

# Arrowhead District Boy Scout Roundtable Newsletter

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

## May 2007 Theme:

Special cooking – roundtable discussion facilitated by your Roundtable Staff

## Related Merit Badges:

Cooking

## Related web sites:

<http://www.bsafielbook.org/fieldbook.jsp?s=LTP&c=05>

[http://www.three-peaks.net/cook\\_kit.htm](http://www.three-peaks.net/cook_kit.htm)

<http://moorecountyboyscouts.org/scoutingresources/outrecipes.html>

<http://freezerbagcooking.com/>

<http://www.stanford.edu/~reh/PatrolCookTips.html>

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

<http://www.macscouter.com/Cooking/CampingFood.html>

## Upcoming Roundtable themes:

June – Back packing

## Medical Minute:

Burns, cuts, and bacteria

## Bird of the Month:

Eastern Bluebird

[http://www.birds.cornell.edu/AllAboutBirds/BirdGuide/Eastern\\_Bluebird.html](http://www.birds.cornell.edu/AllAboutBirds/BirdGuide/Eastern_Bluebird.html)



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## Knot of the Month

Monkeys Fist

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

## Special attractions:

- Games and more Games
- Friendship and Fellowship
- Refreshments

## Scoutmaster Minute Possibilities

- Scouts, have you ever heard of people who claim to be able to read your character by the lines in your hand, the shape of your head, or your handwriting. Well, I know a better way. (Hold up a cooking kit.) All you have to do is look at a Scout's cooking kit. First you ask, "Is it clean?" Then you ask, "Who cleans it?" Every self-respecting Scout cleans his own kit. He doesn't expect his mother to do it for him. The next thing to ask is, "Has it been used a lot?" We all know that some mess kits don't get used very often. They're owned by Scouts that some people call "sandwich -wrapped-in-a-pink-napkin" outdoorsmen. I see some of you smiling. Of course, I'm not referring to anyone here. — then there is the Scout who really uses his cook kit - keeps it clean, too. He can cook with a stick, and he can cook with aluminum foil. In fact he can cook just about any way he wants to and have fun doing it. He's our kind of Scout. You can tell by looking at his cook kit.
- Leave No Trace
- Totin' Chip
- Flag etiquette (Flag Day is June 14<sup>th</sup>)

## Wilderness Survival Quiz

What can you do to reduce the body stress of carrying a pack?

Buy a pack that fits you. Lighten y the load: leave the luxuries at home. Eat freeze dried food. Divide group items like stove, tent, and pans among patrol members.

Use adjustable hiking sticks. Models without shock absorbers are lighter and cheaper. The high arm position moves the shoulder straps load to a more comfortable position that reduces fatigue. Your raised, moving arms increase blood circulation and lung capacity. The poles take some of the load from your back by letting you lean forward more, providing better balance and giving your calf muscles less work to do. When traversing side slopes, shorten the high-side pole and lengthen the low one to reduce the side load on your feet and ankles. Going downhill, use the poles to help hold yourself back, especially on slick trails.

What can you use instead of toilet paper?

Use a handful of leaves, but remember those stories about the unspeakable effects of choosing poison ivy! Appropriately shapes, smooth stones can work with a bit of practice. Native Americans used various species of moos (for baby diapers, too.) In cold country, brave hearts can use snow.

**(Questions and answers from Sierra Club Wilderness Skills Knowledge Cards)**