

# LAKE SANDS DISTRICT

Pre - RT

the *CRAWLIN' KINGSSNAKE*

FEBRUARY 2013

BOY SCOUT ROUNDTABLE NEWSLETTER

LSD BS RT 7 P.M. 14 FEB 2013 N 30° 10.890 // W 085° 40.010

## “PHYSICAL FITNESS”

**Opening: Troop 369**

**Program Feature: T.310 Kevin Marrs**

Big George's “Monthly Moment”!

**Traveling Spirit Sticks – to be returned by T.300 & T.303**

### SITES 'N STUFF RELATED to THEME of the MONTH:

#### SCOUT OATH

On my honor I will do my best  
To do my duty to God and my country  
and to obey the Scout Law;  
To help other people at all times;  
**To Keep Myself Physically Strong,**  
mentally awake, and morally straight.

Physical Fitness and Sports - Lose weight, get fit for the 2013 National Scout Jamboree (Jan/Feb 2013 Scouting Magazine)

<http://scoutingmagazine.org/category/life-skills/youth-development/physical-fitness-sports/>

Personal Fitness MB and resources from Scouting.Org

<http://www.scouting.org/scoutsource/BoyScouts/AdvancementandAwards/MeritBadges/mb-PERF.aspx>

Fitness Relay Game from Boy Scout Trail

[http://www.boyscoutstrail.com/content/game/fitness\\_relay-398.asp](http://www.boyscoutstrail.com/content/game/fitness_relay-398.asp)

Fitness Medley Relay Activity from Scoutorama

[http://www.scoutorama.com/activity/activity\\_display.cfm?gm\\_id=223](http://www.scoutorama.com/activity/activity_display.cfm?gm_id=223)

Presidential Active Lifestyle Award (PALA) Challenge

<http://www.scouting.org/sitecore/content/Home/HealthandSafety/SafetyThoughts/111111.aspx>

<http://www.scouting.org/sitecore/content/Home/BSAFit/ScoutStrong.aspx>

Physical Fitness from the Insane Scouter

[http://insanescouter.org/c/160/physical\\_fitness.html](http://insanescouter.org/c/160/physical_fitness.html)

Scouting with a Neckerchief <http://www.pinetreeweb.com/neckerchief.htm>

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

**Wild Bird Unlimited Shop**, <http://panamacity.wbu.com/>  
Located at 2455 MLK Blvd, PC FL (next to Joann Fabrics)

**So Many Plants, So Little Time:** Comfortroot or Pineland Hibiscus, *Hibiscus aculeatus*, <http://plants.usda.gov/java/profile?symbol=HIAC> and [http://www.wildflower.org/plants/result.php?id\\_plant=HIAC](http://www.wildflower.org/plants/result.php?id_plant=HIAC)

**Bugga da Month:** Spotted Cucumber Beetle, *Diabrotica undecimpunctata howardii* <http://www.uri.edu/ce/factsheets/sheets/cucbeetles.html>

**Everybody's Heard About the Bird:** Brown-headed Cowbird, *Molothrus ater* [http://www.allaboutbirds.org/guide/Brown-headed\\_Cowbird/id](http://www.allaboutbirds.org/guide/Brown-headed_Cowbird/id)

**Critter of the Month:** Two-toed Amphiuma, *Amphiuma means* <http://srelherp.uga.edu/salamanders/ampmea.htm>



Comfortroot



Spotted Cucumber Beetle



Two-toed Amphiuma



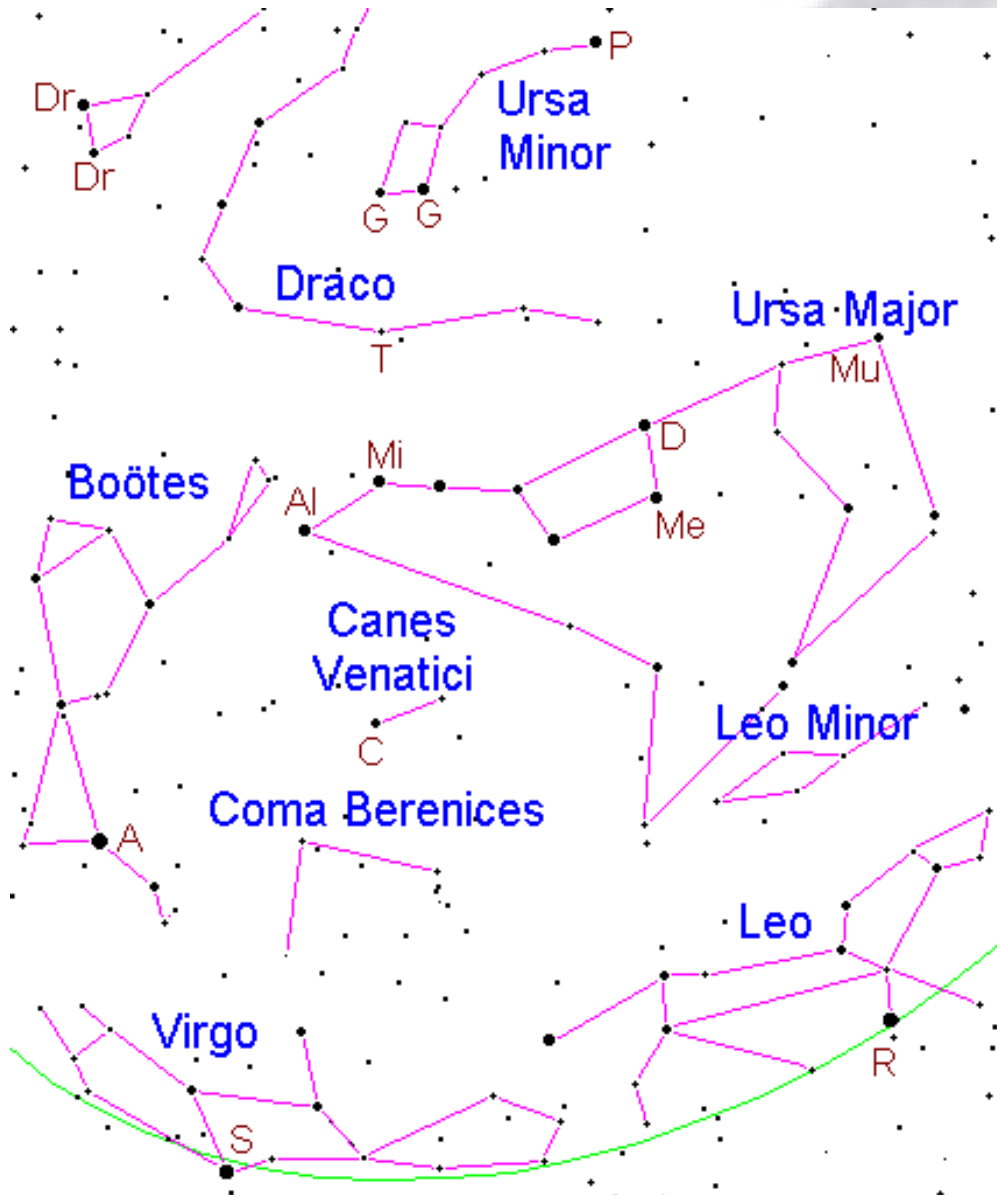
Brown-headed Cowbird Male & Female

**The Sky Tells a Story:**  
**Feb 2013 Evening Sky Map**

<http://www.skymaps.com/skymaps/tesmn1302.pdf>

Jupiter is visible in Taurus, the Bull, just in front of Orion, the Hunter. The constellation Cassiopeia makes a striking “W” in the NW. To the NE, look for the bowl of the Big Dipper to rise, with the top two stars, the pointers, giving you a line to find North Star. If you take the pointers south, you are guided to the head of Leo the Lion rising in the east, looking much like the profile of the famed Sphinx. The bright

star at the Lion's heart is Regulus, the "regal star". Fitting for our cosmic king of beasts, whose rising at the end of this month means March indeed will be coming in like a Lion. March could bring the best comet since Hale-Bopp in 1997 to northern hemisphere skies. Comet PANSTARRS will pass the sun heading north about March 10th, and may be an easy naked eye object with a fine tail for the rest of March in the evening sky.



Winter Mornings

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

**Upcoming Events:**

- 1) YNAW Weekend at STSR 8-10 Feb.
- 2) Campcards to be handed out at 14 Feb RT.
- 3) Gulf Coast Council Banquet, Sat 9 Mar. Niceville Community Center.
- 4) Bay Co. Schools Spring Break Begins Mon 25 Mar.
- 5) LSD Spring Camporee "FUN IN THE SUN", 17-19 May, Costin Airport Port St. Joe.

**Future Monthly RT Feature Themes: If you'd like to Step Up and Become Famous as a LSD RT Theme Presenter, your support would be much appreciated!! Call KG at 234-4077 or email me at [kerry.gunn@navy.mil](mailto:kerry.gunn@navy.mil).** And reminder that all past "Crawlin Kingsnake" RT newsletters and other useful links can be found at [http://www.lakesandsdistrict.org/Boy\\_Scouts.php](http://www.lakesandsdistrict.org/Boy_Scouts.php) .

- 14 Mar – Forestry (T.82 Tim Stuhr)**
- 11 Apr – Leadership (T.345 Bill Douncy)**
- 9 May – Special Cooking (T.366 Joey Collingsworth)**
- 13 June – Backpacking (T.300 Rob Adams)**
- 8 Aug - Fishing/Aquatics**
- 12 Sept - Athletics**
- 10 Oct - Science**
- 14 Nov – Cooking**
- 12 Dec – Wilderness Survival**

**See ya Thursday Night 14 Feb !!!!**

**YIS, KG, your LSD BS RTC RT #87**

**Roundtable Suggestion / Ideas**

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Position: \_\_\_\_\_

E-mail: \_\_\_\_\_

Suggestion / Idea: \_\_\_\_\_

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