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@CherokeeBSA

Cherokee Scouter

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Boy Scouts of America

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NOTE TO FUTURE EAGLE CANDIDATES ----- 2

NESA IS LAUNCHING THE 2013 EAGLE SCOUT CLASS YEARBOOK 2

NEW TROOP LEADERS TRAINED! - 2

NEW SILVER BEAVERS----- 2

EAGLE CLASS 2013-2014 ----- 3

OA NEWS----- 3

CUB & ONE----- 3

RIFLE SHOOTING MERIT BADGE -- 4

CLIMBING TOWER INSTRUCTOR TRAINING----- 4

OSAGE HILLS DISTRICT CUB SCOUT DAY CAMP ----- 4

OSAGE HILLS DISTRICT CUB SCOUT DAY CAMP – BOY SCOUT STAFF ----- 5

NATIONAL YOUTH LEADERSHIP TRAINING----- 5

WILDLIFE DEPARTMENT YOUTH CAMP ----- 6

SHOTGUN SHOOTING MERIT BADGE ----- 6

ADVANCED CLIMBING INSTRUCTOR TRAINING – NATURAL SITE----- 7

2015 WORLD SCOUT JAMBOREE! -- 7

MORE ADVANCEMENT EDUCATION TOOLS YOU CAN USE TODAY----- 7

DIGITAL TECHNOLOGY MERIT BADGE ON THE WAY----- 9

EAGLE SCOUT PROJECT FUNDRAISING: THE ELEPHANT IN THE ROOM ----- 9

NEW VENTURE AWARDS ANNOUNCED----- 10

SPIRIT OF THE EAGLE AWARD HONORS THE SCOUTS WE LOST TOO SOON ----- 10

FUTURE MINING IN SOCIETY MB COUNSELORS CAN GET TRAINED FOR FREE ONLINE----- 11

ADOPT THESE 3 STEPS FOR HEALTHIER MEETINGS, EARN THE HEALTHY UNIT PATCH ----- 11

THESE EASY-TO-MEMORIZE SCOUT MNEMONICS COULD SAVE A LIFE ----- 12

CAMP SCOUT BY AMERICAN PARK NETWORK ----- 14

SCOUT PROGRAMS AT THE COSMOSPHERE ----- 14

BSA HIGH ADVENTURE BASES ---- 15

UPCOMING KEY DATES----- 16

Note to future Eagle Candidates

Effective Jan 1 2014, Cooking merit badge is required to obtain the Eagle Scout Rank.

Regardless of when a Scout earned Life rank or began working toward Eagle, unless he fulfills all the rank requirements-with the exception of his board of review-before Jan 1 2014, he must earn the Cooking merit badge to become Eagle Scout.

NESA is Launching the 2013 Eagle Scout Class Yearbook

The National Eagle Scout Association (NESA) strives to keep Eagle Scout alumni connected to Scouting and each other. In order to do this, NESA has authorized Publishing Concepts (PCI) to launch a project to create the Class of 2013 Eagle Scout Yearbook.

The yearbook will contain pictures of members of the Eagle Scout Class of 2013 as well as their answers to some reflective questions.

Starting soon, Eagle Scouts in the Class of 2013 will receive e-mails, postcards, and phone calls from PCI requesting that they participate in the yearbook project. Please encourage them to respond to these communications.

PCI is a trusted partner of NESA. We hope all Class of 2013 Eagle Scouts will participate in the yearbook project.

If you have questions, please contact Bill Steele, Director of the National Eagle Scout Association, at bill.steele@scouting.org or 972-580-2436.

New Troop Leaders Trained!

Introduction to Outdoor Leader Skills held on March 28-29 was a huge success! We now have eight more unit leaders trained to deliver great program to our Scouts!

A **BIG** thank-you to some fabulous trainers who shared their weekend with these Scouters! Paul Fuhrmeister,



Sean Urban, Charlie Lewis, Randy Wells, Steve DeFrees, Joey Stone, Beth Huttenhoff

Next Training Opportunities:

- **SM/ASM Leader Specific Training**

April 9-10 at the Scout Service Center, Bartlesville - 6:00 pm to 9:30 pm both evenings - Cost \$10 for the two sessions

- **SM/ASM Leader Specific Training**

April 26 @ Spring Camporee - Peoria Pow Wow Grounds, Miami Ok



New Silver Beavers

The Silver Beaver Award is the council-level distinguished service award of the Boy Scouts of America.

Recipients of this award are registered adult leaders who have made an impact on the lives of youth through service given to the council.

The Silver Beaver was awarded to Karen Slagel and Randy Ellis at this year's Council Banquet.

Congratulations Karen and Randy!



(Photo courtesy of Ray Peaster)

Eagle Class 2013-2014

The 2013-2014 Eagle Class was recognized at Council Banquet.



(Photo courtesy of Ray Peaster)

Front row, l. to r.- Brendan Van Zweel (T78) and Kevin Russ (T110)

Second row, l. to r. – Aaron Stanek (T21), Hollis Holcomb (T1), Trevor Janda (T5), Oliver Dash (T5), Clement Wasicek (T5)

Third row, l. to r. – Thomas Dykstra (T6), Sean Hogan (T6), Preston Garrett (T1), Cody Potts (T32), Colton Burns (T3), Jordan Miller (T3)

Not pictured – Joseph Barron (T110), Jacob Coordsen (T3), Laramie Gault (T57), Alex Heidorn (T3), Troy Helms (T3), Colin Henthorne (T21), Bailey Hollabaugh (T66), Rosston Kennedy (T21), Steven Meador (T50), Jonathon Nachreiner (T110), Tyler Peters (T21), Nate Robertson (T21), Steven, Stecklein (T66), Andrew Sterk (T2), Robert Trentman (T21), David Turinetti (T43), James Webb III (T21)

OA News

What: Spring Fellowship

When: 7pm Friday, April 4 through 9pm Saturday, April 5

Where: Camp McClintock

What: Fun, Friends Fellowship, and Food! Games and Awards! Classes include Loom Beading, Dance, Beadwork, and New Members.

Register online here:

<https://docs.google.com/forms/d/10bSO64laKJg2ADPDgE-WSSeweIA9aQUFTizc2sC1RU8/viewform>

What: Section Conclave

When: May 2-4

Where: Camp Simpson

Register online here:

<https://docs.google.com/forms/d/1uXKDFjBQAZL3t7kMZp14senlIQ0x-UkuwEGcQFOUdjY/viewform>

Early Bird deadline: April 10

Cub & One

April 12-13

Check-in begins at 8:00 a.m. Saturday, April 12th.

Please bring a sack lunch for Saturday.

The event fee (\$10 per person) includes all program materials, supper on Saturday, and breakfast on Sunday.

Camp ends at 10:00 am on Sunday, April 13th.

You will need to bring your own tent, camping gear, personal items, water bottles, etc. Please don't bring electronic items and games.

Camp McClintock is located off of Highway 60 just east of Osage Hills State Park. Look for the white camp sign on Highway 60. Follow the road all the way into the camp.



Please return the registration form to the Scout Service Center by April 4th, 2014

<http://www.cherokeesba.org/activities/CubAndOne2014.pdf>

A Health Form which is attached to the registration form needs to be completed and returned upon arrival to camp.

Rifle Shooting Merit Badge

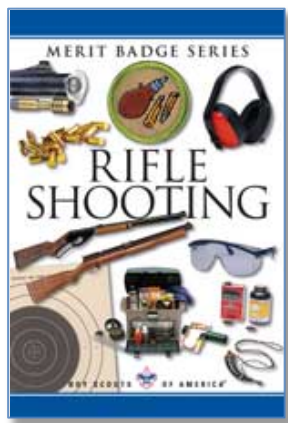
May 10

Camp McClintock

Cost \$10 - NRA materials, ammo, target & lunch included

Maximum class size 16

Scouts attending this merit badge will receive NRA First Steps (Firearm Introduction, Responsibility, and Safety Training) rifle training.



To register, contact the Scout Service Center (registrar@cherokeebbsa.org, 918-336-9170, or toll-free 888-269-1328)

Climbing Tower Instructor Training

May 17 & 18

Camp McClintock

Cost \$15 (includes lunch)

Class limited to 15

Participants will learn the purpose of the Climbing/Rappelling program:



- Responsibilities of a Climbing Instructor
- How to belay, climb, rappel, and spotting
- Use of the equipment in the climbing program
- How to tie knots and hitches used in the climbing program
- Learn anchor points and systems
- Be able to lead a group through a climbing/rappelling experiences

To register, contact the Scout Service Center (registrar@cheokeebbsa.org, 918-336-9170 or toll-free 888-269-1328).

Osage Hills District Cub Scout Day Camp

June 3-6

Cub Scout Day Camp is a multiple-day program for Tiger Cubs and their adult partner, Cub Scouts, and Webelos Scouts.

Each day will have a "Scouting the Galaxy" theme with lots of fun activities. Cubs will go to the archery and BB range and fish (weather permitting) each day. The program will also focus on age appropriate activities that qualify toward advancements.



LOOKING FOR
A FEW GOOD
CUB SCOUTS

Registration material has been mailed to each registered Tiger Cub, Cub Scout, and Webelos Scout in the Osage Hills District.

Registrations should be submitted to the Scout Office **BY PACK** no later than May 1st. Registration includes a form for each Tiger Cub, Cub Scout, or Webelos attending as well as each Walking Leader. Each Day Camp participant (youth or adult) also needs to submit a Health & Medical Record form Part A & B) <http://www.scouting.org/scoutsource/HealthandSafety/ahmr.aspx>

Walking Leaders are an essential part of the Day Camp Program Staff. Each pack must provide at least one Walking Leader for every five boys registered in each age group (Wolf/Bear and Webelos). **First grade Tiger Cubs MUST have a parent or guardian with them each day.**

Training for all Walking Leaders will be held at the Scout Service Center on Tuesday, May 27th OR Thursday, May 29th at 7:00 PM. Walking leaders need to attend only one training session. The Pack Coordinator will pick up t-shirts for their pack at one of the Walking Leader training sessions.

If you have any questions, please contact the Day Camp Program Director Annabeth Robin (918-440-3085 okrobin@yahoo.com).

Osage Hills District Cub Scout Day Camp – Boy Scout Staff

June 2-6

It's that time of year again – we are recruiting for Boy Scout for Day Camp Staff!

Day Camp is the first full week of June (2nd-6th) out at Camp McClintock. This year's theme is science and rockets. We will still be doing Archery, BB's and Fishing.



Troop Leaders - please consider encouraging your Boy Scouts to be on staff. It is completely FREE and we have fun!

Staff applications are available in the Scout Office. The application must be signed by the Scout's Parent/Guardian AND his Scoutmaster.

Staff applications are due in the Scout Office by May 1st. Staff will be notified by May 9th is accepted for Day Camp Staff.

If you have any questions, please contact Day Camp Scoutmaster Kevin Brown (918-397-2654 thinslicedbread@gmail.com) or the Day Camp Program Director Annabeth Robin (918-440-3085 okrobin@yahoo.com).

National Youth Leadership Training

June 8-13

The Cherokee Area Council is hosting a NYLT (National Youth Leadership Training) course June 8th - 13th, 2014. The course will be held at Camp McClintock. Osage Hills and Grand Lake District youth are encouraged to attend this week long training event.

The following are required for participation:

- Be currently registered as a member of the Boy Scouts of America who has attended long-term Boy Scout camp for a minimum of two years.
- Be First Class rank or higher.
- Be at least 13 years old.
- Be a current or prospective youth leader recommended by his Scoutmaster.
- Venturing participants must meet the above requirements other than attaining First Class Rank.

Cost \$200 - Scholarships will be available so money should not be an issue.

This is an awesome opportunity for both Osage Hills and Grand Lake district scouts to attend a national leadership training. The training will help each scout to enhance their leadership abilities while living by the Scout Oath, all in the splendor of the Osage Hills at Camp McClintock! Scouts who earn the NYLT shield are prepared to meet the challenges ahead and are better prepared to work with adult leaders.



The training will begin on Sunday the 8th at noon and conclude at 5:00 P.M. on Friday the 13th. The curriculum follows a mandatory time line set forth by the national BSA organization and there are not any opportunities to make up missed classes/blocks of instruction.

The week will be jam packed with unique opportunities, fun, learning new skills, and honing current skills all while building the scouts into the next generation of youth leadership and young adult leadership.

The NYLT staff has been carefully selected to ensure that all participants have the training of a lifetime!

For more information, see the Cherokee Area Council website at

<http://www.cherokeesbsa.org/activities/2014NYLTParticpantApplication.pdf>

Should you have any questions, please contact:

Paul Huttenhoff (Course Director)

pchuttenhoff@gmail.com

918-397-7048

Beth Huttenhoff

mamahutt@gmail.com

281-380-6213

Jon Copeland

speedjunkie96@att.net

918-214-2711

Wildlife Department Youth Camp June 22-27

Teenagers may not realize the rewards offered by a career in wildlife conservation - be it as a game warden, fish and wildlife biologist or even a communications or education specialist. But the Oklahoma Department of Wildlife Conservation spends a week each summer making sure a group of youths learns just how fun and important the field of conservation is for professionals who spend their lives benefiting wildlife.

The weeklong event is the Wildlife Department's annual Wildlife Youth Camp, slated this year for June 22-27 at Oklahoma University Biological Station at Lake Texoma.

The **free** camp increases awareness of conserving and managing Oklahoma's wildlife resources through

courses on wildlife-related career opportunities, rifle and shotgun training, archery, wildlife identification, wildlife law enforcement, fishing, fisheries management, ropes, swimming, turkey and waterfowl hunting, management and law enforcement.

"We urge anybody between the ages of 14 and 16 that's interested in hunting or fishing or a career with the Department to apply," said Jay Harvey, game warden stationed in Choctaw and Bryan counties and coordinator for the Wildlife Youth Camp.

To attend youth camp, applicants must be Oklahoma residents and must turn 14 prior to June 22, 2014, and be



no older than 16. To attend, prospective campers must fill out an application form and write a 75-word essay describing why they want to attend the camp, why they should be selected and what they expect to learn. Additionally, they must provide a letter of recommendation by someone other than a family member and a recent photograph showing the applicant participating in an outdoor-related event or activity. Application forms are available online at <http://www.wildlifedepartment.com/education/youthcamp.htm>.

The page also includes additional information about the camp and photographs from previous years.

The camp will be open to a maximum of 35 youths, and **applications will be accepted through April 18, 2014.**

Drillers under the Stars July 18

Come cheer on the Drillers, but don't forget your sleeping bag, as Scouts will spend the night in Driller Stadium.



There will be fireworks, hotdogs, and a movie while camping in Driller Stadium. Pre-registration will be required.

Watch for details on the Council web site, or sign up to get e-mail updates on Council activities.

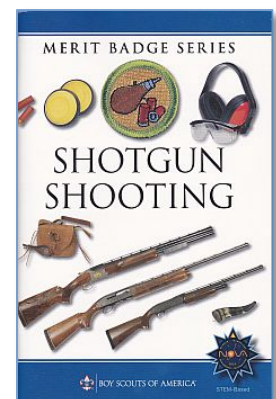
Shotgun Shooting Merit Badge September 20

Camp McClintock

Cost \$20 (includes NRA materials, ammo, targets, and lunch)

Maximum class size 8

Scouts attending this merit badge class will receive NRA First Steps training (Firearm Introduction, Responsibility, and Safety



Training).

To register, contact the Scout Service Center (registrar@cherokeesba.org, 918-336-9170, or toll-free 888-269-1328)

Advanced Climbing Instructor Training – Natural Site November 8 & 9

(Participants must have completed the Climbing Tower Instructor course)

Camp McClintock

Cost \$15 (includes lunch)

Class limited to 15

Participants will learn the purpose of the climbing/Rappelling program:

- Responsibilities of a Climbing Instructor
- Be able to lead a group through a climbing/rappelling experience on a natural site

To register, contact the Scout Service Center (registrar@cheokeesba.org, 918-336-9170 or toll-free 888-269-1328).

2015 World Scout Jamboree! July 28-August 8, 2015

In 2015, more than 30,000 Scouts and leaders from 161 countries around the world will converge on Kiraraha-hama, Yamaguchi, Japan, for the 23rd World Scout Jamboree.

The event will provide opportunities to raise awareness about global issues, explore the environment, participate in community service, make friends from around the world, and deepen understanding of developments in science and technology. The world jamboree is a unique opportunity for participants to experience an exciting program of activities, including:



Global Development Village, City of Science, Cross Road of Culture, and the Peace Program.

Participants will live and learn with fellow Scouts from around the world. They will be housed in tents along with the BSA contingent but will soon venture out to mingle with tens of thousands of people for two weeks of activities and adventure. That's right, a world fellowship exercise on an enormous scale!



The BSA's plans for sending a contingent to the 23rd World Scout Jamboree are being finalized and the registration system will be available soon. Until then, click here

<http://www.scouting.org/Home/International/data.aspx> to add your name to the mailing list for promotional materials when they are ready.

MORE Advancement Education Tools You Can Use Today

Eagle Scout Service Project Coach

The "Eagle Scout Service Project Coach" is a 60 to 90 minute PowerPoint presentation created to guide project coaches through their term of service, from project proposal approval through project report completion.

Because the role of the "coach" is relatively new, this presentation—accompanied by presenter's notes—will help council or district-appointed volunteers understand the specifics of the position and how it is different from the typical unit-based "Life-to-Eagle" advisor or mentor.

The presentation can be used in instructor-led group sessions or as an individual orientation, both of which can be followed by question and answer sessions or individual conversations.

Effective Troop Advancement

“Effective Troop Advancement” is another 60 to 90 minute, instructor-led PowerPoint presentation. It has been designed to help troop advancement coordinators and committees understand the advancement process and their role in promoting advancement and supporting BSA policies and procedures.

Also accompanied by presenter’s notes, it is an effective tool for ensuring that unit and district advancement committees understand their roles and responsibilities concerning advancement as spelled out in the Guide to Advancement.

The result should be increased advancement effectiveness and higher JTE scores.

Both of these advancement educational resources can be found here

http://www.scouting.org/Home/BoyScouts/GuideforMeritBadgeCounselors/Resources/advancement_presentation.aspx

Two additional presentations currently under development are “Conducting Effective Eagle Boards of Review” and “Building and Sustaining High Performing Advancement Committees.” Watch for information and release dates.

Webelos Compass Points Why So Many? Why So Few?

To receive his Webelos badge, a boy first must earn the Fitness, Citizen, and one other activity badge from one of the other three activity groups.

To earn the Arrow of Light Award, he must earn at least five additional activity badges, which must include Readyman, Outdoorsman, one from the Mental Skills group, one from the Technology group, and one more of his choice.



If a Webelos Scout needs only to complete eight activity badges to qualify for his Arrow of Light, you might ask, “Why are there 20 activity badges?” The answer, of course, is that all of these activities exist to provide Cub Scouts with several different opportunities to build character, citizenship, and personal fitness.

Fair enough, but how do Cub Scouting leaders keep track of all those badges? Simple: once a boy has received his Webelos badge and earned four more activity badges, for a total of seven, he receives a patch known as the Webelos Compass Points emblem. The addition of a metal compass point for every four badges he earns after receiving the emblem then signifies his progress toward the Arrow of Light Award.

Those are the mechanics of the Webelos Compass Points emblem program, but the bigger question remains: Why and how might we use the program to help the boy and the pack grows? The answer is limited only by the imagination. How does a leader keep Webelos Scouts engaged before they are eligible for their Arrow of Light award,

especially if your den is moving quickly? Activity badges. How are Webelos Scouts encouraged to attend Cub Scout summer camp? Activity badges.



And how do leaders keep the boys interested in earning more activity badges? First, make the activities interesting. Parents with a vocation, skill, or hobby that correlates to an activity are natural activity badge counselors. Besides keeping the boys’ attention, this also will keep the parents interested, and help prepare them and their boys for the transition to Boy Scouts.

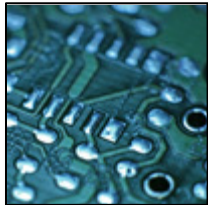
Finally, and perhaps most important, den and pack leaders should ensure each Webelos Scout is recognized for his achievements. Compass points should be awarded at memorable ceremonies involving the youth’s parent or guardian. Nothing can be more important than appropriately recognizing young people for their advancement, especially those who go above and beyond—as these Webelos Scouts are doing by earning more than the minimum required. Each boy should be

individually recognized as both an achiever and as a role model for younger Cub Scouts. Seen in this light, could there ever be too many Webelos Compass Points?

Digital Technology Merit Badge on the Way

Look for the release mid-April of the latest merit badge: Digital Technology!

With the launch of this new badge, the Computers merit badge will be discontinued as of Dec. 31, 2014. Thus, boys who have begun working on Computers before Jan. 1, 2015, may be able to continue working on it until they turn 18 years old.



Scouts will not be permitted to begin work on Computers after the end of 2014. See the Guide to Advancement, topic 7.0.4.4, “Discontinued Merit Badges,” for additional details.

What types of activities will be required to earn the Digital Technology merit badge?

- First, boys earn the Cyber Chip (www.scouting.org/cyberchip) and then show the Cyber Chip card to the merit badge counselor.
- Several of the requirements involve understanding data storage, and learning about different types of storage available.
- Scouts have the opportunity to demonstrate their technical skills through a project or activity pertaining to their troop.
- Looking to the future, the Scouts will learn about business or career possibilities involving digital technology.

Digital Technology merit badge presents many options, so Scouts will be able to pursue interests that are important to them, and apply their knowledge to their own experiences. When the badge is released, requirements, resources, and tips to help in earning it will be available at www.boyslife.org/digitaltechnology.

Eagle Scout Project Fundraising: The Elephant in the Room

If asked to describe your mental picture of a successful Eagle Scout service project, most would mention service, leadership, teamwork, and a benefit to the community. However, as projects are proposed and planned, one key component, that of project funding, is often the “elephant in the room” that no one wants to talk about.

Although the National Advancement Team actually prefers that fundraising not be a part of any Eagle service project, the reality is that it is not forbidden. Guidelines for when and how Eagle project fundraising may be conducted are found in the Guide to Advancement, topic 9.0.2.10.

To begin with, projects must not be fundraisers in and of themselves. Projects may, however, include a fundraising component to cover materials and supplies and to otherwise facilitate the project.

Next, it is important to differentiate the between fundraising that requires submission of a fundraising application and that which does not. Donations of money, supplies, or materials from the beneficiary, the Eagle candidate, his family or relatives, his unit or its chartered organization, or from the parents or members of his unit do not require an application.

However, if money, supplies, or materials are to be obtained from other sources, a fundraising application may be necessary. If required, the application can be found in the Eagle Scout Service Project Workbook, and it must be submitted and approved according to local council practices.

Councils have a number of options regarding which efforts require an application. For example, a council might not require an application for such events as bake sales or car washes or for efforts expected to raise less than a certain amount of money, but require one for other fundraising, especially if it could be in competition with its overall fundraising program.

It is imperative that the Eagle Scout candidate, his parents, his Eagle Scout service project coach, the unit leader and committee, and the benefiting organization clearly understand exactly what the local council requires. Additional details pertaining to proper procedures and some important limitations for Eagle Scout service project fundraising are found on the reverse side of the fundraising application.

One final word of caution: All monies, supplies, and materials obtained through Eagle project fundraising efforts belong to the beneficiary. The Eagle Scout candidate must make it clear to donors that anything leftover remains the property of the beneficiary. Should any donor want documentation of a gift, this must be provided by the project beneficiary, not the unit or the Boy Scouts of America. If the beneficiary is not allowed, for whatever reason, to retain excess funds, supplies, or materials, the beneficiary should be asked to designate a suitable charity to receive them. The charity could be the Scout's unit, but the unit must not influence this decision.

New Venture Awards Announced

The official release of the Venturing program update will occur at the Boy Scouts of America National Annual Meeting in May. It has taken two years to complete the revision, and if you want a glimpse into the future, here is a link to a video with the national Venturing president and the president of BSA releasing the Venturing award names:

<http://www.youtube.com/v/r0dmXzGbPHU>.

Venturing Award: The first step in any journey is finding the courage to begin. At this level, the new crew member makes a commitment to join and move forward into the experience of Venturing.

Discovery Award: The adventure of participating with the crew unfolds and each Venturer begins to discover his or her interests and talents. As the youth develop new skills and competencies, their eyes are opened and the world expands for them.

Pathfinder Award: The Venturers develop abilities and skills, and take on increased responsibility for defining one's own way forward in life; all the while, performing service to others, and planning and leading the crew toward its goals.

Summit Award: This highest award in Venturing goes to those youth who have matured in their personal direction, skills, and life competencies, and who have



accepted the responsibility to mentor others and serve their communities.

As details are finalized, information will continue to be released at www.scouting.org/programupdates

Spirit of the Eagle Award honors the Scouts we lost too soon



It's a tragic reality that some Cub Scouts, Boy Scouts and Venturers are taken from us before their time.

These young people who die in an untimely accident or illness leave behind two grieving families: their actual family and their Scouting one.

To help bring these families a small bit of comfort, the Boy Scouts of America created the posthumous Spirit of the Eagle Award. It memorializes the contributions to Scouting these young people made during their time with us.

A recent, devastating example came out of the Sandy Hook school shooting in December 2012. Two of the victims, Chase Kowalski and Benjamin Wheeler, were Tiger Cubs, and the BSA's Chief Scout Executive Wayne Brock personally presented the families with the Spirit of the Eagle Award. It was a touching gesture that helped these families heal.

If, God forbid, a Scout or Venturer you know dies, there's a process for applying for this award.

Unit committees submit an application to their local council, which reviews the request before submitting it to the National Court of Honor. The award is only eligible to youth members under the age of 21, and the application must be submitted within six months of the youth member's death.

Learn more and find the application http://www.scouting.org/scoutsource/awards_central/spiritoftheeagle.aspx

Future Mining in Society MB counselors can get trained for free online

Mining in Society merit badge counselors, here's your chance to sharpen your skills before teaching the [BSA's newest merit badge](#) to Scouts.

The Society for Mining, Metallurgy and Exploration will offer two free online trainings for Mining in Society MB counselors. The class takes an hour, and you can complete it from the comfort of your home computer.



Anyone is welcome to attend, but seats are limited.

Register for the class this link:
<https://smentet.webex.com/mw03071/mywebex/default.do?siteurl=smentet> .

The training class is set for **Wednesday, April 30**, at 9 p.m. Eastern (8 p.m. Central, 7 p.m. Mountain, 6 p.m. Pacific).

To help you get in the Mining in Society spirit, check out these resources
<http://www.mineraleducationcoalition.org/MiningInSocietyMB>

Adopt these 3 steps for healthier meetings, earn the Healthy Unit Patch

Get one of these for everyone in your unit by completing three easy steps.

Drink Right, Move More, Snack Smart.

Those six small words hold big power. Power to make your unit, and therefore your Scouts, healthier.

Changes you employ today could have positive rewards that last Scouts a lifetime. And speaking of rewards, if you make three health-conscious



changes over the next three months, you'll earn a special patch for everyone in your unit.

There's more than a patch at stake, though. For the first time in two centuries, the current generation of children in America may have shorter life expectancies than their parents.

Sure, mom and dad play a vital role in their children's diet and exercise habits. But Scout leaders can make a difference, too. After all, you're with these kids one night a week and one weekend a month, typically. What you do at unit meetings and campouts matters.

Ask yourself: How active are your meetings? What snacks do you serve? What do Scouts drink?

The Boy Scouts of America has partnered with Healthy Kids Out of School (<http://www.healthykidshub.org/>) to offer an incentive to reconsider your answers to those three questions.

Say hello to the **Healthy Unit Patch**, which encourages units to follow the BSA's SCOUTStrong recommendations at meetings, events and excursions.

Adopt the three healthy principles below by completing the 3–6–9 challenge, and you'll earn patches for every Scout in your unit. It's easy and fun. Here's how:

Complete the 3–6–9 challenge

Make these three positive changes — and track them using the score sheet found under "Resources" below — and you'll earn the Healthy Unit Patch.

3: Serve a fruit or vegetable at 3 meetings

6: Make water the main beverage at 6 meetings

9: Include 15 minutes of physical activity at 9 meetings

Once your unit has completed all of the Healthy Unit Patch activities, please send the completed tracker form to:

HealthyKidsOutofSchool@tufts.edu or call Healthy Kids Out of School at (617) 636-0833, for free patches for your Scouts and a certificate for your unit.

Those Units who complete the Healthy Unit Patch and mail their scoresheet to HealthyKidsOutOfSchool@Tufts.edu by June 30, 2014, will be entered into a random drawing for one of five free cases of the Drink Right water bottles seen at right. They come 50 to a case.

Why this matters

This isn't just the BSA recommending you make these changes.

Eric H. Schultz is president and CEO of Harvard Pilgrim Health Care, Healthy Kids Out of School's major supporter. He's also a distinguished Eagle Scout.

That makes him uniquely qualified to speak about both the health side and the Scouting side of this new opportunity to make meetings healthier.

"As a lifelong volunteer in Scouting, I appreciate the values, dedication and commitment it takes to be a strong leader," he says. "Through the Foundation's support year round, out-of-school time programs like the Boy Scouts are making after-school programs healthier.

"By emphasizing smart snacks and more movement, we are setting positive examples for our young Scouts by encouraging them to earn the Healthy Unit Patch, ultimately creating a healthier Scouting experience."

Positive feedback from testing

Alyssa Koomas, regional project manager for Healthy Kids Out of School, agrees. She said the Healthy Unit Patch, which units can complete in about three months, has been well-received in initial testing in the New England area.

"We've been traveling around three states in the area to roundtable meetings," she said. "The goal for us is to show Scout leaders that by encouraging water, fruits and vegetables, and physical activity during their den or troop meetings, they can make a big impact. Once leaders hear what's at stake and how simple it is to make a difference, they're totally onboard. We've had a wonderful response."

Koomas and her colleagues even spent time teaching fun, active games to a bunch of grown-ups at roundtable meetings.

"It was really fun to see these grown men hopping up and down and getting them out of their comfort zones," Koomas said. "And they say, 'I can do this.'"

Start earning the patch now, and your Scouts will be on their way to establishing healthy lifelong habits!

Resources to get you started

- [Healthy Unit Patch overview \(PDF\)](#)
- [Healthy Unit Patch tracker/scoresheet \(PDF\)](#)
- [Healthy Unit Patch parent letter \(PDF\)](#)
- [Healthy Kids Hub with great resources and tips](#)

Healthy Kids is an initiative of ChildObesity180 at Tufts University with major funding from the Harvard Pilgrim Health Care Foundation

These easy-to-remember Scout mnemonics could save a life

In a life-threatening situation outdoors, a Scout's skills are only as good as his memory.

That's why mnemonic devices — popular for schoolchildren memorizing the order of the planets, the metric system, or the colors of the rainbow — are also useful when the pressure's on you to react to a health or safety emergency.



Boost your emergency preparedness with the mnemonics below. Most come courtesy of *Scouting* magazine's friends on [Facebook](#) and [Twitter](#).

1 – Treating shock

"Face is red, raise the head; face is pale, raise the tail."

2 – Warning signs of a stroke

Think **FAST**:

Face – One side of smile droops.

Arms – Do they have equal strength?

Speech – Is it slurred?

Time – If you observe these, get them to a hospital quick.

3 – Hypoglycemia and hyperglycemia

“Hot and dry, sugar high; cold and clammy, need some candy.”

4 – Dehydration

If you’re drinking enough water, your urine should be “Clear and Copious.”

5 – Poisonous plants

“Leaves of three, let it be.” Also, for the non-leaved seasons of the year, “Don’t touch the hairy vines!”

6 – Treating diarrhea

Switch to the BRAT or BRATTY diet:

Banana

Rice

Applesauce

Toast

Some like to add T and Y to get BRATTY:

Tea

Yogurt

7 – Using a fire extinguisher

Cool things off with the [PASS technique](#):

Pull the pin

Aim at the base of the fire

Squeeze the trigger

Sweep across the fire

8 – Proper winter camping attire

Stay warm, but not too warm, by getting COLD:

Clean – dirty clothes lose their loft and get you cold.

Overheat – never get sweaty; strip off layers to stay warm but no too hot.

Layers – dress in synthetic layers for easy temperature control.

Dry – wet clothes (and sleeping bags) also lose their insulation.

9 – Diagnosing hypothermia

Look for the “umble” family. Does the person fumble, mumble, stumble, and grumble?

10 – Identifying poisonous snakes

Looking at the color of bands works for some varieties of snakes. Remember “red on yellow, kill a fellow; red on black, friend of Jack.”

11 – Treating strains

It’s all about RICE, RICE, baby:

Rest: The patient should rest the injured area. Have him or her avoid movement that causes pain.

Immobilize the injured area. Immobilization can lessen pain and prevent further damage.

Cold: Apply cold to the injured area. Applying ice or a cold pack can help reduce swelling and ease pain.

Elevate the injured area above heart level to reduce swelling. Serious injuries to the limbs may preclude this.

12 – When you’re on fire

Just as we learned as kids: “stop, drop, and roll.”

13 – The ABCs of CPR

ABC in its original form stood for “Airway, Breathing, Circulation.” But as [this Wiki page](#) explains, there are now several variations recommended by different groups.

Nearly all groups still use ABC in some form, but others add D for defibrillation using an AED.

14 – Determining a person’s medical history

This one is usually for the pros, but when interviewing a patient, take a SAMPLE:

Signs and Symptoms

Allergies

Medications

Past medical history

Last oral intake

Events leading up to the injury and/or illness

15 – Signs of a fracture

Think SLIPDUCT:

Swelling

Loss of function

Irregularities on the bone surface, such as depressions or lumps

Pain
Deformity
Unnatural movement
Crepitus, a sound similar to scrunching a bag of frozen peas heard/felt when the two ends of a broken bone grate together
Tenderness

16 – Conditions that could cause unconsciousness

They're summarized in the longest mnemonic of the day: FISH SHAPED.

Faint
Infantile convulsions
Shock
Head injury
Stroke
Heart attack
Anaphylaxis
Poisoning
Epilepsy
Diabetes

17 – Identifying edible berries

White and yellow, kill a fellow.
Purple and blue, good for you.
Red ... could be good, could be dead.

(Reprinted from Bryan on Scouting: a blog for BSA's Adult Leaders <http://blog.scoutingmagazine.org/>)

Camp Scout by American Park Network

Use this official Boy Scouts of America/Boys' Life magazine app to plan your next outing with ease!

Find BSA properties near you and with the activities you want to do. Across the county or across the country, you'll be able to find the perfect spot for your next adventure.



From winter sports to fishing, boating to bicycling, skateboarding to ATVs, Camp Scout has you covered.

Camp Scout by Boys' Life includes:

- Park Overviews
- Activities & Descriptions
- Maps & Directions
- Important Phone Numbers
- Weather information

Pick and choose from among 20 different activities and features to find the right place for you, and your friends and family. You can quickly toggle back and forth to find locations that have any or all of the following activities:

- ATV
- Accessible Locations
- Bicycling
- Boating
- COPE
- Camping
- Climbing
- Fishing
- Food Service
- Geocaching
- Hiking
- Horseback Riding
- Lodging
- Orienteering
- Shooting
- Skate Park
- Water Sports
- Winter Sports

As America's leading youth-service organization, the Boy Scouts of America is able to provide this rich database of information absolutely free, with no in-app purchases necessary!

<https://itunes.apple.com/app/id831047810?mt=8>

Scout Programs at the Cosmosphere

The Cosmosphere is known for offering Scout programs as exceptional as the kids it serves. With its professional staff, the Cosmosphere trains, educates and entertains scouts of all ages and interests. From liquid oxygen ice cream to hands-on experiments, the Cosmosphere knows what will inspire, motivate and train scouts for the impossible!



Merit badges and patches in space and related subjects are available for Scouts. All participants will receive a customized Cosmosphere patch.

Boy Scout merit badge programs include:

- Robotics
- Engineering
- Space Exploration
- Astronomy

Scouts can also earn Exploration, Engineering AND Astronomy merit badges while spend the night at the Cosmosphere.

The Cosmosphere and STRATACA - The Kansas Underground Salt Museum are making it possible for you to get the most out of your trip to Hutchinson. Earn a merit badge at the Cosmosphere during the day and then tour the salt museum and spend the night 650 feet underground. Contact both the Cosmosphere and the Salt Museum to make arrangements for your group.

Click here for more details on staying 650' underground with your scout troop. <http://underkansas.org/schools-scouts/scout-adventures/>

The Cosmosphere also offers a 5-day residential camp for Scouts entering grades 6, 7, or 8. Scouts earn five merit badges: Space Exploration, Engineering, Weather, Aviation, and Astronomy.

More information is available here http://www.cosmo.org/ed_sc_boy.htm . To register for any of the Cosmosphere programs, contact Education Coordinator, Laurie Givan at 800-397-0330 or at laurieg@cosmo.org.

BSA High Adventure Bases

Northern Tier

Been wanting to attend Northern Tier this summer but haven't been able to get a crew together? All programs for individuals still have space available, but they are filling quickly!

Click here to learn more about these programs. <http://www.ntier.org>

Adventures on the Sea

The 2015 Sea Base Reservations lottery has come and gone, but the good news is there are still openings available. Spots are first come, first served, so hustle over to www.bsaseabase.org/reservations and reserve your spot today!

2014 Adventures Await

Bring a crew or join one! Crews of 7 to 12 members may register at philmontscoutranch.org today! Individuals and smaller groups may join an existing crew by contacting the Scout Office.

Upcoming Key Dates

Check the Council web site (<http://www.cherokeesbsa.org>) for more information about these events.

- April 3 – Osage Hills District Unit Commissioners (adult leaders)
- April 3 – Osage Hills District Roundtable (adult leaders)
- April 3 – Osage Hills District Order of the Arrow Chapter Meeting (Boy Scouts)
- April 4-5 – Order of the Arrow Spring Fellowship (Boy Scouts)
- April 9-10 – Scoutmaster/Assistant Scoutmaster Leader Specific Training (Boy Scouts)
- April 10 – Grand Lake District Roundtable (adult leaders)
- April 10 – Grand Lake District Order of the Arrow Chapter Meeting (Boy Scouts)
- April 10 – Osage Hills District Eagle Boards of Review (Boy Scouts)
- April 12-13 – Cub and One (Cub Scouts)
- April 25-27 - Council Camporee (Boy Scouts)
- May 1 – Osage Hills District Unit Commissioners (adult leaders)
- May 1 – Osage Hills District Roundtable (adult leaders)
- May 2-4 – Order of the Arrow Section Conclave, Camp Simpson (Boy Scouts)
- May 8 – Osage Hills District Eagle Boards of Review (Boy Scouts)
- May 8 – Grand Lake District Roundtable (adult leaders)
- May 8 – Grand Lake District Order of the Arrow Chapter meeting (Boy Scouts)
- May 10 – Rifle Shooting Merit Badge (Boy Scouts)
- May 17-18 – Climbing Tower Instructor Training (adult leaders)
- May 30 – Council Golf Tournament
- June 3-6 – Osage Hills Cub Scout Day Camp (Cub Scouts)
- June 5 – Osage Hills District Unit Commissioners (adult leaders)
- June 5 – Osage Hills District Roundtable (adult leaders)
- June 8-14 – National Youth Leadership Training (Boy Scouts)
- June 11-13 – Grand Lake Cub Scout Day Camp (Cub Scouts)
- June 12 – Grand Lake District Roundtable (adult leaders)
- June 12 – Grand Lake District Order of the Arrow Chapter meeting (Boy Scouts)
- June 12 – Osage Hills District Eagle Boards of Review (Boy Scouts)
- July 18 – Drillers under the Stars (all units)