your neck, spine, and lower arms in a straight line, push yourself upward until your arms are fully extended. Slowly lower yourself toward the floor, then repeat.

For best, descending push-ups: Use your feet under the floor to push up. Remember to keep your spine straight and your feet under your arms. As your strength increases, shift to the regular push-up position with your weight on your hands, not feet.

Pull-Ups
Pull-ups strengthen the muscles of the arms, chest, and abdomen.
How to do them:
Grasp a pull-up bar with your palms facing forward. Pull yourself upward until your chin touches the bar with your chest. Then slowly return to the starting position.

For best, descending pull-ups: If you have your legs before starting a pull-up, it's called a "kipping pull-up." Only you control the descent without any help. That can be a good way to build strength. But it's not the best way for your body to improve. Practice pull-ups for your body to improve. Practice pull-ups for your body to improve.

A TENT



Tents have the shape of an A-frame or a dome. They are made of nylon that allows air to escape rather than get stuck inside the tent and making it feel stuffy. A waterproof nylon rain fly that sits over the tent sheds rain, snow, and wind.

Tents also have metal or plastic stakes. Lightweight tent poles come apart to fit neatly into your pack. To divide up the weight, one Scout can carry the tent body while another takes the rain fly, poles, and stakes.

How to Pitch a Tent

Choose a fairly level spot on a durable surface. If there are pine needles, leaves, or other cover, don't rake them away. They can lighten your impact on the land by protecting the soil from erosion.

Spread out a ground cloth and unfold your tent on top of it. Assemble the poles and put them in place to give the tent its shape. Pull out the guy lines around stakes you've pushed into the soil.

The ground cloth will protect your tent floor from moisture. It should be just a little smaller than the size of your tent's floor. If your ground cloth is larger, tuck the edges under so that the cloth won't catch rainwater and cause it to flow under your tent. Finish pitching the tent by putting the rain fly over it and securing the fly in place.

Let your tent dry in the morning and shake out any leaves or other debris as you take it down. If you must pack a wet tent, prevent mildew by setting the tent up again at the end of a trip or hanging it on a line to dry before it goes into storage.

No Fires in Tents!

No tent is fireproof. Never use candles, matches, stoves, heaters, or lanterns in or near tents—flashlights only!



CAMPING

click opens a video showing how to sharpen a knife on a whetstone), Scouting, the organization, needed to do what Scouts always have done. Adapt. And become part—please, pardon the pun—the current Web of life.

“We understood the particular gravitas of this new handbook,” says Tico Perez, BSA national commissioner and a chairman of the handbook’s task force. “The handbook defines today’s movement. There will be 5 million kids in the next 10 years who pick up this handbook and read it. We wanted

to make sure it was exactly what they needed. And I believe we got it.

“It is a dramatic change,” Perez says. What’s different?

For starters, this is Scouting’s first green edition, printed entirely on recycled paper using environmentally friendly processes. There is substantially more eye candy, too. Handbook designers looked at the kids’ books of today and borrowed the ideas they liked. What you see on the cover spills right on into the handbook—bolder and brighter pages,

CHAPTER 6

WILDLIFE

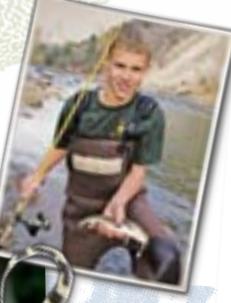
Scout hikes and campsites are good times to observe wild animals. You also can find plenty of evidence of animals in your neighborhood even if you live in the middle of a city. Try to figure out a little bit about how they live. What do they need to survive? How do they raise their young? What do they eat? Are they prey to other animals, or are they predators?

Just as trees can be divided into broadleaf trees and conifer trees, animals can be placed into two groups: *vertebrates* and *invertebrates*.

- ▶ **Vertebrates have backbones.**
- ▶ **Invertebrates are animals that do not have backbones.**

Vertebrates are further divided into five groups: fish, amphibians, reptiles, birds, and mammals.

Fish—Fish are cold-blooded, live in water, and breathe through gills. Their bodies are covered with scales.



Reptiles—Snakes, alligators, crocodiles, lizards and turtles are all reptiles. They are cold-blooded, air-breathing animals that are covered with scales or bony plates. Some move on short legs. Others, like snakes, slither along on their bellies.

Birds—Birds are warm-blooded animals with wings and feathers. They hatch their young from eggs.



NATURE

Amphibians—Most frogs, toads, newts, salamanders, and other amphibians start life in the water as gilled aquatic larvae that have hatched from eggs. Adults breathe air through lungs and generally live on land.



‘What today’s youth want is outdoor activities and adventure. They want to be challenged.’

more action photos, and heaps of colorful charts, graphs, and boxed type.

The handbook is also organized in a completely new fashion. Well, not “completely” new. Hunting around for the right structure for the Centennial handbook, Birkby found the answer in the obvious place.

“I used the table of contents from the First Edition (1911) for this edition, with Scoutcraft, woodcraft, and campcraft as the major topics,” he says. “Doing it this way allowed us to really emphasize the building blocks of becoming a good Scout and a good person, and then that leads into an awareness of the outdoors and the environment, and then that naturally leads into all the Scouting skills that allow young people to enjoy the outdoors.

“Recent editions had the outdoor skills up front. Citizenship, fitness, knowledge of first aid, and the other building blocks of becoming a good person got buried deeper in the book. We’ve turned that around, emphasizing personal development from the beginning.”

The restructuring of the handbook also reflects a rethinking of Scouting’s approach.

“The format of the 1998 handbook basically shadowed the requirements from Tenderfoot to First Class,” says Birkby. “A Scout could follow the content page-by-page from the time he joined a troop right through earning his First Class rank. This new edition emphasizes the experience of Scouting rather than earning a badge. Engaged in the best adventures Scouting has to offer, Scouts will find they are naturally progressing along the trail to Eagle.”

“What today’s youth want is outdoor activities and adventure. They want to be challenged,” echoes Perez. “They want to do all the things we do in Scouting. And I think some of our prior handbooks ... they never communicated that. They never said, ‘This is who we

are; we are the ones who are backpacking on the Appalachian Trail and whitewater kayaking and rappelling. We’re the ones who will prepare you to do all these amazing things.’ This handbook actually shows the movement as it truly is and not just something you’re only going to pick up when you want to advance.”

The restructuring, says Perez, provides a practical benefit, too.

“Your Scoutcraft, your campcraft, your first aid, it’s all in one place. It’s very easy to use this book.”

And how will Scouts learn to build a fire, fashion a splint, and leave no trace on the land? Yes, from the handbook. But for the first time in handbook history, Scouts will have other resources at hand. The Web— admit-

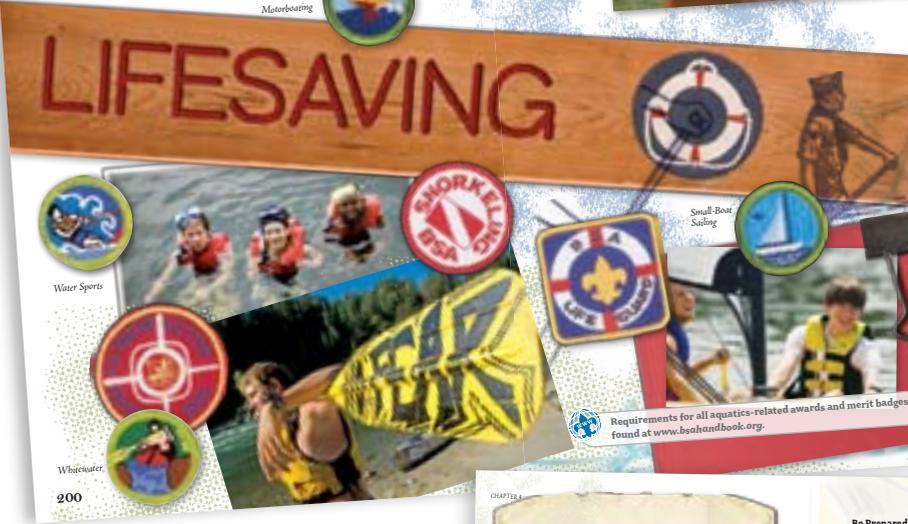


CHAPTER 5

AQUATICS OPPORTUNITIES

Swimming is much more than a fine way to spend a few hours on a hot afternoon. It is an important skill that will serve you well throughout your life. You'll be able to save yourself in a swimming or boating emergency. Lifesaving training can prepare you to help others.

Being able to swim also is the doorway to many great activities at lakes, rivers, and oceans. Scouting encourages you to continue building your skills by earning merit badges in Swimming, Lifesaving, Canoeing, Rowing, Motorboating, Whitewater, and Small-Boat Sailing. You also can find training and adventure as you complete the requirements for the BSA's special aquatics awards.



CHAPTER 6

Home or Patrol/Troop First-Aid Kit

A more comprehensive group first-aid kit can contain the following items:

- A 2-inch roller bandage
- 2 1-inch roller bandages
- A roll of 1-inch adhesive tape
- 24 alcohol swabs
- A box of assorted adhesive bandages
- 2 3-inch-wide elastic bandages
- 12 sterile, 3-by-3-inch gauze pads
- 4 3-by-6-inch pieces of moleskin
- 2 packets of gel pads for blisters and burns
- A tube of triple antibiotic ointment
- 4 triangular bandages
- A small bar of soap, or a travel-sized bottle of alcohol-based hand sanitizing gel
- Scissors
- Tweezers
- 12 safety pins
- 6 pairs of nonlatex disposable gloves
- Protective goggles/safety glasses
- CPR breathing barrier
- Pencil and paper

These optional items also are recommended:

- An instant cold compress
- A space blanket
- A SAM[®] Splint



Be Prepared ...

Use the contents in your home first-aid kit. Your kit can become part of a battery of crucial, non-negotiable food, fire, storms, floods, power outages, and other emergency preparedness items.

FIRST-AID ME

Most first aid is for cuts and abrasions. There's a lot of time to decide what you need to treat a minor wound. In an emergency, you need to act fast. Most injuries or illnesses are treated with first aid methods. You do it the right way, right order in an emergency. You use a first-aid kit. Follow the same steps every time you practice first aid.



128

TEST YOUR SCOUTING IQ

The boys know it all, but what about you? See answers below.

- 1 Where and when did the first Scout camping trip take place?
- 2 What does GPS stand for?
- 3 GPS is nifty, but the ever-reliable compass has been around for a long time. When and where did compasses first appear?
- 4 Name two new Scout positions introduced in the new handbook.
- 5 Other than backpacks, how did early Scouts carry supplies?
- 6 Name three signs of dehydration.
- 7 What is the order of water rescue?
- 8 Who builds the leaders of tomorrow?

tedly home to its share of ridiculousness and inanity—also can be a research and learning tool like no other.

Find the basics of first aid, plant identification, and campfire cooking in the handbook. Then click on the accompanying Web site recommendation provided in the handbook (either the BSA's site, www.bsahandbook.org, or a BSA-approved Web site) and learn where boys can get advanced first-aid training or find a backpack full of campfire meals that will make their campmates swear they are graduates of the Culinary Institute of America.

Looking for a place to camp? The handbook directs you to www.nps.gov (The National Park Service). Want more information on Leave No Trace? Click www.lnt.org/programs/principles.php.

The new handbook teams with the Web to provide inspiration—read stories of Scouts who have saved people's lives—and even an old-school refresher. On the

BSA's handbook Web site you'll not only find videos demonstrating how to tie a clove hitch, bowline, and sheet bend, you'll also find a video demonstrating how to tie a necktie.

"A fun little story?" Glasscock says, laughing. "Before we put the handbook together, we listened to feedback from thousands of people. I heard from a mom who said, 'In the next handbook, would you please show boys how to tie a necktie? I'm going crazy.' I said, 'Ma'am that's a great idea.' It ended up in the knot section, obviously."

In old-school speak, it's like having the Library of Congress—and then some—in your hip pocket.



Time and Weather
Counting seconds during a thunderstorm can tell you how far away lightning strikes are occurring and whether the storm is coming toward you or is drifting away. You can use the speed of sound to estimate the distance of a storm from you. Sound moves through the air at a speed of approximately 770 feet per second, or about a mile every 7 seconds. When you see a flash of lightning, start counting by thousands until you hear the first thunder. If you've reached a number higher than one thousand seven, you'll know the lightning bolt was more than a mile away. Less than one thousand seven means the lightning was closer.

Measuring Time
Most of us look at a clock or watch when we want to know the time or how long something will take to complete. You can also estimate the time of day by noting where the sun is in the sky. Obviously the day has just started by the sun rises in the morning. The sun is directly overhead at midday and when it sets, night is about to begin. The sun is directly overhead at midday and when it sets, night is about to begin. To estimate shadow length, counting "one thousand one, two thousand two one" will give you about one second per number. Practice counting by using a watch with a second hand. Pace yourself so that when you count to one thousand three, about 30 seconds will have passed.

Measuring Level
When you're looking together a signal tower, you'll want the cross pieces supporting the platform to be level. A clear plastic water bottle half full of water makes a good measuring tool. Lay it on its side on one of the cross pieces and check to see if the water inside is level. If it is, then the crosspiece under it is level too.

TOOLS OF NAVIGATION
"Probably the best thing to do is not to get lost."
—Boy Scout Handbook, 1916
Many Scout hikes will lead along trails you know well. Sometimes you'll want to take off for places you've never visited before. Whenever you go, you can find your way with the help of the tools of navigation—maps, compasses, and GPS receivers.

Maps
The United States Geological Survey has developed useful maps for outdoor adventures. They are called topographic maps—from the Greek words *topos* ("place") and *graphos* ("to write"). Because they outline a three-sided area, topographic maps are also known as quadrangle maps.
Sporting guide shops and camping stores often sell topographic maps of nearby recreation areas. With your parent's permission, you can download topographic maps of just the area you need that highlight exactly the features that will be useful when you are in the field.



- IQ ANSWERS
- 1 Scouting's first camp took place in 1907 on Brownsea Island, off the coast of England
 - 2 Global Positioning System
 - 3 Compasses appeared in China about 1,000 years ago
 - 4 Webmaster and Leave No Trace Trainer
 - 5 In bedrolls
 - 6 Severe thirst, dark urine, headache
 - 7 Reach, throw, row, go
 - 8 Every quiz has one give-away...

"It's fantastic," says Glasscock. "Pretty much any subject a Scout is interested in, they can dig a whole lot deeper with just a click of a button."

Of course, it's not at all far-fetched to today's youth. It's simply their world. Scouting is really only tapping into the here and now.

Sums Perez: "All of those things that are essential for a kid, it can be argued, live online. So we decided to make the resource accessible to them."

Though it might be news to today's generation, the Web didn't invent everything. There is much of the past in the new handbook—from artwork (in a literal and figurative blend of nostalgia and the 21st century, old Scouting art is melded with modern photos) to outdoor survival advice. Again, the reason is simple.

"The authors of earlier handbooks got the values of Scouting right," Birkby says. "In the new edition, much of the BSA's core message comes through from 1910 pretty much intact."

Nor is it wise to forget the past. The new handbook gives Scouts the latest information on using global positioning system technology but with an important caveat highlighted in a colorful box. A GPS receiver is not a substitute for developing skills with a map and compass. A GPS unit with dead batteries is no more useful for helping you find your way than is a rock you pick up on the trail.

Though the Web connection is the biggest change, there are other new additions, too. For the first time the handbook shows how to apply Leave No Trace principles on camping trips. For the first time an entire chapter is devoted to guiding Scouts toward becoming effective leaders in their troops, schools, and communities. And for the first time, plastic flying disks are recommended as dinner plates.

It's important here not to get bogged down in adult details such as surveys, task forces, and words like "gravitas," because in the end Scouting is about fun.

Throughout the new handbook you'll find highlighted quotes. Here's one from the 1939 handbook:

"To hike over hills and through deep valleys, under big trees and along murmuring streams is one of life's great pleasures."

The world and the words change, but the song in a boy's heart remains the same.

CHAPTER 12

Sheet Bend

The sheet bend is a very good knot for tying together two ropes of the same or different diameters. It is a close relative of the bowline and can be untied in the same way.

- Step 1**—Put a bend in the end of the thicker rope and hold it with one hand.
- Step 2**—Pass the end of the other rope through the bend. Then take that end around behind the bend.
- Step 3**—Bring the end across the front of the bend, and tuck it under its own standing part. (The end does not go into the bend, only under the portion of the rope in front of the bend.)
- Step 4**—Tighten the knot by pulling the standing part of the smaller line.



CHAPTER 10

Lunch

By the middle of the day in camp or on the trail, you'll be ready to rest and refuel. You can put together your lunch right after breakfast and pack it along so it's ready to eat wherever you are. When you will be near the camp kitchen, though, you might want to cook a hot meal, especially if the weather is rainy or cold.



Sandwiches

An easy way to serve sandwiches is to lay out the bread and fillings on a sheet of plastic. Ask each Scout to wash his hands and then build his own sandwich. Choose from peanut butter and jelly, cheese, luncheon meats, canned tuna or salmon, sardines, sliced tomatoes, hard-boiled eggs, pickles, and lettuce. Round out the meal with milk, a piece of fruit, and a few cookies.

Hot Dishes

A cup of soup will warm you on a chilly day. Follow the instructions on the label to make it from a can or a mix. Try roasting a cheese sandwich by frying it on both sides in a little butter or margarine. If you have fresh foods, light a stove and fry a hamburger or boil some hot dogs.

Backpacker's Lunch

On longer trips or when you aren't able to carry fresh foods, you can rattle along a lunch of crackers, jelly or jam, hard cheese and salami, summer sausage, fruit, and small cans or foil pouches of chicken or tuna. Add powdered drink mix and a dessert for a lightweight meal that's full of nourishment.



How to Tie a Necktie

Being prepared is about more than learning skills for the outdoors. While it isn't used much in camp, a knot for tying a necktie will come in handy through the years. Here's one way to do it:

- Step 1**—Put the tie around your neck with the wide end to your right. This end should hang about 12 inches lower than the other end.
- Step 2**—Lay the wide end across the narrow one and wrap it around the back.
- Step 3**—Go across the front of the narrow end and wrap it around the back.



Supper

A one-pot stew is a simple evening meal that is easy to prepare. You also can fry a dish with meat, chicken, fish, and some vegetables. Add some biscuits, add a dessert, something to drink to complete a memorable feast.

Handling Meat and Fish Safely

Beef, chicken, fish, and other meats can be the centerpiece of many camp meals. To keep meat fresh, it should be kept chilled in camp, for example, by storing it in an insulated cooler that also holds ice. Wash your hands with soap and water before and after handling meat, and wash cutting boards, knives, plates, and any other kitchen items that have been touched by raw meat products before using them with cooked meats and other foods.

Birkby hasn't forgotten. "When I was a young Scout in Iowa, my troop camped in little woodlands next to cornfields and on the bluffs above the Missouri River, and I had great adventures with my buddies," he says. "Scouting made the outdoors come alive."

Award-winning writer **KEN McALPINE** has contributed to *Outside*, *Sports Illustrated*, and *Reader's Digest*. He is the author of *Off-Season: Discovering America on Winter's Shore* and the recently published *Islands Apart: A Year on the Edge of Civilization*.

Give your Scouts a vigorous weekend workout and teach them a thing or two about physics.

GOURD TO

BY BRYAN WENDELL

PHOTOGRAPHS BY RICHARD BELL

“THIRTY MINUTES TO GO!” The warning sends four Cub Scouts wearing safety goggles and hard hats hustling to their places. One boy lugs an armful of orange ammunition, while another positions the firing pin.

In preparation to test their medieval-looking trebuchet, an overgrown slingshot, the youngsters stand back from their machine—the smallest of seven occupying the large field in southern New Jersey this Saturday morning.

Twelve-year-old Shane Bell yells, “Fire in the hole!” and tugs on the rope attached to the homemade wooden device.

Nothing.

Shane steadies himself and pulls again, even harder, and the mechanism springs to life. As the device’s weighted box falls, the attached arm swings around, dragging a rope and a 1½-pound pumpkin behind it. But instead of soaring forward toward the 900-foot-long stretch of farmland, the gourd flies into the air with all the lazy force of an infield pop fly.

Pack 634 faces more work over the next half-hour. But for all the seven teams gathered here for the NJ Hurl, the inaugural pumpkin chunkin’ event for Cub and Boy Scouts in this area, the two-fold purpose of the weekend competition isn’t just about winning. It’s about giving boys and leaders the opportunity to share a little physical activity and learn some basic lessons in physics.

The rules are simple. Teams of up to seven boys launch pumpkins from

homemade catapults or trebuchets. The contest allows each team three official shots, but only the farthest one counts. Trophies go to the top three teams.

To even the odds, the two 15-foot-tall trebuchets will fling 4-pound pumpkins—slightly larger than a cantaloupe—and the five 5-foot-tall contraptions will launch 1½-pound, softball-size pumpkins.

“Five minutes to go!”

Oblivious to the notice, teams of Scouts huddle around their handiwork as adults give last-minute safety instructions. Shouts of “hard hats,” “move back,” and “take your time” rise above the din stirred up by nervous excitement. It’s mid-October, but the boys wear shorts and pack or troop T-shirts.

A dozen cars fill the grassy shoulder of a quiet, two-lane road that runs parallel to the field. The spectators, no doubt lured by the sight of seven large wooden objects in an otherwise empty field, stand in pickup beds and peer through the barbed-wire fence, shield-

Trebuchets like the one pictured (left) use a counterweight and gravity to launch projectiles. When the concrete-filled trash can falls, the throwing arm swings forward, and the pumpkin becomes a blur of orange. Chris Parkin (opposite) grabs an armful of orange ammunition for Troop 138’s machine. Teams can take unlimited test fires before competition rounds begin.



THE LAST DROP

ing their eyes from the midday sun.

Inside the fence, about 100 parents, relatives, and spectators have gathered in a visitor section cordoned off with yellow caution tape. With a digital camera trained on her son's trebuchet, one supportive mom smiles and wishes her boy good luck.

About five minutes later, the voice of event organizer and Troop 634 Scoutmaster Glenn Battschinger booms out of the PA speakers. Speaking into a wireless microphone, he thanks the crowd for coming—and for paying \$5 each to enter. The fee goes to a good cause.

Participating units will split the money from the more than 500 visitors during the two-day event to send boys to summer camp. Battschinger says he hopes future events will bring in even more so that the packs and troops can grow even stronger. But the only way that can happen is through word of mouth, he tells the crowd.

“These teams put their hearts and souls into the machines,” he says. “Now, we hope you would do your part and spread the good word about pumpkin chunkin’.”

One by one, each team gets the go-ahead from Battschinger to fire its fruit-flinger. Pumpkins launched by the larger trebuchets sail more than 400 feet on their first attempts, smashing into a dozen pieces on impact and drawing cheers from almost every teenage boy. This doesn't surprise Bill Thomas, Scoutmaster of Troop 224 in Hyattsville, Md.

“There's a lot of enthusiasm from teenage boys to throw things,” he explains.

Battschinger then approaches the



PUMPKIN CHUNKIN' SECRETS

Look closely at what makes a **trebuchet** work:



MASSIVE COUNTERWEIGHT

When one of the massive contraptions launches a pumpkin, hundreds of pounds of weight swing around to propel the fruit. Huge beams support the structure and keep it pointed in the right direction. Heavy-duty pickup trucks haul these machines around.

A CRUCIAL PIN At the end of each throwing arm is a tiny nail or piece of wood. A ring is connected to this pin, and when the ring falls off, the pumpkin flies away. That makes the angle of the pin vital. Too much bend, and the ring will stay on too long and create a line-drive shot. Not enough bend, and the shot arcs too much.



FINDING THE PERFECT BEND Releasing the projectile at a 45-degree angle isn't easy, but teams that do maximize their trebuchet's potential.

small device built by Pack 634 and watches the boys' preparations with pointed concern. His son, Gregory, is on this team. After a failed practice shot and some adjustments, the boys are ready to try for a solid distance. Taking their places, they look uneasy but hopeful as they count down from three and shout, "Fire in the hole!"

The machine operates smoothly enough but for some reason misfires, sending the pumpkin in the wrong direction. It lands behind the machine. "I'll measure that one," Battschinger says with thinly veiled sarcasm. "It's minus-6 feet"

Next down the line is Pack 87. Unlike its neighbor, this trebuchet has been a model of consistency during each practice shot. Bill Fausey, whose son is in this group, attributes this to his concern for safety.

"Our machine shows how you should go through life," he says. "Always anticipate the results you want."

That suggests Fausey and his team must have anticipated sending their 1½-pounder a long way. Their first shot lands 343 feet out in the field, and their next two official shots land within 15 feet of the first one.

Meanwhile, Troop 2002 Scoutmaster Mike Palladino eyes his team's creation, which was built a week before the competition and designed during weekly troop meetings. Unlike its competitors, Troop 2002 uses a torsion catapult and not a trebuchet. The apparatus has no counterweight; instead, the firing arm is weaved into a rope that has been tightly wound around a pole. The

Troop 2002's "Mister Twister" (right, from top) looks a little different from the rest of the contraptions. Instead of a trebuchet, the boys of Troop 2002 created a torsion catapult that uses a tightly wound rope as its propulsion mechanism. Across the field, the boys in Pack 87 (right, below) pick out perfect pumpkins based on shape and weight. Meanwhile, Troop 138 (opposite) installs a new metal pole on its unit after the previous one bent. A parent's quick trip to a nearby hardware store saves the machine just in time.





tension of the rope, when the arm is cocked and released, creates enough force to launch the pumpkin.

But “Mister Twister,” as the catapult is called, only manages a disappointing 116 feet—much shorter than most of the team’s practice attempts. Palladino asks the boys to diagnose the problem, and it’s back to the drawing board.

AFTER SEVERAL MORE FAILED test runs around lunchtime, Pack 634 realizes that the pumpkin isn’t rolling smoothly through the PVC pipe chute. On discovering this, Gregory futilely tries to fix it by making several adjustments to the burlap sack that holds the pumpkin. When he realizes he’s in over his head, he rushes to seek out his dad.

Back at Troop 2002, Palladino’s group determines that the throwing arm, a thin wooden stick that resembles a broom handle, might be too weak. On cue, Palladino finds a new arm, a “strong and cheap” wheelbarrow handle painted a farmhouse red. The boys install the new component and strain to tighten the rope.

After burning off some energy running around in the farm’s corn maze, the boys return to their chunkin’ chores for the 2 p.m. round of competition. The crowd thickens

to about 300, this time joined by the media. Two newspaper reporters gather quotes, while a cameraman from WMGM-TV in Atlantic City opens the legs of his tripod and trains his camera on the teams.

Before giving the go-ahead for the first team to fire, Battschinger takes a moment to address the afternoon crowd. “These guys got together to use boy leadership to run their teams, and we’re proud of them,” he says. “The great part is that anyone can build one of these with some scrap lying around their garage.”

As Battschinger approaches Pack 634, the boys look anxious. After all, their last attempt went just six feet—in the wrong direction. But when Battschinger gives them a nod, they move into position. The boys pull the safety pin on their trebuchet, the weighted box falls, and the arm swings forward. This time, the pumpkin stays in the burlap sack as it swings around. An audible sigh of relief comes from the group after the tiny machine hurls its pumpkin 111 feet. With a little help from Dad, the team has hit on an idea that flies—literally.

And then it’s Palladino and Troop 2002’s turn. The red throwing arm looks out of place on the sand-colored

machine, but when the catapult is fired, a scarlet blur whooshes through the air, and the cord whips behind it. The team’s improvements pay off; the pumpkin flies 411 feet—more than three times farther than the first try.

The teams’ ranks don’t change during Sunday’s final round. Troop 634—the big brother of Pack 634—emerges as the top Scout team with a 480-foot hurl from its 15-foot-tall trebuchet. In the smaller-device division, Troop 2002’s torsion catapult, “Mister Twister,” takes top honors. But even the teams that have missed out on a trophy can’t complain.

Troop 224 of Hyattsville, Md., finishes fourth but receives something that’s even more significant, says Scoutmaster Bill Thomas. “Events like this build a lot of enthusiasm for other troop activities,” he says. “The troop has grown through increased activities like this one.” ♣

BRYAN WENDELL is Scouting magazine’s associate editor.

The inaugural event went so well that Glenn Battschinger and his team will stage it again this year. The second NJ Hurl is scheduled for Oct. 10-11 in Harbor City, N.J. If your unit is interested, get details at www.njhurl.com.

Outdoors

 GREAT GEAR BY STEPHEN REGENOLD

Sleeping Beauties

Modern fabrics and the latest technologies help you slip into something more comfortable.

LEAN BACK, BREATHE OUT, and close your eyes. It's 11 P.M., the end of a hard day, and time for bed. Your sleeping bag is cinched shut, with warmth seeping in, and your pad a buffer above firm ground. Believe it: A quality sleeping bag can feel more comfortable than a bed. Add crisp night air, stars, and a full belly from the Dutch oven peach cobbler, and you've got a formula for a good rest in the great outdoors.

So here are our choices for five new bags, from a summer-weight cover to a mummy made for 30-below, guaranteed to keep you cozy in any season—all night long. ✦

STEPHEN REGENOLD writes *"The Gear Junkie,"* a column on outdoors equipment at www.gearjunkie.com.

SIERRA DESIGNS WICKED HOT RATED TO 45°

\$179, WWW.SIERRADESIGNS.COM

Backpackers going light on the summer trail will love the WICKED HOT, a bag that packs small and provides enough insulation for nights down to 45 degrees Fahrenheit. It weighs a mere 23 ounces—lighter than a single hiking boot. On warmer nights, a zippered foot vent opens to provide air for your toes. Eco bonus: The Wicked Hot comes stuffed with a Primaloft insulation derived from used plastic bottles. They're shredded, spun, and born again for life anew inside the bag.

REI ZEN

RATED TO 25°

\$159, WWW.REI.COM

Made for spring, summer, and fall, this versatile ZEN has a mummy hood and a face shell of rip-stop nylon for durability on the ground. A roomy foot box and full-length zipper with draft protection add comfort and warmth. Pad loops provide attachment points to keep you from rolling onto the tent floor. The entire package, which employs synthetic insulation rated for 25-degree nights, crams into a basketball-size stuff sack for transport on the trail.





KELTY ECLIPSE

RATED TO 35°

\$70, WWW.KELTY.COM

This classic rectangle sleeping bag has served campers like you for decades. But Kelty has updated the old design with a two-layer quilt, offset to eliminate cold spots. It's rated to 35 degrees, using a soft polyester-cotton liner and hollow-core synthetic insulation to keep you toasty warm. For more temperate nights, unzip the ECLIPSE to convert it into a large, cushy blanket. Extras include a pillow pouch and a pocket for the flashlight or other necessities you need to keep close at night.



MOUNTAIN HARDWEAR LAMINA

RATED TO MINUS-30°

\$245, WWW.MOUNTAINHARDWEAR.COM

No featherweight, the LAMINA weighs in at 5.5 pounds. But it's warm. Mountain Hardwear rates this mummy for nights to minus-30 degrees. A wide cut and billowed synthetic insulation helps retain body heat. Offset quilting and welded seams eliminate cold spots. And for your head and face, a hood and draft collar seal in warm air.



BIG AGNES SKINNY FISH

RATED TO 20°

\$179, WWW.BIGAGNES.COM

Bags from Big Agnes have gained fame for a system that mates sleeping bag and pad via an underside bag-length sleeve. Inflate your pad and insert it into the sleeve. The result: a bed-like platform that you cannot roll off. The SKINNY FISH, a three-season bag, is good down to 20 degrees. It's also a feat of sustainable design, incorporating 100 percent recycled-content insulation with a 100 percent recycled rip-stop nylon shell. Comfortable and eco-conscious.



Dutch Oven 101

A campsite primer for cast-iron cooking.

WELCOME TO THE WORLD of Dutch oven cooking. Whether you've cooked with one for years or just want to try it for the first time, we've designed this column for you. You'll need a Dutch oven and an appreciation for good food.

We call lots of pots Dutch ovens. They're the ones with three legs on the bottom, designed to sit above some coals, and have a lid with a rim around the outside edge to keep the coals on top from falling off. They're made with two kinds of material: aluminum or cast iron.

Purists prefer cast-iron ovens. They're heavy and rust if not properly cared for. But they conduct heat more evenly, and, if well seasoned, develop a nonstick surface that rivals Teflon.

Other folks swear by aluminum. They're lighter, don't rust, and require fewer coals. But they can develop hot spots and lose heat faster. And food tends to stick.

I prefer cast iron. I like the taste.

Which Oven Is Right?

The key to choosing a Dutch oven isn't the brand or style. It's whether the lid fits properly. Don't use one that wobbles or is warped. Check the sides of the oven to make sure they're the same thickness all around; uneven walls will result in uneven cooking. Note the surface inside. Is it rough or pock marked? If so, find one that's smooth.

Dutch ovens come in a variety of sizes. Look on the lid for a number that indicates its diameter in inches.





Dutch ovens come in different sizes and materials, including these 12- and 14-inch cast-iron models and the aluminum oven (top). Crushed newspaper fuels quick-burning charcoal to heat Weber's Rapidfire Chimney Starter (above).

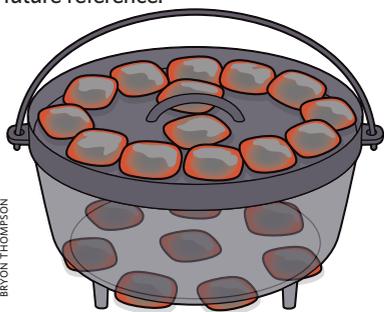
PHOTOGRAPHS BY PAT HAVERFIELD; STYLING BY ANGELA YEUNG

A 12-inch oven represents a standard size.

These days, most ovens come “pre-seasoned,” meaning the manufacturer has baked onto it a “patina” or nonstick surface. You’ll recognize the patina as that rich, black color that reminds you of Grandma’s skillet. But if you find an “unseasoned” oven, or one that’s rusty, don’t fret. Here’s a seasoning method that works well:

HERE'S HOW TO TURN UP THE HEAT

This simple formula will bring your Dutch oven to the correct temperature for baking without fail. It all depends on the number of charcoal briquettes you set on top of the lid and below the oven. Tear out this handy guide for future reference.



BYRON THOMPSON

12-INCH DUTCH OVEN		
TEMP. °F	TOP	BOTTOM
300°	14	8
325°	15	9
350°	16	10
375°	17	11
400°	18	12
425°	19	13
450°	20	14
500°	21	15

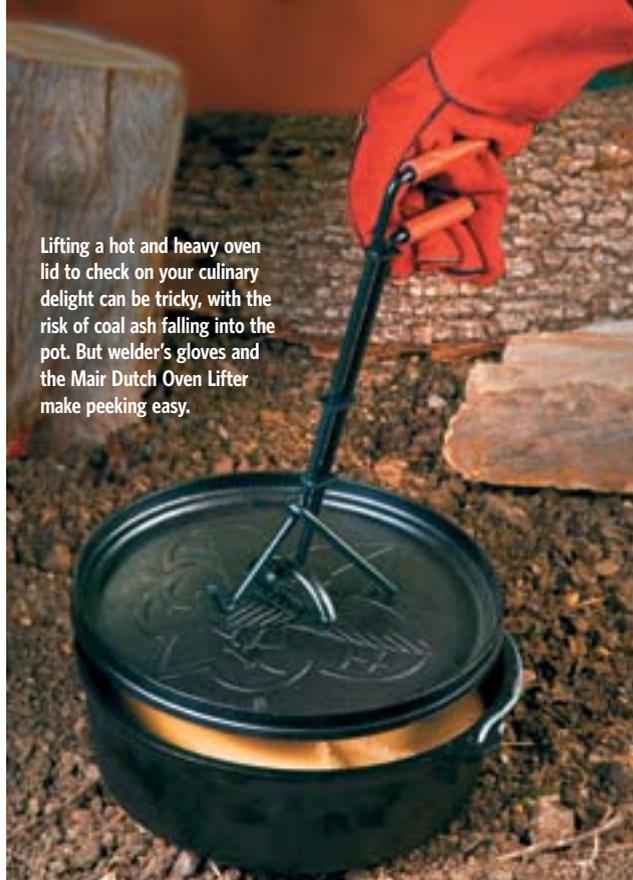
Start With Seasoning

- 1 Wash the pot and lid in warm, soapy water—this is the only time you’ll use soap in your oven.
- 2 Rinse well and dry with a paper towel.
- 3 Thoroughly rub the pot and lid with a thin layer of shortening, lard, olive oil, or cast-iron conditioner. Do not use butter or margarine.
- 4 Set your outdoor-barbecue grill to medium/high heat (about 400 degrees) and separately place the oven and lid upside down on the wire rack. Close the cover and let the oven bake for an hour. Turn off the grill and allow it and the oven to cool down. You may repeat this entire process if you want a darker patina.

Note: If you’re careful, you also can use your kitchen oven for the seasoning process. But you might set off your fire alarm—and your spouse. Place aluminum foil or a cookie sheet on the bottom rack to catch any drips. Bake the Dutch oven at 400 degrees for one hour. Turn off the heat and allow the Dutch oven to cool down as your kitchen oven cools.

The Essentials:

- ▶ Dutch oven
- ▶ Charcoal briquettes
- ▶ Lid lifter
- ▶ Charcoal chimney (a metal tube with a handle). Fill chimney with charcoal briquettes. Place a wad of newspaper in the bottom of the chimney and light it, which starts the coals. You can also place the chimney on an outdoor gas stove for



Lifting a hot and heavy oven lid to check on your culinary delight can be tricky, with the risk of coal ash falling into the pot. But welder’s gloves and the Mair Dutch Oven Lifter make peeking easy.

faster results.

- ▶ Matches or barbecue lighter
- ▶ Long tongs for handling hot briquettes
- ▶ Heavy leather gloves; welding gloves work great
- ▶ Cooking supplies and eating utensils
- ▶ Paper towels, scrapers, and nylon scrub pads for cleaning
- ▶ Recipes and ingredients

Cooking Made Easy

You can cook anything in a Dutch oven that you can cook in your kitchen oven at home. To avoid serving “burnt offerings,” though, follow the simple “Rule of Three.”

Take the diameter of the oven (12 inches, for example) and subtract three (12–3=9) for the number of coals to place below the oven and add three (12+3=15) for the number of coals to place on the lid. This creates a temperature of about 325 degrees.

To increase the tempera-

ture by 25 degrees, place one coal on top of the oven and one below it (see the accompanying chart). But weather will have an effect. If it’s hot, the oven will cook faster; if it’s cold, it will cook slower. Wind also dramatically affects the results of Dutch oven cooking.

Also influencing the result: the way you position the charcoal briquettes.

Make a ring of coals about the diameter of the oven’s bottom, placing one coal in the center. Set the oven on top of the coals and evenly place coals around the outside edge of the lid, with two coals in the center and one on each side of the handle. Some Dutch oven cooks disagree about placing coals in the center. I prefer it. Experiment and see what works best for you.

Hint: If you can smell your food cooking, you’d better check it regardless of the time suggested by the

recipe. It's probably done.

Watch out when you lift the lid to check your food. I've seen many a dish spiced with "camp pepper" (ash) when folks try to lift the lid with a claw hammer, pliers, or some kind of fancy lever. The best lid lifter ever invented is the Mair Dutch Oven Lifter (mairdutchovenlifter.com). It gives you control of the lid like it was your bare hand.

Make Cleanup a Snap

Wipe out the oven with a paper towel. For stubborn foods, use hot water and a nylon "scrubbie" or similar scrub pad (not steel wool)

to remove all food from the pot. Or try boiling a few cups of water in the pot with the lid on.

When all food has been cleaned from the oven, wipe it dry and place on a gas stove or other heat source to thoroughly dry out the pores. I wipe a thin layer of cast-iron conditioner, olive oil, etc., on my ovens after I dry them. Some other cooks do not. Just remember: If you keep the oven dry, it won't rust.

Colleen Sloan, one sage of Dutch oven cooking, likes to fill a spray bottle with one part vinegar to four parts

water to clean her ovens. She sprays the dirty oven while it's still warm, puts the lid on for a few minutes, and then wipes the oven clean with a paper towel (repeat a few times for really stuck-on foods). I like to use this vinegar/water mix because it neutralizes any odors and disinfects the oven as well.

Some folks line their ovens with aluminum foil or purchase ready-made aluminum inserts to make cleanup easier. Will the aluminum hurt your oven? No. However, it will affect cooking time and evenness of heat, as well as alter the

taste. Remember, keep your cast-iron pot well seasoned and cleanup will be a snap.

Store your ovens with the lid off or with a folded paper towel half-in/half-out of the oven with the lid on.

In the next issue of *Scouting* magazine, I'll show how to bake a peachy-keen cobbler. ♣

H. KENT RAPPLEYE, the current president of the International Dutch Oven Society, is an Eagle Scout and Vigil Honor member of the Order of the Arrow. A former Scoutmaster, Varsity coach, and commissioner, he has three sons who are Eagle Scouts.

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Train for the Trail

Try this easy, no-gym exercise routine to lose weight and get fit for backpacking.

YOU CAN LOOK at a Dairy Queen Large Chocolate Chip Cookie Dough Blizzard in a couple of ways: **A.** As a delicious summertime celebration for your mouth, or **B.** As a quadriceps-burning climb to the summit of Philmont's Mount Baldy. Because a 200-pound man would need to hike for roughly two hours on that type of rigorous mountain ascent to burn off the 1,320 calories in that frosty fat bomb. Still hungry?

Admittedly, comparing a frozen treat to a mountain climb is an evil way to put calories into perspective, but we're trying to make a point.

America's obesity epidemic can be boiled down to that kind of simple math: energy (calories) consumed minus energy expended equals weight gained or lost. We're overeating calorie-dense foods and not exercising enough to burn the energy we consume.

Authorities suggest that adults need at least 30 minutes of exercise a day, and kids need 60 minutes. But more than a third of Americans get fewer than six minutes a day—less than 360 seconds, friends. That won't get you to the trailhead!

As a result, 66 percent of American adults are overweight or obese, according to the Centers for Disease Control and Prevention. And the problem is worse among the BSA's membership, both youth and adult. (See "Fat Chance," on page 45.) In response, the organization has added muscle to its fitness requirements for high adventure to encourage healthier habits and ensure that you are fit enough to enjoy outdoor programs safely.

For its part, *Scouting* magazine has created this new health and fitness column to give you practical advice about becoming fitter, happier, and healthier role models for youth.

And we're kicking off the column with a simple program to get your bodies in shape for fall hiking. Follow this pre-hike workout plan starting three weeks (but ideally five) before lacing up your boots.

RESISTANCE TRAINING

Warm up by walking briskly for 3 to 5 minutes or climbing up and down a flight of stairs 5 or 6 times.

After two weeks of training, add a second circuit to your workout. Rest for 3 to 5 minutes before repeating the circuit.



WALKING LUNGE

WORK THE GLUTEALS, HAMSTRINGS, AND QUADRICEPS.
REPETITIONS: 10 STRIDES PER LEG

- 1 Take a big step forward with your right foot, landing on your heel and then your forefoot. Lower your body by bending your knees until they both form right angles and the knee of your left leg is almost in contact with the floor. (Caution: Avoid injury by making sure your forward knee does not move beyond your toes.)
- 2 Step forward with your left leg, landing on your heel and then your forefoot. Continue lunging forward until you've completed 10 lunges with each leg.



GOBLET SQUAT

WORK VIRTUALLY EVERY MUSCLE IN THE HIPS, TRUNK, AND LEGS AND IMPROVE POSTURAL STABILITY FOR ALMOST ANY HIKING MOVEMENT.
REPETITIONS: 10 TO 15

- 1 Hold a dumbbell vertically in front of your chest by grasping one end of the weight with both hands. Stand with your feet shoulder-width apart.
- 2 Push your hips backward, then bend your knees and squat as if sitting on a chair. Keep your back and head as upright as possible throughout the lift. Then push yourself quickly back to the starting position.

If you don't have a dumbbell, hold a bag of sand or a gallon of water. Beginners may want to do the squat without weight for the first few weeks. In that case, place your hands behind your head and do the squat the same way.

STEP UP

WORK THE QUADS, HAMSTRINGS,
GLUTEALS, AND CALVES.

REPETITION: 10 PER LEG

1 Stand in front of a weight bench or a step that's 12 to 18 inches high. Place your right foot on top of the bench or step. Press into your right foot and straighten your right leg as you lift your body over the bench or step. Place your left foot on the bench or step.

2 Step down onto the floor with your right foot. Keeping your back straight, repeat the move, this time pressing your left foot into the step to push yourself up. Alternate sides until you've stepped up five times with each leg.

After you've built leg strength, make this move more challenging by strapping on a loaded backpack or holding dumbbells at your sides.



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For Beginners

Start with a visit to your family doctor for the green light to embark on a fitness program. Safety first, muscles second.

Next, hop onto a scale and record your weight. Studies show that people who weigh themselves regularly are more motivated to stick with diet and exercise practices. And consider this: By losing just 10 pounds, your knees will absorb 48,000 pounds less in compressive load for every mile that you hike. How's that for incentive to just say no to jelly doughnuts?

Taking 30-minute walks at a brisk pace three to five days a week is a terrific way to start shaping up. But it won't ready you for a rigorous hike uphill carrying a backpack. So aim for three weekly exercise sessions, split between 20 minutes of strength training and 20 minutes of cardio. If you can't spare 40 minutes all at once, do strength training one day and intervals another day. It doesn't matter. The key is to do both types of exercise.

Strength, or resistance training, is extremely important for both men and women as they age. It strengthens the heart, helps burn more calories at rest, and builds denser bones. But we're not talking about pumping iron in a gym. You can do all of these workouts at home with little or no equipment.

Hike Strong

Schedule your workouts to allow for a rest day in between so that your muscles can recover and grow stronger—for example, Monday, Wednesday, and Friday. Do the workout on each of those days. There's nothing like hiking to get in shape for hiking, so one day a week (perhaps on a weekend), strap on a loaded backpack and go for a hike around the neighborhood or on a nearby trail.

Do the exercises on these pages as a circuit. That is, complete one set of each move, then immediately go to the next exercise without resting. After completing one circuit, rest for a few minutes then do one or two more. ♣

JEFF CSATARI is the author of *The New York Times* best-seller *The Belly Off! Diet* (bellyoff.com).

MOUNTAIN CLIMBER

WORK THE CORE, UPPER BODY, AND LEGS.
REPETITIONS: 20-30

1 Get into a push-up position with your shoulders directly over your hands and your arms extended straight. Brace your abdominals.

2 Bend your left knee and draw it toward your chest. Straighten your leg back out, then move your right knee to your chest and return that leg to the starting position. That's one repetition. Keep alternating legs this way, moving quickly.



BIRD DOG

STRENGTHEN AND FLEX THE LOWER AND UPPER BACK AND BUTTOCKS.
REPETITIONS: 5 PER SIDE

1 Get down on all fours with your hands and feet shoulder-width apart, your palms on the floor, and your back straight.

2 Lift your right leg straight out behind you while simultaneously lifting your left arm straight out in front of you. Hold for 2 seconds, then drop your arm and leg, and raise your left leg and right arm. Continue alternating until you've completed repetitions.

SIDE PLANK

IMPROVE POSTURE, WORK CORE MUSCLES.
REPETITIONS: HOLD FOR 5 TO 30 SECONDS

Compared with other abdominal exercises, like the classic sit-up, the side plank strengthens your core without putting stress on your lower back. And it helps you develop good posture and alignment.

Lie on your left side. Support your weight with your left forearm and the outside edge of your left foot. Your body should form a straight line from head to ankles. Pull your abs in as far as you can and hold this position for five to 30 seconds, breathing steadily. If you can't hold it for 30 seconds in one try, rest when needed, and continue doing sets until you reach 30 seconds in total. Repeat the exercise on your right side.



ELEVATED PUSH-UP

IMPROVE POSTURE,
WORK CORE MUSCLES.
REPETITIONS: AS MANY
AS YOU CAN UP TO 15

1 Stand in front of a step or bench and place your hands on it to assume a push-up position. Push-ups are easier to do from this angled position. The lower the angle of your back toward parallel with the floor, the harder they become.

2 Keeping your back and legs straight and your hands beneath your shoulders, lower yourself until your chest nears the step or bench. Then push yourself up until your arms are extended.



INTERVAL TRAINING

Finish with a 20-minute interval workout of your favorite cardio exercise (walking, running, cycling, etc.). Studies show that short bursts of intense physical activity burn more calories and improve fitness quicker than longer, slower-paced workouts.

WARM-UP, LOW-INTENSITY:
3 to 5 minutes at an easy pace

MODERATE TO HIGH INTENSITY:
30 seconds (your effort is 5 to 8 on a scale of 1 to 10)

LOW-INTENSITY: 60 seconds at an easy pace (alternate between intensity levels 5 to 10 times)

COOL-DOWN, LOW-INTENSITY:
3 to 5 minutes at an easy pace

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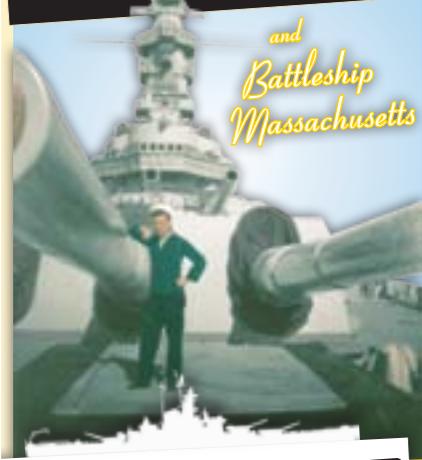
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 TRAIL TIPS BY LARRY RICE

The Route Stuff

Grab your paddle and head for the St. Regis Canoe Area in Adirondack Park, N.Y.

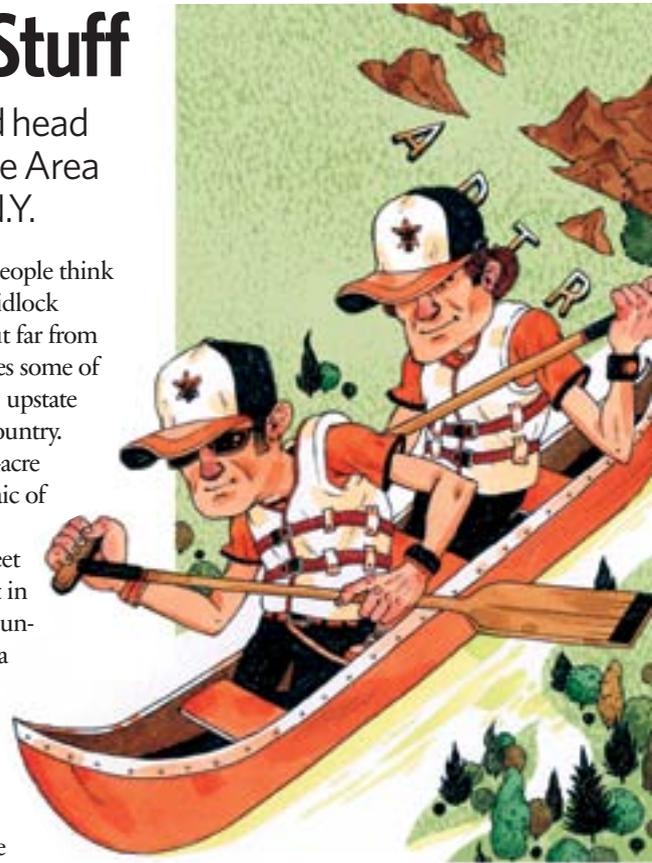
MENTION NEW YORK and most people think of the city, with urban sprawl, gridlock traffic, and chronic pollution. But far from Manhattan's concrete canyons lies some of the best backcountry in the East: upstate New York's Adirondack Lake Country.

Surrounded by the 6-million-acre Adirondack Park, a unique mosaic of public and private land, the area consists of mountains to 5,344 feet (Mount Marcy, the highest point in the state), mixed forests, bare mountaintops and rock outcrops, and a maze of interconnected scenic lakes and rushing streams. This diverse water network makes the region a great choice for a Scouting canoe trip.

There are many favorite canoe routes here, but one standout is in the 18,400-acre St. Regis Canoe Area, the largest wilderness canoe area in the northeast United States. Located in the north-central part of the park, no motorized vehicles of any type are allowed on the area's 58 ponds.

The most convenient way to sample St. Regis is via Long Pond, attainable by a pathetically easy quarter-mile portage from the trailhead. With eight miles of sinuous shoreline, Long Pond's 338 acres provide privacy and a slew of tempting campsites that users can nab on a "first-come" basis. Two campsites worth mentioning lie on jutting points of land at the lake's southeastern end. Breezes help keep down early summer's bugs and there's knock-dead views of Long Pond Mountain.

Canoeing routes extend in every direction from Long Pond, giving you trip options of a few days to more than a week. My personal favorite is the "Nine Carries Route." With nine or 10 demanding portages, or "carries," this 13-mile, one-way tour (which can also be done as a 20-mile loop)

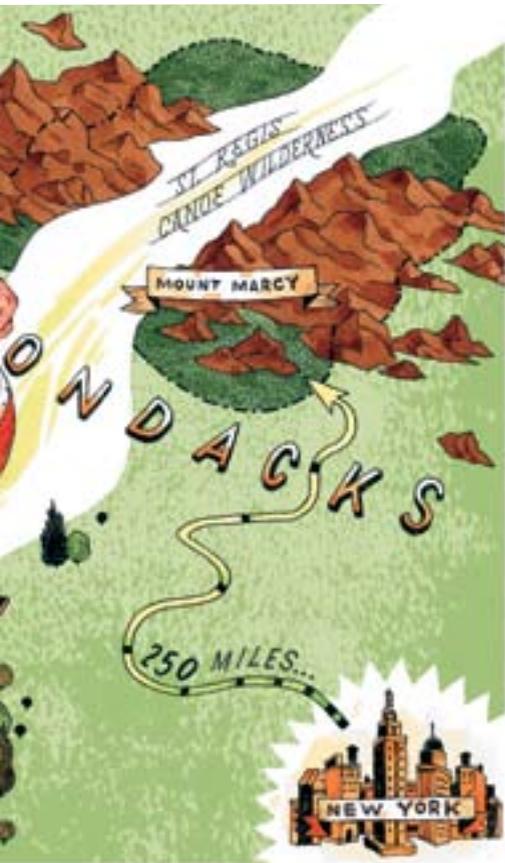


weaves through the heart of the St. Regis Canoe Area. Allow two to five days to make the journey.

Or, to keep things simple, you may just want to hang out at Long Pond and get in a good workout from there. A great trek for a layover day is to hike the trail up 2,530-foot-high Long Pond Mountain, a three- to four-hour round trip that can only be reached by water. The bald summit makes for excellent panoramic views of the wilderness area and the Adirondack High Peaks.

However, if Nine Carries and climbing a mountain seem like too much effort (after all, you are on vacation!), consider a less-strenuous activity—like casting a line. Fishing is good for lake and brook trout in May, June, and September; smallmouth bass are plentiful in summer. The lakes are fed by springs, and their waters are of crystalline purity and are all exceedingly cold.

No matter what you do, keep your eyes peeled for furry creatures in the brush. Because what you see might not be your



JOHN HENDRIX

canoeing buds. The woodlands shelter black bears, deer, and moose, while closer to the water are river otters, beavers, loons, and bald eagles.

ACCESS: In southern Franklin County, N.Y., about 18 miles northeast of Tupper Lake and southwest of Paul Smiths, N.Y.

CONTACT/PERMITS: St. Regis Area and Upper Saranac Lake Forest Ranger, 518-327-3132; kdbassag@gw.dec.state.ny.us. Parties larger than eight must split into separate groups, which requires a permit.

OUTFITTER SERVICES, MAPS, CANOE/KAYAK RENTALS, trip planning: St. Regis Canoe Outfitters, 518-891-1838 or 888-775-2925, www.canoeoutfitters.com.

LOCAL LORE: Here's a piece of Adirondack Park trivia to stump your know-it-all canoeing friends: What's the source of the mighty Hudson River that empties into New York Harbor? Answer: A small, gleaming body of water known as Lake Tear of the Clouds on Mount Marcy. ♣

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Fix a Tire, Even if You're Flat Busted

What to do when a rock keeps you from rollin'.

EMERGENCY SITUATION:

You're mountain biking on Mount Mitchell when a rock punctures your tire. Foolishly, nobody has a patch kit. How do you get moving again?

SOLUTION:

You could try doing a very long-distance wheelie—assuming you punctured the front wheel. And assuming you knew how to pop a wheelie in the first place. But this probably won't help your guys earn their Cycling merit badge. However, there are a couple of better (and safer) emergency fixes that may.

IF YOU HAVE A BIKE PUMP AND SOME TAPE BUT NO PATCH KIT: First, turn the bike over and examine the tire. If the breach is obvious, mark it with a dab of mud or some chalk. Then, using tire levers or a flat-blade screwdriver, carefully remove the tire and its tube. The matching spot on the tube will have the puncture.

If the breach isn't clear, you'll need to locate it. There are a number of ways to do this. If you're near a stream or other body of water, submerge the tube and squeeze it to force any remaining air out. Track the escaping bubbles to locate the hole. You can also fill a pot or pan with water from a canteen, provided you're not broken down in the desert, of course. If no water is available, squeeze the tube while holding it next to your face; you'll feel the air escaping. Mark the hole.

Cut a three-inch piece of elec-



ARTHUR GIRON

trical or duct tape. Believe it or not, materials contained in patch kits often aren't as effective as good-quality tape. Place the piece of tape over the hole, making certain the hole is in the center of the strip. Wrap the tape completely around the tube. Put the tube back in the tire and the tire back on the rim. Add air to the tube using the pump.

Ride back to camp. Avoid rock-hopping.

IF YOU HAVE NO PATCH KIT, NO TAPE, AND NO PUMP: First, raise your right hand. Then, make a solemn pledge to never, ever ride your bike in the wilderness without a spare tube and air pump. Make sure you have witnesses.

Remove the tire, leaving the damaged tube in place. Next, begin pulling up as much grass as you can find. You'll need lots. Take care not to pick thistles or anything with thorns, or you'll be mending your fingers as well as the tire—and

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you'll probably further damage the tube. Next, stuff the tire with the grass, packing it in until the inside of the tire is full. Carefully put the tire back on the rim. You may need to add more grass as some falls out.

Ride back to camp slowly.

BE PREPARED: First-aid kits often include plastic-coated medical tape. In a pinch, you can substitute this for electrical or duct tape.

If you've punctured the rear tire—and you have the proper wrenches—consider putting the front wheel on the back before making your repair. Particularly if you're riding with a heavy pack, more of your weight will be above the rear wheel. ♣

JOSH PIVEN is the co-author of the Worst-Case Scenario Survival Handbook series. www.joshpiven.net.

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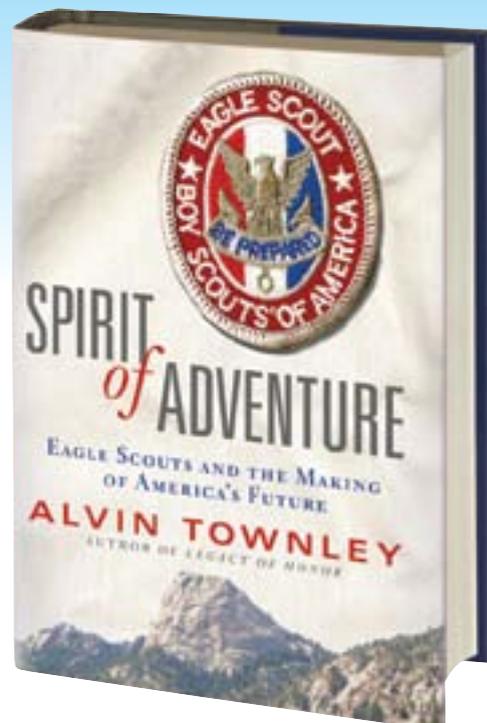
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Bedding Down Without the 'Ow'

Get a good night's sleep outdoors by staying dry, comfortable, and on the level.

CAMPING REPRESENTS the cornerstone of Scouting: Kids love sleeping on the ground in a tent or under the stars. But for some adults, "sleeping out" doesn't offer much in the way of an enjoyment.

They have to pitch the tent, manage the bedrolls, and arrange the gear. Inevitably, the ground slopes or offers a bunch of lumps. Often, they find that one side of the tent is more comfortable than the other. And then there's the argument about who sleeps

where. Worse, heavy rain can cause a middle-of-the-night washout.

You're thinking a city-soft body needs at least two nights to adjust to the wild outdoors. Right? Don't believe it. The key to comfort is how you pitch your tent and prepare your bed. Teens are tough, so your boys will adjust quickly. That means that except on bitter-cold nights, your boys will be comfortable enough without an air mattress or foam pad. But if they do feel cold coming up from the ground, have them place their spare clothes "shoulder-to-thighs" under their sleeping bags.

TIP: If you or your boys want some type of pad, carpet can be an inexpensive substitute.

A Sloping Site

Conventional wisdom advises that you pitch your tent with the head end uphill, and then pile clothes under your legs to level the site. But this creates a hammock effect that may produce a morning backache.

A better plan? Pitch the tent perpendicular to the drop (one side lower than the other). Then, level your trail mattress by placing clothes under the downhill side. You're creating a "level trough" that's much more comfortable to sleep in than a "hammock."

TIP: A down vest stuffed into a cotton pillow sack makes a luxurious pillow.

Protect Against Flowing Groundwater

If you're pitched in a low spot and it rains hard enough, groundwater will flow into your tent. Old-timers controlled water flow by digging a



ROBERT PRINCE (2)

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trench around their tent—a procedure that causes serious soil erosion and, consequently, has become illegal everywhere. Instead, place an over-size plastic ground cloth *inside* your tent. Make the ground cloth large enough to flow about a foot up the sidewalls of your tent.

Any groundwater that gets into your tent will be trapped beneath the plastic sheet, and you'll stay dry. And unless you want to throw a sponge party, don't place another ground cloth under the tent floor to protect it from punctures. Groundwater that becomes trapped between the floor and groundsheet below will be pressure-wicked by body weight into your tent.

TIP: Old ideas die hard. You might think it's crazy to put the ground cloth inside your tent, but try it and you'll never get wet.

Cover Your Sleeping Pad

On summer nights, you might want to forego the sleeping bag and lay directly on your air mattress or foam pad—except the plastic/nylon covering on these pads becomes too hot and sticky. The solution: Make a fitted-cotton flannel cover for your pad. The cotton wicks away sweat, guards against punctures, and prevents the pad from sliding around on the slick plastic groundsheet below.

TIP: Place your spare clothes along the sides of your mattress so that your arms won't chill if they fall off the pad. ♣

CLIFF JACOBSON is a Distinguished Eagle Scout and the author of more than a dozen top-selling outdoors books.

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FOR LONG HIKES OR STRENUOUS outdoor activities, protein bars are a convenient way to fuel a Scout's body between meals. But choose carefully—you want a bar with a balance of carbs for energy, protein for muscle-strength and endurance, and not too much fat. For the healthiest results (and best taste), keep the protein under 20 grams. Here are five of the best:

CLIF BUILDER'S BAR

CHOCOLATE
Calories: 270

Carbs: 30 grams

Protein: 20 grams

Fat: 8 grams

Taste: Chocolatey but with a strong soy flavor; chewy, slightly dry



JOHN R. FULTON JR. (5)



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PEANUT BUTTER OR
YOGURT HONEY PEANUT

Calories: 200

Carbs: 21 grams

Protein: 15 grams

Fat: 7 grams

Taste: Chewy, peanutty, not dry, pleasantly sweet

ZONE PERFECT

CHOCOLATE MINT

Calories: 210

Carbs: 24 grams

Protein: 14 grams

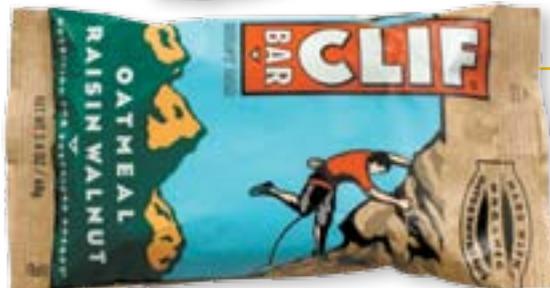
Fat: 7 grams

Taste: Crunchy, nicely minty, with slight soy flavor

POWERBAR NUT NATURALS

MIXED NUTS
Calories: 210
Carbs: 19 grams
Protein: 10 grams
Fat: 10 grams

Taste: Like a nutty
Rice Krispies Treat



CLIF BAR

OATMEAL RAISIN WALNUT

Calories: 240
Carbs: 43 grams
Protein: 10 grams
Fat: 5 grams

Taste: Like a dense, under-baked
oatmeal raisin cookie; not overly sweet

THREE TYPES OF ENERGY BARS

An **energy/protein bar** should be more than just a candy bar with some added vitamins. A study of two popular types of energy bars by Ohio State University found that bars with a 40:30:30 ratio (40 percent carbs, 30 percent protein, 30 percent fat) gave a moderate increase in blood sugar (for energy) that held steady for about two hours. Bars with higher carbs produced a big sugar rush, followed by a sharp decline—similar to eating a candy bar.

Don't be fooled by super high-protein bars, either. Those won't provide the needed energy boost quickly enough, say nutrition experts, and they can be dehydrating, which is dangerous on a long trek.

Here are the basic types of energy bars:

HIGH CARBOHYDRATE, LOW PROTEIN: These bars often use combinations of dried fruit, high fructose corn syrup, fruit juice, and sometimes nuts to provide a quick hit of energy. Many of the dried fruit bars, as well as many well-known granola and breakfast bars, fall into this category. They're basically sugar with some vitamins plus a little protein and fiber.

40:30:30: When you check the nutrition information, this is the basic ratio of carbohydrates to protein to fat you should see—the same balance found in a healthy meal. These bars work for a large group of people, from busy adults needing a convenient meal replacement, to athletes, to outdoorsmen. A good example of this type is the Balance bar, with 21 grams of carbs, 15 grams of protein, and 7 grams of fat.

HIGH PROTEIN: These are generally the biggest bars, very high in calories as well as protein. These are more suited for body-builders than outdoor campers or hikers. Dietitians generally advise eating no more than 20 grams of protein in an energy bar and many of the high-pro brands contain 20 to 30 grams. Too much protein can be dehydrating and hard on the kidneys, which is why at least one major high-protein brand notes on the label that drinking 8 ounces of water with the bar is strongly recommended.

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A Mountain Oasis

Examine the photo and the clues we've provided below to pinpoint this location. Choose right and you could win a \$100 BSA Supply Group gift card.



ROGER MORGAN

I'M HIKING ALONG A RUGGED mountain trail when the trees open up to reveal a serene pool of crystal-blue water. The water in this lake—at least, I think it's a lake—looks clean enough to drink, but I know better. Behind it is a massive rock formation. The two represent the perfect blend of jagged strength and peaceful beauty.

I sit down for a quick lunch—crackers and squeeze cheese, of course—and take a closer look at this cliff-like arrangement of rocks. I have *faith* that it has a name, but I have no idea what it could be.

I check the altimeter on my wrist-watch. I'm at roughly 8,000 feet above sea level, but I feel sky high. Great hiking, mountain air—and squeeze cheese. This is what Scouting is all about.

After I stuff my trash into my backpack, I feel a change in the breeze telling me it's almost time for the afternoon rainstorm. You can practically set your watch by the

short showers out here. I will leave behind this peaceful retreat knowing that many more like it lie on the trail ahead.

But as I prepare to depart, one question remains: **Where Am I?** ♣

DO YOU KNOW THE ANSWER? If the scene shown and described looks familiar, enter our "Where Am I?" reader contest. We'll take all of the correct answers and select one entrant at random to receive a \$100 gift card to the BSA's Supply Group.

Ready to enter? Send us your guess along with your name, unit number, and home address. It's easiest to submit your guess at www.scoutingmagazine.org, but if you prefer snail mail, send it to the address below. The deadline is Nov. 7, 2009. Good luck!

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