

Arrowhead District Boy Scout Roundtable Newsletter

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

August 2007 Theme:

Hiking – Brian Maynard will be presenting.

Related Merit Badges:

Backpacking, Camping, Cooking, Hiking, Wilderness Survival

Related web sites:

Hiking Merit Badge <http://www.usscouts.org/mb/framesindex.html>
Campmor <http://www.campmor.com>
REI <http://www.rei.com>
Golite <http://www.golite.com/main/home.aspx>

Special Session

Summer camp attendance and experience

Next months theme

Pioneering

Knot of the Month

Double fisherman's

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

Bird of the Month

Red Shouldered Hawk

http://www.birds.cornell.edu/AllAboutBirds/BirdGuide/Red-shouldered_Hawk.html

Medical Minute

Animal, Insect and Snake Bites

http://www.emedicinehealth.com/insect_bites/article_em.htm
<http://www.webmd.com/a-to-z-guides/Insect-Bites-and-Stings-and-Spider-Bites-Topic-Overview>

Scout Master Minute Possibilities

- Be Prepared – An oldie but a goodie, relates to so many things we do, just relate to your theme
- Personal First Aid Kit



Wilderness Survival Quiz

What is the proper pace for hiking?

The most efficient pace is also the safest and most satisfying. It is determined by assessing the physical condition and capabilities of all members, how they are dressed and equipped, their pack weight, the weather, the altitude, the terrain, and how long you'll be on the trail. Rule of thumb: you should be able to talk easily while hiking on moderate terrain. As the trail steepens or becomes more difficult, you will automatically slow to keep your heart rate about the same. A good pace allows one 10-minute rest per hour without anyone becoming exhausted or overheated. Pace a group to match the needs of the slowest people. To equalize individual performance, try taking some load from the weakest and adding it to the strongest. Make the hike fun for all.

How do you dispose of garbage and trash?

You packed it in; you pack it out. This includes food "garbage" – leftovers, scraps and fish parts. Don't bury it: wild animals will dig it up messily. That teaches them bad habits and can make them dependent on human visitors. Pick up plastic bags, boxes, bottles, cans, and stove fuel cartridges. Gather the little stuff like lids, candy and gum wrappers, cigarette packs, butts and filter tips, bottle tops, tea bags and the detritus of fishing – especially monofilament line. Even minor trash accumulates over the years to make campsites look like small town dumps. Make a gesture to the future; pack out the stuff others have left, too.

