

Arrowhead District Boy Scout Roundtable Newsletter

Don Martin - Roundtable Commissioner
dmartin47@verizon.net 410-215-1599 (cell)

April 2008 Theme:

Orienteering: Presented by Brian Macari

May 2008 Theme:

Aviation: Presented by Mel Schictman

Related websites:

Orienteering: <http://www.us.orienteering.org/>

Orienteering: <http://qoc.nova.org/>

Orienteering: <http://usscouts.org/usscouts/mb/mb080.asp>

Orienteering: <http://usscouts.org/netresources/orient.asp>

Bird of the Month:

Chestnut-sided Warbler

http://www.birds.cornell.edu/AllAboutBirds/BirdGuide/Chestnut-sided_Warbler.html

Special attractions:

- Games and more Games
- Friendship and Fellowship
- Refreshments
- Health and Safety Presentation

Knot of the Month:

The Water Knot

<http://www.animatedknots.com/waterknotrescue/index.php?LogoImage=LogoGrog.jpg&Website=www.animatedknots.com>

Scoutmaster Minute Possibilities

- Wise sayings often fall on barren ground, but a kind word is never thrown away. Arthur Helps (1813-1875) Writer
- The hill may be long and steep, but if our steps are moderate in pace, the chances of getting to the top are much better than if we start too rapidly and are forced to quit before we reach our goal. Jerome A. Waterman An Inspiration A Day Florida Growers Press
- I consider that a man's brain originally is like a little empty attic, and you have to stock it with such furniture as you choose. Arthur Conan Doyle A Study In Scarlet
- Getting an idea should be like sitting down on a pin; it should make you jump up and do something. E. L. Simpson



Constellation of the Month:

Draco: The Dragon. This constellation snakes between the big Dipper and the Little Dipper. The head is a group of four stars that are west of a line from the Big Dipper and Polaris and at about the same elevation as Polaris.



Image from the following web site

<http://www.smokymtnastro.org/Seasons/Spring/Spring%20Sky%20Tour.htm>

Wilderness Survival Quiz

From Wilderness Survival Skills Knowledge Cars. © Pomegranate Communications, Inc.
(<http://pomegranate.stores.yahoo.net/sc0107.html>)

What should you do to stay hydrated?

Guzzle lots of water before you hit the trail. Bring enough so you can drink about 8 ounces (a big glass) every half-hour when you're working hard. At 8.4 pounds per gallon, that can mean a lot of obnoxious water hauling. Where surface water is available, iodine tablets or a water purifier may be lighter. Always treat found water. Avoid sugary drinks; they reduce your bodies ability to absorb water. Coffee, tea, and alcohol are diuretics, increasing water loss through frequent urination. Some studies suggest that popular "sport drinks" are little better than plain water. If humidity is low, wetting your clothes (a long sleeved T-shirt is nice for this) and hat will reduce water loss through sweating. In very hot weather, avoid hiking during the hottest hours.