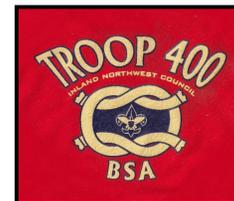


Scouting Times

Troop 400
www.troop400.net
April/May 2010



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 19th 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! We had great weather and put our pioneering skills to the test by raising a flag pole (now, if we'd only brought our flags to put on it!)



Grand Coulee

We went to the shores of Banks Lake outside of Electric City for our April event. We welcomed 7 of our new scouts on this campout. We woke up to high winds on Saturday morning which made the morning interesting to say the least (can anyone say FIRE!!!). The scouts worked on orienteering. In addition, our new scouts went on a 5 mile hike and had many rank advancement requirements signed off.

Good Samaritan Retirement Community

A small but enthusiastic group of scouts served coffee and scones to the residents of the Good Samaritan Retirement Community for their Ladies' Tea. Man, can those folks drink a lot of coffee!

Upcoming Events

Council Camporee	May 21 – 23
Memorial Day – No Meeting	May 24
Troop Elections	June 7
PLC	June 8
Campout, TBA	June 11 - 13
Committee Meeting	June 21

Summer Camp Update

Summer Camp is scheduled for the week of August 1st at Camp Easton. We have a great turnout this year and everyone is looking forward to an outstanding week! Thank you to everyone who has volunteered to go. As a reminder, the final payment for summer camp was due by May 14th. Please contact Carla for information on making your camp payment.



High Adventure Update

Did you hear? We are having two high adventure trips this year!

- Trip 1: 150 mile bicycle trip through Eastern Washington/Northern Idaho. This trip is scheduled for June 23rd – June 27th. Scouts age 13 and 1st class are eligible to go on this event. For more information, contact Scott McKinley.
- Trip 2: 50 mile backpacking trip in the Selway-Bitterroot Wilderness. This trip is scheduled for August 13th – 19th. Due to the physical nature of this trip, the BSA national height and weight guidelines will be enforced. For more information, contact Ben Hutchens

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 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://www.troop400.net/documents/MedicalForm.pdf>

If you have any questions, contact Scoutmaster Gary.

A Note from the SPL

To the Scouts, Scoutmasters and Parents of Troop 400,

I believe Troop 400 is on of the best troops of the Inland Northwest Council. Our membership continues to grow and we seem to have a never ending line up of Eagle Scouts.

Our troop has been active in the community by recently serving at the Good Samaritan Retirement Community.

In their very short time in the Troop, our newest scouts have learned many important scouting skills. The first week of August we will be attending Camp Easton. We also will be having two High Adventure Trips coming up; one biking and the other hiking. Both will definitely be fun and enjoyed by the participants.

As your Senior Patrol Leader, these past five months have been personally fulfilling for me. Although I only have one more month in my term, I will not stop giving back to the troop. I encourage you to take on leadership roles to help lead us to greater heights. I thank all of you who have helped me in my term as your SPL. Soon Jon Helm will be the next SPL to lead the troop to further achievements.

Thank you scouts, scoutmasters, and parents for all that you have done for our troop.

Steven



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 (2010)?

A: Yes. Summer camps and other council and district activities will not honor the old medical forms starting January 2, 2010.

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 expired 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.