

The Varsity Letter

San Diego-Imperial Council - Boy Scouts of America

Volume 13 No. 10

Circulation 275+

October 2013

A Century of Honor



In commemoration of the Church's 100-year affiliation with the Boy Scouts of America, an event called "A Century of Honor" will be held October 29, 2013, at 7:00 p.m. Mountain Daylight Time. The event will originate at the Conference Center in Salt Lake City, Utah, and will be broadcast live throughout North America in English and Spanish. The event will be rebroadcast Oct. 29 at 9:00 p.m. and Oct. 30 at 5:00 p.m., MDT.

Featured on the program will be Scout choirs, historical vignettes, and videos highlighting important events, service, and achievements from the past century. Thousands of local Scouts of all ages will participate. Members of the First Presidency of the Church as well as national BSA leaders and executive board members are expected to attend.

All Scout troops in North America are invited to participate by viewing the broadcast live at a local LDS stake center or online during or after the broadcast at scouts100.lds.org. Priesthood leaders are encouraged to use the broadcast to build relationships with Scout units, families, and others in the community. Local leaders may wish to coordinate an outreach effort with the BSA leaders in their area.

The 13th Annual Blackfoot Fort Mountain Man Rendezvous



The 2013 Varsity Scout Blackfoot Fort Mountain Man Rendezvous is in the books! It was a great rendezvous. The weather was perfect. The food was great and the competition heated.

We had 310 scout and leaders, plus 34 staff members in attendance. This is about 50 less than the last few years. I'm sorry for those scouts who did not attend because they thought they had 'done it' at Zion's Camp.

The Colter Run was won by Team 704 in first, Team 142 in Second and Team 370 in Third. The Jim Bridger Top Unit Award was won by Team 651. An additional 60 awards were given out. Or could have been given out if those that had won had not missed the closing award ceremony. If you are not at the closing your awards are forfeited. I feel sorry for those scouts whose leaders felt the need to leave early.

The rendezvous was over by 4:00 pm. If any leaders have photos of the rendezvous, please send them to the Newsletter editor.

Layering Fundamentals

Summer is officially over. Cooler weather will soon be upon us. Here is some basic information on the important subject of keeping warm.

Layering your clothing is a tried-and-true way to maximize your comfort in the outdoors. The beauty of this simple concept is that it allows you to make quick adjustments based on your activity level and changes in the weather.

Each layer has a function. The base layer (against your skin) manages moisture; the insulating layer protects you from the cold; the shell layer (outer layer) shields you from wind and rain. You simply add or subtract layers as needed.

For a deeper understanding, read on:

The Base Layer: Moisture Management

This is your next-to-skin layer. It helps regulate your body temperature by moving perspiration away from your skin.

Keeping dry helps you maintain a cool body temperature in the summer and avoid hypothermia in the winter. If you've ever worn a cotton T-shirt under your raincoat while you hiked, you probably remember feeling wet and clammy, even though you weren't getting wet from the rain itself. Cotton is a fabric that retains perspiration and can leave you chilled.

For outdoor comfort, your base layer should be made of merino wool, synthetic fabrics (polyesters such as Polartec Power Dry® or Patagonia Capilene®) or, for less-active uses, silk. Rather than absorbing moisture, these fabrics transport (or "wick") perspiration away from your skin, dispersing it on the outer surface where it can evaporate. The result: You stay drier even when you sweat, and your shirt dries faster afterwards.

A base layer can be anything from briefs to long underwear sets (tops and bottoms) to tights and T-shirts. It can be designed to fit snugly or loosely. For cool conditions, thermal underwear is available in light-, mid- and expedition-weights. Choose the weight that best matches your activity and the temperature.

Your Middle Layer: Insulation

The insulating layer helps you retain heat by trapping air close to your body.

Natural fibers such as wool and goose down are excellent insulators. Merino wool sweaters and shirts offer soft, reliable warmth and keep on insulating even when wet. For very cold and dry conditions, goose down is best. It offers an unbeatable warmth-to-weight ratio and is highly compressible. Down's main drawback is that it must be kept dry to maintain its insulating ability. A new innovation—water-resistant down—promises to change this.

Classic fleece such as Polartec® 100, 200 or Thermal Pro polyester and other synthetics such as Thinsulate® provide warmth for a variety of conditions. They're lightweight, breathable and insulate even when wet. They also dry faster and have a higher warmth-to-weight ratio than even wool. Classic fleece's main drawbacks are wind permeability and bulk (it's less compressible than other fabrics).

Like thermal underwear, fleece tops are available in 3 weights:

Lightweight for aerobic activity or mild climates.

Midweight for moderate activity or climates.

Expedition-weight for low activity or cold climates.

(Layering, continued from page 2)

Examples: For high-energy activities such as cross-country skiing, cycling or running, choose light-weight fleece (Polartec 100 or Power Dry) to avoid overheating. For cold conditions, try thicker fleece such as Polartec 200 or 300.

Wind fleece such as Polartec WindPro® polyester or Gore WindStopper® adds a high level of wind resistance to fleece. How? It uses a hidden membrane that does not affect breathability.

Your Shell Layer: Weather Protection

The shell or outer layer protects you from wind, rain or snow. Shells range from pricey mountaineering jackets to simple windproof jackets. Most allow at least some perspiration to escape; virtually all are treated with a durable water repellent (DWR) finish to make water bead up and roll off the fabric.

An outer shell is an important piece in bad weather, because if wind and water are allowed to penetrate to your inner layers, you begin to feel cold. Furthermore, without proper ventilation, perspiration can't evaporate but instead condenses on the inside of your shell.

Fit is another consideration. Your shell layer should be roomy enough to fit easily over other layers and not restrict your movement.

Shells can be lumped into the following categories:

Waterproof/breathable shells:

These choices, these are best for wet, cool conditions and alpine activities. Shells using laminated membranes such as Gore-Tex and eVent offer top performance; those using fabric coatings are a more economical alternative. Shells are categorized by REI as either rainwear, which emphasizes low weight and packability, or mountaineering wear,

which is more abrasion-resistant and has additional features.

Soft shells:

These emphasize breathability. Most feature stretch fabric or fabric panels for added comfort during aerobic activities. Many offer both shell and insulative properties, so they in effect combine 2 layers into 1. Soft shells include cold- and mild-weather options.

Waterproof/non-breathable shells:

These economical shells are ideal for rainy days with light activity (e.g., fishing, sports viewing). They are typically made of a sturdy, polyurethane-coated nylon which is water- and windproof.

Insulated shells: Some outer shells have a layer of insulation built in—such as fleece—making them convenient for cold, wet conditions, but not as versatile for layering in fluctuating temperatures.

Preparing Young Men to Walk Uprightly

"In this world where some misguided men and women strive to tear down and destroy great movements such as Scouting, I am pleased to stand firm for an organization that teaches duty to God and country, that embraces the Scout Law. Yes, an organization whose motto is 'Be Prepared' and whose slogan is 'Do a good turn daily!'

The Aaronic Priesthood prepares boys for manhood and the wider duties of the Melchizedek Priesthood. Scouting helps our boys to walk uprightly the priesthood path to exaltation.

President Thomas S. Monson
The Upward Reach, Ensign
November 1993

2013 Varsity Scout Cabinet Contact Information

Varsity Chairman:

• Barry Baker:
iambarrybaker@gmail.com

Huddle Commissioners:

• Stephen Baker:
ircommando@gmail.com
• James LaLanne:
ijamesl@yahoo.com

Training Chairman:

• Ed Jones:
edjonesheating@hotmail.com

Triathlon Chair:

• Tom Naylor:
tnaylor@finsvcs.com

Newsletter Editor:

• Lon Atkinson:
Lon@AtkinsonStudios.com

Mailing List:

Marty Bramwell:
martybramwell@yahoo.com

Mountain Man Rendezvous Chair:

Lon Atkinson:
Booshway@VarsityRendezvous.com

On-Target Chair

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

Items to Put on Your 2013 Varsity Scout Calendar

October 18-19th

Varsity Scout Leader Training

Ed Jones - Training Chairman
edjonesheating@hotmail.com

Please take note of the change in date for the Huddle. Because of the Varsity Leader Training, the October Huddle has been moved until November.

November 17th

Varsity Scout Leader Huddle

Penasquitos Stake Center

• Stephen Baker: ircommando@gmail.com
• James LaLanne: ijamesl@yahoo.com

Coaches Corner



It is interesting how crabs think and work. When catching crabs, you can place them in a bucket about 12-18 inches deep and if the crab is in there by itself, will easily reach up over the lip of the can and climb out. But an interesting thing happens when you have 2 or more crabs in the same bucket. As the first crab reaches up to pull itself out, the other crabs reach up to pull the other crab back into the bucket. They will each take turns trying to climb out while the other crabs spend their time pulling the crab that is having success back down into the bucket. Are you a crab?



V A R S I T Y T R A I N I N G

For Varsity Coaches, Asst. Coaches, Committee members,
Bishopric Counselor and YM Counselor over Varsity

October 18-19th, 2013

Santee Stake Center
10052 N Magnolia Ave
Santee, CA 92071

Fri. Oct. 18-

OVERNIGHT EXPERIENCE REQUIRED TO COMPLETE TRAINING

Varsity Specific & Outdoor Leader Skills

Registration: 6:00 - 7:00 pm

Class: 7:00 - 8:30 pm and continuing at the Campfire.

Snaks provided at the Campfire.

Sat. Oct. 19 -

Varsity Specific & Outdoor Leader Skills: 6:00 am - 4:00 pm

Breakfast and lunch provided.

What to bring: Personal camp gear: bag, tent, pad, chair, personal items.
Wear your uniform and bring your Scout Adult Leader Book (and Varsity
Leader Guidebook—if you have one).

Cost: \$30.00

Pre-Registration is require.

Registration is available at www.sdicbsa.org under Training/Varsity leader

Reservation must be submitted by 10/14/13

questions, contact:

Ed Jones at 619-561-3828 or

edjonesheating@hotmail.com

