

The Varsity Letter

San Diego-Imperial Council - Boy Scouts of America

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May 2012

26th Annual Varsity Scout Triathlon



The 26th Varsity Scout Triathlon was a great success. The weather was warm and sunny and the crowd enthusiastic.

This was one of the best attended Triathlons we have had. Everyone seemed to have a good time.

We had 312 competitors. 137 individual young men, 39 relay teams, 54 over 18 men, 16 individual young women and 4 over 18 women.

Thanks also go to Tom Naylor and Andy Schmidt for their time and effort in putting together this years Triathlon. And a special thanks to all those leaders and young men that volunteered to work the event on Saturday. Thank you all.

If you did not receive a t-shirt email Tom Naylor:
tnaylor@financialguide.com

To view the official results, click on this link:
<http://varsity.sdicbsa.org/events.html>

There are more photos on Page 6

May Huddle: May 17th 7:00 PM

The May Varsity Leaders Huddle will again be held at the Penesquitos Stake Center: 12835 Black Mountain Road, San Diego.

This is where all Varsity Leaders should be on this night. This Huddle will be an excellent source of information to help you run a better Varsity Scout Program. Share ideas with the other Varsity leaders that will be in attendance.

- Varsity Scout Coaches & Assistants
- Bishopric Counselors over Varsity Scouts and Teachers Quorum.
- Stake Leaders are also invited and encouraged to attend.

**Hey!
We Need
a Cook for
The
Rendezvous!**

To volunteer yourself or someone else, or to just find out what it entails, please contact Lon, the Ol' Booshway.

Do it today!

Booshway@VarsityRendezvous.com
or call 619-818-5903

High Adventure: Backpacking



"The High Adventure/Sport Field of Emphasis provides every Varsity Scout team with interesting and challenging physical activities. Through the efforts of the program manager and adult advisor, team members can become skilled in activities ranging from snow camping to soccer. Once the team completes its training, it can plan and take part in high adventure opportunities..."

Backpacking is a great High Adventure activity for your summer Super Activity. A good backpack trip can teach your scouts many important life skills and principles. Such as: being prepared for unseen situations, being self sufficient, working together with a partner or team, overcoming difficult situations, having fun without the internet or just enjoying the great outdoors. But you need to be prepared and properly equipped to make it a safe and fun trip.

Page 3 of this months Varsity Letter has a great list of the Ten Essentials. Also, if you go to our Varsity Website, you can download several handy forms for preparing your scouts for backpacking.

<http://varsity.sdicbsa.org/resources.html>

Backpacking Breakfasts:

Breakfast Scramble

- * 1 3/4 cup instant mashed potatoes
- * 1/2 cup freeze-dried eggs with bacon
- * 1 1/2 cup water
- * 1 Tbsp dry milk
- * Cheddar cheese (optional)

At home: Combine all dry ingredients in a zip lock freezer bag.

In Camp: Heat water in pot (the hotter the better). Add to freezer bag and stir. Let sit for 5 minutes. Makes 1 serving

Bacon & Cheese Breakfast 'Taters

3.5-ounce packet Hungry Jack Easy Mash'd Cheesy Homestyle Mashed Potatoes

1 Jack Link's Jack Pack!

(Click on link to see product:)

<http://shop.jacklinks.com/product/detail/89209.aspx>

2 teaspoons Kraft Macaroni & Cheese Topping

3-ounce pouch bacon bits

Small green onion, chopped

1 tablespoon Parmesan cheese

(use a Pizza Hut packet)

1 tablespoon oil

In Camp: Dice cheese sticks. Slice beef sticks into 1/4-inch-thin rings. Saute beef with bacon bits and chopped onion in oil until barely tender. Add two cups water, cover, and bring to a boil (now's a good time to eat those extra pretzels from the Jack Pack!). Remove from heat and stir in mashed potato mix and Parmesan cheese. Potatoes will thicken quickly—smooth out any lumps with a spoon or spatula. Sprinkle with cheese topping and diced cheese. Makes two servings.

The Ten Backpacking or Hiking Essentials

There are many lists of what to bring backpacking, but what are the basic essentials for backpacking or hiking? This following list is known as the Ten Essentials. This list was created by The Mountaineers, a hiking and mountain climbing club, back in the 1930's. This list has been the staple list for outdoor activities ever since.

The list remains mostly unchanged since it first debuted. This is the current list of Backpacking Essentials

1. Navigation (map and compass)
2. Sun protection
3. Insulation (extra clothing)
4. Illumination (flashlight/headlamp)
5. First-aid supplies
6. Fire
7. Repair kit and tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter

Navigation

A map and a compass are the two main items. A GPS can be used in addition to these items, but it shouldn't be relied on 100% because it can run out of batteries or have difficulty working depending on your location.

Sun Protection

Sunglasses, sunscreen, a hat and clothes that can provide adequate coverage are important.

Insulation

Insulation usually takes the form of extra clothing. Extra clothing doesn't have to be much and what they should be will vary depending on where you are backpacking and the season.

Illumination

Light is very important. Any flashlight is better than being in the dark. Extra batteries are a must!

First Aid Supplies

You can buy a preassembled kit or build your own.

Fire

Matches should be water-proof or packed in a water-proof container. A Fire Stiker is another handy item you can bring with you.

Repair Kit and Tools

A multi-purpose tool with a knife, screw driver, can opener, saw, scissors, etc. comes in very handy.

Nutrition

Having food on a backpacking trip, even if it is just a day hike, is vital. As your body burns extra calories, you need fuel to keep it going

Hydration

You should have a water storage device and some sort of water filtration/purification system. Staying hydrated is even more important than being fed

Emergency Shelter

Some sort of shelter is a smart piece of equipment to have in the event of a sudden change in weather, getting lost or hurt. A lightweight tarp is perfect for this piece of equipment.

You should follow this list of backpacking essentials whenever you go out into the backcountry. While there are other items you need to bring backpacking and you certainly don't always use everything from this list, it is important to remember the philosophy behind this list is that it has what you need to take care of yourself in an emergency.

A printable copy of this can be found at:

<http://varsity.sdicsa.org/resources.html>

The Coach's Corner:

The Coach's Corner takes place at the end of your Varsity Team Meeting. It is a chance for you or your assistant Coach to take a few minutes and teach an important life principle to your scouts. Here is a good example of a story that teaches a life lesson.



Courage of His Convictions

When Frederick the Great of Prussia was ridiculing Christianity before a company of jolly nobles, and officers of the army, there was one brave general who remained gloomily silent. It was Joachim Von Zietan, one of the bravest and ablest officers present. Rising and shaking his gray head solemnly, he said to the King: Your Majesty knows well that in war I have never feared any danger, and everywhere I have boldly risked my life for you and for my country. But there is One above us, who is greater than all men. He is my Saviour and Redeemer, who has died for Your Majesty, and has dearly bought us all with His own blood. That Holy One I can never allow to be mocked or insulted, for on Him I repose my faith, my comfort, and my hope in life and death. In the power of this faith our brave army has courageously fought and conquered. If your Majesty undermines this feat, you undermine the welfare of your state. I salute you, Your Majesty.

Frederick looked at the man in admiration and in the presence of the illustrious company, he then apologized for what he had said.

2012 Varsity Activity Dates & Contact Information

Huddles:

August Huddle - August 16th

October Huddle - October 18th

Huddle Commissioner:

Andy Schmidt: andy@schmidtboardhouse.com

Varsity Leader Training

Woodbadge Spring Course

Fall Course: September 17-22

<http://w6-49-12-2.sdicbsa.org/index.html>

Varsity Triathlon:

Triathlon Chair: Andy Schmidt:

andy@schmidtsboardhouse.com

On-Target:

July 21st

Larry Purcell: lpurcell@san.rr.com

Mountain Man Rendezvous

September 14-15th

<http://www.varsityrendezvous.com/>

• Lon Atkinson:

Booshway@VarsityRendezvous.com

Varsity Chairman:

• Barry Baker: iambarrybaker@yahoo.com

Varsity Communications:

(Mailing List)

• Marty Bramwell: martybramwell@yahoo.com

The Varsity Letter Newsletter:

• Lon Atkinson: Lon@AtkinsonStudios.com

You Should be a Merit Badge Counselor!

Qualifications for Merit Badge Counselors:

The following is taken directly from the 2011 edition of the Guide to Advancement (BSA Publication 33088 - SKU 614448) and should be read by all Merit Badge Counselors.

People serving must maintain registration with the Boy Scouts of America as merit badge counselors and be approved by the local council for each of their badges. See "Counselor Approvals and Limitations," 7.0.1.4. There are no exceptions. For example, Scoutmasters must be approved for any badge they wish to counsel or sign off in their troop. Before working with Scouts, counselors must have completed Youth Protection training within the last two years. They must be men or women of good character, age 18 or older, and recognized as having the skills and education in the subjects they cover. It is important, too, they have good rapport with Scout-age boys and unit leaders.

It is acceptable for a counselor registered in one council to approve merit badges for Scouts in another. This is an important consideration, especially in areas where counselors are scarce, or when Scouts are away from home and want to continue advancing.

Several badges involve activities for which the Boy Scouts of America has implemented strategies to improve safety, improve the Scouts' experiences, and manage risk. These activities often require supervision with specialized qualifications and certifications. Merit badge counselors who do not meet the specific requirements may use the services of others who do. Additional details can be found below, and also in the Guide to Safe Scouting, No. 34416, and the merit badge pamphlets.

(Merit Badge Counselor, Continued)

General Supervision Requirements

- Swimming and watercraft activities must be conducted in accordance with BSA Safe Swim Defense or BSA Safety Afloat, respectively, and be supervised by mature and conscientious adults at least 21 years old and trained in the program applicable. Counselors for merit badges involving swimming or the use of watercraft must be so trained, or use others who are.
- CPR instruction, wherever it is required, must be taught by instructors currently trained by a nationally certified provider. Several such providers are mentioned in the Guide to Safe Scouting.

The following merit badges have special qualifications or certifications for either the merit badge counselor or the supervisor of certain activities that may be involved. Counselors and advancement administrators should consult the merit badge pamphlets for details and to maintain awareness of changes and updates as pamphlets are revised.

Click on the links below to see the specific Merit Badge Requirements for the Merit Badges that require specific certification.

- Canoeing: <http://usscouts.org/mb/mb033.asp>
- Climbing: <http://usscouts.org/mb/mb133.asp>
- Lifesaving: <http://usscouts.org/mb/mb009.asp>
- Rifle Shooting: <http://usscouts.org/mb/mb123.asp>
- Rowing: <http://usscouts.org/mb/mb098.asp>
- Scuba Diving: <http://usscouts.org/mb/mb138.asp>
- Shotgun Shooting: <http://usscouts.org/mb/mb124.asp>
- Snow Sports: <http://usscouts.org/mb/mb135.asp>
- Swimming: <http://usscouts.org/mb/mb014.asp>
- Whitewater: <http://usscouts.org/mb/mb125.asp>
- To become a Merit Badge Counselor: <http://www.sdicbsa.org/Advancement/MeritBadgeCounselor.php#Application>



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**Fiesta
Island**

