

# Arrowhead District Boy Scout Roundtable Newsletter

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

## September 2007 Theme:

Pioneering – Don Martin will be presenting.

## Related Merit Badges:

Pioneering

## Related web sites:

Pioneering Merit Badge

<http://www.usscouts.org/mb/framesindex.html>

## Special Session

Summer camp attendance and experience

## Next month's theme

GPS and Geo-caching

## Knot of the Month

Clove Hitch

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

## Bird of the Month

Black Capped Chickadee

[http://www.birds.cornell.edu/AllAboutBirds/BirdGuide/Black-capped\\_Chickadee.html](http://www.birds.cornell.edu/AllAboutBirds/BirdGuide/Black-capped_Chickadee.html)

## Medical Minute

Friction burns

<http://www.webmd.com/a-to-z-guides/Burns-Topic-Overview>

## Scout Master Minute Possibilities

- Getting an idea should be like sitting down on a pin; it should make you jump up and do something. E. L. Simpson
- The expression of gratitude is a powerful force that generates even more of what we have already received. Deepak Chopra Physician and writer
- You are never too old to set another goal or to dream a new dream. C. S. Lewis (1898-1963) Writer



(From Ragan communications, "Here's a thought" daily email)  
(Search for Bits and Pieces magazine to sign up for yourself)

## Wilderness Survival Quiz

How can you make a walking splint?

A person with a mild strain or sprain of their knee may be able to walk back to the car with the help of a walking splint. Have them try to hobble: as the old saying goes, "If they can walk, they can walk." Stabilize the knee by taping light, stiff, padded splints on both sides to keep it from moving. The knee should be kept slightly bent by a pad taped behind it; the kneecap should be left free. A strained or sprained ankle may be heavily taped or supported by an elastic (ACE) bandage. Don't block blood circulation. Give the patient ibuprofen. Divide their load among the uninjured. The patient will need a stick or crutches, and will certainly need help over rough spots in the trail.

How should you extinguish a campfire?

Let the fire die completely, leaving only white ashes with a few black charcoal bits. Spread the ashes and douse them thoroughly with water. Before you leave, feel around in the mess to make sure no hot embers remain. Thoughtful campers pound the charcoal bits into powder. When all is cool to the touch, with not even one tiny crumb of hot ember, scatter the ashes wide and thin, away from the camp and the trail. Leave existing fire rings intact, minus and garbage left by inconsiderate campers. Fill in a fire pit that you made with the topsoil, sand, or gravel you dug out to make the pit. Scuffle the area a bit to disguise the scar and preserve the feel of the untouched wilderness for the folks behind you.

