



Goose Creek District Newsletter



October 2023

Volume 15, Issue 3

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
Quick Calendar:


- Oct 11 – Roundtable
- Oct 14-15 – IOLS Training
- Oct 21-22 – JOTA/JOTI
- Nov 4 – Scouting for Food Notices Out
- Nov 8 – Roundtable
- Nov 11 – Scouting for Food Pickup
- Dec 13 - Roundtable

Newsletter Key:

 Cub Scout Interest

 Boy Scout / Venturing Interest

 For Everyone

 New Article /Updated Information



Reprinted from www.ScoutmasterCG.com, September 3, 2013

Are You Sharing Too Much Information?

Information educates the mind, experience develops skill. Too much information can be paralyzing.

We live in the information age. Our Scouts get plenty of information, much more than they can do anything with. What they really need is experience.

Scouting is an educational movement, but it's not educational in the traditional sense. Scouting is a journey through experiences that develop skill.

Sometimes we get a little mixed up, we think our Scouts need a lot of information to develop skills. They don't. What they really need is experience. This is true of almost everything we do in Scouting.

If we wanted to teach someone to ride a bike we'd show them the bike, put them in the seat, give them a couple of pointers and tell them to try. As they figured things out we'd coach them, encourage them, and work with them until they developed enough skill to go ahead on their own.

We usually apply this method when we are instructing Scouts on building a campfire, safely handling woods tools, or flipping a flapjack. How can we apply it to training youth leaders?

Much of our training, both for youth and adults, is aimed at sharing information. More often than not we plop folks down in front of a PowerPoint presentation or a video, fill their hands with handouts, and consider that they have been trained.

Measuring the information we share is important. I can sit a new senior patrol leader down and overload him with information to the point that he's not to sure where to turn. Things go better if I give him the most pertinent information he needs right now and let him gain some experience from applying it.

Scouts learning how to handle a pocketknife need short informational statements, lots of practice, and a little coaching.

Scouts learning to lead need the same thing; short informational statements, lots of practice, and a little coaching

District News

District Website: www.NCACBSA.org/GooseCreek



Introduction to Leadership Skills



Venturing Crew 1430 will be presenting a Virtual Leadership workshop on Sunday, October 8. Introduction to Leadership Skills for Troops & Crews is designed for Scouts who have been in their respective units for at least a year and are 2nd Class or above. This training is **REQUIRED** for all positions of Scout Leadership. If you are a newly elected Patrol Leader, Senior Scout, or Venturing Officer, or you are planning to run for a position soon, now is your chance for this interactive workshop! This is a 5-hour workshop (plus an hour for lunch) so make sure you are available for the entire session. The workshop has limited spots so sign up soon!

WHAT: ILST/ILSC

WHERE: VIRTUALLY VIA ZOOM (AUDIO & VIDEO REQUIRED)

WHEN: Sunday, October 8 (10AM - 4PM Eastern)

DETAILS:

Class A Uniforms are required.

A COMPUTER IS REQUIRED - Scouts will not be able to complete the workshop without audio and video and phones do not work for this type of workshop.

Scouts are **REQUIRED TO PARTICIPATE** during the virtual workshop to receive course credit.

Scouts will be given a one-hour break for lunch.

Registration is required at the following link:

<https://forms.gle/SCNweoV98QtHrseq7>

Save the Date – Freeze-o-ree 2024



Save the Date - January 26-28 - Goose Creek District Freeze-O-Ree. Presented by the Goose Creek Chapter of the Order of the Arrow. This year - Yeti Mania!



Financial Support for Families



The NCAC Council and Goose Creek District are committed to ensure that all Scouts and their families can participate and enjoy the great experience of the Scouting program. We firmly stand in support of our families in our community.

To assure that no Scout or family is left out, have your family or Unit Leader contact our District Executive and complete and submit the online Financial Support form for Families at: [NCAC-Financial Support - Family \(247scouting.com\)](https://www.ncac-financialsupport.com)

Financial support is available for the following items to ensure that financial constraints are never a barrier to a youth's ability to participate in Scouting:

1. Council Participation Fee
2. BSA Registration Fees
3. Summer Resident Camp
4. Summer Day Camp
5. Summer Speciality Camp
6. Youth Leader Trainings - N.Y.L.T.
7. Adult Leader Trainings - Wood Badge

Thank You to all of the individuals and organizations that have graciously given financial gifts to ensure that NCAC has the ability to offer this critical support.



Leaders make our Scouting program successful!



Does your Cubmaster and Den Leaders need help in planning fun filled meetings, activities, and events. Find all the resources you need including Leader Guides, videos, handbooks, and training information at [Scouting.org](https://www.scouting.org) under the programs tab for Cub Scouts.

Also note at this same site you can find parent resources to help your families understand their part and role in assuring a fun filled and exciting program for their Scouts and family.

Contact your Unit Commissioner for additional information and answers to questions about Scouting.



District Uniform Closet



Did you know Goose Creek has a district uniform closet? We have gently used uniforms and uniform parts for Packs and Troops, and we hope to build up a collection for all units.

Let us know if you or someone in your unit needs a uniform boost.

We are also accepting uniform donations for all sizes and units. Give that shirt and neckerchief a new life!"

Email Shannon at howdyshan1@gmail.com, or text/call 317-833-3138 for more information.



Cheerful Service Chatter”

Chapter News for our Arrowmen
Lodge Website: www.ncacbsa.org/group/OA

October Chapter Meeting



This Month's Theme: Service!

Goose Creek Arrowmen - Join us at our October Chapter meeting, to be held on October 11th, 7:30 PM at Belmont Ridge Middle School.

We have a lot to talk about, including selecting a new Vice Chief for Ordeal; two major service projects - our W&OD Trail Cleanup and Scouting for Food; a readout on the Webelos-o-Ree service team; and the upcoming Freeze-o-Ree “Yeti Mania”.

Please come on out - we look forward to seeing you!

Andrew Weitzel, Chapter Chief

Daniel Golding, Chapter Adviser

Onward and Upward”

On the Advancement Trail



New Eagles



Congratulations to Goose Creek's newest Eagles:

Liam Bishop – Troop 1910

Miles Johnson – Troop 1910

Justin Lawrence – Troop 950

Jordan Quinlivan – Troop 2012

Aaron Rodriguez – Troop 761

Shazil Shaheer – Troop 786

Zaid Syed – Troop 786



Robert E. Burt Boy Scout Volunteer Award



The Sons of the American Revolution (SAR) Robert E. Burt Boy Scout Volunteer Award is a BSA-recognized Community Organization Award presented to members of the SAR in good standing who have displayed outstanding dedication to the Scouting Program. Award criteria are based on work accomplishment and dedication rather than specific length of service time. The medal is awarded by the National Society of the Sons of the American Revolution upon nomination by a state society. Each state society may nominate at least two (2) awardees per calendar year. At the Spring SAR Leadership Meeting, the Eagle Scout Committee will determine whether a state society may nominate additional awardees during that calendar year using a formula based on each state's membership as of January 31st of that year. Awards not presented may not be carried over to subsequent years. Those individuals interested in the Robert E. Burt Boy Scout Volunteer Award should review and complete the [application form](#).



Life-to-Eagle Seminar



The next L2E Seminar is tentatively scheduled for.

Date: Sat, November 18, 2023

Time: 10:00 – 2:00

Place: Rust Library, Conference Room A

While primarily targeted for the Life-to-Eagle Advisers & Coordinators at the unit level, these trainings, but are by no means limited to same. Life Scouts and their parents are strongly encouraged to attend as well. The key goal is to get each of the unit Eagle Advisers up to speed on changes to the process, and some of the district-level mechanics of same. That way, they can help share the message to the Life Scouts in their units on a more frequent basis.

If you are a Life-to-Eagle Adviser or Advancement Chair for your Unit and have not attended one of these in Goose Creek within the last 2 years, you really should make an attempt to do so.

Any questions about Life-to-Eagle training can be directed to Brad Scales ... MSVA_Tenor@yahoo.com; or 703-850-6679.



Sons of the American Revolution (SAR) Eagle Scout Recognition and Scholarship Program



Any Eagle Scout is eligible to apply who is still actively registered in a Scout unit provided that he does NOT reach his 19th birthday in the calendar year of application, whether he is enrolled in high school or college. There is no limit to the number of times a Boy Scout, Varsity Scout, or Venturer may apply. Prospective applicants should prepare for the Scholarship competition by earning the three recommended merit badges (American Heritage, Genealogy, & Law) and researching their ancestries while still Star or Life scouts.

Deadline for submission: 15 December 2023

Required Items for Application:

- Completed application form (see contact info below)
- ***Four generation Ancestry Chart***
- Original essay with footnotes and bibliography, not to exceed 500 words written on an American Revolutionary Patriotic Theme.

Questions: George Washington Chapter SAR POC: Marty Johnson\703-675-4866/mjvt49@gmail.com



Silver Beaver Award



The Silver Beaver Award is the council-level distinguished service award of the Boy Scouts of America. Upon nomination by their local Scout council and with the approval of the National Court of Honor, recipients of this award are registered adult leaders who have made an impact on the lives of youth through service given to the council. The Silver Beaver is an award given to those who implement the Scouting program and perform community service through hard work, self-sacrifice, dedication, and many years of service. It is given to those **who do not seek it**.

The Silver Beaver nomination document is available by clicking [here](#). The nomination form and supporting information packet for the Silver Beaver award should be emailed to silverbeaver@ncacbsa.org.

All nominations MUST be received at the MSSC no later than NOVEMBER 30 of this year.

For tips on how to write a viable Silver Beaver nomination go to <http://www.ncacbsa.org/wp-content/uploads/2017/10/Silver-Beaver-Tips-2017.pdf>

Please note that you will need to address three areas in the nomination

- Record of Service in the BSA
- Standing in the community **exclusive of Scouting** (this is very important, probably more than the BSA service)
- Noteworthy service of exceptional character to youth

LOL



Lessons learned from firebuilding

1. Eyebrows grow back (slowly).
2. Lighting a fire triggers a thunderstorm.
3. Smoke is attracted to bodies, even if you are upwind.
4. Matches break, easily.
5. Just as you get the fire going you run out of wood.
6. The paper you used to start the fire turns out to be the directions to the next activity.
7. The only way to start a fire with one match is if all of the wood in the pile are also matches.
8. When blowing on a fire to get it going it's 50-50 that you'll blow it out.
9. On cold campouts no one will come out until the fire is going, and it's your turn to be the firestarter.

After you get the fire just right everyone else thinks they have to add more wood to it.

Council / National News

Council Website: www.NCACBSA.org



#CubChatLive Audio Stream for Cub Scout Leaders



Becoming a better Cub Scout leader just got easier.

Do you drive to work? Hit the treadmill? Enjoy a morning cycle? How about a mid-afternoon hammock eye-resting sesh (we're looking at you, work-from-home readers)?

These are just a few of the places where you could be developing your leadership skills by listening to the newest iteration of the fan-favorite live show for Cub Scout parents and leaders.

Now, in addition to the weekly livestream event, the same great info is making it into the podcast edition of [#CubChatLive](#), too!

Why is #CubChatLive a podcast?

Since the show started, Scouting magazine staff has been overwhelmed with positive feedback and tremendous viewership. Volunteers say they love hearing from seasoned Scouters and engaging in the live dialogue with their fellow Cub Scout families. And it sounds like many leaders walk away with all kinds of inspiration and ideas from #CubChatLive.

But other pieces of feedback were also recurring:

- “A live show doesn’t fit the varied schedules of the parents in our pack.”
- “I don’t have Facebook or YouTube so I don’t know how to watch.”
- “Honestly, I’d rather have something I can listen to in my car.”

We read you, loud and clear. And while the livestreams of #CubChatLive will always be available to rewatch, distribute or embed after each show ends, we’ve added an audio stream to ensure we can reach you wherever works best for you.

Ultimately, more inspired, engaged Cub Scout leaders means an even better Cub Scout program. And that means an even brighter future for your kids and our communities.

How to listen to #CubChatLive

You can subscribe to the audio stream of the show wherever you listen to podcasts.

In other words, open your preferred podcast app (if you’re new to podcasts you could try an app like Apple Podcasts or Spotify). Type “#CubChatLive” in your app’s search bar. Then, hit “subscribe” or “follow”.

To see a lineup of past episodes of the podcast and livestream, head to blog.scoutingmagazine.org/cubchatlive/ and be sure to catch new episodes on Fridays at 2 p.m. Central.

Cub Scout Camping and NCAC Approved Campgrounds



Cub Scout Packs are allowed to do overnight family camping as a Pack. They need to have at least one leader with BALOO training and the online Hazardous Weather training. There is no requirement to camp with another Scout BSA unit. However, they need to get Council approval if they camp with another unit with a different Charter Organization.

Webelos and AOLS are the only ones who can do camping as a Den but need the same adult leader training and follow YPT which includes only registered adults on the trip.

For additional information see the updated Guidelines at [Camping | Boy Scouts of America \(scouting.org\)](https://www.scouting.org)

Here is the link to the [NCAC approved campsites](#).

Cub Scout Packs can Camp up to Two Consecutive Nights



Effective Sept. 1, 2023, Cub Scout packs who are conducting their own overnight camping activities may now camp up to two consecutive nights.

This is a change from the earlier policy on pack unit-coordinated camping, which was previously limited to single overnight experiences.

The updated policy also applies to Webelos and Arrow of Light dens, who can now conduct campouts for up to two consecutive nights.

Here's what you need to know.

What does unit-coordinated camping mean?

A unit-coordinated campout is one that is entirely planned and executed by the leaders and parents in a Cub Scout pack, and not by the unit's district or council. That means the pack or unit adults are solely responsible for organizing transportation and activities at the campout, and ensuring that all BSA rules are followed. This includes having at least one registered adult leader trained in Basic Adult Leader Outdoor Orientation (BALOO) who oversees the planning and is in attendance for the pack campout.

What is BALOO?

BALOO is a 1½-day course designed to be an introduction to the Cub Scout outdoor program. It consists of an online pre-requisite component in addition to an overnight hands-on event. Participants will learn BSA's Cub Scout-level camping policies along with the necessary tools to help units carry out a successful camping experience. While only one adult at minimum needs BALOO, it's a great idea to have multiple adults take it. The more adults who know BALOO, the better!

What else do I need to do as I plan a unit-coordinated campout?

Make sure the location where you will be camping is approved by your local council. If you're camping at a popular park or public camping area, chances are it's already approved, but you should check with your local council to be sure.

Jamboree-on-the-Air



Jamboree-on-the-Air, or JOTA, is the largest Scouting event in the world. It is held annually the third full weekend in October. JOTA uses amateur radio to link Scouts and hams around the world, around the nation, and in your own community. This jamboree requires no travel, other than to a nearby amateur radio operator's ham shack. Many times you can find the hams will come to you by setting up a station at your Scout camporee, at the park down the block, or perhaps at a ham shack already set up at your council's camp.

Tell Me More

Scouts of any age can participate, from Cub Scouts to Boy Scouts and Venturers, including girls. Once at the ham radio station, the communication typically involves talking on a microphone and listening on the station speakers. However, many forms of specialized communication may also be taking place, such as video communication, digital communication (much like sending a message on your smartphone but transmitted by radio), or communication through a satellite relay or an earth-based relay (called a repeater). The exchanges include such information as name, location (called QTH in ham speak), Scout rank, age, and hobbies. The stations you'll be communicating with can be across town, across the country, or even around the world! The World Scout Bureau reported that the 2017 JOTA-JOTI had over 1.5 million Scout participants from more than 160 countries.

When Is It?

Jamboree-on-the-Air is held the third weekend in October. There are no official hours, so you have the whole weekend to make JOTA contacts. The event officially starts Friday evening during the JOTA Jump Start and runs through Sunday evening.

How Can I Participate as a Scout?

Contact your local Scout council and see what may already be planned in your area. You can also contact a local ham radio operator or a local amateur radio club. You can find a searchable database of clubs at www.arrl.org/find-a-club. This website is operated by the American Radio Relay League, the national association for amateur radio, which is cooperating closely with the BSA on JOTA and many other activities.

Your local club may be able to direct you to its planned JOTA activities. These can include ham stations set up at camporees or other events. Or, if there are no planned activities, you can either work with them to get something set up or arrange to visit a local radio operator's ham shack at a scheduled time to participate in JOTA.

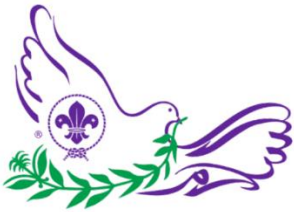
How Can I Participate as an Amateur Radio Operator?

Contact your local Scout council and see what may already be planned in your area and how you can help. You can find your council using the Council locator.

If nothing is currently planned, or if current plans aren't reaching your area, you can work with the council or a local unit (pack, troop, crew) to set up a JOTA station or arrange for visits to your ham shack. You can also participate just by making QSOs with the many JOTA stations that will be on the air. A good resource to find a local Scout unit is the Be-A-Scout website at .



The Enhanced Messengers of Peace Recognition Program



The *BSA's Messengers of Peace program* has launched a series of enhancements designed to more clearly define the awards available and to make it easier to understand how to earn them.

The Messengers of Peace (MoP) initiative began in 2011, when the *World Organization of the Scout Movement (WOSM)* was looking for a way to encourage Scouts around the globe to do whatever they can to make the world a better place.

The BSA's Messengers of Peace program (you might recognize the patch that we all wear on our uniforms) falls under the framework of the WOSM program, with opportunities for everyone — from brand-new Cub Scouts to seasoned leaders — to make a difference.

“The Messengers of Peace program promotes a vision of Scouting beyond the Scout's own unit,” says Marcia Bettich, a member of the BSA's International Committee and the BSA Messengers of Peace chair. “It is designed to help Scouts gain an appreciation of their role in their communities and the world and to learn how they can act locally to truly effect global change.

“These enhancements emphasize that becoming a Messenger of Peace is not a just one-time event. Rather, it is a commitment to a life of service and peace.”

The 2023 enhancements were officially rolled out at the 2023 National Annual Meeting and the 2023 National Scout Jamboree and are effective immediately.

For more information on how to be a Messenger of Peace go to [this article](#).

Jamboree-on-the-Internet



Jamboree-on-the-Internet, or JOTI, is an annual international Scouting event sponsored by the World Organization of the Scout Movement. Each year, during the third weekend in October, Scouts from around the world gather online to learn about other cultures and the activities in which other Scouts participate. They communicate with each other using Internet-enabled devices such as computers, laptops, tablets, and mobile phones. Last year, JOTA-JOTI had over 1.5 million Scouts and leaders participate in more than 160 countries!

Who Can Participate?

Scouts of any age can take part, from Cub Scouts to Boy Scouts and Venturers. Scouts can participate at home with the help of an adult, or they can participate in a Scout group at a council event. JOTI is an economical way to participate in an international jamboree. The event allows Scouts to “meet” other Scouts from around the world through the Internet and share more information than just “Hi.” The exchanges can include such information as name, location of event, Scout rank, age, and hobbies. Some exchanges lead to long-lasting friendships. JOTI participation fulfills requirements for Tiger and Arrow of Light adventures, the Citizenship in the World merit badge, and the International Spirit Award.

Wreaths Across America



This year, National Wreaths Across America Day will be held on Saturday, December 16, 2023. Join the more than two million volunteers and supporters who will gather to Remember, Honor and Teach at more than 4,000 participating locations in all 50 states, at sea and abroad.

You can also sponsor a veteran's wreath in honor of or in memory of a loved one who served in our armed forces.

For information on how to volunteer or sponsor a wreath go to <https://wreathsasscrossamerica.org/>

CLIMB NCAC!



Enjoy the adventure of outdoor climbing on real rock. For \$75 per equipment kit per day, eight participants per session can climb fully-equipped under the supervision of at least two council-trained instructors.

Leaders may schedule two sessions in a day. Roped climbing on natural rock is age-appropriate for Scouts BSA, Sea Scouts, and Venturers. Webelos may rappel.

Climb at Great Falls, Carderock, Sugarloaf Mountain, Annapolis Rock, Wolf Rock and many other local favorites. Complete requirements for the Climbing and Camping merit badges and the Ranger Mountaineering elective.

This program is available throughout the year. Contact the Climbing Committee at NCAC.Climbing@gmail.com or simply click [here](#).

Why Clean Your Sleeping Bag?



A sleeping bag that's dirty tends to mat and kill the insulation properties, especially for down bags. There are also different ways to clean down and synthetic bags. This [REI article](#) has some advice on how to wash, dry, and store your sleeping bag.

Sleeping Bag Storage



The best way to store your sleeping is by laying it flat. But most of us just do not have that kind of room in our house, so the next best method of storing your sleeping bag is by hanging it. This allows the air to circulate and keep the bag fresh as well as maintain the loft of the insulation. It does not matter if it is synthetic or down, the insulation once crushed will tend to stay that way over time. Crushed insulation will take longer to loft when needed and because synthetic fibers have memory, you will, over time lose much of the "R" value of your sleeping bag.

If you can not hang your gear, storing the bag in an over sized cotton bag is the way to go. An extra-large pillow case or bag like that will do. The point is get your bag out of the compression bag and let it air out and maintain its loft.

Remember, you paid a lot of hard-earned cash for that sleeping bag with the hope that it will be there for you when you want a nice comfortable sleep in the woods. Take care of it and it will take care of you.

V3 HIKE-O-REE 2023



The 32nd Annual V3 (originally named for Venturing, Varsity, and Venture) Hike-o-ree will be held October 28-30, 2023, at the Northern Virginia 4-H Educational Center, Front Royal, VA. Registration is limited to trail capacities of the fifteen trails. The Hike-o-ree is open to all Venturing Crews, Sea Scout Ships, and Scouts BSA Troops. Units must form trail crews consisting of no more than 12 members, including at least two adults. If a unit has more than 12 simply form another crew (with proper adult leadership). The minimum age to participate is 13.

BSA units will need to comply with the Guide to Safe Scouting, etc., and meet the safety requirements therein. All BSA Scouts and Scouters that hike must bring a current BSA Annual Health and Medical Record, parts A, and B, and meet the weight limits on part C.

Trail crews will be assigned a hike based on the preferences indicated in their registration. All hikes are approximately ten miles in length and range in difficulty from moderate (1500 foot change in elevation) to super strenuous (2600 foot change in elevation). Other Hike-o-ree activities include a Friday night opening rally, a Saturday night High Adventure Rally, and a service project on Sunday morning. Crews receive their Hike-o-ree t-shirts Saturday night.

The Hike-o-ree is intended to be an introduction to backpacking and shakedown. Therefore, camping at the 4-H Center is BACKPACKING style using ONLY backpacking equipment. Bring ONLY what you can carry in your backpack. Come prepared to cook outdoors; bring a trail tarp. Do not bring chuck boxes, coolers, Dutch ovens, propane tanks, camp lanterns, etc.!!

Registration on a FIRST COME, FIRST SERVED BASIS on the BSA National Capital Area Council website.

Unit deposit is required to reserve a particular hike not later than October 7, 2023. After you register for a hike and pay your deposit, you will be sent a confirmation email with the leader's package and detailed information about the hike you have selected.

Because of the lead-time required to produce the t-shirts, the final date to provide shirt numbers and sizes (S, M, L, XL, 2XL) is October 14. No additional orders can be taken after that date. Submit payment and final shirt orders online on BSA National Capital Area Council website.

The cost of the Hike-o-ree is \$30.00 per participant.

For additional information contact:

Joe Flaig, (703) 250-9791 (H), jwflaig@aol.com

Dominick Caridi, (703) 625-4196, dscscouting@aol.com





National/International Recognition Days

2023						
OCTOBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Here is a listing of some of the things we can celebrate this month. To get a full list of the Day, Week, or Month celebrations for the month go to [National Day Calendar](#)

- Oct 1 – [National Homemade Cookies Day](#)
- Oct 2 – [National Custodial Worker's Recognition Day](#)
- Oct 4 – [National Taco Day](#)
- Oct 5 – [National Apple Betty Day](#)
- Oct 6 – [World Smile Day](#)
- Oct 7 – [National Chocolate Covered Pretzel Day](#)
- Oct 8 – [American Touch Tag Day](#)
- Oct 9 – [Native American Day](#)
- Oct 10 – [National Cake Decorating Day](#)
- Oct 11 – [National Stop Bullying Day](#)
- Oct 12 – [National Farmers Day](#)
- Oct 13 – [National Train Your Brain Day](#)
- Oct 14 – [National Chess Day](#)
- Oct 16 – [National Sports Day](#)
- Oct 17 – [National Pasta Day](#)
- Oct 18 – [National Chocolate Cupcake Day](#)
- Oct 20 – [National Chicken and Waffle Day](#)
- Oct 21 – [Back to the Future Day](#)
- Oct 22 – [National Color Day](#)
- Oct 23 – [National Mole Day](#) (the number, not the animal)
- Oct 24 – [National Bologna Day](#)
- Oct 25 – [National Greasy Foods Day](#)
- Oct 26 – [National Pumpkin Day](#)
- Oct 27 – [National Frankenstein Day](#)
- Oct 28 – [National First Responders Day](#)
- Oct 29 – [National Cat Day](#)
- Oct 30 – [National Candy Corn Day](#)

Sleeping Pads: How to Choose



Many campers, especially beginners, overlook the importance of a good backpacking sleeping pad. Even if you have the best sleeping bag in the world, you can still end up spending a miserable night under the stars if you lack a sleeping pad. Every good sleep system includes a sleeping pad. First, it provides another layer of insulation between you and the cold, hard ground. When you sleep on a sleeping bag only, your body weight crushes the insulation in the sleeping bag against the ground, making it much less effective. Also, sleeping pads are important because they provide cushioning. Let's face it—the ground is usually uncomfortable. The more comfortable you are, the better you will sleep—and the happier you'll wake up in the morning!

There are four types of backpacking sleeping pads on the market today, each with its pros and cons:

Backpacking air mattresses are small, thin inflatable mattresses. They are undeniably comfortable, but they have several drawbacks. The first is the possibility of leaks. Backpackers put their gear through a lot of stress, and even a durable air mattress can spring a leak. Backpacking air mattresses also do a poor job of insulating.

Closed-cell foam pads are the warmest type of backpacking sleeping pad available. They are also the least comfortable -- they provide very little in the way of cushioning. However, they are water-repellent, warm, light and may last forever. They are also cheap, so if you are on a budget, this is the sleeping pad for you.

As the name suggests, **open-cell foam pads** have open air cells. Because open air cells can squish further, they feel softer and have more "cushion", but as a result have to be either larger or heavier to compensate. Not so good for backpacking. Also, the open air cells absorb both water and allow some air circulation, meaning they are poor insulators in cold weather and worse than useless if the ground gets wet. They are also cheap.

Self-inflating pads combine the comfort of open-cell foam pads with the warmth and weather-resistance of closed-cell foam. A self-inflating pad consists of open-cell foam covered in waterproof, airtight material. They tend to be heavier than closed-cell foam and they are not as cheap as foam pads. Nonetheless, these pads are very popular and are probably the best choice for backpacking in terms of comfort and versatility.

Compare Specs and Features

Length: At a minimum, your shoulders and hips need to fit on a pad. Regular (typically 72" long) and long (from 75" to 78") pads will insulate your legs and feet—a big plus on chilly fall and winter trips. A short or 3/4-length pad (usually 47" or 48") weighs less and packs smaller.

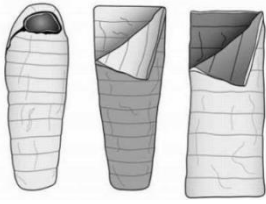
Width: Nearly every pad offers a standard width of 20". If you tend to roll around a lot, you may want a width of 25" or 30". Tapered-shape pads reduce volume a bit and pack smaller. Also, consider the size of your tent to ensure you can fit 2 wider pads side by side.

R-value: Insulation is measured according to its capacity to resist (that's the "R") heat flow. The higher a pad's R-value, the better you can expect it to insulate you from cold surfaces. Thicker pads generally offer higher R-values.

Two sites to look at for sleeping pad guidance are:

- [REI](#)
- [Backpacking Guide](#)

Sleeping Bags: How to Choose



When choosing your sleeping bag, consider what time of year you're heading out camping and whether or not you're more susceptible to the cold. We'd recommend comparing different bags' season and comfort ratings, which can give you a great indication of when the bag should be used, and what sort of temperatures you will find most comfortable when sleeping.

Bags fall into three basic categories.

1. **Summer** - Suitable for temperatures of about 30°F and higher. They're lightweight (because less insulation means less weight), and they pack down tiny (often as small as a cantaloupe).
2. **Three-Season** - Ideal for temperatures of about 20°F and above, these bags are best suited for spring and fall trips, as well as summers in the high mountains when temps can dip below freezing at night.
3. **Winter** - These puffy cocoons, good for about 20°F and below, have all the features of a three- season bag (cinch-able hoods, draft collars, zipper draft tubes), but are beefed up with more insulation.

Sleeping Bag Temperature Rating and Insulation Type

All sleeping bags have temperature ratings, which indicate the minimum temperature that the bag is designed to handle. Temperature ratings should be taken with a grain of salt however, because as of now, there is no standard, universal method for determining ratings. A sleeping bag's temperature rating identifies the lowest temperature at which a bag is intended to keep the average sleeper warm. When a bag is described as a "20-degree bag," it means that most users should remain comfortable if the air temperature drops no lower than 20°F. These ratings assume that the sleeper is wearing a layer of long underwear and using a sleeping pad under the bag.

The key choice in sleeping bags is between synthetic fill or down. Down is lighter in terms of a weight-to-warmth ratio. Down is also more compact. However, only synthetic fills like PolarGuard 3D, Lite Loft, Hollofil, or Quallofil will maintain loft and warmth even when wet. Down turns into a heavy, soggy, cold mess that takes forever to dry out.

Bag Shapes

Bags come in several cuts and each shape is designed to appeal to a different type of camper.

Mummy - A tapered cut through the legs and feet give mummy bags maximum thermal efficiency. A bag's primary job is to contain the heat your body generates and when interior space is smaller, the bag is more efficient.

Rectangular - With no taper at all through the legs, rectangular bags are not as thermally efficient, and are best suited for backyard campouts and basement sleepovers.

Semi-rectangular - A happy medium between mummy and rectangular shapes, semi-rectangular bags are a good choice for campers who can't cope with the confinement of a mummy bag but need more warmth than a rectangular bag has to offer. They're bulkier and heavier than mummies, but give you a bit more thrashing room.

Some sites to look at for sleeping bag guidance are:

- [REI](#)
- [Backpacker](#)
- [Dummies](#)
- [Mountain Warehouse](#)

Training Opportunities

My.Scouting.org



The My.Scouting.org portal is a critical resource for registered adults and unit leaders. It provides access to individual and unit account information, training records, reports, and metrics. If you are an adult member of Scouting, you should have an a My.Scouting.org account to enable you to perform the following:

For individuals: a.) access and update your contact and personal information directly in the BSA national database. b.) take the required online Youth Protection Training course and print a certificate. c.) take online BSA training courses you need to understand the Scouting program and position specific training required to be considered fully “Trained”. (Refer to the NCAC event calendar for additional in person training and outdoor training such as BALOO, Introduction to Outdoor Leadership Skills, BCOLS, and Powder Horn training).

For Units: a.) access and download the official unit roster maintained in the BSA national database. b.) monitor and track completion of YPT position specific training at a unit level. c.) respond to and track leads from BeAScout.org inquiries using “Invitation Manager” and processing online applications using “Application Manager”.

Note: Adding individuals to Scout Book does not officially register an individual in Scouting, this must be done through processing an online application using “Invitation Manager” and “Application Manager”.

For additional information regarding My.Scouting.org contact your District Executive or Unit Commissioner.

Wood Badge



Wood Badge is advanced Scout leader training that began in 1919 by Lord Baden-Powell, founder of Scouting and Wood Badge’s first director. It came to America in 1948 and has been updated to reflect current BSA policies and programs. Incorporating the best techniques available, Wood Badge has become the most advanced leadership training course in Scouting!

Wood Badge is the highest level of Scout leadership training and provides you with the tools to be a superior leader. The leadership skills taught are for leaders from all Scouting areas including Cub Scouting, Boy Scouting, Venturing and the district and council. The 1st half of the course utilizes a classroom environment and practical exercises to teach the essentials of leadership. You’ll learn what makes leadership work for you in Scouting and your personal life. The 2nd half offers classroom and outdoor experiences to help you learn the application of leadership skills. Finally, you will write and complete a “Ticket”. The “Ticket” consists of five written goals. These goals connect your new leadership knowledge to your role in Scouting.

Any Scouter who has attended basic training for their registered position and serves in a leadership role in Scouting or in a position that directly supports a unit can attend.

To register go to: www.ncacbsa.org/training/wood-badge/



Goose Creek / Powhatan District Introduction to Outdoor Leader Skills - IOLS



When: Saturday & Sunday, October 14 - 15, 2023

Where: Camp Highroad - Locust Grove Campsite
21164 Steptoe Hill Rd, Middleburg, VA 20117

IOLS is the required outdoor training for Scoutmasters and Assistant Scoutmasters. The skills taught are based on the outdoor skills found in The Scouts BSA Handbook. The course focuses on building confidence and competence in leaders conducting outdoor camping experiences.

NOTE: This course is being offered jointly by Goose Creek and Powhatan Districts for participants from both Districts. However, those from other locations are also welcome.

SCHEDULE: Saturday, October 14, 2023 – Registration and check-in 7:30 am. Training runs all day Saturday and continues Sunday morning. Camping overnight is part of the course.

Sunday, October 15 – Morning training, break camp and check-out by 1:00 pm. The entire course is outdoors, rain or shine.

COST: The registration fee is \$45 and covers camping fees, training materials, insurance, and food. Participants will be formed into patrols on site. Overnight camping is part of the instruction. Participants **MUST** attend the entire course to successfully complete the training.

ONLINE REGISTRATION & PAYMENT: Register and pay online on this [IOLS website](#) via credit/debit card or e-check. No onsite registration is available.

ADDITIONAL NOTE: A BALOO (Cub Scout Family Camping) course will be held concurrently with this class at the same facility. More details: <https://scoutingevent.com/082-74794>

CLASS SIZE: Maximum of 30 participants. Registration may close early if maximum capacity is reached.

PREREQUISITES: Prior completion of YPT and Position Specific Training is required. These additional training courses are recommended as they will be referred to during the training: Hazardous Weather, Safe Swim Defense, and Safety Afloat.

REQUIRED EQUIPMENT: Class A Scout Leader Uniform, full camping gear for an overnight stay (tent, ground cloth, flashlight, sleeping bag and pad, sturdy shoes, change of clothes, rain gear and coat/jacket/hat, water bottle, camp chair).

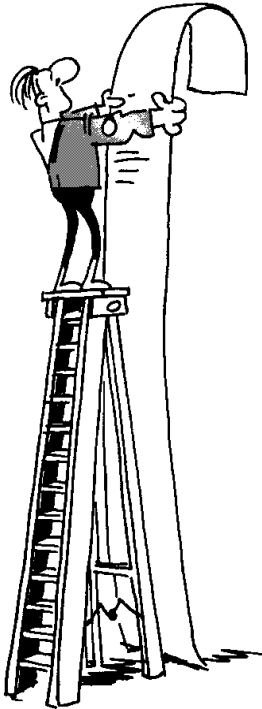
MEALS: will be provided. Please provide any dietary restrictions.

BSA Annual Health & Medical Record: You must bring a copy of your Annual Health & Medical Record, Parts A and Part B to the class. This is required to attend the training.

NCAC Cancellation Policy: Generally, there are only certain conditions where a refund for this event will be issued. Refer to the Standard Cancellation Policy, found by clicking the link at the bottom of this page, Cancellation/Refund Policy.

For questions or more information, contact Course Director Shawn Carroll at shawn.carroll@goosecreekdistrict.org or 703.608.0097..

District Calendar



October 2023
 9 School Holiday
 11 Roundtable
 11 OA Chapter Meeting
 12 Commissioner Mtg
 14-15 **IOLS Training**
 21-22 JOTA/JOTI
 25 District Committee
 30-31 School Holiday

November 2023
 1 **OA Election Cycle Begins**
 4 Scouting for Food (SFF) Notices out
 7 School Holiday
 8 Roundtable
 8 OA Chapter Meeting
 9 Commissioner Mtg
 11 SFF Food Pickup
 18 **Life to Eagle Training**

December 2023
 13 Roundtable
 13 OA Chapter Meeting
 14 Commissioner Mtg
 27 District Committee

January 2024
 10 Roundtable
 10 OA Chapter Meeting
 11 Commissioner Mtg
 15 MLK Jr. Day
 20 **Life to Eagle Training**
 22 School Holiday
 24 District Committee
 26-28 **Freeze-o-ree**

February 2024
 9-10 Scout Jumuah
 9 Scout Shabbat
 11 Scout Sunday
 14 Roundtable
 14 OA Chapter Meeting
 15 Commissioner Mtg
 19 President's Day
 28 District Committee

March 2024
 5 Student Holiday
 8-9 **District Pinewood Derby**
 13 Roundtable
 13 OA Chapter Meeting
 14 Commissioner Mtg
 25-20 Student Holiday
 27 District Committee

April 2024
 5 Student Holiday
 10 Roundtable
 10 OA Chapter Meeting
 11 Commissioner Mtg
 12-14 **Spring Camporee**
 20 **Life to Eagle Training**
 24 District Committee

May 2024
 8 **Program Launch**
 8 OA Chapter Meeting
 9 Commissioner Mtg
 22 District Committee
 27 Memorial Day

June 2024
 12 Roundtable
 12 OA Chapter Meeting
 13 Commissioner Mtg
 26 District Committee

July 2024
 4 Fourth of July

August 2024
 14 Roundtable
 14 OA Chapter Meeting
 15 Commissioner Mtg
 28 District Committee

September 2024
 11 Roundtable
 11 OA Chapter Meeting
 12 Commissioner Mtg
 25 District Committee