

**LAKE SANDS DISTRICT**  
*February 2007*    *the CRAWLIN' KINGSSNAKE*    *After RT*  
**BOY SCOUT ROUNDTABLE NEWSLETTER**

LSD BS RT                      *8 February 2007*                      *"Physical Fitness"*

---

Pre-Opening Game: PHYSICAL FITNESS WORD SEARCH

Opening: Compliments of T.82 - Opening KEY passed to T.300 SM Bill Ribbing

Thanks to the following folks for their presentation & handouts:

- **Sunjammers Watersports / Hydrotherapy** - owners Brad Stephens (235-2281) / Larry Couch (236-1800) 315 N Hwy 79 - kayak on display, handouts provided
- **T.302 Randy Segler & Ted Xydias - 13-15 April LSD Spring Camporee Update "Fortune Favors the Prepared"** - video aired - early registration discount by 1 Mar & early registration means more tips - tips also to be found on website [www.floridascoutquest.com](http://www.floridascoutquest.com) - Ted/Randy need to know who/contact info for your Troops Life & Eagle Scouts - also looking for volunteers for staffing events - suggested visiting Scottish Festival 10 Mar in PC.
- **T. 82 ASM Gene Parsons** - short presentation on Getting' Fit for Philmont
- **Big George Goehring's Medical Moment** - ankle sprains and on the trail make-shift stretchers
- **OA Advisor Bill Payne** - OA will provide Webelos Cross-Over help upon request; OA Website/Activities (HM 769-5237, CELL 866-9195)- **OA District Chief Chandler Young** - will help with OA Elections upon request (535-2256); \$5 patch fundraiser announced
- **District Study Survey Team Objectives:** short discussion by RTC Kerry Gunn - while I was addressing the BS RT, Jimmy Wiselogel and Winnie Reynolds were doing the same at the CS RT - we are looking for you input !!

KG's Handouts Gone Wild: 4 Brochures: FL Natl Wildlife Refuges, The Bald Eagle in FL, The 5 Gulf Coast Sea Turtle Species, Invasive Plants in Our Backyards; as well as these Paper Handouts:

- District Study Team Info and Fill-in Your Input Sheets (**HEY, DON'T FORGET !! I NEED YOUR INPUT !!** please email me regarding your thoughts on District Boundaries, Staffing Districts, and Location Options for Service Center - what's best for the long term 5-10+ years out)
- SM Conf/Bd of Rev Prep Sheet for Scouts
- **7 Components of Fitness**
- **BSA Physical Fitness Award & Application**
- Colorful Cardinals & Cardinal Capers Quizzes
- Great Backyard Bird Count 16-19 Feb
- Bobcat
- Constellation MONOCEROS (located in the middle of Winter's Great Triangle formed by Betelgeuse (Orion), Sirius (Canis Major), and Procyon (Canis Minor))
- Jug Knot
- Slide of the Month: Painted Turtle (a Boy's Life Reprint)
- **Toughen Up Exercises** (a Boy's Life Reprint)
- **Philmont Fitness** (thanks to Gene Parsons)
- **Physical Fitness Word Search Puzzle** w/Answers (thanks to Georgia McFadden)

**Congrats on Awards !!:**

- Wood Badge Bead Recipients: Judy Young, Mark Gilland, Steve Shuga
- T.82 David Kirkland: LSD CM of the Year
- T.82 Gene Parsons: LSD ASM of the Year
- T.310 David Dees: LSD SM of the Year
- T.317 Jake Jacob: LSD CC of the Year

**RT Traveling Spirit Stick:** returned embellished with embedded Gold Scout Token & carved "T.317" from SM Scott Slaughter - this Spirit Stick has now been embellished by 14 Troops and was permanently awarded to Steve the Shuga-Bear for his outstanding participation and always continued improvement of any activities he has been associated with in Lake Sands District, CONGRATS STEVE !!  
- a new 6' "vine-twisted" Spirit Stick was provided by Jake "I wanna retire to TN" Jacob and given this month to T.377 SM Ron White (by the way Ron also heads up Pack 377)

**Ticket Drawing Winners:** Steve Akin, Judy Young, Lou Tracy, Randy Segler, George Pheiffer

**Closing:** KG - "TWO WOLVES"

**Additional Items of Interest:**

**CENTINNIAL QUALITY AWARDS PROGRAM** - due date is Quickly Approaching !!  
<http://www.scouting.org/nav/enter.jsp?s=xx&c=cn>

**Find out about OA UNIT Elections and OA CALENDAR by visiting**  
<http://www.yustaga385.com/> Contact Chandler Young 535-2256. Or get on the council home page at [www.gulfcoastcouncil.org](http://www.gulfcoastcouncil.org) and hit on LINKS, then scroll down to Yustaga Lodge.

Also at the bottom of the Council web homepage you can subscribe to the Gulf Coast Council BSA google group to receive council updates automatically.

**Feb 2007 Issue of Boy's Life** - cover / feature = Florida Sea Base  
<http://www.bsaseabase.org/>

**Boy's Life website**      <http://www.boyslife.org/>

**Upcoming Training:** (POC Steve Shuga)  
24 Feb: BALOO  
10 Mar: Intro to Outdoor Leadership Skills  
7 Apr: New Leader Essential / Specific Courses

**Future Monthly RT Themes:** March = Forestry; April = Leadership; May = Special Cooking; June = No RT June; July = Backpacking

YiS, KG, your LSD BS RTC

