

Arrowhead District Boy Scout Roundtable Newsletter

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February 2007 Theme:

Physical Fitness – Presented by Steve Severance

Related Merit Badges:

Personal Fitness (and indirectly – Backpacking, Camping, Canoeing, Climbing, Cycling, Hiking, Rowing, Swimming, anything that involves physical activity.)

Related websites:

Personal Fitness Merit Badge

<http://www.meritbadge.com/mb/010.htm>

American Heart Association

<http://www.presidentschallenge.org/>

Presidents' Challenge

<http://www.justmove.org/home.cfm> Presidents' Challenge

General Information to know before you start

<http://www.hoptechno.com/book11.htm>

Upcoming Roundtable themes:

March –Forestry

April – Leadership

Medical Minute:

Sprains and strains

Bird of the Month:

Purple Finch

http://www.birds.cornell.edu/AllAboutBirds/BirdGuide/Purple_Finch.htm

Knot of the Month

Rolling Hitch/Taut line Hitch

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

Special attractions:

- Physical Fitness Awards for Scouts and Scouters
- Games and more Games
- Friendship and Fellowship
- Refreshments

