

(RT sing-along to the 70's disco dance tune "Le Freak" by CHIC)

Have you heard about the new District Craze
Well Listen to me, and I'm sure you'll be Amazed
Big Fun to be had by Everyone
Its up to You, it surely can be Done
Young and Old are Participating, I'm Told
Attend a Meeting and I'm sure that you'll be Sold.
Its called RT, its on the 2nd Thursday Night.
You gotta Attend, because the Handouts are Outta Sight.
AHHHH RT !!

LSD BS RT 10 August 2006 "Safety"

(RT = Its Not Just Good, its Lake Sands District Good !!)

What's In Store This Month:

T.700 ASM JUDY YOUNG on Safety and Scouting, (this is one of Judy's Wood Badge "ticket" items)

and that reminds me of yet another disco tune:

She works hard for the OA, ah-huh, ah-huh
so hard as a Leader. ah-huh, ah-huh

She works hard as a Scouter
so we'd better treat her right !!

STUFF RELATED TO THEME OF THE MONTH:

Guide to Safe Scouting - every Troop gotta have one !! You can scroll down to the bottom of the following webpage and click to get the entire publication

<http://www.scouting.org/pubs/gss/index.html> or you can buy it for \$3.95 at C&G Sporting Goods.

BSA Ready and Prepared Award <http://www.scouting.org/awards/10-278/index.html>

Application www.scouting.org/awards/10-278/10-278.pdf

Emergency Preparedness BSA Award <http://www.scouting.org/pubs/emergency/award.html>

To Be Physically Fit <http://www.scouting.org/pubs/19-327/index.html>

7 Major Components of Fitness <http://www.scouting.org/pubs/19-327/comps.html>

Requirements and Application <http://www.scouting.org/pubs/19-327/reqap.html>

Climb On Safely Award <http://www.scouting.org/boyscouts/resources/20-099/index.html>

KG's NATURE BITES of the MONTH:

Native Plant of the Month: **American Pokeweed**, *Phytolacca americana*, the giant weed with reddish stalk/stems. I got one growing in the corner of my front yard and this years version is over 6 feet tall !! *Its Unbelievable !!*

<<Phytolacca americana.pdf>>

BIG NOTE !! Don't eat raw pokeweed !! see basic prep directly below

BASIC PREP

<http://www.econetwork.net/~wildmansteve/Web%20Recipes/Pokeweed%20Basic%20Prep.html>

POKE-QUETTES <http://www.econetwork.net/~wildmansteve/Web%20Recipes/Poke-quettes.html>

BAKED EGGS

<http://www.econetwork.net/~wildmansteve/Web%20Recipes/Pokeweed%20Baked%20Eggs.html>

AND, lest we forget the 1969 Hit Song by Tony Joe White "Poke Salad Annie", ([pick up your copy of the lyrics at RT](#))

Bugga Da Month: Cicadas in Florida <http://creatures.ifas.ufl.edu/misc/bugs/cicadas.htm>

Bird Bite: Top 10 Bug Eating Birds

<http://www.enature.com/articles/detail.asp?storyID=627>

In a Galaxy Far Far Away: Perseid Meteor Shower thru 8/24, PEAKS on Saturday 12 August !!

Constellation **COMA BERENICE (Say What ??)** Refers to a classical story concerning the hair of Berenice, the wife of Ptolemy III of Egypt. While the story is an old one, the constellation is relatively new, being introduced by Tycho Brahe (1546-1601). According to the story, Ptolemy had waged a long war on the Assyrians, since it was they who had killed his sister. As Ptolemy returned successfully from the war, his wife Berenice had her beautiful tresses ceremoniously clipped and given to Aphrodite, laid out on the temple altar. As the evening's festivities continued, the shorn hair was discovered to be missing. The priests might be sacrificed, if the queen's hair couldn't be found. It was the astronomer Conon of Samos who came to their rescue - proclaiming that Aphrodite had accepted the gift of Berenice's hair, which now shown brightly in the heavens next to Leo. **Coma Berenice** forms a very small constellation surrounded to the north by Canis Venatici (the hunting dogs), to the east with the constellations of the Big Dipper and Leo (bright star Regulus), to the south with Virgo (bright star Spica), and the West with Bootes, the herdsman (bright star Arcturus). >>> But Don't Worry, Be Happy, I'll show you how to find it at RT !!

Plus the Usual: Handouts Gone Wild / RT Spirit Stick / Ticket Drawing Giveaways

see ya **next Thurs 10 August !!!!!**

KG, your LSD BS RTC