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Cherokee Scouter

An official publication of the Cherokee Area Council
 Boy Scouts of America

January 2014

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Top Popcorn Seller in the Council

For the second year, William Shiflet is the top popcorn seller in the Council. He sold \$3,500 in popcorn this year.

Tips for selling -- go through lists of previous years, try to upsell and try to get them to at least get what they bought last year.

Try to get the customer to donate to the troop if they don't like popcorn.

If you get a no answer, just go to the next house.



Don't be afraid to ask! And ask everyone you know!

THE SILVER BEAVER AWARD

Do you know a Scouter who goes above and beyond in living and teaching the Scout Oath and Law? Do you know a Scouter who not only gives to Scouts but to their community? You may know a Silver Beaver! It is time to recognize this individual.

The Silver Beaver Award, is one of the more prestigious awards made by the Boy Scouts of America. The award is presented by the National Boy Scouts and is the highest award that a local council can bestow on a volunteer for rendering outstanding service to Scout Youth.

Nominations are sought annually for Scouters within the District, Council and community who are worthy of this high honor. The criteria for selection go beyond a history of service in Scouting, and include notable service to the community (business, professional, civic, religious,



veteran, fraternal, veteran, rural, and other fields) in addition to exceptional service to Scout youth.

HOW TO RECOMMEND A SCOUTER FOR THE SILVER BEAVER AWARD

1. Any Scouter may nominate another Scouter for the Silver Beaver Award. Other year's nominees, who were not selected, can be re-nominated. Nomination forms are available at the Cherokee Area Council Office, or <http://www.scouting.org/filestore/pdf/92-103.pdf>.
2. Complete the form by getting the information regarding your nominee without his or her knowledge. Additional pages should be added as required to demonstrate the nominee's qualifications.
3. Since there are many worthy Scouters being nominated each year, the committee will give additional weight to a nominee's tenure as a registered Scouter and his involvement in other community youth activities.
4. The Silver Beaver Award is not the type of recognition that Scouters seek or apply for themselves.
5. The Council Executive Committee will approve the appointment of a Silver Beaver Selection Committee. At least one of the members of the Selection Committee will not have served the previous year. The Selection Committee will be representative of each geographical area of the Council and a committee member will be asked during the selection process to secure further information from a district if it becomes necessary.
6. **The DEADLINE for submittal is JANUARY 31, 2014.** The Silver Beaver will be awarded at Council Banquet, March 27, 2014.

SILVER BEAVER AWARD INFORMATION

What is the award and what rules and regulations govern its presentation? The following is taken from Article X, Section 6, Clause 3 of the "Rules and Regulations of the Boy Scouts of America."

The Boy Scouts of America, acting through the National Court of Honor, may award the Silver Beaver Award for

distinguished service to youth upon the following basis and procedure:

- A. This award may be made each year upon the nomination of chartered local councils. These nominations shall be submitted not less than 30 days in advance of the date upon which it is desired to present the awards.
- B. The award is made for noteworthy service of exceptional character to youth by registered Scouters, Boy Scouter, Cub Scouters and Explorer Leaders within the territory under the jurisdiction of a local council.
- C. As evidenced of the award, there shall be presented: a suitable certificate, duly authenticated by the Boy Scouts of America, pursuant to the action of the National Court of Honor, and a miniature Silver Beaver suspended by a blue, white and blue ribbon to be worn around the neck.
- D. It shall be a general policy that no public announcements shall be made by the local council in advance of action by the National Court of Honor with reference to names presented for consideration.
- E. These awards shall be made to the recipients by the local council concerned in connection with its annual meeting or other public function.”

Please submit applications by mail or facsimile to the:

Silver Beaver Selection Committee
Cherokee Area Council, Boy Scouts of America
520 S. Quapaw
Bartlesville, Ok 74003
Fax: 918-512-4789

First Aid / CPR Certification Training January 16

Venture Crew 911 Leaders are offering Scouters a CPR/ First Aid Certification Class, January 16, 2013 at 06:00.

Cost is \$20.00 for a 2 year certification.

Class is limited to the first 20 participants.

For more information or to register for the class please email: charlielewis@yahoo.com.



This is a special discount class not offered to the general public.

University of Tulsa Basketball January 25

Cheer on the Golden Hurricane Men's Basketball team on Boy Scout Day against UAB, and participate in the Pre-Game Scout Festival on the concourse and court of the Donald W. Reynolds Center.



PRE-GAME SCOUT FESTIVAL STARTS AT NOON!

\$6 per person includes:

- Game ticket
- Vendor Fair
- Pinewood Derby Racing
- Chance to earn Merit Badges

Private Autograph Session Post Game with TU Men's Basketball Team Players!

DEADLINE: TICKETS MUST BE ORDERED BEFORE MONDAY, JANUARY 20TH. BY UNIT LEADER. To order tickets for your unit, complete the form at <http://okscouts.doubleknot.com/event/1453752> and submit with payment via e-mail, mail, or fax. Order may also be placed by calling (918) 743-6125.

Scouting for Food January 25 and February 1

Units will pick an area of the city on the map located in the Scout Office to distribute fliers.

Distribution of fliers to neighborhoods on January 25. Then return to pick up food on



February 1. Drop the food at our drop off location, Doenges Family of Autos Ford Dealership from 10am to 2pm

Cub Scout Blue and Gold Banquets

Most Cub Scouts celebrate Scouting Anniversary Week in February with a "birthday party" called the blue and gold banquet. In nearly all packs, the Blue and Gold Banquet is the highlight of the year. It brings families together for an evening of fun and cheer. It's often the pack meeting for February.

The purpose of the Blue and Gold Banquet is to celebrate the pack's anniversary, thank pack leaders and other adults who have helped the pack, and inspire the leaders, Scouts, and parents.

The Blue & Gold Banquet is also when Webelos II Scouts crossover into Boy Scouts. Contact the Scout Office to schedule the Order of the Arrow Ceremony Team at two weeks prior to your pack's Blue and Gold Banquet.

Packs often like to invite former members and other Scouting or community leaders to take part in their Blue and Gold Banquet. This is also the best time to have your Friends of Scouting presentation given by a district volunteer and promote Cub Scout Day Camp!

The banquet can be like a regular pack meeting, with songs, skits, stunts, and awards. Or it can be something different and a little more special. Your pack may decide to bring in an entertainer such as a magician or a storyteller. Or you could have a video or slide show of what the pack did over the past year.

A good banquet needs lots of planning. Most packs begin to plan at least two months ahead of time. Find plans for your February Pack meeting at this link - <http://www.scouting.org/filestore/CubScoutMeetingGuide/pack/PackMeetingTipsFebruary.pdf>

Wilderness and Remote First Aid Training **February 1-2**

Wilderness First Aid is again coming to The Washington County Red Cross and is being taught by Venture Crew 911.

Wilderness First Aid is a 16-hour training course, which is now required by BSA for Philmont and other backwoods activities. It also offers enhanced content to meet OSHA's *Best Practices for Workplace First Aid Training Programs*. Wilderness and Remote First Aid training is also strongly suggested anytime a group is more than 20 minutes from Professional Medical help.

This course includes instruction, participant interaction, and many scenarios. Participants should be at least 14 years old; knowledge of First Aid and current CPR is a prerequisite for this class.



Cost for this Course is \$65, lunch is included. A 25-question test requiring an 80% or better and satisfactory completion of all skills are required for completion.

The dates for the course are: February 1- 2. Participants must attend both classes in order to complete the course. Class will start at 08:30 am and be completed before 6:30 pm each day. The class will be limited to the first 24 participants, for further information and to sign up email Charles Lewis at charlielewis@yahoo.com .

Registration will end on January 27.

Scout Sunday **February 2**

The Boy Scouts of America designates the Sunday that falls before February 8 as Scout Sunday. However, a chartered organization or local religious organization may choose to celebrate on another day.

The Presbyterian Church and United Methodist Church celebrate Scout Sunday on the second Sunday of February. In the Jewish faith, Scout Sabbath is celebrated on the Saturday after February 8, Scouting Anniversary Day.

February 8, 1910 was the founding of the Boy Scouts of America by W. D. Boyce and the first Scout Sunday was in 1914.



The Scout Law says that a "Scout is Reverent" and the Scouts of all ages promise to do their "Duty to God". These values strengthen youth character in their family, community and faith.

This year's Area 8 Scout Sunday theme is:

Leading our devotions:

Under the stars

Under the roof

Within our heart

Under the stars – wherever Scouts come together we offer devotions to Almighty God;

Under the roof – Scouts are in the churches of their communities offering and leading the devotions;

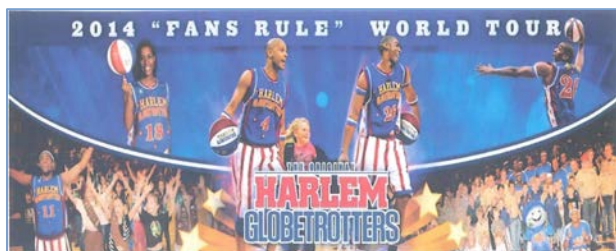
Within our heart – Alone or in a crowd, Scouts remember the personal devotion they owe to their Creator.

Resources for a Scout Sunday observance - http://meritbadge.org/wiki/index.php/Scout_Sunday

A patch for Scout Sunday 2014 is available for purchase at the Scout Shop.

Harlem Globetrotters February 7

Indian Nations Council is sponsoring special Scout prices for the Harlem Globetrotters at the BOK Center in Tulsa.



Order form is available here:

<http://www.okscouts.org/wp-content/uploads/2013/11/Harlem-Globetrotters.pdf>

Deadline to order is February 5th

Business & Home Show February 8

The Council will have a booth at the Bartlesville Regional Chamber of Commerce Business & Home Show on February 8th at the Washington County Fairgrounds in Dewey. Last year's show provided participants with direct contact to over 2,000+ attendees.



The Council would like volunteers to man the booth from 8:45 a.m. to 4 p.m. Please call the Scout Service Center to sign up for a slot or the entire day.

Winter Merit Badge Festival February 15

The schedule of merit badges that will be taught is now available. Registration is open NOW!

Troops register by filling out the Troop Registration page. The completed Troop Registration form should be e-mailed to cherokeesba@cherokeesba.org After emailing the Troop Registration form, contact the Scout Service Center to arrange payment.

The following Eagle-required merit badges are being offered: Camping, Citizenship in the Community, Citizenship in the Nation, Citizenship in the World, Communication, Cooking, Emergency Preparedness, First Aid, Personal Fitness, Personal Management, Sustainability, and Swimming.

- Emergency Preparedness, First Aid, and Swimming are 2 sessions (all morning or all afternoon).
- Transportation to and from the pool for the Swimming MB will be provided. Scouts meet at the North entrance of TCTC at 7:45 for the morning session and at 12:45 for the afternoon session.

- Family Life will not be offered in a separate session, but will be discussed during the Personal Fitness and Personal Management sessions.
- Sustainability has pre-requisites that **MUST** be completed prior to attending the class and brought to class.

New merit badges being taught this year include: Architecture, Art, Collections, Crime Prevention, Electricity, Graphic Arts, Painting, Plumbing, and Skating.

Everyone will have lunch at the same time. Troops should gather at their assigned area by 12:10

In-council registrations should be submitted no later than January 15th. Note that there are a limited number of spots available. Troops not registered by January 15th might not be able to participate.

A drawing will be held on January 16th for out-of-council registrations to fill any remaining open spots.

Registration closes January 15th or when the maximum number of registrations has been reached. No late registrations will be accepted.

Grand Lake District Pinewood Derby February 22

Miami Civic Center

1:00pm to 1:30pm Registration

1:30pm to 4:00pm Races

Come join us for the ***Big Grand Lake District Pinewood Derby*** race!

All Cub Scouts can race for free for a chance to win a trophy.

The open division will allow anyone else who would like to try their chance at racing to enter. The cost for Open Division Registration is \$3.00 for awards.

All cars must weigh less than 5 ounces and follow the construction instructions included in the box with each car.

If you have questions call Chris Brown 918-5417955 or Doug Banner 918-344-4085

Friends of Scouting Patron Dinner February 27

To honor all FOS patrons, and encourage new, the Council is pleased to announce the 2014 Patron Dinner. FOS patrons constitute the backbone of financial support for Scouting in Northeast Oklahoma. Over 3600 youth and leaders are counting on its patrons to carry on its traditional values.

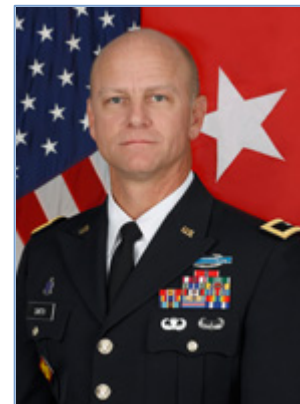
Table sponsorships are available: \$800 and up. Other sponsorships are:

- Eagle Class: \$1,000
- Gold Eagle Class: \$2,500
- Platinum Eagle Class: \$5,000
- Second Century Society: \$25,000 and up

Eagle Scout Brigadier General Hopper Smith, Oklahoma Army National Guard, will give the keynote address for this year's FOS Patron Dinner.

Brigadier General Hopper T. Smith graduated from Tulsa Memorial High School in 1980 and enlisted as an infantryman in C Co, 1-179, 45th Infantry Brigade in Bartlesville, OK in 1981.

He attended Oklahoma State University (BS Geology) and was commissioned through ROTC in 1983 as an Infantry officer.



He was assigned back to the 1-179 Infantry, where he served as Rifle Platoon Leader, Mortar Platoon Leader, Battalion Support Platoon Leader, Company Executive Officer and Rifle Company Commander. While in the 1-179 he served as Battalion Intelligence Officer, then moved to 45th Brigade staff as the Assistant Intelligence Officer, Intelligence Plans Officer, and Brigade Intelligence Officer. He then moved back to the 1-179 Infantry as the Battalion Operations Officer and finally, the Battalion Commander.

As Battalion Commander, then LTC Smith was mobilized with the 45th Infantry Brigade in 2003 to deploy to Afghanistan, and his battalion leadership was reconfigured as the 1st Embedded Training Team under

Task Force Phoenix and assigned as Combat Advisors to 1st Brigade, Afghan National Army.

Upon return, BG Smith was assigned to Joint Forces Headquarters and received an appointment to the Joint Military Intelligence College, where he earned an additional functional area as FA-34, Strategic Intelligence Officer. BG Smith later took command of the 189th Regiment (RTI) and received an appointment to the U.S. Army War College.

BG Smith then moved back to Joint Forces Headquarters as the State Director of Public Affairs as he completed the War College.

In 2011, BG Smith was again mobilized to serve as a Combat Advisor to the Afghan National Army in conjunction with the mobilization of the 45th Infantry Brigade. His Stability Transition Team was assigned to 201st Corps, Afghan National Army in Forward Operating Base Gamberi and operated throughout the 7 provinces of eastern Afghanistan.

BG Smith returned in May 2012 and now serves as the Assistant Adjutant General, Army, Oklahoma Army National Guard.

Council Banquet

March 25 – NOTE THE DATE CHANGE!

The 2014 Council Banquet and Eagle Class Recognition will be held on March 25th. **Note the date change!**

This is a memorable event that will honor council volunteers, new Silver Beavers, and the 2013 Eagle Class!

Eagle Scouts earned in 2013 should plan to stay after the banquet to be included in this year's Eagle Class Picture. Additionally, please be in full uniform to include merit badge sash and neckerchief.

Details for this event are available here

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

National Youth Leadership Training

June 8-13

NYLT is BSA's premier youth leadership training program. NYLT is a 6 day course that will teach Scouts the skills of leadership, provide opportunities for

practical experience, and transform Scouts into leaders that can serve their units and community.

Registration for Cherokee Area Council's NYLT course is now open, and space is limited.

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

Cost is \$200 which includes:

- meals-Sunday through Friday
- 3 Course T-shirts
- Course Hat
- Patch
- Participant workbook



Limited scholarships are available.

Key Dates:

- May 1 - Registration Deadline
- May 18 - Participant Orientation
1:00-3:00pm @ Camp McClintock
- June 8 - Check-in
12:00-12:30pm @ Camp McClintock
- June 13
Closing Campfire - 7:00pm
Open to parents/Scoutmaster

This course draws upon the most current leadership models used by corporate America, academic circles, and successful outdoor leadership organizations throughout the country.

This exciting and fast-paced training discusses team development and appropriate leadership strategies to enable teams and units to reach their highest performance level.

Come experience the ultimate in youth leadership training!

Osage Hills District News

Osage Hills District earns the 2013 Journey to Excellence Gold Award. Osage Hills District wants to thank all scouts, parents, scouter and supporters of the District for a successful 2013. Because of

each of you, we achieved the Gold Award. A few highlights of the 2013 JTE were an increase in membership; an increase in FOS and Popcorn Sales; an increase in Cub Scout camping, and an increase in Commissioner Service.

We also want to thank all the District Committee members and District Commissioners, who made this all possible. A special thank you for the outstanding leadership of Candi Barlow, who has completed her term as District Chairperson.

Osage Hills District hosted the Fall Council Camporee at Woolaroc Museum. Under the leadership of Ray Peaster over two hundred thirty two attendees competed in a cooking round robin competition and experienced the magic of Woolaroc. (Thank you Ray!)

On January 9th the District celebrated at its annual banquet. Several Scouters were recognized for their commitment to Scouting.

Scouts will be helping to reduce hunger through our Scouting for Food drive. We will have Scouts canvassing neighborhoods on January 25, and collecting donations on February 1. All food will be taken to Doenges Family of Autos where it will be distributed to shelters and food banks.

The District will hold CPR and 1st aid training on January 16 at the Red Cross Office <http://www.cherokeebbsa.org/activities/2014FirstAidCPR.pdf>. Wilderness 1st Aid, which is required for high adventure treks, will be held on February 1-2 at Camp McClintock <http://www.cherokeebbsa.org/activities/2014WildernessFirstAid.pdf>

Cub Scouts should be looking forward to the Pinewood Derby and Fun day on March 29th, and the Cub and One campout at Camp McClintock the weekend of April 11, 2014.

Registration for 2015 Northern Tier Adventures Is Now Open

Northern Tier has an exhilarating variety of high adventures for youth. Spend autumn backpacking in the North Woods, explore millions of acres of wilderness in northern Minnesota and Canada, enjoy fishing and canoeing from the Boundary Waters Canoe Area

Wilderness in Minnesota to the Atikaki Provincial Park of Manitoba Canada, and test your mettle in the Okpik winter expeditions.



A few things to remember as you prepare to register:

- All registration in online at <http://www.ntier.org/>
- Have your membership number available.
- Designate one adult to make your reservation.

If you have specific program questions or concerns please call 218-365-4811 prior to making your reservations.

15th Jamboree Caribbean Jamboree

Date of Event: July 21-28, 2014

Country: Curaçao **Host:** Scouting Antiano

Age: 15-17 (Boy Scouts, Venturers) & Adults

Contingent size: 18 youths + 4 adults

Departure Date: July 20, 2014

Location: Ronde Klip Campsite, Willemstad, Curaçao

Cost: \$1600 (includes travel [round trip, US – Curaçao], lodging, food, event fee, patches, neckerchief, duffel bag, and lots of fun!!)

Interested Boy Scouts, Venturers, and adults must be nominated by International Representatives and local councils.

Contact the Scout Office for more information ASAP as the deadline for nominations from the Council is February 1, 2014.

Iceland International Jamboree 2014

Date of Event: July 20-27, 2014

Country: Iceland **Host:** The Icelandic Boy and Girl Scout Association

Age: 15-20 (Boy Scouts, Venturers) & Adults

Contingent size: 8 youths + 2 adults

Departure Date: July 17, 2014

Location: Hamrar, Akureyri, Iceland

Cost: \$2600 (includes travel [round trip, US – Iceland], lodging, tour, food, event fee, patches, neckerchief, duffel bag, and lots of fun!!)

Interested Boy Scouts, Venturers, and adults must be nominated by International Representatives and local councils.

Contact the Scout Office for more information ASAP as the deadline for nominations from the Council is February 1, 2014.

Philmont Leadership Challenge

WHAT IS THE PHILMONT LEADERSHIP CHALLENGE?

Adults learn to internalize and practice their leadership skills in this action-packed backcountry conference. The course hones the skills taught in Wood Badge in an outdoor experiential learning environment. PLC

underscores the values of Scouting, teamwork, and promotes the concepts of servant leadership. The course is open to Scouters in all programs.



WHAT CAN I EXPECT?

PLC is a very special experience. You will camp in a team setting that enables participants to use their leadership skills to resolve challenging situations

WHAT WILL I TAKE HOME FROM PLC?

- The skill, ability, and motivation to be a dynamic and effective leader taught through advanced, practical applications of Wood Badge skills.
- Innovative techniques to deliver Wood Badge skills to units and councils.
- Nationwide resources including new ideas and contacts that can only be gained through a program of this type.

WHO CAN COME?

The course is open to adults who have completed Wood Badge. Participants must meet Philmont's backcountry physical standards as specified in the BSA Health and Medical Record, Parts A, B, C, and D.

WHEN IS IT?

Two courses will be held at Philmont Scout Ranch in 2014:

- July 20-26
- September 14-20

Note: Participants will not have an opportunity to be with their families during the week.

HOW MUCH DOES IT COST?

The fee for the six-day course is \$515. A payment of at least \$50 is due when you complete the online application, with the balance due 30 days prior to arrival.

HOW DO I REGISTER?

To register go to www.myscouting.org, and click on the Events Registration Tab.

HOW CAN I GET MORE INFORMATION?

- Visit the PLC Facebook page:
www.facebook.com/philmontleadershipchallenge
- Visit the Philmont Training Center (PTC) website: www.philmontscoutranch.org/ptc.aspx
- Send PTC an email:
trainingcenter@philmontscoutranch.org
- Call PTC: 575-376-2281

National Advanced Youth Leadership Experience AND NYLT Leadership Academy

Dynamic Training for Scouting's Youth Leaders

After you've completed National Youth Leadership Training (NYLT), take your leadership skills to the next level by participating in the National Advanced Youth Leadership Experience (NAYLE) and the NYLT Leadership Academy.

WHAT ARE THESE COURSES?

- **NAYLE** is an exciting program that will enhance your leadership skills. You will expand upon the team building and ethical decision

making skills learned in NYLT. NAYLE emphasizes leadership, teamwork, and selfless service using the core elements of NYLT to make these skills intuitive.

- The **NYLT Leadership Academy** will train you to be a world-class presenter, evaluator, and leader of your council's NYLT courses. During your week at the academy, you will hone your presentation and evaluation skills, meet successful leaders, participate in problem solving panels, learn best practices, and much more!



WHERE AND WHEN ARE THEY HELD?

- Six NAYLE sessions will be held at **Philmont Scout Ranch** in 2014: June 15-21, June 22-28, July 5-11, July 13-19, July 27-August 2 & August 3-9.
- Two NAYLE sessions will be held at **Florida Sea Base** in 2014: March 15-21 & April 12-18.
- Two NYLT Leadership Academy sessions will be held in **Washington, DC** in 2014: July 6-12 & July 13-19.

WHO IS ELIGIBLE TO ATTEND?

Specific requirements to attend vary slightly from program to program, but in general you must be at least 14 years old (or 13 and have completed the 8th grade) and have completed NYLT.

HOW DO I GET MORE INFORMATION?

Additional information, including how to register, is available from the websites listed below:

- **Philmont NAYLE:** www.philmontscoutranch.org
- **Sea Base NAYLE:** <http://2014NAYLEatFSB.kintera.org/>
- **NYLT Leadership Academy:** www.nylt-leadershipacademy.org

Tuck everlasting: Scout uniform shirts should always be tucked in, BSA says

To tuck or not to tuck.

That was the question on the minds of hundreds of parents who have called the BSA headquarters over the past several months.

Their query: Does the Boy Scouts of America require uniform shirts to be tucked in? The questions are specifically referring to field uniforms (known to some by the unofficial name "Class A") and not activity uniforms ("Class B").

Problem is there hasn't been an official policy in the past. The requirement was that the uniform-wearer must be "neat in appearance." Most packs, troops, and crews interpreted that to mean tucking the shirts in, but a few didn't.



Now we've got our final answer. Read the BSA's official stance after the jump:

Effective Oct. 1, 2013, the official stance on the Boy Scouts of America's uniform policy is that shirts are to be worn tucked in, regardless of whether the wearer is a Cub Scout, Boy Scout, Varsity Scout, Venturer or adult Scouter. All Sea Scout uniforms are designed to be tucked in except youth dress whites and youth dress blues.

In the past, guidelines have simply stated the uniform wearer should be neat in appearance. Neatness includes tucking in the shirt. This update will appear in related resources, such as the uniform inspection sheets, as they are revised and printed.

So there you have it: Tuck those uniform shirts in. Though the official stance is new, the practice is old as the BSA itself. Any time you see a Scout wearing a uniform in an official BSA-printed publication, his shirt is tucked in. Just look through the *Boy Scout Handbook*,

Scouting or Boys' Life magazines, a BSA Supply catalog, or any merit badge pamphlet, and you'll see exclusively tucked-in shirts.

Equally important is what's not being said here. The BSA doesn't tell you to wear the field uniform at all times. Many units that conduct a service project or take a weekend backpacking trip will leave the field uniform shirt on the hanger at home. But that's up to you (and your Scouts) to decide.

Feast your eyes on the new requirements for Cooking merit badge

The sound of the kitchen timer can only mean one thing: The new Cooking merit badge requirements are done.

For the new Cooking merit badge, which became Eagle-required on Jan. 1, 2014, Scouts will prepare meals using the MyPlate food guide, understand and explain food allergies, and learn about cooking food indoors.

This is important: there are two big, separate changes to Cooking merit badge. The first is that Cooking merit badge became Eagle-required beginning Jan. 1, 2014. The second is the new requirements, found below, which become mandatory for Scouts who begin the merit badge on or after Jan. 1, 2015.



The new Cooking pamphlets will be in Scout Shops by the end of January 2014. From now until Dec. 31, 2014, a Scout may use the old or new requirements — his choice. All Scouts beginning Cooking merit badge on or after Jan. 1, 2015, must use the new requirements.

- **Scouts who have already started Cooking MB using old requirements:** They're fine and may finish with the old requirements. They *will not* need to re-earn the merit badge with the new requirements, but they may switch to the new ones if they choose. There is no time limit between starting and completing a badge, although a counselor may determine so much time has passed since any effort took place that the new requirements must be used.

- **Scouts who have already earned Cooking MB:** They may purchase or be presented with the new, silver-bordered Cooking MB patch (regardless which requirements were involved). They don't need to re-earn it now that it's Eagle-required. But they can't wear both the green- and the silver-bordered versions.
- **Scouts who begin Cooking MB in 2013 or 2014:** They may use the old or new requirements — their choice.
- **Scouts who begin Cooking MB in 2015 or beyond:** They must use the new requirements.

Think of 2014 as a transition period for the merit badge. During this time, you'll find both pamphlets in Scout Shops, and a boy may choose which to use. It's easy to tell them apart:



The new Cooking merit badge requirements

Requirements

1. Do the following:
 1. Explain to your counselor the most likely hazards you may encounter while participating in cooking activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.
 2. Show that you know first aid for and how to prevent injuries or illnesses that could occur while preparing meals and eating, including burns and scalds, cuts, choking, and allergic reactions.
 3. Describe how meat, fish, chicken, eggs, dairy products, and fresh vegetables

should be stored, transported, and properly prepared for cooking. Explain how to prevent cross-contamination.

4. Describe the following food-related illnesses and tell what you can do to help prevent each from happening:
 1. Salmonella
 2. Staphylococcal aureus
 3. Escherichia coli (E. coli)
 4. Clostridium botulinum (Botulism)
 5. Campylobacter jejuni
 6. Hepatitis
 7. Listeria monocytogenes
 8. Cryptosporidium
 9. Norovirus
 5. Discuss with your counselor food allergies, food intolerance, food-related diseases, and your awareness of these concerns.
2. Do the following:
 1. Using the MyPlate food guide or the current USDA nutrition model, give five examples for EACH of the following food groups, the recommended number of daily servings, and the recommended serving size:
 1. Fruits
 2. Vegetables
 3. Grains
 4. Proteins
 5. Dairy
 2. Explain why you should limit your intake of oils and sugars.
 3. Determine your daily level of activity and your caloric need based on your activity level. Then, based on the MyPlate food guide, discuss with your counselor an appropriate meal plan for yourself for one day.

4. Discuss your current eating habits with your counselor and what you can do to eat healthier, based on the MyPlate food guide.

3. Do the following:

1. Discuss the following food label terms: calorie, fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, dietary fiber, sugar, protein. Explain how to calculate total carbohydrates and nutritional values for two servings, based on the serving size specified on the label.
2. Refer to “How to Read a Food Label” in the Cooking merit badge pamphlet, and name ingredients that help the consumer identify the following allergens: peanuts, tree nuts, milk, eggs, wheat, soy, and shellfish.

4. Do the following:

1. Discuss EACH of the following cooking methods. For each one, describe the equipment needed and name at least one food that can be cooked using that method: baking, boiling, pan frying, simmering, steaming, microwaving, and grilling.
2. Discuss the benefits of using a camp stove on an outing vs. a charcoal or wood fire.
3. Discuss how the Outdoor Code and no-trace principles pertain to cooking in the outdoors.

Note: The meals prepared for Cooking merit badge requirements 5, 6, and 7 will count only toward fulfilling those requirements and will not count toward rank advancement. Meals prepared for rank advancement may not count toward the Cooking merit badge. You must not repeat any menus for meals actually prepared or cooked in requirements 5, 6, and 7.

5. Using the MyPlate food guide or the current USDA nutrition model, plan a menu for three full days of meals (three breakfasts, three lunches, and three dinners) plus one dessert. Your menu should include enough to feed

yourself and at least one adult, keeping in mind any special needs (such as food allergies) of those to be served. List the equipment and utensils needed to prepare and serve these meals. Then do the following:

1. Create a shopping list for your meals showing the amount of food needed to prepare and serve each meal, and the cost for each meal.
2. Share and discuss your meal plan and shopping list with your counselor.
3. Using at least five of the seven cooking methods from requirement 4, prepare and serve yourself and at least one adult (parent, family member, guardian, or other responsible adult) one breakfast, one lunch, one dinner, and one dessert from the meals you planned.*
4. Time your cooking to have each meal ready to serve at the proper time. Have an adult verify the preparation of the meal to your counselor.
5. After each meal, ask a person you served to evaluate the meal on presentation and taste, then evaluate your own meal. Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals. Tell how better planning and preparation help ensure a successful meal.
6. Explain how you kept foods safe and free from cross-contamination.
6. Using the MyPlate food guide or the current USDA nutrition model, plan a menu for your patrol (or a similar size group of up to eight youth, including you) for a camping trip. Include five meals AND at least one snack OR one dessert. List the equipment and utensils needed to prepare and serve these meals. Then do the following:
 1. Create a shopping list for your meals showing the amount of food needed to prepare and serve each meal, and the cost for each meal.

2. Share and discuss your meal plan and shopping list with your counselor.
3. In the outdoors, cook two of the meals you planned in requirement 6 using either a lightweight stove or a low-impact fire. Use a different cooking method for each meal.** The same fireplace may be used for both meals. Serve this meal to your patrol or a group of youth.
4. In the outdoors, cook one of the meals you planned in requirement 6. Use either a Dutch oven, OR a foil pack, OR kabobs. Serve this meal to your patrol or a group of youth.**
5. In the outdoors, prepare a dessert OR a snack and serve it to your patrol or a group of youth.**

* The meals for requirement 5 may be prepared on different days, and they need not be prepared consecutively. The requirement calls for Scouts to plan, prepare, and serve one breakfast, one lunch, and one dinner to at least one adult; those served need not be the same for all meals.

** Where local regulations do not allow you to build a fire, the counselor may adjust the requirement to meet the law. The meals in requirements 6 and 7 may be prepared for different trips and need not be prepared consecutively. Scouts working on this badge in summer camp should take into consideration foods that can be obtained at the camp commissary.

6. After each meal, have those you served evaluate the meal on presentation and taste, and then evaluate your own meal. Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals. Tell how better planning and preparation help ensure successful outdoor cooking.
7. Explain how you kept foods safe and free from cross contamination.
8. Using the MyPlate food guide or the current USDA nutrition model, plan a menu for trail

hiking or backpacking that includes one breakfast, one lunch, one dinner, and one snack. These meals must not require refrigeration and are to be consumed by three to five people (including you). List the equipment and utensils needed to prepare and serve these meals. Then do the following:

6. Create a shopping list for your meals, showing the amount of food needed to prepare and serve each meal, and the cost for each meal.
 7. Share and discuss your meal plan and shopping list with your counselor. Your plan must include how to repackage foods for your hike or backpacking trip to eliminate as much bulk, weight, and garbage as possible.
 8. While on a trail hike or backpacking trip, prepare and serve two meals and a snack from the menu planned for requirement 7. At least one of those meals must be cooked over a fire, or an approved trail stove (with proper supervision).**
 9. For each meal prepared in requirement 7c, use safe foodhandling practices. Explain how you kept foods safe and free from cross-contamination. Clean up equipment, utensils, and the site thoroughly after each meal. Properly dispose of dishwater, and pack out all garbage.
 10. After each meal, have those you served evaluate the meal on presentation and taste, then evaluate your own meal. Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals. Tell how better planning and preparation help ensure successful trail hiking or backpacking meals.
9. Find out about three career opportunities in cooking. Select one and find out the education, training, and experience required for this profession. Discuss this with your counselor,

and explain why this profession might interest you.

BSA Outdoor Ethics

Outdoor ethics is deeply ingrained in the BSA program. No place is this more important than in the outdoors. Scouting and Venturing have a long, proud tradition of conservation service to the nation.



How do we preserve that tradition? By heeding the challenge in the Outdoor Code:

As an American, I will do my best to—
Be clean in my outdoor manners.
Be careful with fire.
Be considerate in the outdoors.
Be conservation minded.

Building upon this foundation, the Cub Scout, Boy Scout, Varsity Scout, Venturing, and Sea Scout programs all include outdoor stewardship, care for the environment, and Leave No Trace as part of their programs.

At the Boy Scout and Varsity Scout levels, youth are encouraged to take leadership positions in encouraging proper outdoor ethics using the principles of Leave No Trace. Many Venturing crews have similarly adapted Leave No Trace principles to guide their outdoor recreation activities.

Through the Outdoor Code and Leave No Trace, we can take responsibility for our own impacts. We can provide leadership to those around us to reduce their impacts by making good choices. Together, we can preserve and conserve our rich environmental heritage.

To learn more about the Principles of **Leave No Trace**, [click here](http://www.scouting.org/scoutsource/OutdoorProgram/OutdoorEthics/LeaveNoTrace.aspx)
<http://www.scouting.org/scoutsource/OutdoorProgram/OutdoorEthics/LeaveNoTrace.aspx>

To learn more about **Tread Lightly**, [click here](http://www.scouting.org/scoutsource/OutdoorProgram/OutdoorEthics/TreadLightly.aspx)
<http://www.scouting.org/scoutsource/OutdoorProgram/OutdoorEthics/TreadLightly.aspx>

Scouts and Venturers who embrace the Outdoor Code and the principles of Leave No Trace often find that they wish to give back and help protect the environment that has given them so much. Some may find that they are "wild with love for the green outdoors—the trees, the tree-top singers, the wood-herbs, and the nightly things that left their tracks in the mud," in the words of Ernest Thompson Seton, the first Chief Scout.

These Scouts and Venturers have begun to feel what Aldo Leopold called the "Land Ethic." The Land Ethic extends our concern beyond our fellow Scouts and Venturers, our families and friends, and even humanity itself to the entire environmental community of which we are a part—the deserts, forests, fish, wildlife, plants, rocks, oceans, and web of life encompassing them—what Leopold called "the Land."

To learn more about the **Land Ethic**, click here <http://www.scouting.org/scoutsource/OutdoorProgram/OutdoorEthics/LandEthic.aspx>

Outdoor ethics is not just for youth. Adult volunteers are encouraged to seek training in basic outdoor skills and even take specialized courses to learn Leave No Trace skills. Many councils have Outdoor Ethics advocates who provide leadership to their local units in learning and practicing good outdoor ethics.

Do you have questions about Scouting's outdoor ethics? Email outdoorethics@netbsa.org

Outdoor Ethics Awards

Guided by the Outdoor Code and Leave No Trace, millions of Scouts have enhanced their awareness of the natural world around them, minimizing impact. <http://www.scouting.org/scoutsource/OutdoorProgram/OutdoorEthics/Awards/Venturing.aspx>

act to the land.

For Scouts who have a deep interest in the outdoors, nature, and the environment, Scouting's outdoor ethics will give you an ever-deeper appreciation of the richness of the land and how we fit into it.

If you are prepared to venture down the path of really becoming aware of your surroundings, of building the skills that will allow you to leave no trace on the land, then the Outdoor Ethics Awareness and Action Awards are for you.

- Cub Scout and Scouter - <http://www.scouting.org/scoutsource/OutdoorProgram/OutdoorEthics/Awards/CubScout.aspx>
- Boy Scout and Scouter - <http://www.scouting.org/scoutsource/OutdoorProgram/OutdoorEthics/Awards/BoyScout.aspx>
- Varsity Scout and Scouter - <http://www.scouting.org/scoutsource/OutdoorProgram/OutdoorEthics/Awards/Varsity.aspx>
- Venturer and Scouter - <http://www.scouting.org/scoutsource/OutdoorProgram/OutdoorEthics/Awards/Venturing.aspx>
- Scouting's Leave No Trace Awareness Award and Leave No Trace Achievement Award - <http://www.scouting.org/scoutsource/OutdoorProgram/OutdoorEthics/LNTAwards.aspx>

Upcoming Key Dates

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

- January 9 – Osage Hills District Banquet (all units and their families)
- January 9 – Grand Lake District Banquet (all units and their families)
- January 16 – CPR/First Aid certification (all units)
- January 17-19 – Trappers Rendezvous, near Newton KS (Boy Scouts)
- January 24-25 – Order of the Arrow Lodge Leadership Development and Winter Banquet (Boy Scouts)
- January 25 – Scouting for Food, flyer distribution, Bartlesville (all units)
- February 1 – Scouting for Food, food pickup, Bartlesville (all units)
- February 1-2 – Wilderness First Aid (Boy Scouts)
- February 8 – Bartlesville Regional Chamber of Commerce Business & Home Show
- February 15 – Winter Merit Badge Festival (Boy Scouts)
- February 22 – Grand Lake District Pinewood Derby (all units and their families)
- February 27 – Friends of Scouting Patron Dinner (all units)
- March 7-8 – Order of the Arrow Ordeal (Boy Scouts)
- March 8 – Helpful Day (all units)
- March 25 – Council Banquet (all units and their families)
- March 28-29 – Outdoor Leader Training (all units)
- March 29 – Osage Hills District Derby Day (all units and their families)
- April 1 – Camp McClintock reopens
- April 4-5 – Order of the Arrow Spring Fellowship (Boy Scouts)
- April 9-10 – Scoutmaster/Assistant Scoutmaster Leader Specific Training (Boy Scouts)
- April 11-12 – Cub and One (Cub Scouts)
- April 25-27 - Council Camporee (Boy Scouts)
- May 2-4 – Order of the Arrow Section Conclave (Boy Scouts)
- June 3-6 – Osage Hills Cub Scout Day Camp (Cub Scouts)
- June 6 – Council Golf Tournament
- June 8-14 – National Youth Leadership Training (Boy Scouts)
- June 11-13 – Grand Lake Cub Scout Day Camp (Cub Scouts)