

# LAKE SANDS DISTRICT

*After - 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:** Thanks to T.369 Scout Pippin for the Opening Pledge. The opening key was passed to T.366 for the March Opening.

WELCOME BACK to VIC KEIM!! Vic was past LSD BS RTC prior to me for **10 years!**

#### **Thanks to the following Folks for their Participation, Information, & Enthusiasm:**

**Michael Kirkland, LSD DE:** Michael can be reached at (850) 784-1886 and via email at [mikirkla@basmail.org](mailto:mikirkla@basmail.org). Michael handed out CampCards. He also hyped the GCC Banquet on 9 March and noted the new Eagle Scouts this past year will be awarded neckerchiefs so please make sure your Troop's new Eagle attend.

**Jonathan Coleman, LSD Training Chairman:** JC reminded us that ASM/SM Specific training will be held during the Spring Camporee (\$5, eat with your troop or BYO lunch), and BS IOLS to be during Fall Camporee (\$10). Also BALOO will be held 2 Mar and OWL on 11 May. If you are interested in being on the training team, please contact JC at [eagleasm@yahoo.com](mailto:eagleasm@yahoo.com) or cell: 527-5223. Trainer's Edge to be held 16 Feb.

**Michael Cole & Bryce Segler, Appalachee Awareness:** Michael thanked all those who attended YNAW last weekend, and noted that the OA Ordeal will be 15-17 Mar and the next Conclave will be 12-13 April at the camp in Wiggins, Miss. Michael can be reached at 303-3613. And, don't forget to register your Troop for YNAW weekend of 8-10 Feb at STSR.

**Georgia Gunn:** Georgia is thinking about planning a future aquatic event and was interested in knowing which LSD Scouts and Scouters are already trained in **Paddle Craft Safety** and/or **Swimming and Water Rescue** (both are offered during STSR summer camp). Georgia can be reached at dell: 381-6667 or [lv2drv18@yahoo.com](mailto:lv2drv18@yahoo.com).

**Bill Douncy, LSD Spring Camporee:** Bill hyped the spring camporee "FUN IN THE SUM" and handed the program guide to all units attending. Bill looking for adult volunteers to oversee events.

#### **\*\*\* FEATURE PRESENTATION \*\*\***

**BIG Thanks the T.310 ASM Kevin Marrs for his presentation on fitness.**

Kevin discussed in detail the PALA Award for Scouts and Scouters:

**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>

You can find all the PALA info at the above links, and you can track your progress online. His brief was sent out separately as a PDF to all on my email list.



**DALA Patch**

**And, BIG Thanks to George Goehring for his monthly moment** which addressed fitness info in Outside Magazine, discussed fat and how it was related to disease and poor health (cancer, diabetes, clogs the pancreas). However, he said it is better to be fat and active, than to be skinny and lazy. Big George noted that 3500 calories = 1 pound; and, don't allow your heart rate to go over 80% of max. Rate = your weight, minus your age, then times 80% should be your limit.

**LSD Traveling Spirit Sticks:** The new **thick Twisty Stick** was MIA from **T.300**.

The new **thin Twisty Stick** was returned by **T.303** with a backup light and a head light on the staff. This stick was awarded to **T.310** for a March return.

**KE's Handouts Gone Wild:** 1 Brochure (**Your Pet Poison Hazards Calendar**), and 9 paper handouts:

- Personal Fitness MB Requirements
- Presidential Active Lifestyle Award (PALA) Challenge
- FL Caverns State Park's Amazing Geology
- Why Don't Chickadees Freeze in Winter
- Groundhog Day!
- Quiz: February's Famous Shadowy Figure
- The Udder Potatoes - Recipe (from BSA Deck of Cooking)
- Uses of the Scout Neckerchief
- Weight Lifter Slide (from Exciting Scout Craft website)

**Ticket Drawing Giveaways & Winners:**

**WBU Bird Feeder:** T.345 Bill Pouncy

**Magnum Whistle Duck Call:** T.310 Kevin Marrs

**Double Hearts Frame:** T.310 Dale Cronwell

**Elvis Tote:** T.388 Art Roy

**Aquatic Design Tote:** T.388 Mrs. Burgess

**Multi-Knife and Tool (2):** T.303 Steve Akin and T.388 Paul Burgess

**Calculator (2):** T.321 George Smith and Vic Keim

**Backpack (thanks to George Goehring):** T.302 Randy Segler

### **Upcoming Boy Scout Items of Interest:**

- 1) **Trainer's Edge**, Sat 16 Feb. Gulf Beach Baptist Church. Also, BALOO training 2 Mar, OWL training 11 May, and IOLS at LSD Fall Camporee.
- 2) **Gulf Coast Council Banquet**, Sat 9 Mar. Niceville Community Center.
- 3) **OA Ordeal Weekend** 15-17 March.
- 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.; also BS Leader Specific training offered.
- 6) **Summer Camp at STSR**

**CLOSING by KG: ADVICE from a Buffalo:** Stand your ground | Have a tough hide | Keep moving on | Cherish wide open spaces | Have a strong spirit | Roam wild and free | Let the chips fall where they may!

**ATTENDANCE, ATTENDANCE, ATTENDANCE !!!**

**THANKS to the following 14 Units represented at February RT:**

39, 82, 300, 302, 303, 310, 311, 317, 321, 345, 366, 369, 388, 706

**TOTAL February BS RT ATTENDANCE = 28**

**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: [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 Douncey)**

**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**

**YIS, KG, your LSD BS RTC**

