

Troop 219 Informational Handout

(www.troop-219.org or www.troop219.org)

There is no regular meeting Monday, January 19, 2004

● NEW HORIZONS DISTRICT SWIM PROGRAM

The last session is scheduled for Friday, January 30, 2004 (7PM for Lifesaving; 8PM for Swimming MB & Scout Ranks). All sessions are at the pool at the **GRAND BLANC MIDDLE SCHOOL**.

● KLONDIKE DERBY – JANUARY 16-18, 2004

The weather will be COLD! Come prepared to spend the entire day Saturday outdoors in possibly single digit temperatures. That means dressing for the weather – layers, extra socks, warm boots (no sneakers), etc. Review the items below and your Scout handbook and be aware of the techniques and procedures for prevention and first aid for hypothermia and frostbite AND keep an eye out for the other Scouts in your patrol or who you meet on the trail. You are unlikely to recognize the symptoms on yourself which is why prevention is so important.

Meet at the Southwest Kmart parking lot before 6:00PM having eaten dinner. PARENTS, we'll need some extra drivers for both boys and equipment on this event, please contact Mr. Zimble. Scouts will have to demonstrate that you have adequate clothing or we won't let you attend – this included hats/gloves as well as proper footwear. If you don't wear it, be ready to show where its packed.

SCOUTS ATTENDING KLONDIKE ARE REQUIRED TO BRING THEIR OWN "TIN FOIL DINNER" FOR SATURDAY'S LUNCH. Recipe and directions for a tin foil dinner follows:

Winter Health Concerns

Frostbite

Frostbite is the most common injury resulting from exposure to severe cold. Superficial frostbite is characterized by gray or yellowish patches on affected areas. The skin remains soft and pliable, but becomes red and flaky after thawing. Treat superficial frostbite by taking the victim inside immediately and warming the affected areas with warm, not hot, water.

Deep frostbite usually affects the feet or hands and is characterized by waxy, pale, solid skin, which may turn blue or purple upon thawing. Large blisters may also appear. Treat deep frostbite by moving the victim indoors and seeking medical attention immediately.

Hypothermia

Hypothermia occurs when the body's temperature drops below 98.6 degrees Fahrenheit. Symptoms of this condition include uncontrollable shivering, impaired speech and clumsy movements.

Severe hypothermia may produce rigid muscles, dark and puffy skin, irregular heart and respiratory rates, and unconsciousness.

Treat hypothermia by protecting the victim from further heat loss and calling for immediate medical attention. Carefully remove the victim's clothing if it is wet, but avoid rubbing the victim's skin. Give artificial respiration or CPR (if you are trained) as necessary.

Preventing cold-related illnesses

Avoid frostbite and hypothermia when you are exposed to cold temperatures by eating a well-balanced diet and drinking warm, non-alcoholic, caffeine-free liquids to maintain fluid levels. Avoid becoming wet, as wet clothing loses 90 percent of its insulating value.

Wear several layers of clothing to insulate your body by trapping warm, dry air inside. Loosely woven cotton and wool clothes best trap air and resist dampness. The head and neck lose heat faster than any other

part of the body. Your cheeks, ears and nose are the most prone to frostbite. Wear a hat, scarf and turtleneck sweater to protect these areas.

"The old adage, 'An ounce of prevention is worth a pound of cure,' really rings true when you're out in the cold weather". "Remember, there's no substitute for common sense when it comes to making safety a part of everything we do. Dress appropriately, maintain a good diet and stay hydrated. It may take a little extra time to bundle up, but it's important to do the right things to stay safe and healthy during the cold winter months."

EQUIPMENT LIST

SUGGESTIONS ONLY=check your Boy Scout Handbook for more information.

Bring outer wear and clothing appropriate for the weather. This will be a cabin campout -but the Klondike Derby will be outdoors-all day Saturday.

- Official Scout Uniform—optional not required
- Personal First Aid Kit-see 2nd Class Requirement for first aid
- Poncho / Rain gear • 1 Complete Change of Clothing
- Boy Scout Handbook • Flashlight-extra batteries
- Pajamas or something to change into for bed, slippers or comfortable shoes for when you are not outdoors.

This cabin floor will be cool and possible damp at times.

- Sleeping Bag and 1 blanket or 2-3 blankets
- Toilet Articles-soap, towel, washcloth, comb, toothbrush and toothpaste and whatever else you might need.

- **Canteen or water bottle with holder --- IMPORTANT!**

- Scout Knife-if you have your Totin'Chip Card,
- Compass

- **Personal eating utensils (knife, fork, spoon, insulated cup or mug, plate, bowl)**

• Additional equipment and materials will be required for the Klondike Derby itself but that will be discussed in Patrol Corners and that list of equipment will not be available until Monday, January 8, 2001.

•• ELECTRONIC EQUIPMENT and GAMES are not permitted on this campout.

TIN FOIL DINNER

- 1/4 to 1/3 pound of meat pressed out to 3/4" thick
- 1-2 carrots cut up into thin strips or sliced into thin pieces
- potato-peeled and sliced into small pieces
- onion-if you like
- salt and pepper

HEAVY DUTY ALUMINUM FOIL

This should all be placed in a single thickness around the meat with the onion if added either on top of or under the meat. Wrap the package and double fold all seams. WRAP IN A SECOND PIECE OF FOIL Keep the package loose to allow steam to develop and cook the food. Preheat oven to 350° and cook for 50-60 minutes. This way all you will have to do on the Klondike Derby is to reheat it instead of cooking it. You might also wish to bring eating utensils so that you may fully enjoy lunch instead of eating with your fingers. Put your name on your dinner with a Permanent Marker !!!

A HOT MEAL IS REQUIRED AND YOU WILL BE CHECKED AT CHECK-IN TIME TO MAKE SURE THAT YOU ARE PREPARED FOR A HOT LUNCH OF SOME SORT. The tin foil dinner should be put into a large food bag and marked with the Scout's name as these may be carried in a single cooler on the sledge.

● **Scout Sunday Church Service and Pancake Breakfast – February 8, 2003**

The twelfth point of the Scout Law is “A Scout is Reverent.” Being reverent means many things but within the Boy Scouts, it starts with a personal belief in God and a strong respect for the religious beliefs of others. Our troop is sponsored by the Presbyterian Church although I believe that only a minority of our troop membership belongs or attends worship services at this church.

This year, on Scout Sunday (February 8th), the troop will live up to the twelfth point of the Scout Law in the following way: Early in the morning we will hold a pancake breakfast at the church. Scouts will help cook, serve and clean up (you’ll be fed, too) After that, we’ll attend the 11:00AM service upstairs and assist with ushering, reading or any other services we’re asked to perform. Scouts should arrive at the church by 7:00AM in full Scout (Class A) uniform.

All Scouts are expected to attend, in full uniform. I expect you to make whatever arrangements you need to fulfill your own, different religious responsibilities either beforehand or afterward IE attending this service does not fulfill your personal devotional requirements. Because of the importance of this particular point of the Scout Law as well as the importance of showing appreciation to our sponsoring organization, I will weigh participation in this particular activity heavily in considering the “scout spirit” advancement requirement for all ranks. Co-incidentally, the pancake breakfast is expected to result as a fundraiser for the troop (9th point of the scout law).

● **TROOP ORDER OF THE ARROW ELECTIONS**

Elections into the Order of the Arrow are held annually. Our troop election has been scheduled for Monday, February 2 at the normal troop meeting. The Order of the Arrow is Scouting’s National Honor Society and it is an honor to be elected from your troop. **There is no minimum age to stand for election, however candidates must be First Class rank or above, must have 15 nights of camping within the past 2 years (including one and only one long term camp of 5 or more nights), plus the recommendation of the Scoutmaster.** Election procedures permit every eligible candidate to be elected, but that is rarely the result. After election, candidates must complete the “Ordeal” to become a member. There are only two opportunities to complete the Ordeal – the weekend of May 21-22-23, 2004 at Camp Tapico or the weekend of September 17-18-19, 2004 at Camp Holaka. If you do not complete the Ordeal at one of these conclaves, your election expires.

Troop 219 currently has about 30 youth and adult OA members. Our youth and adult members have been movers and shakers within the Lodge and we’ve produced several Lodge and Chapter officers in past years. Our OA Troop Representative is Matt Rybar. I’ll publish a list of Scouts that meet membership requirements in the January 26th handout. At this time, I have no reason to withhold my recommendation from any of the Scouts now currently eligible.

● **OA BANQUET**

The annual Lodge banquet was held last night at the Mayfield Township Hall in Lapeer. Troop 219 was quite well represented as was the Bidaban Chapter of which we are a part. Mr. Zimble received the Founder’s Award (a very high honor that may be awarded to only two arrowmen from the Lodge each year). Mr. Debusschere (Uncle Gerry) the Bidaban Chapter Adviser was named the new Lodge Adviser with Mr. Fredericks moving out of state.

If you are a member of the OA there are several important activities coming up – see the OA Troop Representative for details. The OA Troop Representative is Matt Rybar. These events are not open to non-OA members.

- Sunday, January 18 – **Lodge Ceremonies Team** meeting @ Mr. Zimble’s office 1:30PM
- Saturday, January 24 – **Bidaban Bowling Bash** @ Grand Blanc Lanes 3:00PM

SECTION CONCLAVE will be in Toledo the weekend of 4/30, 5/1 & 2. Cost will be around \$35 – you really should attend one of these (no work, just fun).

Bidaban Chapter Meetings: First Thursday of each month at the same time/place as District Roundtable meetings. See Mr. Zimbler or Mr. Hussar if you need transportation.

• **Troop Committee Meeting**

The next troop committee meeting is Thursday, February 13, 2003 at 7:00PM at the church. A greater level of participation by the parents of ALL SCOUTS in the troop is needed! The ongoing success of Troop 219 demands the dedicated involvement of many adults – especially YOU!

Larry Zimbler
Scoutmaster-Boy Scout Troop 219