



# THE RECONNAISSANCE

Boy Scout Troop 695 of Prairie Lutheran Church

February 1, 2005; Volume 10, Issue 2

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## February Activities

**Theme: Advancement**

**Responsible Patrol: Wolverunners**

### February is Merit Badge Madness!

By Derrick Poirier

Tuesday night meetings in February will be devoted to Merit Badge classes. Scouts should **be prepared** with paper and pencil, merit badge pamphlets, and a cooperative attitude. If you haven't already obtained merit badge pamphlets for your classes, you will get them from your instructors at the first session of each class.

During the troop meetings, we will work on requirements and get assignments for projects to complete at home. Then we'll stay at Camp St. Croix the weekend of February 25-27 for an intense weekend of merit badge classes, playing in the snow, and skiing/snowboarding at Afton Alps. We'll be staying in heated cabins and have in door meeting space. Meals are provided in the camp's dining hall. No tents! No cooking! No washing dishes!

A large number of adults are volunteering many hours to help the scouts get these merit badges. Scouts, please show your appreciation by working hard and completing your badges!

## ATTENTION ALL LIFE SCOUTS - MARK YOUR CALENDAR

### EAGLE PREVIEW MEETING on Tuesday, April 5, 2005, 7 pm at Christ Presbyterian Church in Edina

Attendance at an Eagle Preview meeting is highly recommended to all Life Scouts working toward Eagle rank. Eagle Preview is a meeting designed as an opportunity for Scouts who have earned the Life rank and their parents to become familiar with the next steps to the process. Information covered includes: Eagle Project planning, Eagle Rank application process (including the new council certification process), next steps for advancement, Eagle Court of Honor planning and special recognitions. There is also time available for questions and answers from members of the district advancement committee.

## Calendar of Events

February 1	Troop & Parents' Mtgs. (6:30 pm); aluminum can recycling
February 3	OA Mtg. (7 pm); District Roundtable (7 pm)
February 6	AAD Training, Tinucci's (6:30 pm); Scout Sunday
February 8	Troop Mtg. (6:30 pm)
February 12	AAD Board of Review (St. Gearld's, Brooklyn Park); OA Winter Event, Dakotah Sport and Fitness
February 13	Timberwolves Scout Night, 2:30 p.m. vs. Bulls
February 15	Troop Meeting (6:30 pm)
February 22	Troop Meeting (6:30 pm)
February 25	Merit Badge Madness; 9 pm PLC Mtg.
February 26	Merit Badge Madness; 1 pm Committee Mtg. (tentative)
February 27	Merit Badge Madness; March Reconnaissance articles due
March 1	<b>New Scouts Join</b> ; Troop & Parents' Mtgs. (6:30 pm); aluminum can recycling
March 3	OA Mtg. (7 pm); District Roundtable (7 pm)
March 8	Troop Mtg. (6:30 pm); Troop Elections
March 11-13	Troop Campout, Phillippo Scout Reservation
March 12	AAD Ceremony, St. Paul Cathedral
March 15	<b>NO TROOP MEETING</b> ; PLC & Committee Mtgs. (6:30 pm); ASM Mtg. (7 pm); ASM/Patrol Coach Training #1
March 16	<b>MERIT BADGE INFORMATION DUE</b>
March 19	ASM/Patrol Coach Training #2
March 22	Troop Meeting (6:30 pm); Patrol Elections; <b>RANK ADVANCEMENTS DUE</b>
March 27	April Reconnaissance articles due
March 29	Troop Court of Honor (6:30 pm); Friends of Scouting; Recharter Due

"So I have a couple of challenges for you: This month, work hard on your Merit Badges. Next month, befriend a new Troop member." Scoutmaster Polta

**FYI**

*FYI (For Your Information) is a feature of The Reconnaissance. FYI is written by troop Committee members and will describe policies and procedures of Troop 695. If you have an idea for future FYI topics, please contact Julie Arthur-Sherman.*

**Troop Meeting Rules: Golden Rule – Obey The Scout Law!**

1. When the sign goes up, the mouth goes shut.
2. No putdowns.
3. Respect others by listening and not talking out of turn.
4. Be on time for meetings.
5. No running in the church, upstairs or downstairs.
6. Respect others property.
7. No being upstairs during meetings without permission from an adult.
8. The elevator is not to be used without permission from an adult.
9. No using the telephone without permission from an adult.
10. Stay off the downstairs equipment (bikes, pianos, beanbag chairs, etc.).
11. No spitballs or throwing things.
12. Stay out from behind gray walls without permission from an adult.
13. Hats are not to be worn in the church, upstairs or downstairs.
14. No running around outside the church without permission from an adult.

**PARENTS: When you drop your son off at the church, please be sure that he has entered the building before you leave.**

**Bulletin Board**

**Reconnaissance Articles**

Articles for the March issue are due to Lisa Songle no later than Sunday, February 27! Email your articles to her at [songle19@msn.com](mailto:songle19@msn.com).

**Reconnaissance on the Web**

The Reconnaissance is on-line. Visit [www.troop695.org](http://www.troop695.org) and go to the tab marked "Monthly Newsletter".

**Uniform Exchange**

Just a reminder that Michael Wiig has offered to bring uniforms to the council office for their uniform exchange. If you have a uniform that your son no longer needs, please consider giving it to the council for this exchange. Michael attends most meetings, so feel free to bring the uniform at your convenience.

**Advancement Contacts**

- Merit Badge Counselor Coordinator --Glenn Vanic
- Boards of Review or Advancement – Nancy Madsen
- Eagle Boards of Review – Bill Brown

Contact information can be found in your Roster.

The Merit Badge Sign Up book can be found by the "Ships" at each meeting.

The Reconnaissance is a monthly publication (no issues July and August) of Boy Scout Troop 695 chartered at

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[www.vikingbsa.org](http://www.vikingbsa.org)  
[www.scouting.org](http://www.scouting.org)

**District Office  
Closed February 21  
(President's Day)**

**COUNCIL AND DISTRICT NEWS**

**District Dinner** – The Mustang District recognized several adults from Troop 695 at its Annual Volunteer Recognition Banquet on January 27. Troop 695 was represented with 15 people. Spark Plug Awards were presented to Pam Thuleen, Jeff Shawd and Glen Vanic. Unfortunately we are not able to have all of the people in attendance who make Troop 695 the fabulous troop that it is.

**Buck Hill Ski Lock-In** - All night skiing and snowboarding lock-in on February 25. A fun night with friends, both new and old. Other activities include movies, snow football, snow camping, bonfire, tubing. Register NOW!!! Times a ticking. You need to register by group or individually, registration deadline is February 14.. Buck Hill may cancel event if we do not meet the minimum registered by this date. Questions about the Lock-In, contact Bob Thielen at [bthielen@bsaemail.org](mailto:bthielen@bsaemail.org).

**Timberwolves Scout Night** – For \$19 each, Scouts and family members will receive a \$24 ticket, a Crunch mini-bobblehead (Scout version), Timberwolves yearbook, Timberwolves Scouting patch and can attend a post-game free-throw contest. Game dates are February 13, March 4 and March 27. Order and payment due no later than 10 days prior to game. For more information, contact Chris Palaia at 612.673-8141.

**Tonkawampus Lodge Order of the Arrow Winter Event** – This year's event will be held at Dakotah Sport and Fitness in Prior Lake on February 12. OA members can attend the banquet, the lock-in or both. For more information and a registration form. visit the council website.

Scout Law: A Scout is Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean and Reverent.

**March Activities by Mike Brattensborg, Thunder Patrol**

Hello Troop 695 -

The theme for March is Fire Safety ("FS"), and our goal is for all Scouts to earn their Fire Safety Merit Badge. The Thunder Patrol has planned some neat activities in regards to FS and with the assistance of our very own resident firefighter, John Wolfgram. Every Tuesday during the month of March will offer you an opportunity to complete your requirements on your way to earning your FS Merit Badge. The Thunder will also be hosting the March campout at Phillippo Scout Reservation near Cannon Falls on March 11-13. This campout will involve sleeping indoors, but cooking our own meals outside. We will need to bring the trailers and will need volunteers to pull them to and from the campout. Plans are to go skiing, wrap up Merit Badge Madness requirements and make progress on earning the Fire Safety Merit Badge. March will also be the first month for the new scouts that will be joining our troop. March promises to be an exciting month for Troop 695. Stay tuned for more details.

### **Merit Badge Pamphlets by Derrick Doirier**

Merit badge pamphlets are guidebooks for merit badge work. Each one contains the requirements for the badge in the first few pages. The rest of the book is supporting information to help you complete the requirements. You can purchase your own pamphlets at the scout shop or check out pamphlets from the troop library. Please remember that the pamphlets in our library are a troop resource and return them as soon as you have finished working on the badge. This saves the troop money that is otherwise spent replacing missing books. Remember: a scout is thrifty!

Want to help out the troop? If you have purchased your own copies of merit badge pamphlets, consider donating them to the troop library when you are finished with them. Older scouts have donated many of the books in our library. Thanks, guys!

When you begin working on a merit badge, it is important that you are using current requirements. The BSA updates and revises these regularly. Before you begin work on a badge, check the current requirements at [www.usscouts.org](http://www.usscouts.org) or [www.meritbadge.com](http://www.meritbadge.com). If the requirements posted don't match the ones in a book that you got from the troop library, tell the troop librarian and find a current copy. All the books and requirements used for Merit Badge Madness, Many Point, and other group classes should be current – but be careful if you start a badge on your own.

### **Why Do We Need To Re-charter Each Year by John Tinucci**

Scouting is unique among youth organizations. One of its most unusual characteristics is that it doesn't own or operate Scouting units. The ownership of our troop and crews is vested in other community organizations or groups that generally have as their main activity something other than Scouting. We are chartered by Prairie Lutheran Church.

The Scouting movement provides the program, technical help, and special facilities. The chartered organization provides an adequate, safe meeting place and dedicated, capable adult leadership, and adheres to the principles and policies of the BSA. We are considered a program of the church and we receive all our program materials, training and scouting opportunities through BSA. The church approves our leadership, although we, as parents, recruit other parents to become involved as leaders. The church allows us to raise our own funds to pay for our equipment and program expenses, but we are technically under their financial stewardship.

Through the strength and wisdom of this arrangement, millions of boys have benefited from Scouting. Without this unique working association, the program would be costly and limited to a very few boys. We get to take advantage of both a local place to meet as well as regional camping and outdoor facilities. We do not need to come up with ideas for activities each week, since we use program-planning tools that BSA provides.

Since 1916, when Congress granted a charter to the Boy Scouts of America, Scouting has granted charters to organizations. Scouting renews its national charter by reporting to Congress annually. Likewise, chartered organizations report to Scouting once each year to renew their local charters. This is a process we refer to as re-chartering. Several things happen as part of re-chartering. The church pays a small annual charter fee to BSA and signs a paper recommitting to support the troop for another year. Each scout and his family pay annual dues and recommit to participating and helping the troop. The dues go to pay for annual BSA registration, Boys Life subscription, accident insurance, and troop operating dues. (The scout pays for individual activities on a per activity basis.) Re-chartering also involves the church notifying BSA of the leaders responsible for the program.

So you can see that the annual re-charter process is the mechanism that allows our troop and crew to exist for another year. Our charter is due in April, which means we must complete our paperwork in March. **Each family will receive the required paperwork necessary to make this happen at the February parent meeting. Please complete the forms by the indicated date so we can make our deadline.**

### **Many Point News by Daul Boudreaux, Many Point Coordinator**



Hi everyone! It is that time of the year again. Next month I will attend the Many Point Informational meeting. The dates for Many Point this year are **JULY 17-23**. Please mark your calendars now so your Scout will not miss camp. It is such a great opportunity for the Scouts to earn their merit badges and have fun at the same time. I hope camp runs as smoothly as it did last year. Also, parents now is the time for you to book your vacation time if you would like to attend camp with your Scout. Parents are always welcome. The good news is that we have a cabin booked for the parents again in Family Camp. **REGISTRATION WILL START IN MARCH!**



### Scoutmaster's Corner by Joe Dolta

We're coming to another exciting time of year for our Troop -- we're well into Merit Badge Madness month, we're just a few weeks away from bringing on new Scouts, and we're just a few more weeks away from Troop elections.

After using this month to earn merit badges, your position within the Troop will change. First, all of you will move up a link on the "food chain," from first-year Scout to second-year, from second-year to third-year, and so on. You'll have new opportunities for teaching and making friends. You're experienced enough to know who to go to for help.

Then, with Troop elections coming up next month, you'll be electing new leaders, and have the opportunity to try for a new leadership position yourself. So I have a couple of challenges for you: This month, work hard on your Merit Badges. Next month, befriend a new Troop member. Run for a leadership position that you want. Help others succeed by helping to keep order at meetings, by teaching skills, and by leading, whether you have a badge of office on your left sleeve or not.

I'm proud to be your Scoutmaster.

### SPL Scratch by Tyler Opitz

I would like to write about an upcoming high adventure. As many of you know, the Raptors are planning a trip to Alaska. This trip will be open to all kids who are First Class and have completed 7th grade. Many other high adventure trips should be available. This is a great way to have a lot of fun while still in Scouts. When you go on a high adventure trip, many people become worried with safety. I know first aid is important and also at times boring but you will use it in your lifetime. Some of you may not know it but I recently helped my sister who severely burned her legs with scalding water. I knew what to do because of first aid. I even showed my mom, a former nurse, a thing or two. I know it can be boring but remember it is important.

### ASPL Notepad by Tim Wolfgram

### ASPL Notepad by Scott Jennen

I hope the winter campouts will be successes this year. We have some great weekends this year. We were dog sledding in freezing temperatures and I have heard that North Wind went well. Now Merit Badge Madness is fast approaching and everyone should do their homework for their Merit Badge classes ahead of time. This makes it easier on the instructors and you do not have to crunch all of the work in. It should be a blast for all of the first year scouts and I am sure that everyone will have fun skiing.

Three weeks ago the older two patrols in Troop 695 went north to an area near Ely to go dog sledding. They slept in yurts and each night their fire watch failed. The coldest it got down to was around -54 degrees. I think that at least some of them would be willing to do it again though. Also, I would like to caution all Scouts who like to pelt people with snowballs that you should pelt them safely. Anyone who was at the recruiting event should know what happened to my brother, so remember don't strike low!!!

### Patrol News

**BALD EAGLES:** Reed Qually, Patrol Leader  
**DRAGONS:** I think North Winds was a really good place to go to. Everyone who went had a great time and will probably do it again next year. At first we packed our gear into a big sled and we headed to a small camp site to eat lunch. After eating we played a few games and the boys had lots of fun and they practiced skills like team work. Then they headed back and we ate some supper and played games. They liked it a lot. I think we should go every year because it was so fun.  
**David Jennen,** Patrol Leader; This month, the Scouts in my Patrol went on the North Winds campout where they learned about winter clothing and camping. Two of them even slept in a Quinzee hut later in the month. In February we are looking forward to merit badge classes and Merit Badge Madness. **Troop Guide: Jake Poirier.**  
**FALCONS:** Kevin Thomsen, Patrol Leader -- Everything in my patrol is going fine. I don't believe the January meeting went very well though. Especially the Jan. 4th one. The main problem was that none of the other patrol members knew what was happening. The Jan. 11th went better.  
**SCORPIONS:** Nate Brown, Patrol Leader  
**Troop Guides: Ross Sherman & Shane Thuleen**  
**WOLVERUNNERS:** Josh Clifford, Patrol Leader  
**RAPTORS:** Eric Gatto, Patrol Leader -- All has been going well. Many Raptors are going to Merit Badge Madness and I hope many merit badges are earned.

**HUSKIES:** Eric Blomgren, Patrol Leader -- In January the Troop had two winter events. The Huskies decided to go dog sledding. It was very cold. In February we plan to have fun at Merit Badge Madness. It is a good way to advance in rank. Most of the Huskies have reached Life. I am proud of our patrol. We will soon be working on our individual Eagle Projects.  
**THUNDER:** Our patrol is busy planning the Fire Safety theme for the month of March. Throughout the month we will be working for the Fire Safety merit badge. Mr. Wolfgram will be leading us in activities and discussions during the scout meetings. The campout will also have fire safety activities. Hope to see everyone there! **Drew Churchill,** Patrol Leader; Just a quick note to let you all know how excited Thunder Patrol is about the month of March. It will be the first time our Patrol will be in charge and have the opportunity to show you what we can do. We know we are young, and we will need your help, but come prepared. Fire Safety will be the theme of the month. We have a camping trip, and new Scouts will be joining our Troop. Wow, that sounds like a lot to me. Thanks for all your support in our first year in Troop 695. **Luke Coyer,** Assistant Patrol Leader; **Luke Coyer** Assistant Patrol Leader; **Troop Guide: Tyler Herzog**

### Troop Leadership Reports

<p><b>Bugler: Open</b>  <b>Camping Instructor: Andrew Songle</b> – Well Merit Badge                  Madness is coming up and it is still going to be cold. Thankfully no one got frostbite on the North Winds or dog sledding campouts, so I don't think that will be a problem at Merit Badge Madness. Just make sure you have all the warm clothes for the campout. And, be safe and keep all your warm clothes on even if you are just running to go to the bathroom or getting something you need outside because you can still get frostbite.</p> <p><b>Ceremonies Instructor: Eric Hanson</b>  <b>Cooking Instructor: Terrence Tan</b> – The North Winds Adventure was a great experience for us second years even though not many went. During the adventure program at North Winds we were assigned food to bring to our camps and I saw very consistent attributes in all of the foods. One of them was weight. Because we were heading out with sleds that already weighed 50 to 60 pounds, it was fitting to not bring anything heavy. These light foods were stuff like peanut butter and jelly sandwiches, hot chocolate packets, beef jerky, crackers, etc. These are foods to keep in mind for when you buy food for cold camps because these are all high in calories and can be used to generate plenty of heat. Another thing to do is drink plenty of water. Though you may not know it, the fog that comes out of your mouth when you breathe is water vapor, also never try to ration water, because if you do, your body will feel like it can go without it when it needs it.</p> <p><b>Chaplain's Aid: Open</b>  <b>Den Chiefs: Matt Boudreaux and Josh Issacs</b> -- The Senior Webelos have been busy finishing up all the rest of their requirements. They just had their Pinewood Derby and they had a blast! They are having their Blue and Gold on Feb.24. They spent the last few months visiting troops in Eden Prairie. They have been pondering which troop to join. Matt Boudreaux</p>	<p><b>Fire Safety Instructor: Open</b>  <b>First Aid Instructor: Patrick Tinucci</b> – If you need anything signed off you can come up to me at anytime and I will sign it off for you.</p> <p><b>Historian: Jake Brown</b> -- Special thanks to Mr. Poirier for taking pictures at the winter campout and to Mr. Wolfgram for taking pictures on the dog sledding campout. There are currently some pictures of the winter campout on the troop website. We are working to get some dog sledding pictures onto the website too. You can access them at <a href="http://www.troop695.org">www.troop695.org</a>.</p> <p><b>Junior Assistant Scoutmaster: David Camerino</b>  <b>Knife, Ax &amp; Safety Instructor: Open</b>  <b>Librarian: Open</b>  <b>Quartermaster: Kyle Kronlokken</b> --This past month has been great. The month ahead looks to be even greater with MBM coming up and we won't need to use troop tents so I don't have to go around bothering you for your tent that you haven't turned in so that will be nice for a change for both you and me.</p> <p><b>Scribe: Dan Polta</b> -- Greetings fellow scouts and parents. I'm happy to say that attendance has increased since my election as scribe. Although we had a turnout of only 3 boys for the winter adventure program at Camp Stearns, we had a very nice turnout of first-year Scouts. Once more I would like to say that if you are at a meeting and do not sign in, you do not get credit for being at that meeting. Remember, I probably won't check you in unless you come up to me.</p> <p><b>Knots Instructor: Andrew Shawd</b> – see Tips of the Month.  <b>Troop OA Representative: Open</b>  <b>Venture President: Open</b></p>
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**Merit Badge Madness Schedule**

This is an "exciting" and busy month for our Scouts. This year our scouts will be working on 167 badges - a new MBM record! While we began classroom instruction at our last meeting, the schedule for the month of February is as follows:

<b>February 1</b>	Citizenship of the Nation; Personal Management; Snow Sports; Crime Prevention; Computers
<b>February 8</b>	Citizenship of the World; Communications; Art; Engineering; Fingerprinting; Coin Collecting
<b>February 15 – 1st 30 minutes</b>	Emergency Preparedness; Citizenship in the Community; Personal Fitness; Citizenship of the World; Fingerprinting
<b>February 15 – 2nd 30 minutes</b>	Citizenship of the World; Communications; Art; Engineering; Fingerprinting; Coin Collecting
<b>February 22</b>	Citizenship of the Nation; Personal Management; Snow Sports; Crime Prevention; Computers

**Course Instructors (as of 1/10/05) \*Eagle required**

Badge	Instructor	Co-Instructors
Art	Karen Vanic	Anne Kollmeyer
Computers	Boon Tan	John Lewis or Derrick Poirier
Fingerprinting	Mike Wiig	Dennis Isaacs
Engineering	Mark Fairbrother	Mark Kronlokken, Mark Jennen
Crime Prevention	John Lewis	Derrick Poirier
Coin Collecting	Brad Madsen	Joe Polta, Barbara Hanson
Citizenship in the Community*	Paula Boudreaux	Pam Thuleen
Citizenship in the Nation*	Bill Brown	Dean Conklin
Citizenship in the World*	Don Qualley	Mark Fairbrother
Communications*	Beth Smith	Tom Herzog
Emergency Preparedness*	John Wolfgram	Jeff Songle
Personal Fitness*	Mark Jennen	Craig Beveroth
Personal Management*	Julie Sherman	Mike Toay
Snowsports	Kevin Opitz	Mark Jennen (at Afton: Mike Toay; Bob Fleagle)

## Instructor Tips of the Month

**Camping -- Andrew Songle -- What is Frostbite?** Frostbite is the freezing of skin and/or the bodily tissues under the skin. The fluids in the body tissues freeze and crystallize. This can cause damage to the blood vessels and result in blood clotting and lack of oxygen to the affected area. Frostbite is caused by exposure of the body to cold.

Several factors contribute to the development of frostbite including the length of time you are exposed to the cold; the temperature outside; the force of the wind (wind chill factor); the humidity in the air; the wetness of your clothing, shoes and body coverings; ingestion of alcohol and other drugs; and high altitudes. If the conditions are cold with a high wind-chill factor or if the temperature is bitterly cold, brief exposure of uncovered body parts (for example, the ears) can actually result in frostbite in just minutes.

Frostbite can be prevented with the proper clothing as I've talked about in past articles. It is easier to prevent frostbite than to treat it. Mild frostbite affects the outer skin layers and appears as a whitening of the skin. Usually, these symptoms disappear as warming occurs, but the skin may appear red for several hours. In severe cases, the frostbitten skin will appear waxy looking with a white, grayish-yellow or grayish-blue color. The affected part(s) will have no feeling (numbness) and blisters may be present. The tissue will feel frozen or "wooden". This indicates a very serious condition. Other symptoms that indicate frostbite are swelling, itching, burning and deep pain as the area is warmed.

If you think you may have frostbite, even if it is a mild case, it is highly recommended that you consult a medical professional. The following list will help you from suffering further injury:

**DO LIST. . .**

- Have your injury re-warmed under medical supervision, if possible.
- Get to a warm place where you can stay warm after thawing.
- Rest the injured areas (avoid walking on frostbitten feet, etc.).
- Use water 100F - 38C (should be warm to the touch - not hot) for 30 to 45 minutes until a good color (flush) has returned to the entire area. This process may be painful, especially the final ten minutes.
- Leave the blisters intact. Cover with a sterile or clean covering if protection is needed to prevent rupturing.
- Keep the affected part(s) as clean as possible to reduce the risk of infection.
- Elevate the area above the level of the heart.
- Make sure your tetanus booster is within 10 years.

**DO NOT LIST. . .**

- Don't allow your injury to thaw then refreeze. This is very dangerous and can cause serious or permanent injury. It is better to delay warming. For example, keep walking to a permanent shelter rather than warm frozen toes at a temporary shelter and then expose them to more cold on the rest of the trip.
- Don't use dry heat (sunlamp, radiator, heating pad, etc.) to thaw the injured area.
- Don't thaw the injury in melted ice.
- Don't rub the area with snow.
- Don't use alcohol, nicotine or other drugs that may affect blood flow.

**Cooking -- Terrence Tan --** Peanut butter and jelly sandwiches, hot chocolate packets, beef jerky, crackers, etc. These are foods to keep in mind when you buy food for cold camps because they are all high in calories and can be used to generate plenty of heat. Another thing to do is drink plenty of water. Though you may not know it, the fog that comes out of your mouth when you breathe is water vapor. Also, never try to ration water because if you do, your body will feel like it can go without it when it needs it.

**First Aid -- Patrick Tinucci --** A lesson for this month is what to do if you have a sprained wrist. First after you fall, check to see if it looks deformed or bruised. If it is, it is probably broken. If it isn't, you should ice your wrist for a day or more and try to not use it as much as possible and you should also wear a bandage around your wrist. If it doesn't get any better you should go see a doctor.

**Knots -- Andrew Shawd -- The Importance of Knots** -- Knots play an important part in the lives of everyday people, especially when they are Boy Scouts. And nowhere are knots more useful than at the campsite. But not all knots are well known. Even though the Carrack bend is one of the most useful knots in the world, most people do not know this knot. But no matter how complicated a knot is, there is always a way to learn it. Here are a few easy steps to learning knots.

1. Always start with medium small cord. This makes it easier when threading one end through a loop.
  2. Use climbing cord. This cord is smooth and generally has fused ends.
  3. If you cannot figure out the next step, try looking at the knot from a different angle. Most knots have many angles to them so taking a new one can make learning the knot easier.
- I hope this helps your knot-tying skills improve.

**Outdoor Code**  
 As an American, I will do my best to be clean in my outdoor manners, be careful with fire, be considerate in the outdoors, and be conservation minded.



A Scout does everything he can to help others, especially old people and children. He does at least one Good Turn a day.