

The Varsity Letter

San Diego-Imperial Council - Boy Scouts of America

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The January 100% Huddle

The 100% Huddle was held January 17, 2013. The Keynote speaker was Paul Clayton, President of the San Diego California Mission.

Pres. Clayton said that with the recent announcements that lowers the age for entrance to 18 years old, high school graduate, that these boys have less time to be trained – they are younger – so where do they get training?

He stepped back and reviewed Missionary service:

1. **Keeping working when it gets hard** – 16 hrs days – 6:30 a.m. to 10:30 a.m. every day of the week;
2. **Keep positive attitude** - Know how to be of help when you don't have a feather bed ;
3. **No mother** – keep apartment clean;
4. **Forget about self** – you are there to serve the Lord;
5. **Be creative;**
6. **Willing obedience** – sometimes for personal safety;
7. **Knowledge of the Gospel – Testimony;**
8. **Be Physically fit, Mentally awake, and Morally Straight** (some realize after entering Mission Field they have baggage from there lives that needs touch of Master's Hand and work with Mission President to resolve.)

Then Pres. Clayton show a video clip of 2000 striping warrior in which Elder Ballard talked to Aaronic Priesthood about being spiritually and physically prepared. He said, "What we need now is the Greatest Missionary Core in history of the Church."

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Treating Hypothermia



Hypothermia is a very survivable medical condition with proper treatment. The hypothermia treatment and procedures described in this article are simply first aid procedures and should be viewed as recommended as self-rescue or emergency procedures to follow until professional aid becomes available.

Under no circumstances should these descriptions be used as substitutes for proper medical treatment.

If the body temperature is between 90 degrees F. and 96 degrees F. a full recovery is almost completely assured.

If the body temperature is between 80 degrees F. and 89.9 degrees F. a recovery is quite possible with proper medical treatment but there may be some long-term effects.

With a body temperature below 80 degrees F., recovery is possible but rare, and medical complications are all but assured.

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(100% Huddle, Continued from page 1)

YM Activity Night.

1. Sunday is just talk, Weeknight should be Constructive Fun. This should be Unique and Constructive Activities where Scouting and Priesthood program merge for positive growth, active doing;

2. Service. A lot of service can be done in jeans and work clothes that can't be done in Sunday clothes;

3. Leadership opportunities. Planning, organizing, training others and leading the activities. This helps boys learn and prepare for real missionary experiences of planning, organizing and doing the Lord's work with their companion while they are viewed as adults.

Overnighter (Weekend Campouts):

President Clayton said, **you can do things on Overnighter that you can't do on Weekday Activities** like:

1. Focus – Scout groups can be away from mortar and bricks, out in nature and can Focus on their chosen goal(s) for that campout. He implied that Varsity Scout should have monthly campout just as younger Boy Scouts.

2. Look at the Stars and ponder and feel. Think of eternity and your place in it.

High Adventure:

President Clayton said, you can do things on High Adventure (week long activity) that you can't do on Overnighter like:

- 1. Get along without Mom;**
- 2. Learn value of being Clean;**
- 3. Learn Confidence** – I can do hard things.

We then viewed a video of a talk by David C. Pack, "Why I Love 50 Mile Hikes". He read and commented on stages of experience and growth for boys who participate in 50 Mile Hikes.

Pres. Clayton concluded his remarks by saying that Lord Robert Baden-Powell, the founder of worldwide Scouting movement, was inspired to conceive and form the Scouting movement through the world. He said the Lord is "hastening everything" and that with younger missionaries entering the field, we Scout and Varsity Scout Leaders need to be inspired and anxiously engaged in running a dynamic program that help boys be prepared sooner for Missionary Service.

Following Pres. Clayton's remark, the group adjourned to workshop format. Barry Baker led 10 minute review of 5 Field of Emphasis and implored VS Coaches to use the VS Bible – the Varsity Scout Guidebook.

Interesting fact:

Prior to Pres. Clayton address, Cory King, Program supervisor of High Adventure for Zion's Camp 2013 gave some announcement about the San Diego Imperial Council's LDS Centennial Camp. This triggered Pres. Clayton to show an obituary of his grandfather in which it said he served as a Scout Commissioner in Salt Lake City in 1913, the year the church adopted the Boy Scout program.

We gave Pres. Clayton a SDIC Centennial Pin & Every Boy Deserves a Well Trained Leader patch. After meeting Pres. Clayton came up and received beads for being Varsity Trained, Woodbadge Trained, Huddle Attendance and other scouting beads.

Those in attendance were greatly blessed by the words of this servant of the Lord.

New Merit Badges Coming This Year.

Game Design

Estimated release: March 2013
Requirements: TBD



Description: Slated to include both traditional games and video games, this sure-to-be-popular merit badge will test Scouts' creativity, computer skills, and planning abilities.

Sustainability

Estimated release: 2013 Jamboree
Requirements: TBD



Note: This merit badge will be Eagle-required. Scouts must earn either this or Environmental Science.

Description: A badge to teach Scouts to use resources responsibly.

Programming

Estimated release: 2013 Jamboree
Requirements: TBD

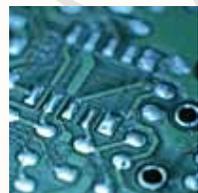


Description: A tech-focused merit badge for the 21st Century.

Digital Technology

(will replace Computers)

Estimated release: 2013
(after Jamboree)
Requirements: TBD



Description: Technology has come a long way since Computers merit badge was first introduced in 1967. This badge, which replaces Computers, will teach Scouts about technology in the digital age.

Varsity Scout Web Resources:

The following are various websites that you may find useful as you fulfill your calling in the Young Men and Varsity Scouting.

If you have a favorite website that helps you as a Varsity Coach, please send it to The Varsity Letter so that we can share it with the other leaders.

Our own San Diego Varsity Scout websites:

<http://varsity.sdicbsa.org/>
<http://varsityrendezvous.com/>

LDS Scouting websites:

<http://ldsbsa.org/>
<http://varsityscouter.org/>
<http://ldsscouting.com>
<http://lds-scouts.org/>
<http://mormonscouting.com>
<http://dutytogod.com>

Advancement

<http://meritbadge.org>
<http://eaglescout.org>
<http://nesa.org>

Official BSA websites:

<http://sdicbsa.org>
<http://scouting.org>

Camping and Hiking:

<http://imageandink.com/mormonhike>
<http://philmontscoutranch.org/>
<http://hiddensandiego.com>

http://trails.mtbr.com/cat/united-states-trails/california-trails/california-san-diego/pls_4521crx.aspx

<http://sandiegoreader.com/search/vertical/places.place?q=hiking>

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One of the most important rules of hypothermia treatment, no one is dead until they are warm and dead. Allow medical authorities to determine death in all cases.

When treating a victim of hypothermia all efforts should be made to sustain life until they have been properly warmed by at medical facility.

Hypothermia treatment is simple, but the proper treatment needs to be administered during different phases of the medical condition.

Mild Hypothermia Treatment

This is the most common form of hypothermia and one we have all suffered from at one time or another. It is the easiest treated, and the easiest to prevent.

Treat mild hypothermia by getting into a warm and dry environment. Windy conditions and wet clothes cause the body to lose heat. Seek shelter from wind and weather

- Insulate from ground – pine branches, leaves, moss, anything to provide insulation will work.
- Change wet clothing for windproof, waterproof gear
- Add heat – if safe, start a fire
- Increase exercise, if possible
- Get into a pre-warmed sleeping bag or blankets
- Drink hot drinks, followed by candy or other high-sugar foods
- Apply heat to neck, armpits and groin

They might be more prone to accidents. If you are a victim of mild to moderate hypothermia, be extra cautious! Don't make a bad situation worse!

Moderate Hypothermia Treatment

When a person has moderate hypothermia, in addition to the above listed items, get the person bundled up and out of the cold, covering the neck and head to minimize additional heat loss through the head.

With moderate hypothermia sudden movement and physical activity should be avoided. Rough handling of these victims may cause deadly heart rhythms.

- You can apply warm bottles of water, or warm rocks to the armpits and groin area (comfortably warm when touched by a hand flat on the stone and held in place).
- Fully conscious victims can sip lukewarm sweetened, non-alcoholic fluids. If their condition is clearly improving then more fluids and warmth can be administered.
- Medical attention should be sought out, even if a full field recovery is achieved.

Severe Hypothermia Treatment

Severe hypothermia is an extreme medical emergency and a high priority should be placed on summoning a rescue team immediately to transport the victim to a medical facility as rapidly as possible.

Maintain the body temperature of victims of severe hypothermia. Improper warming can create a condition called metabolic acidosis that can cause shock and heart failure. Warming should only be performed in these states by a medical facility.

This article has been reproduced from the following website. There is more information there on treating severe hypothermia. <http://www.natureskills.com/outdoor-safety/hypothermia-treatment/>

"I May Not Be Very Important"



I am not a very important man, as importance is commonly rated. I do not have great wealth, control a big business, or occupy a position of great honor or authority.

Yet I may someday mold destiny, for it is within my power to become the most important man in the world in the life of a boy. And every boy is a potential atom bomb in human history.

A humble citizen like me might have been the Scoutmaster of a Troop in which an undersized unhappy Austrian lad by the name of Adolph might have found a joyous boyhood, full of the ideals of brotherhood, goodwill, and kindness. And the world would have been different.

A humble citizen like me might have been the organizer of a Scout Troop in which a Russian boy called Joe might have learned the lessons of democratic cooperation.

These men would never have known that they had averted world tragedy, yet actually they would have been among the most important men who ever lived.

All about me are boys. They are the makers' of history, the builders of tomorrow. If I can have some part in guiding them up the trails of scouting, on to the high roads of noble character and constructive citizenship, I may prove to be the most important man in their lives, the most important man in my community.

A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove. But the world may be different, because I was important in the life of a boy.

Forest E. Witcraft (1894 – 1967)
Scholar, Teacher and Boy Scout Administrator

Varsity Adult Leader Training March 8 and 9th

Escondido South Stake Center
2255 Felicita Road, Escondido
(15 Freeway and Felicita Road)
Registration: 6:00-7:00 pm

This is the training that you need if you have just been called to be a Varsity Coach. Or, if you have never been trained! This is an overnight experience.

This training is for Varsity Coaches, Asst. Coaches, Committee Members, Bishopric Counselor and Young Men Counselor over Varsity Scouting.

You will need to bring with you: Personal camp gear: bag, tent, pad, chair, personal items. Wear your uniform if you have one. A campfire snack, breakfast and lunch will be provided.

The cost is \$25. Pre-Registration is required. For registration or for any questions contact Ed Jones:

edjonesheating@hotmail.com

2013 Varsity Scout Cabinet Contact Information

Varsity Chairman:

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- Tom Naylor: tnaylor@finsvcs.com

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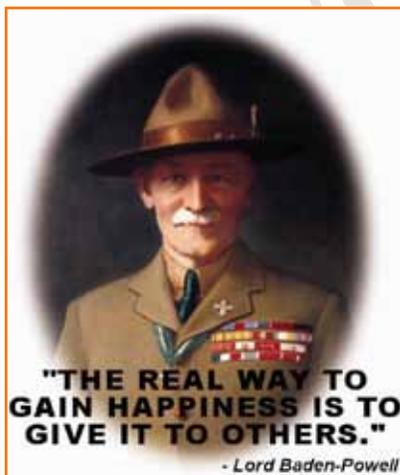
- Lon Atkinson: Lon@AtkinsonStudios.com

Mailing List:

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Mountain Man Rendezvous Chair:

Lon Atkinson: Booshway@VarsityRendezvous.com



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

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

Woodbadge '13

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

<http://www.sdicsa.org/Training/W6-49-13-1/>

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