

LAKE SANDS DISTRICT

After - RT

the CRAWLIN' KINGSSNAKE

February **2010**

BOY SCOUT ROUNDTABLE NEWSLETTER

LSD BS RT 7 P.M. 11 Feb 2010 N 30°09.345' // W 085°38.795'

“PHYSICAL FITNESS”

Opening: Thanks to **T.323 Chris Britt** for the opening pledge. The Opening Key was passed to **T.345** as a reminder for the March opening.

Thanks to the following Folks for their Participation, Information, & Enthusiasm:

DE Brandon Goodwin: provided fundraiser **2010 Camp Cards**; the card sells for \$5 and you (your unit or your Scout) gets \$2.50 of that; prize drawings and patches included as incentives. Also, FOS Ribbons awarded to T.300 and T.321.

Advancement Chair Margaret Watts: “please get your advancement forms in to council office in a timely manner.” ADVANCEMENT, ADVANCEMENT, ADVANCEMENT!

Merit Badge University Georgia McFadden: The **District MB University** planned for 27 March is offering **Bird Study, Tracking, Pathfinding, Carpentry, Crime Prevention, Personal Mgmt, First Aid, Pets, Plumbing, Electricity, Computers, Wood Carving, Weather, Engineering, Collections, Oceanography.** Great handouts were provided for sign-up, schedule and pre-requisites. Georgia can be reached at **890-2498** and lv2drv18@yahoo.com. Info on Bird Study MB was sent out by KG earlier in the day. Please have your Scouts work diligently on the MBs of their choice **PRIOR** to attending the MBU ala **BE PREPARED!**

KG: Scout Jam 2010 9-11 April 2010: Unit Exhibits are encouraged; the form was provided as a handout and is from the Leader's Guide. Forms for **Registration and Ordering Memorabilia** must be received by the Council Office **by 1 March.**

Alan Holt: **20 Mar Jr. Museum Spring Heritage Day** from 10 - 2 PM. Looking for Leaders to help with Dutch Oven Cooking and Scouts to help as guides for the Nature Trail. <http://jrmuseum.org/default.aspx>. Alan can be reached at 914-9006.

***** FEATURE PRESENTATION *****

SPECIAL Thanks to T.302 Mark “Gooch” Gutcher for his feature slide show presentation on “PHYSICAL FITNESS”. From his presentation, it can be seen that Mark is a MB Counselor that took an in depth look at each requirement for Personal Fitness to determine how he could best motivate Scouts to successfully complete this MB. Some takeaways include: #1 Rule = Get a Physical; being fit also means being mentally and socially fit as is called out in the Scout Oath. Workout Tracking sheet provided. Mark also covered the BSA Physical Fitness Award Requirements as well as the Seven Major Components of Fitness. And, could you believe the balancing act by George Goehring, a site to remember!

And thanks to Big George Goehring for his MEDICAL MOMENT related to PHYSICAL FITNESS. Takeaways include: Always get a physical examination before starting any exercise program. Boys 12-18 have a high degree of difference in physical development. Heart rate for exercise calculation is $(220 - \text{Age}) \times 80\% = \text{Heart rate for exercise}$. Calories in - calories burned = weight gain or loss. Make sure that 20 min. before exercising you hydrate with at least 8 oz. of water. *** Over age 40 lung function

decreases by 1% each year so older people should exercise less vigorously with increased age.***

And thanks to Jim Wolf for his Knot of the Month, the GLOBE KNOT (ABOK #2217). Handout provided. Jim uses this knot to cover tennis balls for his dogs to play with. And check out the Globe Knot Cookbook Kit at http://knottool.com/gk_kit.html .

LSD Traveling Spirit Stick: Barkless Spirit Stick: in from T.356 with Leather piece embossed with T.356, 100 Years of Scouting, and several Scout Badges; this stick was retired and may be auctioned off at the next Scouter Banquet. The newer **Twisty Stick** came back from T.369 with God Blesses Teamwork in English and Arabic; this stick was awarded to T.310 for the next month.

KG's Handouts Gone Wild:

- Bay County Eco-Tourism Map
- BSA Physical Fitness Award Requirements and Application Form
- The Seven Major Components of Fitness
- MB Counselor Information Form
- The Goose Story
- Quiz - Name that Sparrow
- Word Search - Friends or Foes (in the Garden)
- Slide of the Month: Weight Lifter
- Unit Exhibits Form for Scout Jam 2010

Ticket Drawing Giveaways: Congrats to these lucky winners:

Crow Call – T.356 Bill St.Germain

Camo Cap with Wildflower Mix – T.303 Dave Hodges

Wooden Puzzle & Multi-Tool – T.366 Charles Dallas

Univ of Scout Clip and 100 Yr Patch – T.311 Jason Blackman

Travel John & Multi-Tool – Jerry Bushee

Clothes Line & Tooth Paste – T.366 Joey Collingsworth

Squirt Gun & Tooth Paste – T.39 Mr. Ted Spangenberg

NC WL Mag, Currents Calendar, and Wildflower Mix – T.82 George Stilen

Globe Knot w/golf ball ala Jim Wolf – T.302 Rocky Macaluso

Upcoming Boy Scout Items of Interest: REMEMBER to visit the District Calendar on LSD Website at <http://www.lakesandsdistrict.org>

- 1) Wood Badge for the 21st Century: at STSR weekends of 26 Feb and 26 Mar 2010.
- 2) Lake Sands District MB University: Sat 27 Mar at Deane Bozeman HS
- 3) SCOUT JAM 2010: 9-11 April, Ft. Walton Fairgrounds.

CLOSING by KG: Advice from a BUTTERFLY: Let your true colors show | Get out of your cocoon | Take yourself lightly | Look for the sweetness in life | Take time to smell the flowers | Catch a breeze | We can't all be monarchs!

ATTENDANCE, ATTENDANCE, ATTENDANCE

THANKS to the following 16 Troops represented at February RT:

39, 82, 300, 302, 303, 310, 311, 317, 321, 323, 345, 356, 366, 369, 388, 706

TOTAL FEBRUARY BS RT ATTENDANCE = 44 !! (counting drifters, presenters, and announcers),

Future Monthly RT Feature Themes: If you'd like to step up and become famous as a LSD RT Theme Presenter, your support would be much appreciated!! Call KG at 234-4077

11 Mar = Forestry (KG or Local Forester)

8 April = Leadership (T.345 Bill Pouncey)

13 May = Special Cooking (T.366 Joey Collingsworth)

10 June = Backpacking / Aquatics

12 August = Fishing

8 September = Athletics

14 October = Science (T.300 John Duval)

11 Nov = Cooking / VETERAN'S DAY

9 Dec = Wilderness Survival (T.317 George Goehring)

YIS, KG, your LSD BS RTC



100 YEARS OF SCOUTING

*Celebrating the Adventure * Continuing the Journey*