

The Varsity Letter

San Diego-Imperial Council - Boy Scouts of America

Volume 12 No. 11

Circulation 260+

November 2012

Winter Camping: Staying Warm



The most important thing that anyone brings with them on a winter camp out, or any camp out, can't be bought in any store or made at home. It is a positive mental attitude. Don't go camping without it! Keep warm by following the guidelines that spell the word: C-O-L-D

Clean - Clothing should be clean. Since insulation is only effective when heat is trapped by dead air spaces, keep your insulating layers clean and fluffy. Dirt, grime, and perspiration can mat down those air spaces and reduce the warmth of a garment.

Overheating - Avoid it. Pace your activity to avoid overheating which causes you to sweat. Sweat will dampen your clothing and cause chilling later on.

Loose Layers - Use loose layers to keep warm. Warm air is trapped between the layers, keeping you warmer than one single bulky layer. By adding or removing layers, you can regulate your body temperature. Wear loose fitting clothes that will not restrict the blood flow and that will ventilate or wick the moisture away from your body.

Dry - Keep all clothing, bedding and your body dry. Damp clothing and skin can cause your body to cool quickly, possibly leading to frostbite or hypothermia. Keep dry by: avoiding cotton clothing, brushing snow from your cloths before it melts, and loosening the clothing around your neck and chest.

Scouts In The News!

(CBS) KEY WEST - A New Jersey boy scout troop touring Key West, Fla. helped catch a robbery suspect on their bicycles, according to CBS Miami.

The 17 scouts from troop 850 in Princeton, N.J. were biking in the old town section of Key West last week when a barefoot man ran past them, followed by a second man calling out for help, the station reported.

The second man told witnesses he was a tourist from Brazil, and claimed the first guy to run by had just taken his phone and wallet.

The scout leader called the cops and told his 'troops' to keep the thief in their sights, so the boys chased him on their bikes for several minutes, until he finally ducked behind a store, CBS Miami reported.

The scouts kept their distance, and when the police arrived, they took 38-year-old Jason Norwood into custody, and charged him with larceny and grand theft, charges serious enough to land him in the Monroe County jail without bond.

Police were able to get the tourist's wallet back, but his phone seemed a goner.

Of course, the scouts of troop 850 then fanned out in a search pattern, per their training, found the phone, and returned it.

Kind of makes you want to stop and think: How ready to help and serve are my scouts? Are they willing to step in and help when someone is in need? What can we do to better prepare them?

Items to Put on Your 2013 Varsity Scout Calendar

100 Year celebration - ZION'S CAMP

Camp Mataguay

July 8-13th

<http://www.zionscamp2013.org/>

Varsity Scout Leader Huddles

Penesquitos Stake Center

Andy Schmidt - Huddle Commissioner

AndySchmidt2012@Gmail.com

January 17th, 100% Huddle

March 21st

May 16th

August 15th

October 17th

Varsity Scout Leader Training

Ed Jones - Training Chairman

edjonesheating@hotmail.com

March 8-9th

October 18-19th

Triathlon

Tom Naylor - Triathlon Chairman

tnaylor@finsvcs.com

April 27th, Fiesta Island

On-Target

David Jenkins: david.w.jenkins@navy.mil

Date still to be determined.

Mountain Man Rendezvous

Lon Atkinson - Booshway

Booshway@VarsityRendezvous.com

September 20-21st

Woodbadge '13

May 16-18th, June 6-8, 2013

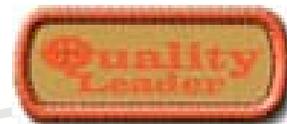
Advancement for Adults

There are several awards available to adult Varsity Scout leaders:

Varsity Scout Leader Letter



Varsity Scout Quality Leader



Varsity Scout Leader Training Award



Varsity Coach's Key



Unit Leaders Award of Merit



Click here to see the requirements for these awards and view other awards available to units, leaders and scouts:

<http://www.boyscouttrail.com/square-knots.asp>

Varsity Scout Pledge

As a Varsity Scout I will:
Live by the Scout Oath, Law, motto,
and slogan;
Honor the dignity and worth of all persons;
Promote the cause of freedom; and
Do my best to be a good team member.

The Aims of Varsity Scouting

1. Character Development
2. Citizenship Training
3. Mental and Physical Fitness

The Methods of Varsity Scouting

1. The Ideals (Scout Oath & Law)
2. The Team Method
3. The Outdoors
4. Advancement
5. Association with Adults
6. Personal Growth
7. Leadership Development
8. The Uniform

The Values of Varsity Scouting

Varsity Scouting is a values-based organization. Its ideals, found in the Scout Oath, the Scout Law, the Scout motto, and the Scout slogan, are the same as those every Boy Scout troop observes. With prior experience as Boy Scouts, most young men becoming Varsity Scouts already firmly understand and believe in these ideals. Along with youth who are new to the BSA, they will find that the values of Varsity Scouting serve as valuable guidelines for their Varsity Scout team, and for life.

Becoming Shepherds of Young Men

Thank Heavenly Father for this season in your life to influence young men. Be there for them and give them a vision of what they can become as they learn their duty as priesthood holders - whether they are wearing a Scout Uniform or a white shirt and tie.

Young men need shepherds God expects us to be. Our efforts as Young Men advisers and Scout leaders can have eternal consequences.

The adversary does not want us to act, and he will do everything he can to deter us. I pray that we will press forward in preparing the young men of this church by engaging them in good and glorious things - the great work of the Aaronic Priesthood and the wonderful Scouting program.

From the Vision of Scout by David L. Beck, Young Men General President.

Download and read the complete article:

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

The Gathering Time Activity

Gathering time activities are a great way to get your boys to scouts on time. Start a few minutes before your normal starting time. It won't take more than a couple of meetings until they start coming early to enjoy the starting time activities.

Just Keep Talking

This wears down even the most active young man. Break into pairs. Each person must talk as fast and long as possible. The person who wins in each pair challenges the winner from another pair. The last man talking is declared the winner.

Some ground rules: Brief breaths are allowed, but no pauses. No reciting lists or counting. No repeats. This one is exhausting just thinking about it.

(Continued from Page 1)

Winter Camping: Staying Warm

1. Insulate your sleeping bag from the ground with a full-length foam bed pad. A closed cell pad should be at least $\frac{3}{4}$ inch, while an open cell pad needs to be $1\frac{1}{2}$ inches thick. Place the bed pad on top half of a survival blanket silver side up allowing the exposed half to be pulled over the top of your sleeping bag as a cover.

2. Foam pads can be purchased at the Army/Navy store or Sports Authority for less than \$10.

3. Put a survival blanket on the floor of your tent, silver side up. It will keep moisture and cold out. Survival or Emergency blankets are available at Sports Authority, EMS, etc. for about \$10.

4. Make sure your bedding and sleeping clothes are dry. Air your bedding during the day to allow body moisture to escape. Sleeping bags will dry, even in freezing weather. The average adult loses one pint of body moisture while sleeping.

5. Never sleep with your mouth and nose inside the sleeping bag. Breathe outside of it. Your breath will make your sleeping bag wet.

6. Change your clothes before going to sleep. Your daytime clothes will be damp from sweat and are dirty. This will cause you to chill.

7. Put on clean socks and polar fleece booties for sleeping.

8. Wear a hat to sleep. 50% of your body heat escapes through your head.

9 Your sleeping bag needs to be a cold rated (at least -20 degree) bag. If not, use two bags, one inside the other. Alternatively, put a polar fleece blanket, sewn on 3 sides inside your bag for extra warmth.

10. NEVER sleep on an air mattress in the cold.

11. Keep your boots warm and dry at night. If necessary, after cleaning and drying them, put them inside a plastic bag and then in the bottom of your sleeping bag.

12. In the morning, put boot warmers in your boots before putting them on.

13. If you have removable boot liners, remove them before going to bed. They will dry quicker that way.

14. Wear a sweatshirt with a hood at night to keep your neck, head, and shoulders warm.

15. Dress and undress in your sleeping bag.

16. Keep your clean clothes inside your bag or underneath it.

17. Fluff your sleeping bag before getting inside.

18. Nibble on high calorie food before going to sleep. Pepperoni or cheese is a good choice.

19. Still shivering? Put on your rain gear – pants and jacket. It will act as a vapor barrier to hold in your body warmth.

20. Use the latrine BEFORE getting in that sleeping bag! No one wants to get up in the middle of the freezing night. But if you have to go, get up and go!

Other Hints

1. It always takes longer to do things in the cold – Plan accordingly.

2. Cooking time will double. Always use a lid on your pot to trap the warmth.

3. Start hot water for cleaning, before you start cooking.

4. Wear rubber gloves to wash dishes. They keep your hands dry.

5. Try to keep your menu to “one-pot” meals. Chili, stews, pasta and beans are good choices.

6. Always collect twice as much firewood as you think you need. Remember it takes twice as long to cook, so you use more fuel.

A more complete list of hints for keeping warm while winter camping can be downloaded from our Varsity Website. The file is called: Staying Warm in the Winter. Download it here;

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

Five Fields of Emphasis: Personal Development

Varsity Scouting stresses personal development through Spiritual Growth, Leadership, Citizenship, Social, Cultural Attributes and Physical Fitness. Advancement toward the Eagle Scout rank is also encouraged. Varsity Scouts may also take part in opportunities emphasizing Conversation, Academics, and Scholarship.

The personal development of each Varsity Scout team member is very important. A tremendous challenge of Varsity Scouting is to use team and individual activities to encourage worthwhile personal development. For that reason, personal development is one of the five fields of emphasis of every Varsity Scout Team.

Suggestions for individual and team activities for the Personal Development emphasis in Varsity Scouting:

- Religious Services
- City Council meetings
- Plays and Roadshows
- Scout Sundays
- Drug Abuse Seminars
- Helping the Disadvantaged
- Physical Fitness Programs
- Concerts
- Sporting Events
- CPR Training
- Volunteering at a Hospital

“Scouting is more than camping and merit badges. Scouting is spirituality, duty, growth, and leadership. When the Church adopted Scouting in 1913, leaders wanted a program that would develop and strengthen young men. Properly trained leaders can better understand Scouting and appreciate the program’s potential to help young men grow. David L. Beck

2012 Contact Information

Varsity Chairman:

- Barry Baker: iambarrybaker@gmail.com

Huddles:

Huddle Commissioner:

- Andy Schmidt: andy@schmidtboardhouse.com

Varsity Leader Training

Training Chairman: Ed Jones

- edjonesheating@hotmail.com

On-Target:

- David Jenkins: david.w.jenkins@navy.mil

Mountain Man Rendezvous

- Lon Atkinson: Booshway@VarsityRendezvous.com

Varsity Communications:

(Mailing List)

- Marty Bramwell: martybramwell@yahoo.com

The Varsity Letter Newsletter:

- Lon Atkinson: Lon@AtkinsonStudios.com

The Varsity Letter:

This newsletter is getting close to it’s fourth year of publication. The idea behind the newsletter was to provide you, the Varsity leader, with ideas and information to help you be a better leader.

I have no idea if we are meeting that original idea. In the past three years I have heard from only a handful of leaders about the newsletter. Before I enter the fourth year, I would like to know if it’s worth my time and effort. Click on the link below and just jot a quick ‘keep going’ or ‘don’t bother’. I would appreciate the input. and of course any ideas you have concerning content.

Lon@AtkinsonStudios.com