

LAKE SANDS DISTRICT
the CRAWLIN' KINGSSNAKE
BOY SCOUT ROUNDTABLE NEWSLETTER

Pre - RT

February 2007

LSD BS RT 8 February 2007 " Physical Fitness "

Caution!! You Are About to Enter Scouting's NO SPIN ZONE !!

"Vigorous outdoor living is the key to the Scouting spirit", per Lord Baden-Powell

THE MERIT BADGE SONG

to the tune of Yankee Doodle Dandy

by 2006 Philmont RTC Conference "All-Star" Amy McNeil, Timberline Dist RTC, Denver Area Council

Been working on my Merit Badge
It has been lots of fun.
Got just one more requirement
And then I will be done.

Chorus:

On the Trail to Eagle Scout
Climbing up the ladder.
Won't Mom and Dad be proud of me
At my next Court of Honor.

Learned how to tie a fishing hook,
Showed how to stop the bleeding,
Hiked 10 miles or so from camp
To watch the wildlife feeding.

Chorus:

Discovered my financial goals
And what is family life.
Then I earned my Totin' Chip
To use my Boy Scout Knife.

Chorus:

Did 50 push-ups for a test
And passed with flying colors.
Learned about my government
And living life with others.

Chorus:

Braved the rain and hail one night
We all began to shiver.
But I was on the range next day
Packed with my bow and quiver.

Chorus:

Showed my faith in church and God
I have that Scouting Spirit.
Gave the Troop my leadership -
Failure! I don't fear it!

Chorus:

I've tied my knots and done my best
And now I'm almost through.
My Eagle project is complete
Now, the "Big Review."

Chorus:

On the Trail to Eagle Scout
I have climbed the ladder.
Mom and Dad are here with me
At Eagle Court of Honor!

WHAT'S UP THIS MONTH:

Pre-Opening Activity: [Physical Fitness Word Search](#)

Opening: [Troop 82](#)

Program Feature: 2 local businesses [SUNJAMMERS Watersports and HYDROTHERAPY \(Kiteboarding & Windsurfing\)](#) attending RT for a show 'n tell
[Gene Parsons, T. 82, Physical Fitness for High Adventure Treks](#)

Big George Goehring's [Medical Moment](#)

Spring Camporee: [Update](#)

Short Discussion: [District Boundaries, Service Center location options](#)

SITES 'N STUFF RELATED TO THEME OF THE MONTH:

Preparing for Philmont Treks Physical Fitness

<http://www.scouting.org/philmont/visitors/preparing/physical.html>

Fit for the Trail - Scouting Mag Mar/Apr '97

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

BS Fieldbook Resources Chapter 3 "Becoming Fit"

<http://www.bsafieldbook.org/fieldbook.jsp?s=LTP&c=03>

BSA Physical Fitness Award

<http://www.scouting.org/pubs/19-327/>

(then go to

bottom of page for requirements and application)

KG's NATURE BITES of the MONTH:

BEST = St. Andrew Bay Environmental Study Team www.baybest.org

Native Plant of the Month: Coontie Palm, *Zamia floridana*

<http://nassau.ifas.ufl.edu/horticulture/demogarden/plants/coontiepalm.html>

Bugga Da Month: Two-Lined Spittlebug, *Prosapia bicinata*

<http://edis.ifas.ufl.edu/LH077>



Bird Bite: Northern Cardinal, *Cardinalis cardinalis*

http://www.birds.cornell.edu/AllAboutBirds/BirdGuide/Northern_Cardinal.html

Star Wars: Monoceros, the Unicorn, located in the middle of Winter's Great Triangle formed by Betelgeuse (Orion), Sirius (Canis Major), and Procyon (Canis Minor) <http://www.astronomy.net/constellations/monoceros.html>

Also Cancer, located between Leo, Gemini, & Canis Minor

<http://www.astronomy.net/constellations/cancer.html>

Plus the Usual:

Handouts Gone Wild / RT Traveling Spirit Stick / Ticket Drawing Giveaways / Closing

AND DON'T FORGET to Get Prepared for the LSD April 2007 Spring Camporee by visiting the website: <http://www.floridascoutquest.com/>

see ya **NEXT Thurs 8 February** !!!!

Yis, KG, your LSD BS RTC

"If you are doing your best, you will not have time to worry about failure."

quote by poet Robert Hillyer (1895 - 1961)