

# Arrowhead District Boy Scout Roundtable Newsletter

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<b>February</b>	Physical Fitness – Paul Kraus
<b>March</b>	Forestry – Maureen Brooks
<b>April</b>	Leadership – Will Daniels
<b>May</b>	Special Cook – Maureen Hoppa
<b>June</b>	Backpacking – Bryan Maynard & Brian Macari

**BSA Merit Badges:** <http://usscouts.org/usscouts/meritbadges.asp>



The list also includes; Backpacking, Canoeing, Cycling, Hiking, Lifesaving, Personal Fitness, Rowing, and Swimming.

## Related Web sites:

- Boy Scouts of America - <http://www.scouting.org/scoutsourc/Media/Publications/PhysicalFitness.aspx>
- United States government - <http://www.fitness.gov/>
- United States government - <http://www.presidentschallenge.org/>

## Knot of the Month: Double Fisherman's

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

## Bird of the Month: Snow Bunting

[http://www.allaboutbirds.org/guide/Snow\\_Bunting/id](http://www.allaboutbirds.org/guide/Snow_Bunting/id)

## Scoutmaster Minute Possibilities:

- Enthusiasm is the greatest asset in the world. It beats money and power and influence.  
– Henry Chester
- Pessimism wilts everything around it.  
– Michael Levine
- You don't stop laughing because you grow old; you grow old because you stop laughing.  
– Michael Pritchard
- It is in the shelter of each other that the people live.  
– Irish proverb



**Constellation of the Month: Perseus**, The Victorious Hero. It is situated just above Cassiopeia and above and to the left of the North star. An original Greek constellation, Perseus, is the slayer of Medusa. The Perseid meteor shower appears to originate from this constellation. The Beta star, Algol, is a binary star that seems to wink due to the eclipsing action of the stars.

*Information about the constellation from Constellations Knowledge Cards © Dona Budd*

### View to the North

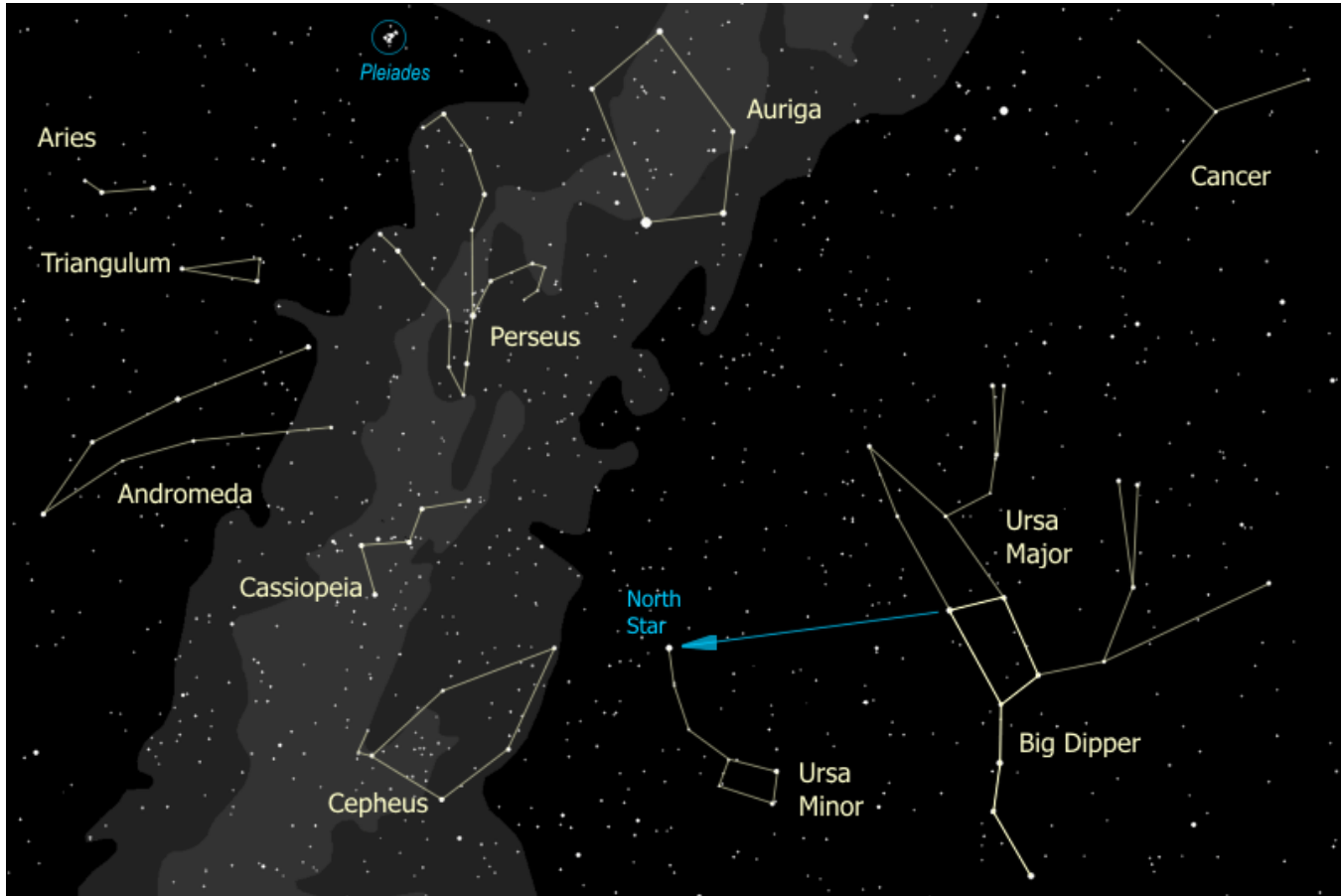


Image from:

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

**Are you trained for your position? Is your training current?  
Every Scout deserves a Trained Leader.**

