

## LAKE SANDS DISTRICT

**Pre - RT**

# the CRAWLIN' KINGSSNAKE

**September 2007**

BOY SCOUT ROUNDTABLE NEWSLETTER

**LSD BS RT**

**13 September 2007**

**"ATHLETICS"**

**Rated "E" for EVERYONE!!**

### WHAT'S UP THIS MONTH:

Pre-Opening Activity: Scouting Is Fun Word Puzzle

Opening: Troop 345

Ocoee Rafting Voucher: T.82

Popcorn Fund Raiser Update: DE Jason Hall

Fall Camporee Update: T.388 SM George Pfeiffer

**Program Feature: T. 388 & USAF Michelle Ebrahimnejad**  
**Big George Goehring's Medical Moment: Sprains +**

**\*\*\* FIRESIDE CHAT featuring Gulf Coast Council Scout Executive Spencer Page \*\*\***

### SITES 'N STUFF RELATED TO THEME OF THE MONTH:

Athletics Related MBs (Athletics, Cycling, Golf, Personal Fitness, Sports:  
<http://www.usscouts.org/usscouts/meritbadges.asp>

Physical Fitness Award <http://usscouts.org/usscouts/advance/PhysicalFitness.asp>

BSA Field Book Ch. 3 "Becoming Fit"  
<http://www.bsafieldbook.org/fieldbook.jsp?s=LTP&c=03>

Benefits of a Walking Program <http://www.pedagonet.com/other/walking.htm>

The Walking Site <http://www.thewalkingsite.com/faq.html>

How to Start Walking & Keep Walking  
<http://www.laplaza.org/health/dwc/nadp/brochures/walking.html>

Walking is Good for You <http://www.walkingbus.com/feature.htm>

Patrol Activity = Crossing the Alligator Pit  
<http://www.boyscouttrail.com/content/activity/activity-937.asp>

### KG's NATURE BITES of the MONTH:

Native Plant of the Month: Joe-Pye Weed, *Eupatorium fistulosum*  
<http://www.plantatlas.usf.edu/main.asp?plantID=2962>

Bird Bites: Double-crested Cormorant, *Phalacrocorax suritus*  
[http://www.birds.cornell.edu/AllAboutBirds/BirdGuide/Double-crested\\_Cormorant.html](http://www.birds.cornell.edu/AllAboutBirds/BirdGuide/Double-crested_Cormorant.html) (and check out photo below)

**Bug of the Month:** Hellgrammite, *Corydalus* sp., aquatic immature stage of Dobsonfly, found in Chipola River

<http://insects.tamu.edu/fieldguide/bimg121.html>



Hellgrammite



Your RTC with Double-Crested Cormorant

**The SKY TELLS A STORY !!** Fall Equinox 23 Sept <http://en.wikipedia.org/wiki/Equinox>

**Plus the Usual:** Handouts Gone Wild / RT Traveling Spirit Stick / Ticket Drawing / Closing.

For LSD Training & Events visit: <http://www.lakesandsdistrict.org/index.html>

***Every Scout Deserves a Trained Leader!***

**\*\* Introduction to Outdoor Leadership Skills / 2007 BS Specific - September 28<sup>th</sup>-29<sup>th</sup>, 6PM - 1PM Overnighter !!, tentatively planned for Falling Waters State Park, Chipley - \$15.00. Please Register Online by 18 Sept !!**

**\*\* College of Commissioner Service, Chipola Community College in Marianna Sat 6 Oct. Several folks from Lake Sands District leading various sessions.**

see ya **Thurs 13 Sept** !!!!

YiS, KG, your LSD BS RTC