

# Scouting Times

Troop 400

<http://rdltroop400.tripod.com>

April/May 2009



## Welcome New Scouts

This is the time of year when we welcome many new Scouts into Troop 400. This year we're excited by the energy and enthusiasm these new Scouts bring to our troop. Welcome new Scouts, we're happy you joined us. Get ready for a great adventure!

## Your Troop in Action

Here's what's been going on in Troop 400 over the past two months.

### Pacific Lake

The troop spent the weekend of March 21<sup>st</sup> camping at the "shores" of Pacific Lake outside of Odessa. The term lake is a bit misleading as this lake dried up several years ago! A highlight of the trip was talking to a venture crew from Spokane who had driven out to canoe on the lake. Boy were they surprised to find no lake! It rained off and on in the morning but broke to beautiful weather in the afternoon. Great terrain for hiking and rock hopping abounded.



### Spring Camporee

April 25<sup>th</sup> was the Grizzly District's Spring Camporee at Camp Cowles. The troop was well represented by 26 Scouts and 11 Scouters. Six of our newest Scouts from our Cobra patrol were able to go on their first campout as Troop 400 Scouts. The troop also played host to Webelos from Pack 483.

There were many events in the morning, culminating in the John Colter Mt. Man race held in the afternoon. The Scouts managed to bring home some hardware, winning multiple ribbons. Congratulations, Troop 400!

*Above  
And  
Beyond*



## Garage Sale

It's time to start pulling out all of that "stuff" you've accumulated over the years and donate it to Troop 400 for its annual garage sale! This is the Troop's primary fund raiser for the year. It will be held on June 20 at Barney's Harvest Foods. Stay tuned for more information.



## Summer Camp Update

Summer Camp is scheduled for the week of July 12<sup>th</sup> at Fire Mountain Scout Camp. As of today, we have 32 Scouts going – an all time record! We are still looking for adults to spend a great week at Summer Camp! If you are interested, please contact Scoutmaster Gary. Cost for adults is only \$55 for a guaranteed great time!



## High Adventure Update

One of the highlights of our Scouting year is the high adventure trip held during the summer. This year, the Scouts have chosen a whitewater rafting and float trip on the Salmon River. This trip will sure to be the highlight of the Scouting year. We have 17 Scouts and 8 adults registered to go (we filled the entire slot for the week!) We will be leaving on July 21<sup>st</sup> for 5 days

## Medical Forms

With summer camp and high adventure coming up, it is time once again to update your Scout's medical records. Starting in 2010, the Boy Scouts of America have revamped their medical forms. We encourage all of our Scouts to begin using them this year if they need updated medical examinations.



We have included a Q & A at the end of this newsletter to help answer any questions you might have about the new requirements. The new form can be downloaded from our website at:

<http://rdltroop400.tripod.com/MedicalForm.pdf>

If you have any questions, contact Scoutmaster Gary.

## Upcoming Events

PLC	May 12, 6:30 pm
Committee Meeting	May 18, 6:30 pm
Troop Leadership Nominations	May 18
Memorial Day – No Meeting	May 25
Campout	TBD
Troop Elections	June 1
PLC	June 9
Committee Meeting	June 15
Garage Sale	June 20
Campout, TBA	TBD

## A Note from the SPL

The troop had a great time at the Spring Camporee. Of course, winning 4 ribbons didn't hurt! Currently in the troop we are holding an event that teaches our new scouts some great Scout skills while giving our older Scouts the chance to increase their leadership skills. This event is the Scout Master's Challenge. Scout presents a skill to the troop (like camping skills, knots, fire making, etc.) If your Scout has a great skill they would like to present to the troop they should get a date assigned with our ASPL, Adam Blyckert.

I'm happy to see our new scouts adjusting to the troop so well. Soon they will be integrated into our existing patrols which will allow them to make new friends and get to know even more of the Scouts.

Hope everyone is having a good spring.

*Mitch*



## Scoutmaster Challenge

Now through June, the Scouts will be competing in Gary's Scoutmaster Challenge. Scouts who accept Gary's challenge will teach a skill (as found in the BSA handbook or Field Guide) during a troop meeting. These presentations will be judged by the Scoutmaster Corps. The winner will have the Fossil patrol cook for them on the campout of their choice



## Scoutmaster's Minute

This is the time of year when we welcome the arrival of a new group of Scouts who have crossed over from Cub Scouting into the larger world of Boy Scouting. This is a time of great transition for these new Scouts. They will be experiencing many adventures – many for the first time. It is an exciting time in their lives. From this program they will learn self reliance, as well as the value of teamwork, to get a job done. They will learn citizenship and the rights and responsibilities of living in a free country. They will learn leadership and what it means (and does not mean) to be a leader in the truest sense of the word. They will form tight bonds of friendship that can last their entire lives. Most importantly, they will come to understand that the Scout Oath and Law is not just something they recite, but something they live.

They will experience frustrations along the way, but also a great deal of pride in accomplishing a task they felt was out of reach. At times, they will become discouraged - wondering if all this trouble is worth it. That's where you, their parents' and mentors' come in. With your guidance and support, there is nothing that is out of their reach.

So, welcome, new Scouts. We're excited you're with us. Get ready for the adventure of a lifetime!

*Gary*



## **New Medical Form Required Beginning January 1, 2010**

Boy Scouts of America recently released a new medical and health history form to replace the existing Class 1/2 and Class 3 medical forms. The new form will be required for all activities, including summer camp, beginning January 1, 2010.

### **Changes Introduced by the New Form**

#### One form for everyone

The new medical form will be used by all members regardless of age or program activity level. The form has three sections (A,B,C). Sections A and C are required at all events. Section B is required for specific events as described on the form.

#### Annual physicals

The new medical form will require an annual physical for persons participating in certain activities regardless of age. The previous forms allowed three years between physician examinations for youth. The new medical form no longer allows attaching another physical exam (ie: sports physical) to the BSA medical form. The physician's signature must be on the BSA form to be valid.

#### Weight Limits

For certain high-adventure activities, the new form introduces a standard height/weight chart which may restrict participation of individuals. Adherence to the height/weight chart is not necessary for summer camps and other non high adventure activities due to their proximity and access to medical care.

### **Components of the New Form**

#### Page 1: Instructions

The first page provides information and instructions

#### Part A: General Information

Required for all events

Completed by all persons

#### Part B: Physical Examination

Required for events exceeding 72 hours

Required for strenuous activities

#### Part C: Parental Release and Information

Required for all events

Completed by all persons

### **Frequently Asked Questions**

Q: Will summer camp require the new form this year (2009)?

A: No. Summer camps and other council and district activities will honor either the old or new medical forms for the duration of the year 2009. Beginning January 2, 2010 the new form will be required.

Q: Should my son use the new medical form now if they're getting a new physical examination?

A: Yes. It is recommended scouts use the new form when getting new physical examinations because the new form will be valid for a full year, whereas the old forms will expire on December 31, 2009.

Q: Do we need a doctor's signature for a one-night campout?

A: No. The new form only requires a doctor's signature for events exceeding 72 hours.

Q: Can I use another medical exam, such as a school sports exam, and attach it to the Annual Health and Medical Record?

A: No. In an effort to maintain standards of preparedness and fitness for participation, and to make sure that the medical professional conducting the examination knows the various outdoor adventures than can occur in Scouting, the BSA requires completion of Part B.