

LAKE SANDS DISTRICT

Pre - RT

the *CRAWLIN' KINGSSNAKE*

SEPTEMBER **2013**

BOY SCOUT ROUNDTABLE NEWSLETTER

LSD BS RT 7 P.M. 12 Sept. 2013 N 30° 10.890 // W 085° 40.010

“ATHLETICS”



Opening: Troop 82

Program Feature: T.47 Ken Watson

Big George's "Monthly Moment"!

Traveling Spirit Sticks – to be returned by T.302 & T.317

SITES 'N STUFF RELATED to THEME of the MONTH:

Fun & Physical Activities for Scouts http://www.boyscouttrail.com/activity_search.asp

Scouting Magazine links about Athletics <http://scoutingmagazine.org/?s=Athletics>

Be Smart in Sports (taken BL Magazine Sept 2013):

The key to succeeding in athletics is not to try your best only during the games. The key is to try your best every day when it comes to practice, fitness, and diet.

Whether you're a superstar or just getting started in a sport, it's a good idea to keep a log to monitor your progress as you train. Keeping track is a good way to figure out what you need to work on. Judge your progress based on your own improvement; don't compare yourself to other athletes.

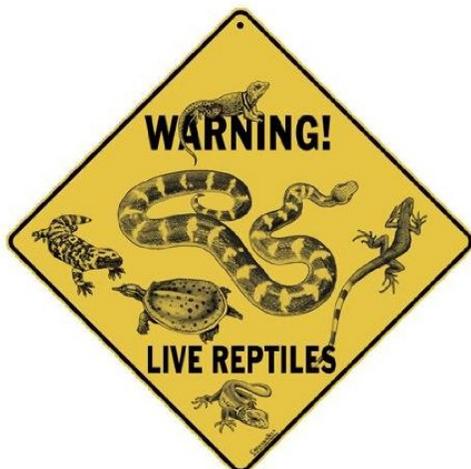
Before every practice or training session, warm up slowly and easily to raise your heart rate and increase the blood flow to your muscles before stretching. After a workout, cool off by slowing down steadily – walking or jogging in good – and continue to move and stretch for several minutes before you're done.

You can't be successful in sports without energy, and that energy comes from a healthy diet. Its okay to splurge on a donut or a candy bar every once in a while, but overall try to limit your intake of refined sugars and saturated fats.

Mentally, try to approach every training session the same. Whether you have a big competition coming up or not, get into the habit now of trying your best every time.

KG's NATURE BITES of the MONTH:

I may be **Barking** up the wrong **Tree**, but I'm not one to go out on a **Limb**,
and I don't want to **Leaf** you behind,
so may the **Forest** be with you, 'cause we're not out of the **Woods** yet!



Animal Adventures in Okeechobee FL <http://animaladventureslive.webs.com/>

Wild Bird Unlimited Shop, <http://panamacity.wbu.com/> Located at 2455 MLK Blvd, PC FL

So Many Plants, So Little Time: **Virginia Pepperweed**, *Lepidium virginicum*

<http://plants.usda.gov/java/profile?symbol=levi3>

http://www.ppws.vt.edu/scott/weed_id/lepvi.htm

Bugga da Month: Virginia Pepperweed is also a host plant for the **Checkered White Butterfly**, *Pontia protodice*

http://entnemdept.ufl.edu/creatures/veg/leaf/checkered_white.htm



Virginia Pepperweed



Checkered White Butterfly

Critter of the Month: **Ornate Chorus Frog**, *Pseudacris ornata*

<http://srelherp.uga.edu/anurans/pseorn.htm>

Everybody's Heard About the Bird: **Red-headed Woodpecker**, *Melanerpes erythrocephalus*

http://www.allaboutbirds.org/guide/red-headed_woodpecker/id



Red-Headed Woodpecker



Ornate Chorus Frog

The Sky Tells a Story: Navajo Indian Legend of How the Stars got into the Sky: Many moons ago, First Woman wanted to write down all the laws of the land so that those that followed them would fully understand the laws and be able to follow them. She suggested to First Man that she would like to write them on the water, but First Man said “No, when the waves come all the writings will be washed away!” Then First Woman suggested writing all the laws on the sand dunes, but First Man said “No, when the winds come all the writings will be swept away!” So then First Woman thought and thought, and finally came up with the idea that all her jewelry that were sparkling could be placed in the heavenly sky to spell out all the laws forever. So she gathered all her shiny jewelry and spread them all out on a huge blanket. Then she began to slowly place them one at a time in the sky to write the laws of the land. Eventually, Coyote stumbled by and was curious and asked First Woman what she was doing, and she explained it all to him. Then he asked if he could help and she said, “Yes”. So Coyote eagerly began to help, but it was a very slow tedious process and he became very frustrated because he realized it was going to take a very long time to accomplish the task of writing all the laws of the land in the sky. Hours and hours went by but eventually he became so frustrated that when First Woman turned her back, he picked up the corners of the big blanket and flicked all the jewels into the sky where they randomly found a place but in no way spelled out the laws of the land. And this is the reason that in today’s world the laws are many times still vague, confusing, and not understood by all.

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

Upcoming Events:

- 1) **Travis Manion Foundation 911 Heroes Run, Sat 28 Sept.**
- 2) **New “Fundamentals of Training”, Sat 5 Oct.**
- 3) **GCC Corporate Dodge Ball, Sat. 12 Oct.**
- 4) **LSD Fall Camporee 18-20 Oct.** Deep Springs Park, Fountain (w/JOTA & IOLS training).
- 5) **LSD Merit Badge University Sat 16 Nov** at Northside Baptist Church.
- 6) **Popcorn Pickup noon to 6PM at Buffalo Rock, Tues 19 Nov.**
- 7) **LSD Annual Scouter Banquet Thurs 12 Dec.**
- 8) **Scouting for Food 25 Jan - 1 Feb 2014**
- 9) **LSD Spring Camporee, 25-27 April 2014.**

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. And reminder that all past "Crawlin Kingsnake" RT newsletters and other useful links can be found at http://www.lakesandsdistrict.org/Boy_Scouts.php .

10 Oct – Science (T.311 Sherry Goldman)

14 Nov – Wilderness Survival

12 Dec – LSD Annual Scouter Banquet !!

9 Jan 2014 - Communications

13 Feb - Pioneering

13 Mar - Environment

10 April - Orienteering

8 May - Mechanics

10 July - Hiking

14 Aug – Shooting/Sports

11 Sept - Engineering

9 Oct – High Adventure

13 Nov - Tracking

See ya Thursday Night 12 September !!!! YIS, KG, your LSD BS RTC RT #93

Roundtable Suggestion / Ideas

Date: _____

Name: _____

Troop: _____

Position: _____

Phone: _____

E-mail: _____

Suggestion / Idea: _____

