

Introduction to Outdoor Leader Skills

SM/ASM Training



**BOY SCOUTS OF AMERICA
CAPITOL AREA COUNCIL
Sacred Springs District**

Revised May 2013

IOLS Training

Table of Contents

U.S. Flag	2-3
Leave No Trace “LNT”	4-5
Map and Compass	6
Stars.....	7
Knots	8
Woods Tools.....	9
Fire Building	10-12
Fire Building	10
Fires vs. Stoves	11-12
Cooking.....	13-23
Cooking.....	13-14
Simple Recipes.....	15-18
Chuck Box Plans.....	19-20
Weekend Duty Roster	21
Bearmuda Triangle.....	22
Three-Pot Dishwashing.....	23
First Aid	24-26
Plant and Animal ID.....	27-
Texas Plants.....	27-28
Texas Mammals	29-30
Texas Birds.....	31-32
Texas Reptiles	33
Texas Freshwater Fish.....	34
Lashing.....	35
Campfire Program Planner.....	36-37
Camping Equipment	38-44
Personal camping equipment list	38-39
The Ten Essentials	40-44
Scout’s Own Service	45-49

Flag Etiquette

Here are some of the rules for proper display and use of the U.S. flag, as established by generally accepted custom and by *Public Law 94-344* approved by Congress and signed by the President in 1976. The Flag Code does not impose penalties for the misuse of the flag. Such penalties are determined by the individual states and the District of Columbia.



Bunting

The U.S. flag should never be used as drapery, never festooned, drawn back, nor up, in folds. It should always be allowed to fall free. Bunting should be used for decoration: First blue, then white, then red.



Behind a Speaker

When used on a speaker's platform, the flag, if displayed flat, should be above and behind the speaker. Use bunting to decorate a speaker's desk or the front of the platform.



Over a Street

When the U.S. flag is displayed other than from a staff, it should be displayed flat, or suspended so its folds fall free. When displayed over a street, place the union so it faces north or east, depending on the direction of the street.

From a Building

When the flag is displayed from a staff projecting from a windowsill, balcony or building front, the union of the flag should always be at the peak of the staff unless the flag is half-staff.



On a Wall

When displayed either horizontally or vertically against a wall, the union should be uppermost and to the flag's own right, that is, to the observer's left. In a window, the union should be to the flag's right when viewed from outside.



On a Staff

When the U.S. flag is flown with flags or pennants of states, cities or societies, it should always be at the peak. When flown from adjacent staffs, the U.S. flag should be hoisted first and lowered last.



National Flags

When flags of two or more nations are displayed together, they should be flown from separate staffs of the same height, and the flags should be of approximately equal size.



In a Parade

When carried in a parade front with other flags, the U.S. flag should always be to the marching right of the other flags, or to the front and center of the flag line.

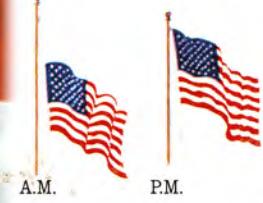


Showing Respect

When the flag is raised, lowered or is passing in a parade or review, everyone present, except military personnel, should face the flag and place his or her hand over their heart. Men remove their hats. Military personnel salute.

Memorial Day

The flag should be briskly raised in the morning to the top, then lowered slowly to half-staff. At noon, the flag should be raised to the top again.



On a Casket



When the flag is used on a casket, its union should be over the deceased's left shoulder. Carry the casket foot first. The flag should not be lowered into the grave or allowed to touch the ground.

How to Fold the U.S. Flag



Begin by holding the flag waist-high with another person so its surface is parallel to the ground.



Fold lengthwise. Bring the striped half up over the blue field.



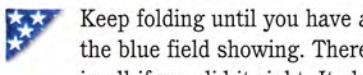
Fold lengthwise, again bringing the blue field back on top of the stripes.



Fold the lower right hand corner to the upper edge to form a triangle.



Now fold the triangle toward the blue field.



Keep folding until you have a triangle with only the blue field showing. There should be 12 folds in all if you did it right. It should end up in a triangle shape like the revolutionaries' hats.

Caring for the Flag

- If soiled, the flag may be washed or dry cleaned.
- When torn or frayed but not faded, the flag may be mended.
- A worn or faded flag should be retired with respect. Fold the flag and place it on a fire. The ashes should then be buried.
- Some VFW Posts and other community groups collect worn flags and conduct a retirement ceremony. Check in your community for who conducts the ceremony.

PRINCIPLES OF LEAVE NO TRACE CAMPING

The Leave No Trace Principles of outdoor ethics:

- 1. Plan Ahead and Prepare**
- 2. Travel and Camp on Durable Surfaces**
- 3. Dispose of Waste Properly**
- 4. Leave What You Find**
- 5. Minimize Campfire Impacts**
- 6. Respect Wildlife**
- 7. Be Considerate of Other Visitors**

Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups. Split larger parties into groups of 4-6.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
- In popular areas:
 - Concentrate use on existing trails and campsites.
 - Walk single file in the middle of the trail, even when wet or muddy.
 - Keep campsites small. Focus activity in areas where vegetation is absent.
- In pristine areas:
 - Disperse use to prevent the creation of campsites and trails.
 - Avoid places where impacts are just beginning.

Dispose of Waste Properly

- If you pack it in, then pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep at least 200 feet from water, camp, and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

Leave What You Find

- Preserve the past: examine, but do not touch, cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

Respect Wildlife

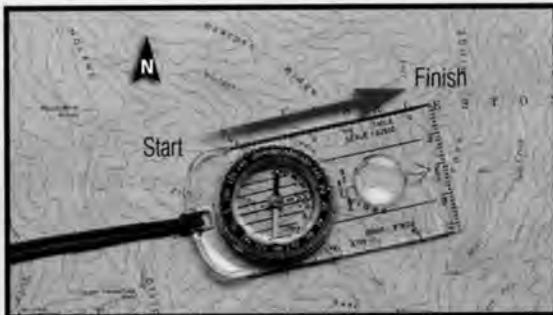
- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

- - 0 - -

Compass & Map



- ① Place compass on map with baseplate edge connecting where you are (start "A") and where you want to go (finish "B").



- ② Turn the compass Dial until the "N" aligns with Magnetic North (MN) on map.



③ Hold the compass level in front of you with the Direction of Travel Arrow pointing straight ahead. Turn your body until the Red end of the Needle is directly over the Red Orienting Arrow. Look up. Find a landmark. Move to it. Repeat until you reach your destination.

Compass Only

- ① Select an on-route landmark. Hold compass level and point the Direction of Travel Arrow at the landmark.
- ② Find your heading to the landmark by turning compass Dial until the "N" aligns with the Red end of the Needle. Read heading at the Index Line.
- ③ Keep the Needle aligned with the "N". Sight and move toward your landmark. Repeat procedure until you reach your destination.

Orienting the Map



Turn the compass Dial until the "N" aligns with the Index line. Align the Direction of Travel Arrow or the edge of the Compass base with the MN line on the map. Turn the entire map and compass until the Needle is aligned with the "N".

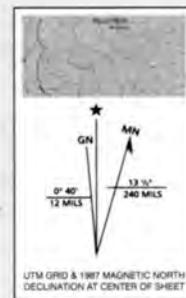
Compass & Heading

- ① When given a heading in degrees, turn the Dial so the heading is set at the Index Line. Hold compass level with the Direction of Travel Arrow pointing straight ahead.
- ② Turn your body until the Red end of the Needle is aligned with the "N" on the Dial. Travel in this direction.
- ③ Pick out a landmark in line with your heading. Move toward it. Repeat procedure until you reach your destination.

Declination

Magnetic North (MN) is about 800 miles south of Geographic North (GN), the North Pole. This difference is called magnetic declination and varies from place to place. Topographic maps include diagrams which indicate the angle of difference between Geographic North and Magnetic North. When using a compass and map, you must train yourself to compensate for declination using one of these options:

- ① Add or subtract the degrees of magnetic declination provided from the map.
- ② Extend the MN line of declination diagram in the map margin. Draw lines parallel to the extension line, approximately 2° apart. Using these lines, the map and compass now reference MN.
- ③ Purchase a compass with Geared Declination Correction that align with the GN.



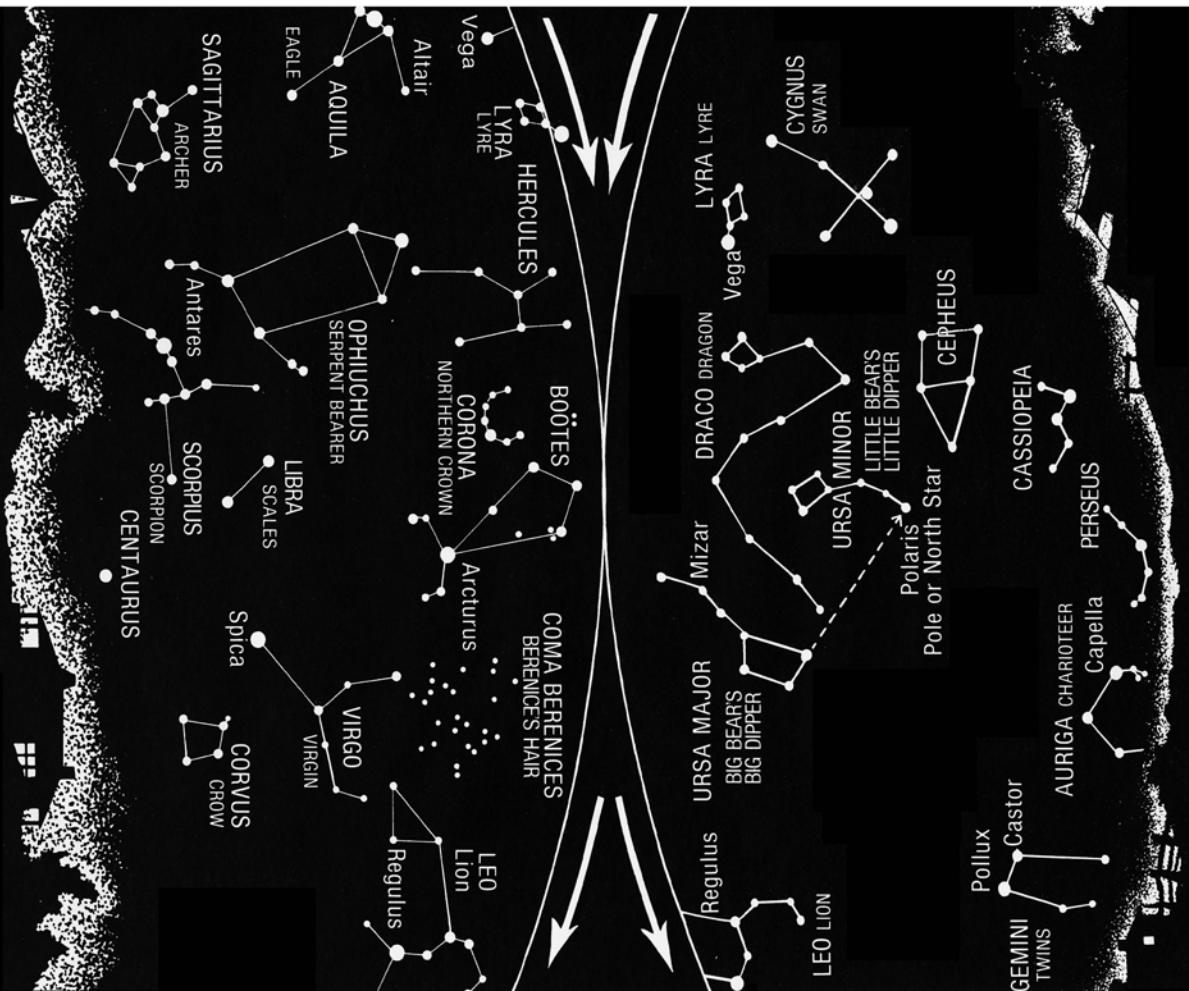
Topographic Map Symbols

School		Perennial River	
Building		Intermittent River	
Barn		Well/Spring	
Church/Cemetery		Marsh/Swamp	
Paved Road		Perennial Lake	
Unimproved Road		Clearing	
Bridge		Index Contour	
Foot Bridge		Hill/Slope with Spot Elevation	
Railroad		Small Depression	
Power Line		Large Depression	
Survey Marker with Elevation in Feet		Cut & Fill	

THE SUMMER SKY

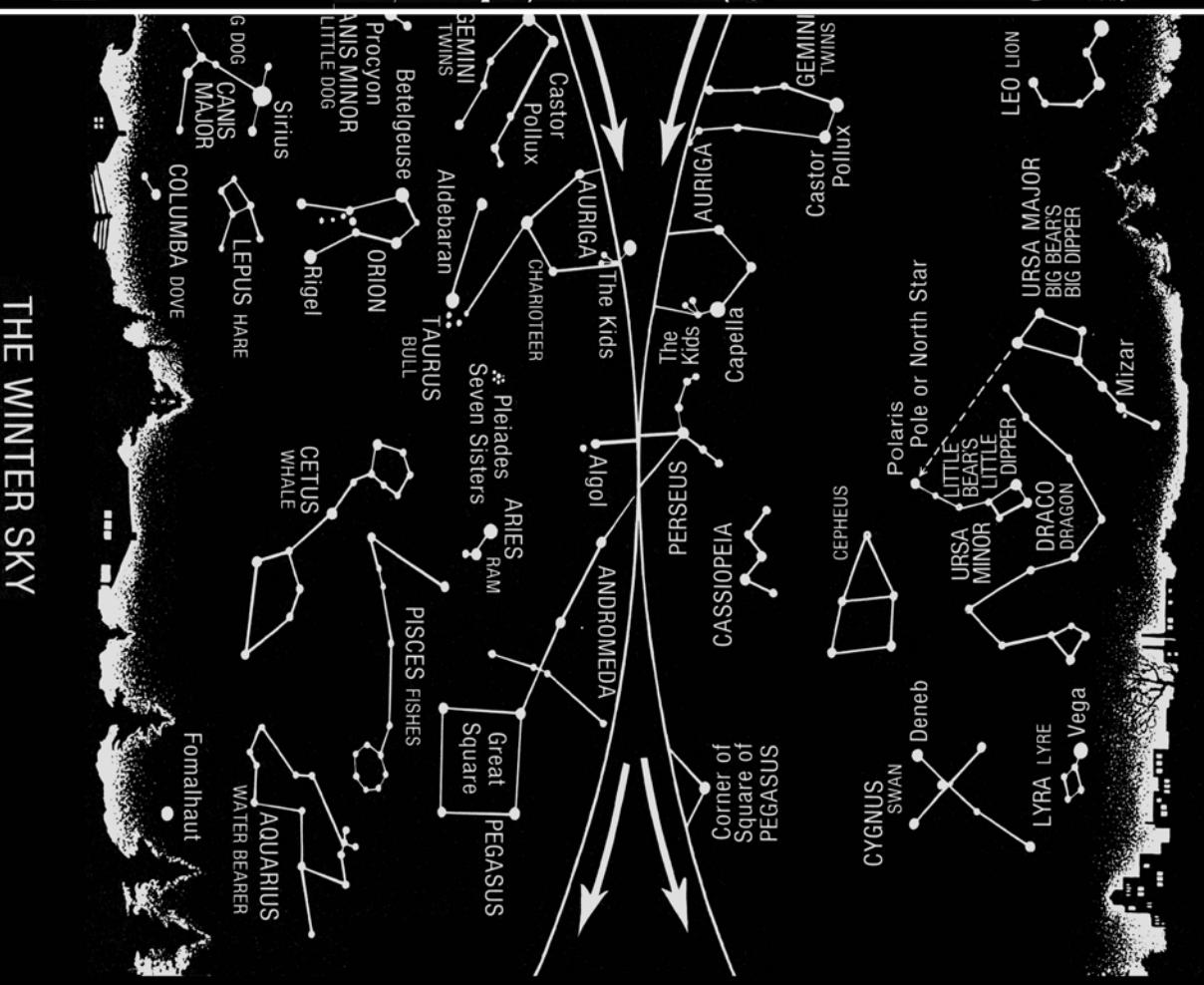
Looking SOUTH

May 15. 11 P.m. May 1. 12 P.m.



THE SUMMER SKY

Looking NORTH



THE WINTER SKY

Jan. 1, 8 p.m. Dec. 15, 9 p.m. Looking NORTH Dec. 1, 10 p.m. Nov. 15, 11 p.m. Nov. 1, 12 p.m.



Make a loop of a 3 foot length of twine and place at end of rope. Wrap twine lightly around rope, starting $\frac{1}{4}$ " from end of rope. When length of whipping equals diameter of rope pull ends of twine hard to tighten whipping. Trim twine close to whipping.



Square or Reef Knot. The commonest knot for tying two ropes together. Frequently used in first-aid bandaging. Never slips or jams; easy to untie.

The Bowline. A noose that neither jams nor slips. Used in lowering a person from a burning building, etc.

Form a small loop on the standing part leaving the end long enough for the size of the noose required. Pass the end up through the bight around the standing part and down through the bight again. To tighten, hold noose in position and pull standing part.



Scout

Knots



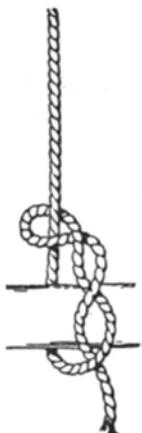
Sheet Bend or Weaver's Knot. This knot is used in bending the sheet to the clew of a sail and in tying two rope-ends together.

Make a bight with one rope *A*, *B*, then pass end *C*, of other rope up through and around the entire bight and bend it under its own standing part.



Clove Hitch. Used to fasten one pole to another in fitting up scaffolding; this knot holds snugly; is not liable to slip laterally.

Hold the standing part in left hand, then pass the rope around the pole; cross the standing part, making a second turn around the pole, and pass the end under the last turn.



Timber Hitch. Used in hauling timber. Pass the end of the rope around the timber. Then lead it around its standing part and bring it back to make two or more turns on its own part. The strain will hold it securely.



Two Half Hitches. Useful because they are easily made and will not slip under any strain.

Their formation is sufficiently indicated by the diagram.



Tautline Hitch

The Tautline Hitch forms a loop which will not slip when rope is taut, but will slip when tension is released. It is a useful knot for tying tent guy lines to pegs.

Tied the same as two half hitches, except that there is an extra turn around the standing part, in the direction of the strain.



Woods Tools

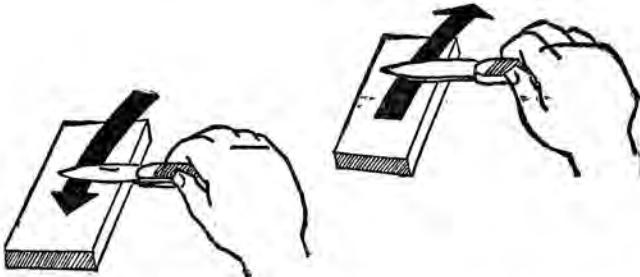
The **Totin' Chip** card is a Scout's license to carry and use woods tools.
To earn it, a Scout must:

- Read and understand their use and safety rules, from the Boy Scout Handbook
- Demonstrate proper handling of knife, ax and saw
- Use them as tools, not playthings
- Respect all safety rules
- Respect property by only cutting with permission
- Subscribe to the Outdoor

The Knife



Always keep the blades closed except when using them
Always cut away from yourself
Close the blade before passing to someone else
Keep the knife sharp
Obey regulations about knives in public places
Never carry with the blade open
Never throw a knife
Never strike a knife with another tool
Never pry with a knife



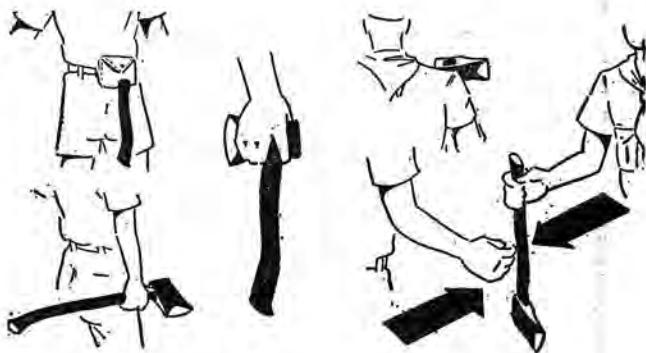
Sharpen with a whetstone. Use water or oil, depending on the stone
Hold the knife at a 30 degree angle to the stone
Push, as though slicing a thin layer off the stone, or move in a circular motion
Sharpen the other side in the same manner
Examine in the light. A dull edge looks shiny. A sharp edge is so thin that it has no shine.

The Saw

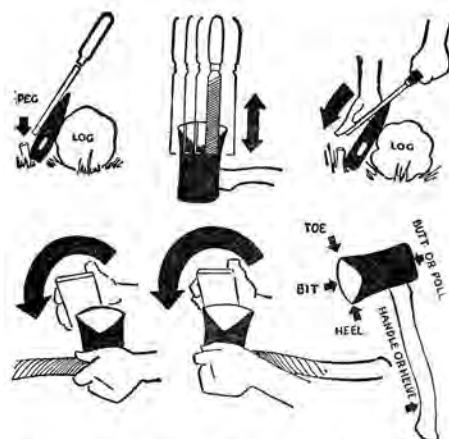


Use a saw for most outdoor wood cutting. Brace the wood against a solid support. Use long, smooth strokes. Let the weight of the saw do the work. To remove a branch, make an undercut so that the falling branch does not tear bark. Finish cutting from the top.
Sheath a saw when not in use
Carry the saw with the blade away from your body
Replace dull blades
Use care when passing
Use gloves and protective eyewear
Don't let the saw cut into the ground
Don't leave the saw lying around camp

The Ax



Be sure the ax is in good condition
Use gloves, eyewear, and sturdy boots
Be certain people stay ten feet away or more. Make an ax yard!
Stay balanced, stay relaxed, and be aware
Keep the ax sheathed when not in use; hold it with the blade away from your body
Pass the ax by the handle with the head down and the bit turned away from both of you. The other person should say "Thank you" when they have a grip. Don't release until then.
Store the ax in its sheath out of the weather



Sharpen the ax with a file. Use a guard and handle on the file
Steady the ax between pegs and a log
Push with the file. You will feel it cutting the metal
Lift the file as you draw it back for another stroke
Sharpen the other side with about the same number of strokes
Keep filing until the edge seems to disappear
Touch up with a whetstone between filings

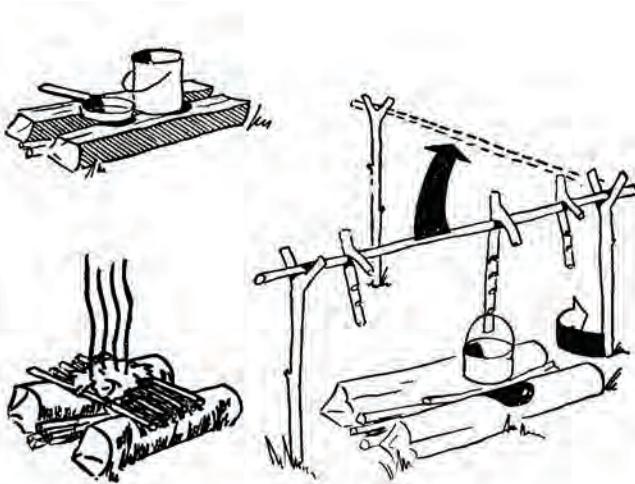
FIREBUILDING

Tepee Fire



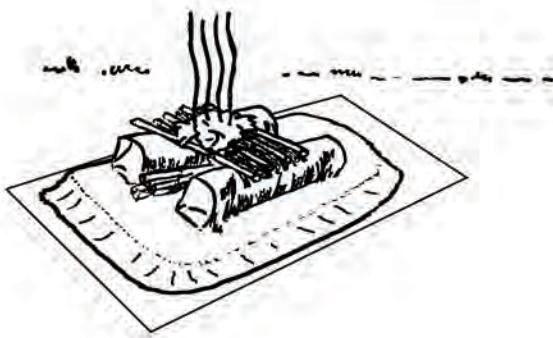
In the tepee fire, tinder is used as a base. Fine twigs are arranged around it to form a tepee. Split sticks are gradually increased in size and length until the fire is built to the desired size. The heavier wood is placed down wind and the fire is lit on the windward side.

Hunter Fire



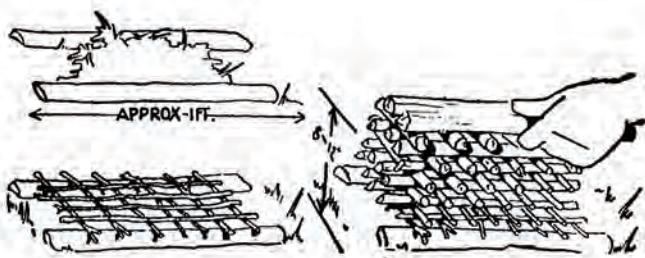
This is a cooking fire. Two small logs from three to six inches in diameter are laid side by side quartering into or at right angles to the wind. A space slightly smaller than the diameter of the cooking utensils separates these logs. The logs can be laid at an angle to one another, to accommodate several different sizes of frying pans or kettles at the same time.

Leave No Trace or Mound Fire



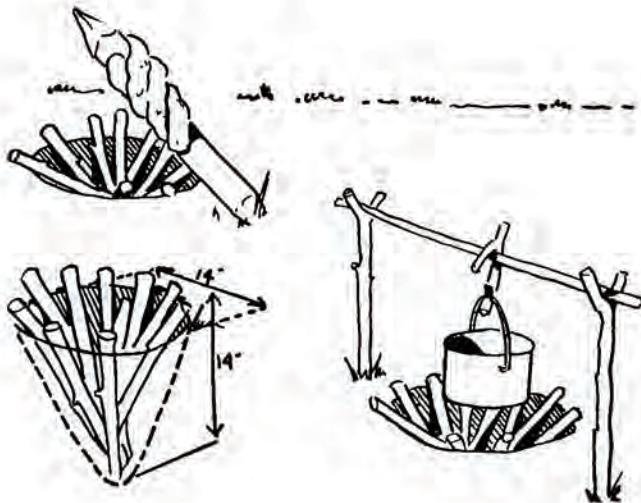
This fire has become more popular as Scouting moves into the 21st Century, because it leaves no fire scar. First a barrier material like foil is laid on top of the topsoil. The material is covered with three inches of mineral soil, which can be obtained by carefully removing topsoil and digging, or found in exposed locations, and the fire is built on top. The fire is allowed to completely burn to ashes, which are scattered, and the mineral soil is returned to its original location, and carefully covered with the original topsoil. Any type of fire can be built atop the LNT mound.

Crisscross or Log Cabin Fire



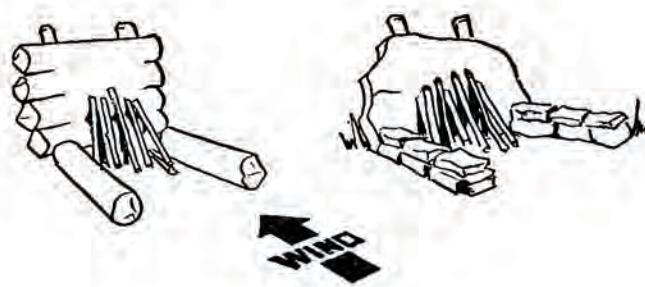
To make a crisscross fire, place two heavier pieces of wood approximately a foot long and as thick as your ankle on the ground eight or ten inches apart. Place a big handful of tinder between these sticks. Then lay fine twigs across the two heavy sticks above the tinder until the space is filled with sticks about one inch apart. Next lay slightly heavier twigs on top of the first layer at right angles to it. The third layer is of slightly heavier sticks and is placed at right angles to them. This fire is lit on the windward side.

Fire in the Hole



This fire is good for windy or treeless country, and may be used for cooking and baking. It is made by digging a conical hole fourteen inches in diameter and from 14 to 18 inches deep. A good fire is made to heat the soil and produce a bed of coals in the bottom of the pit for cooking. This fire is seldom used today.

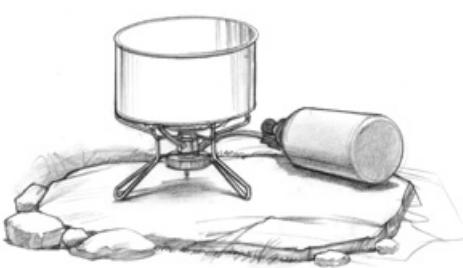
Reflector Fire



This is a baking and heating fire. It is made by building a "reflector" of logs, rocks or sod. The log reflector is built by driving two heavy stakes into the ground, both leaning slightly away from the reflector oven. Logs are then stacked horizontally one on top of the other, against the stakes. This fire is seldom used today.

FIRE VS. STOVES

The use of campfires, once a necessity for cooking and warmth, is steeped in history and tradition. Some people would not think of camping without a campfire. Campfire building is also an important skill for every camper. Yet, the natural appearance of many areas has been degraded by the overuse of fires and an increasing demand for firewood. The development of light weight efficient camp stoves has encouraged a shift away from the traditional fire. Stoves have become essential equipment for minimum-impact camping. They are fast, flexible, and eliminate firewood availability as a concern in campsite selection. Stoves operate in almost any weather condition, and they Leave No Trace.



Should you build a fire?

The most important consideration to be made when deciding to use a fire is the potential damage to the backcountry.

What is the fire danger for the time of year and the location you have selected? Are there administrative restrictions from the agency that administers the area?

Is there sufficient wood so its removal will not be noticeable?

Does the harshness of alpine and desert growing conditions for trees and shrubs mean that the regeneration of wood sources cannot keep pace with the demand for firewood?

Do group members possess the skill to build a campfire that will Leave No Trace?

Lessening Impacts When Campfires Are Used

Camp in areas where wood is abundant if building a fire. Choose not to have a fire in areas where there is little wood at higher elevations, in heavily used areas, or in desert settings. A true Leave No Trace fire shows no evidence of having been constructed.

Existing Fire Rings

The best place to build a fire is within an existing fire ring in a well-placed campsite. Keep the fire small and burning only for the time you are using it. Allow wood to burn completely to ash. Put out fires with water, not dirt. Dirt may not completely extinguish the fire. Avoid building fires next to rock out crops where the black scars will remain for many years.

Mound Fire

Construction of a mound fire can be accomplished by using simple tools: a garden trowel, large stuff sack and a ground cloth or plastic garbage bag.

To build this type of fire: Collect some mineral soil, sand, or gravel from an already disturbed source. The root hole of a toppled tree is one such source. Lay a ground cloth on the fire site and then spread the soil into a circular, flat-topped mound at least 3 to 5 inches thick. The thickness of the mound is critical to insulate the ground below from the heat of the fire. The ground cloth or garbage bag is important only in that it makes

cleaning up the fire much easier. The circumference of the mound should be larger than the size of the fire to allow for the spreading of coals. The advantage of the mound fire is that it can be built on flat exposed rock or on an organic surface such as litter, duff or grass.

Fire Pans

Use of a fire pan is a good alternative for fire building. Metal oil drain pans and some backyard barbecue grills make effective and inexpensive fire pans. The pan should have at least three-inch-high sides. It should be elevated on rocks or lined with mineral soil so the heat does not scorch the ground.



Firewood And Cleanup

Standing trees, dead or alive, are home to birds and insects, so leave them intact. Fallen trees also provide bird and animal shelter, increase water holding capacity of the soil, and recycle nutrients back into the environment through decomposition. Stripping branches from standing or fallen trees also detracts from an area's natural appearance.

Avoid using hatchets, saws, or breaking branches off standing or downed trees. Dead and down wood burns easily, is easy to collect and leaves less impact.

Use small pieces of wood no larger than the diameter of an adult wrist that can be broken with your hands. Gather wood over a wide area away from camp. Use dry drift wood on rivers and sea shores.

Burn all wood to white ash, grind small coals to ash between your gloved hands, thoroughly soak with water, and scatter the remains over a large area away from camp. Ashes may have to be packed out in river corridors. Replace soil where you found it when cleaning up a mound or pan fire.

Scatter unused wood to keep the area as natural looking as possible.

Pack out any campfire litter. Plastic items and foil-lined wrappers should never be burned in a camp fire.

Safety

Provide adequate supervision for young people when using stoves or fires.

Follow all product and safety labels for stoves.

Use approved containers for fuel.

Never leave a fire unattended.

Keep wood and other fuel sources away from fire.

Thoroughly extinguish all fires.

INTRO TO CAMPOUT COOKING

Revised 03/2007

Planning Your Meals

- How many Scouts to feed?
- How long is the campout (how many different meals)?
- What kind of campout is it? (chuckbox or backpacking)
- What kind of food? (seek balance, not convenience)
- Can we keep it fresh / cold / frozen long enough?
- Weather and season can affect meal planning.
- Plan to share kitchen / cleanup duties – everyone gets a turn.

Water

- Safe cooking begins with clean water
- Have enough water for cooking, drinking, & cleanup before starting
- Purifying water by these methods (can combine methods):
 - Boiling – a rolling boil for over a minute kills most bacteria
 - Water filter – great if used correctly
 - Purification tablets – easy to use; check expiration date; let it sit long enough

Menus

- Seek balance in meal planning (FDA food pyramid)
- Create a shopping list and follow it
- Estimate the cost per person (be reasonable)
- Think about portion sizes (not too big, not too small)
- Remember importance of fluids

Food Storage

- Keep food safe before cooking
- Keep food safe afterwards, too (both leftovers and scraps)
- Close & latch chuckboxes, use of bear bags, etc.
- Properly clean all pots, utensils, dishrags, and personal eating kits.
- Don't eat inside tents or store food there.
- Clothing with food stains will attract critters – don't sleep in them
- "Bear-muda Triangle" – no tents inside triangle of cooking area, sump, & bear bags.

Discuss Typical Menus for both Chuckbox and Backpacking Campouts:

- Breakfast – fruit, cereal, eggs, bacon, pancakes, drink mix. Avoid "crack-tarts".
- Lunch – time to refuel! Cold sandwiches or hot soup? Balance carbs and protein. Don't get just sugary stuff – burns off too quick. Avoid Ramen soup – no calories.
- Supper – Seek a good balance of meat, bread, vegetables, & dessert. Spend time to do a nice meal - a group working to achieve shared goal builds patrol spirit.

Personal Eating Kit (“Mess Kit”)

Discourage overuse of paper plates and disposable utensils – lots of trash.

- Kit can be as simple as a plastic plate or bowl, spoon, and a cup.
- Show typical aluminum clam-shell style mess kit with spoon, fork, knife that nest.
- Typical Philmont personal eating kit: Lexan bowl and spoon.

Ways to Cook / Demonstrate:

- Over a campfire with a Dutch oven – check for open-fire bans first.
- Typical Chuckbox Setup with Coleman Two-burner stove and patrol-sized pots, pans, etc.
- Backpacking setup – smaller stoves can't handle big pots; typical to cook in smaller “mini-patrols” (groups of 3-4 each). Liquid fuel vs canister style stoves. Match stove size and pot size to group size. Match stove type to age/ability/maturity of Scout.
- Cooking in Aluminum Foil – “hobo packs” are very easy and cleanup is simple
- Cooking without Utensils or making utensils from available materials

Cleanup & Sanitation - The “3-Pot” Wash Method

1. Hot & soapy,
2. Hot clean rinse, and
3. Cool with bleach (1/4 cup bleach per gallon of water)

Dessert

Introduction to Outdoor Leader Skills...

Apple Delight

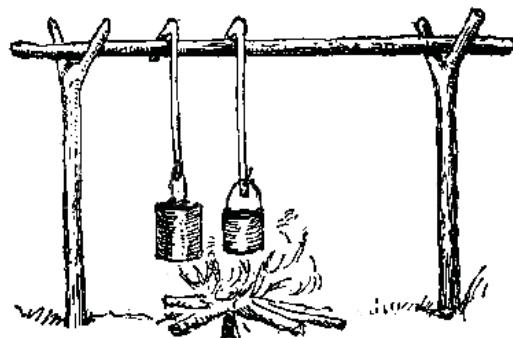
1 Large Apple
1 teaspoon Sugar
1 Tablespoon Biscuit Mix
Raisins
Cinnamon

Core and chop apple into fairly large pieces, peeling if desired. Mix sugar, a few raisins and cinnamon to taste with biscuit mix. Stir into chopped apple. Wrap in a piece of greased aluminum foil, leaving sufficient space for steam. Cook in embers approximately 30 to 45 minutes. (The juice of the apple moistens the dough sufficiently.)

Black Forest Cobbler

3 cans cherry pie filling
1 box German Chocolate cake mix
2 sticks butter or margarine
1 cup powdered sugar
1 cup small chocolate morsels
Empty the pie filling into a Dutch oven and add 1 stick of butter. Heat until the mixture starts to bubble. Prepare cake mix using water until batter is moderately thick. Spread cake mix on top of the Pie filling. Slice 1 stick of butter into 1/8" slices and place on top of the batter covering the batter to about a ½" from the edge. Sprinkle the Confectioners sugar over the butter, then sprinkle Chocolate morsels over the sugar topping. Bake until a toothpick inserted in the center is clean when removed.

Simple Recipes for Scouts



**Sacred Springs District
Capitol Area Council**

Breakfast

Peanut Butter French Toast

peanut butter

jelly of choice, if desired

1 dozen eggs

1 cup milk

Loaf of bread

Make peanut butter sandwiches (or peanut butter & jelly) to fit size of patrol. Beat eggs and milk to make batter. Dip in beaten egg and fry as you would French toast. Serve with hot pancake syrup.

Omlette in a Bag

2 eggs

Salt and pepper

Extras (cheese, ham, onions, peppers, etc.)

1 zip lock freezer bag

Put eggs in bag and squeeze to mix. Add extras. Push air from bag and close completely. Suspend in pot of boiling water. Cook about 3 minutes and squeeze bags again. Cook 3 minutes more.

Camp MacMuffin

1 egg

1 slice Canadian bacon

1 slice American cheese

1 English muffin

Squeeze margarine

In a hot pan, fry the Canadian bacon on each side until slightly browned and remove from pan. Fry or scramble the egg in a little margarine until cooked and remove from pan. Warm the English muffin in the pan, then put the Canadian bacon, egg and cheese slice on the bottom muffin half. Top with the other muffin half.

Baked Pork Chops

8 pork chops

2 Tablespoons oil

Salt and pepper

1 can golden mushroom soup

1 small can tomato sauce

Preheat large Dutch oven. Season pork chops with salt and pepper, then brown them with oil in Dutch oven. Add mushroom soup and tomato sauce. Cover and bake for 30 minutes or until pork chops are done.

Skillet Spaghetti

2 pounds ground beef

8-oz. spaghetti, broken into pieces

2 16-oz. cans spaghetti sauce with mushrooms

3-1/2 cups water

Brown the ground meat in skillet over medium fire, then drain the fat. Add spaghetti sauce and water and bring to a boil. Add broken spaghetti, stirring to separate the strands. Cover and simmer about 30 minutes or until spaghetti is tender. Stir frequently. Serve with a salad and French bread. Serves 6-8.

Beef Stew

1-1/2 lbs beef cut in 1-in. chunks

6 bacon slices

6 tomatoes

2 onions

Place 1/4 lb. of beef, one slice of bacon cut in pieces, slices of onion and quarters of one tomato in aluminum foil packet. Cook in embers 30 to 40 minutes.

Dinner

Stew for a Crew

1 lb. ground beef
1 large onion, sliced
1 large potato, sliced
1 can mixed vegetables
1 can of cream of mushroom soup

Brown ground beef and onions in Dutch oven or in large skillet. Drain. Layer ground beef on bottom of Dutch oven. Layer potatoes. Layer mixed vegetables with half of liquid in can. Layer cream of mushroom soup. Place about 5 charcoal briquettes on bottom of oven and 10-12 on the lid. Bake for 35-40 min. or until potatoes are soft.

For chicken stew, substitute canned or packaged precooked chicken for ground beef.

Garlic and Parmesan Potatoes

1 large sheet heavy duty aluminum foil (quick release is great)
4 medium red potatoes, cut in bite size pieces
2 Tablespoons oil
4 cloves garlic, minced
1/2 teaspoon dried rosemary
Salt and pepper
1/2 cup shredded Parmesan cheese
Center potatoes on sheet of foil (dull nonstick side towards food). Drizzle with oil. Sprinkle with garlic, rosemary, salt and pepper. Seal edges to make foil packet. Bake 30-35 minutes on coals, turning once halfway through cooking. Sprinkle with Parmesan cheese before serving.

Sunrise Spuds

1/2 cup Instant Potatoes
1 Tablespoon instant dry milk
1 teaspoon butter buds (or other butter substitute)
1/2 teaspoon dehydrated onions
Salt and pepper
Put ingredients in a zip lock freezer bag and mix. Add hot water and stir. Can add shredded cheese, salsa, bacon bits or other condiments if desired. Makes 1 hefty serving.

Breakfast of Champions

2 pkgs maple and brown sugar oatmeal
Raisins
Peanuts
Hot water

Mix oatmeal, raisins and peanuts in a bowl. Add enough hot water to make it creamy and stir. Let it sit for 1-2 minutes to soften the raisins and allow it to cool.

Pancakes and Sausage

Always a Scout favorite. Just fry up the sausage and follow the directions on the pancake batter package. You can now purchase pancake mix in a plastic container that doubles as a mixing bowl and pour spout for the batter.

Scout's Quick Breakfast

1 pkg Pop Tarts
1 pkg mini powder sugar doughnuts
Apple or orange
Hot chocolate
Orange juice

Lunch

Barbeque Smoked Sausage Sandwiches

1 Reynolds Hot Bag, large size (or other foil bag)

2 pkgs smoked sausage, sliced (14-16 oz each)

1/2 cup barbeque sauce

2 Tablespoons flour

2 medium green bell peppers, thinly sliced

1 medium onion, thinly sliced

Sandwich rolls

In a large bowl, combine the BBQ sauce and flour. Mix in sliced sausage, bell peppers and onion. Spoon into foil bag. Double fold open end of foil bag to completely seal. Place on hot bed of coals for 35-40 minutes. Serves 8-10.

Hawaiian Chicken

1 small pkg. boil-in-a-bag rice

1 boneless skinless chicken breast

1 slice pineapple

1/4 cup BBQ sauce

Maraschino cherry

Heavy duty aluminum foil

Place rice in a small pile in the middle of a large sheet of foil. Top with chicken breast, pineapple slice, BBQ sauce, and cherry.

Gather up the sides of the foil to form a bowl, then add pineapple juice or water. Securely wrap the chicken in the foil — it may require wrapping it twice. Cook on hot coals for about 30-40 minutes, turning once about halfway through the cooking time.

Foil Calzone

1 ready pizza crust (such as Boboli)

1/2 lb shredded mozzarella cheese

1 small can pizza or spaghetti sauce

1/2 lb ham

Butter or margarine

Heavy duty aluminum foil

Spread pizza sauce, ham and cheese on 1/2 of the pizza crust. Fold other half of crust over the half with the other ingredients. Wrap the calzone in aluminum foil that has been buttered, then wrap it a second time in an unbuttered sheet. Cook on hot coals until hot, about 10 minutes, turning once about halfway through the cooking time.

All-American Sandwiches

1 pkg American cheese slices or squeeze cheese

1/4 cup mayonnaise

2 Tablespoons mustard

1/2 lb deli turkey

1/2 lb deli ham

1 green pepper, sliced

8 deli rolls, split

Sliced tomato

Sliced onion

Pile on the ingredients and serve. Deli rolls work better than sliced bread since it's harder to crush.

Trail Lunch

Hunk of summer sausage

Hunk of mild cheddar cheese

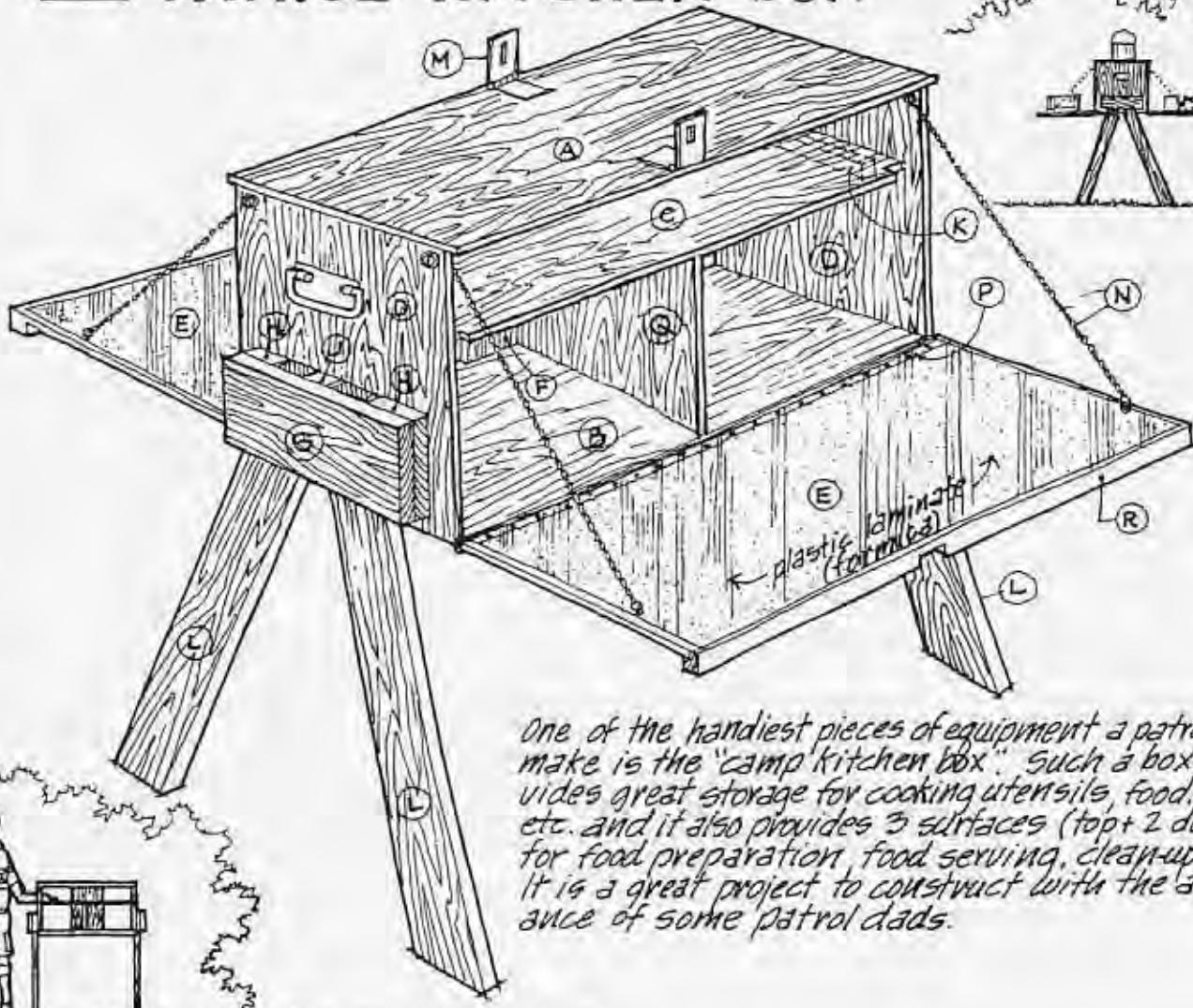
Ritz crackers

This lunch survives well in a backpack and gives good energy.

PATROL SKETCHBOOK

By
ISHKOTEKAY
©1992

Nº2 PATROL KITCHEN BOX



One of the handiest pieces of equipment a patrol can make is the "camp kitchen box". Such a box provides great storage for cooking utensils, food, spices, etc. and it also provides 3 surfaces (top + 2 doors) for food preparation, food serving, clean-up, etc. It is a great project to construct with the assistance of some patrol dads.

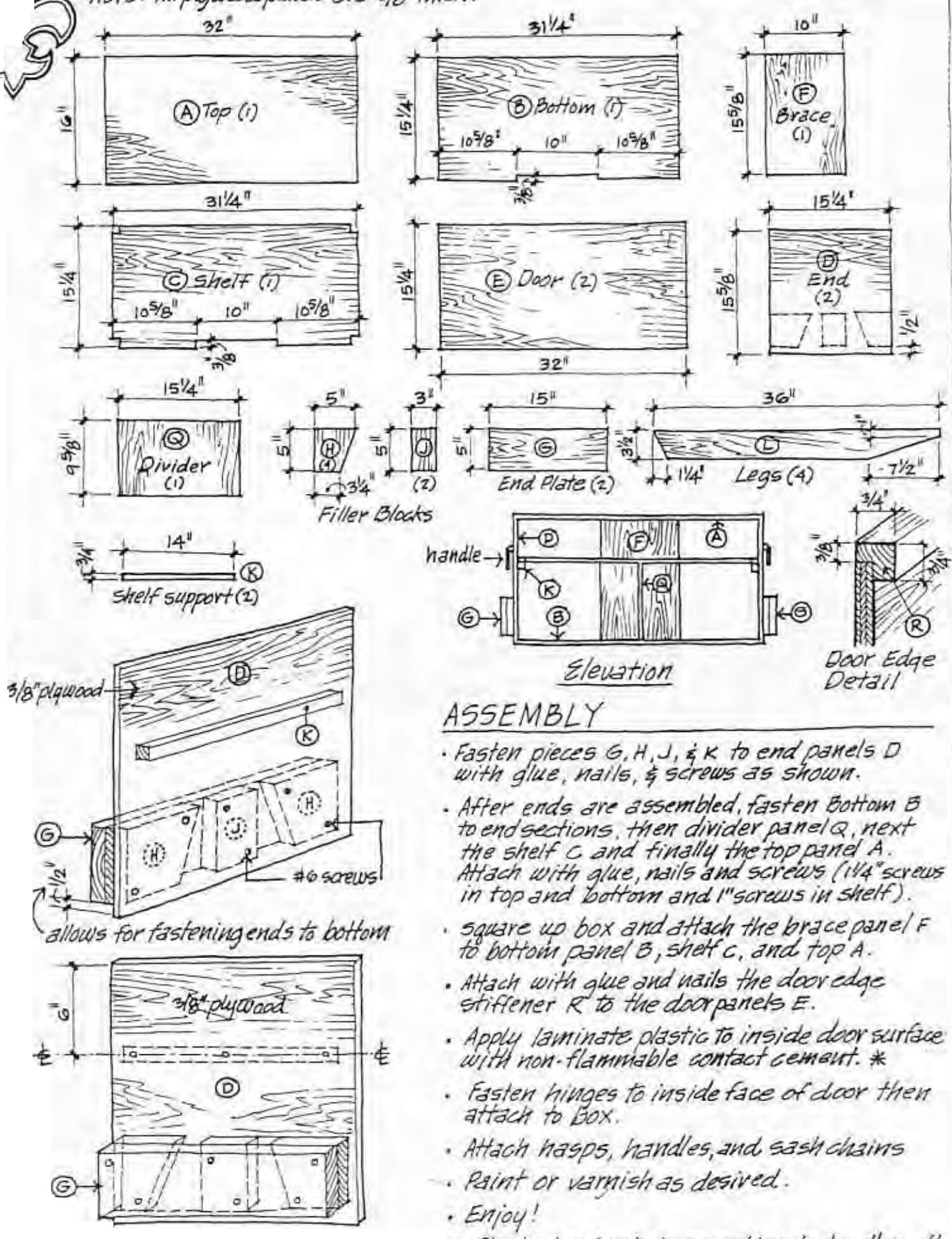
MATERIALS LIST

- A - 1 Top: 16" x 32" x 3/8" A/C Plywood
- B - 1 Bottom: 15 1/4" x 31 1/4" x 3/8" A/C Plywood
- C - 1 Shelf: 15 1/4" x 31 1/4" x 3/8" A/C Plywood
- D - 2 Ends: 15 1/4" x 15 5/8" x 3/8" A/C Plywood
- E - 2 Doors: 15 1/4" x 32" x 3/8" A/C Plywood
- F - 1 Center Brace: 10" x 15 5/8" x 3/8" Plywood
- G - 2 End Plates: 5" x 15" x 3/4" pine
- H - 4 Filler Blocks: 5" x 5" x 3/4" yellow pine
- J - 2 Filler Blocks: 3" x 5" x 3/4" yellow pine
- K - 2 Shelf supports: 3/4" x 3/4" x 14" yellow pine
- L - 4 Legs: 3 1/2" x 36" yellow pine
- M - 2 Hasps

- P - 2 Continuous Hinge: 1 1/8" x 30" w/ screws
- Q - 1 Divider Panel: 9 5/8" x 15 1/4" x 3/8" Plywood
- R - 2 Door stiffeners: 3/4" x 3/4" x 32" q. pine
- S - 50 cs wood screws #6 - 1 1/4" long
- T - 20 cs wood screws #4 - 1" long
- U - 4d finish nails or brads
- V - handles, metal or rope
- W - 4 sash chains - 24" long - cut to length
- X - 2 pieces - 32" x 15" plastic laminate (Formica, Carpenter's glue)
- Y - Paint or varnish. (Remember lighter colors reflect heat better than dark finishes)

Note: All plywood panels are $\frac{3}{8}$ " thick.

PAGE 2



Patrol Weekend Camping Duty Roster

Patrol: _____ Camping Trip: _____

Responsibilities:

Cook	Assistant Cook	Cleanup #1	Cleanup #2
Prepare meals and clean stove.	Assist cook as needed and boil water for washing dishes and supervise cleanup	Wash dishes and clean up patrol box.	Clean up patrol area, dispose of trash and refill water container.

Friday Campsite Set Up: All Patrol Members

Saturday Breakfast:

Cook	Assistant Cook	Cleanup #1	Cleanup #2

Saturday Lunch:

Cook	Assistant Cook	Cleanup #1	Cleanup #2

Saturday Dinner:

Cook	Assistant Cook	Cleanup #1	Cleanup #2

Sunday Breakfast:

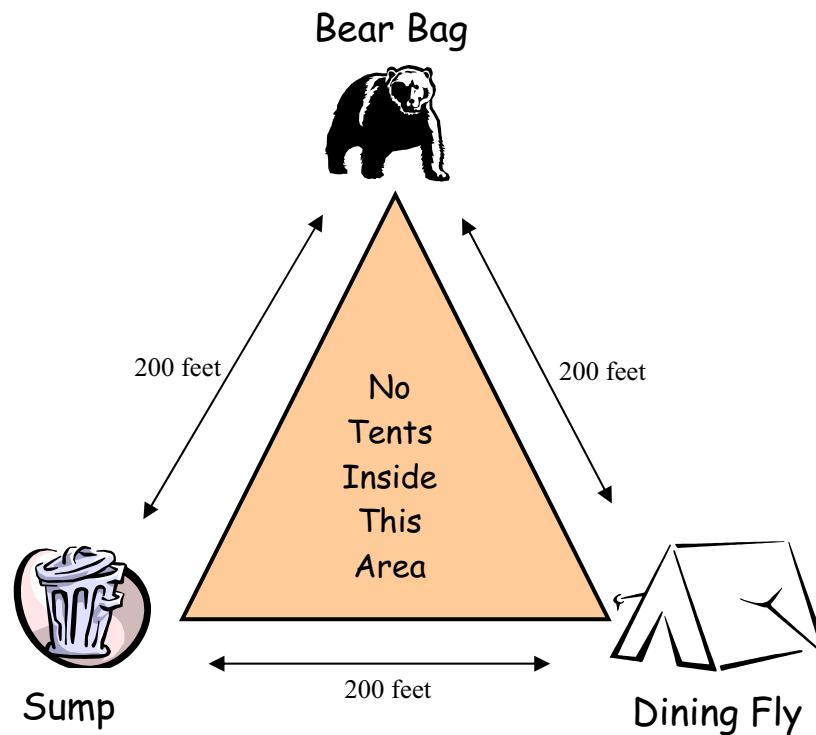
Cook	Assistant Cook	Cleanup #1	Cleanup #2

Sunday Lunch:

Cook	Assistant Cook	Cleanup #1	Cleanup #2

Sunday Campsite Breakdown: All Patrol Members

Philmont Bearmuda Triangle



- Tent area is setup at least 50 feet or more away from the triangle.
- Tents are setup randomly. This allows a critter ("bear") or mini-bear an escape route if one passes through your sleeping area.
- Tents should be at least 5 feet apart from each other in the tent area
- No food or clothing worn during the day or used to cook will be inside the sleeping area.
- All smellables, including food, food stained clothing, toothpaste, soap, etc. will be stored in the bear bag(s)

DISHWASHING BY THE THREE PAN METHOD



As soon as you have finished cooking, put water on to heat for dishes. Dishes are done at the campsite just as they are done at home except that you use 3 buckets instead of a sink; washing, rinsing, and sanitizing.

Pan 1 - Wash - Hot & soapy

Pan 2 - Rinse - Hot water

Pan 3 - Sanitize - Cool water with bleach (1 Tablespoon per gallon)

Allow to air dry.

Strain out food residue and put in garbage.

Disperse wash water away from trails, campsites, & latrines.

FIRST AID GUIDE

**DON'T leave the person - SEND someone for help
ALWAYS wear gloves**

FRACTURES

IF THE PERSON IS CONSCIOUS, do not move unless they are in danger
Call 911
Apply a sterile dressing to any wounds and control bleeding
Help the person into a comfortable position
Support the injured part with padding and splints if needed
IF THE PERSON IS UNCONSCIOUS, turn on their side in the recovery position

BLEEDING

Apply direct pressure to the wound with a sterile pad
Raise and support the injured part above the heart
Bandage or tape dressing into place

BURNS

Remove from danger
Cool with running water for twenty minutes
Gently remove clothing and jewelry from burned areas
Cover with sterile non-stick dressing

Fainting

If possible, assist the person to the ground or other flat surface
Raise the legs
Loosen tight clothing
Check for injury or illness
When recovered, let them rest before moving
IF THE PERSON IS UNCONSCIOUS, turn on their side in the recovery position
Call 911

CHOKING

PARTIAL BLOCKAGE
Encourage person to relax and breathe normally
Encourage person to cough
Stay with person and give reassurance
If person becomes unable to breathe, go to total blockage
Continue until object is dislodged or person becomes unconscious
Begin CPR

Sprains and Strains

Rest the injured body part
Apply ice for at least 20 minutes
Wrap with compression bandage
Elevate the injured part above the heart
Call 911

MINOR INJURIES

NOSE BLEEDS
Sit the person forward
Pinch the soft part of nose for 10 minutes
Do not blow nose for two hours
Seek medical attention if bleeding continues
SCRAPES
Wash with running water
Cover with a non-stick sterile dressing
Bandage or tape dressing into place
If anything is embedded in wound, seek medical attention

Poisoning

Avoid danger to yourself and others
IF THE PERSON IS UNCONSCIOUS, look for evidence of type of poison
Wipe all poison away from the person's mouth
Call Poison Control at 1-800-222-1222
Call 911 for an ambulance
Collect the poison and vomited material for Poison Control
Unless instructed, do not make the person vomit
IF THE PERSON IS UNCONSCIOUS, turn on their side in the recovery position

EYE INJURY

SEVERE BLOW OR BLEEDING
Seek prompt medical attention
CHEMICALS IN EYE
Flush with water for 20-30 minutes, from inner to outer corner
Seek prompt medical attention
WELDING FLASH
Cover eye and seek prompt medical attention
FOREIGN BODY
Blink rapidly to try and remove object with tears
Flush eye with water
If object is stuck, or in colored part of eye, do not remove
Cover both eyes lightly with bandage and seek medical attention
Tell person to try to keep eye still

SHOCK

INJURY OR SUDDEN ILLNESS CAN BRING ABOUT SHOCK
Do not move the person unnecessarily
IF THE PERSON IS CONSCIOUS, lay down and raise the legs
Stop bleeding, if any
Loosen tight clothing
Cover with a blanket or sheet
Do not give food or drink
IF THE PERSON IS UNCONSCIOUS, turn on their side in the recovery position
Call 911

THERE IS NO SUBSTITUTE FOR FIRST AID TRAINING. THIS GUIDE IS ONLY A MEMORY AID. GET TRAINED!

FIRST AID GUIDE

**DON'T leave the person - SEND someone for help
ALWAYS wear gloves**

HEART ATTACK

Convince the person to rest from any activity

Call 911

Help to a comfortable position and obtain any information about their condition

Comfort the person

Assist in the use of prescribed medication

Monitor vital signs

IF THE PERSON BECOMES UNCONSCIOUS, turn on their side in the recovery position

Monitor AIRWAY, BREATHING AND CIRCULATION (ABCs)

HEAD INJURY

Call 911

Assess the person's consciousness by talking to them and touching their hands

If you suspect neck injury, move as little as possible, always maintain head support

IF THE PERSON IS UNCONSCIOUS, turn on their side in the recovery position

IF THE PERSON IS CONSCIOUS, comfort and help the person to rest while waiting for the ambulance

Care for any other injuries, such as scalp wound

HEAT EXHAUSTION AND HEAT STROKE

Stop the person from any activity and get them to a cool, shady place

Give small sips of water

Remove unnecessary clothing and loosen tight clothing

Cool the body with cold packs or wet rags to the armpits, neck and groin

Cover with a wet sheet and fan

Stop cooling when body feels cold to touch

Give clear, cool fluids when person is fully conscious

If person becomes unconscious, call 911

Monitor ABCs

ELECTRIC SHOCK

HIGH VOLTAGE POWER

Remain more than 15 feet from victim until power has been turned off

LOW VOLTAGE POWER

Turn off main power supply

AFTER POWER IS TURNED OFF

IF THE PERSON IS CONSCIOUS, apply sterile non-stick dressing to entry and exit wounds.

STROKE

IF THE PERSON IS UNCONSCIOUS, turn on their side in the recovery position

Call 911

Monitor vital signs

IF THE PERSON IS CONSCIOUS, help into a comfortable position with head and shoulders supported

Do not give anything to eat or drink

If the person is having trouble swallowing or is drooling, turn on their side in the recovery position

Monitor ABC's

DIABETES

Care for any life threatening injuries

Give food or fluids, juices, candies or sugar dissolved in water.

A fully conscious person should eat a small meal or sandwich to raise blood sugar levels

IF THE PERSON IS UNCONSCIOUS, turn on their side in the recovery position

Call 911

Monitor ABC's

SEIZURES

Protect from injury by removing obstructions

Do not hold or restrain

Do not put anything in the person's mouth

Turn on their side in the recovery position and monitor ABC's

Manage any injuries

If person falls asleep, monitor airway, breathing and circulation

Call 911 if: seizure takes place in water; person has repeated seizures, person is pregnant, if this is person's first seizure, person has diabetes, person is infant or child

ASTHMA

Reassure the person

Assist the use of medication which has been prescribed for the person's asthma, and get them to rest in a comfortable position

Seek medical aid

IF THE PERSON IS UNCONSCIOUS, turn on their side in the recovery position

Monitor ABC's

RECOVERY POSITION

Extend the lower arm in line with the body

Support the head and neck while grasping the hip and shoulder.

Roll the person toward you so that they are lying on their side

Monitor breathing until help arrives

CPR

Call 911

Place person on back. Open AIRWAY by pressing on forehead while lifting chin to tilt head

Check for breathing. Look, listen and feel for about 10 seconds

If person is not BREATHING, give two rescue breaths, using a CPR barrier device, pinching nose closed, and sealing your mouth over the barrier device. Check again for breathing.

If still not breathing begin chest compressions. Interlock fingers and place heel of hand on sternum. Push down hard and fast. Give 30 compressions, then two breaths. Repeat until victim begins to breathe, help arrives, or rescuer becomes exhausted

THERE IS NO SUBSTITUTE FOR FIRST AID TRAINING. THIS GUIDE IS ONLY A MEMORY AID. GET TRAINED!

Scouting First Aid Kit

Personal First Aid Kit

Carrying a few first aid items on hikes and campouts will allow you to treat scratches, blisters, and other minor injuries and to provide initial care for more serious emergencies. You should be able to fit everything in a re-sealable plastic bag. Always take your personal first-aid kit on Scout adventures.

At a minimum, your kit should include:

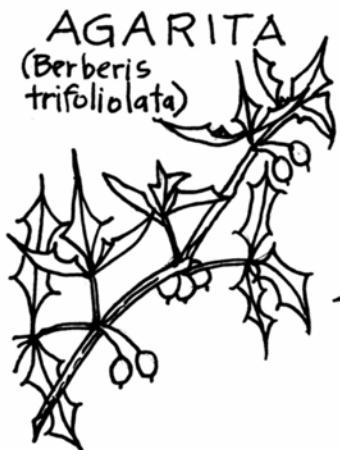
- Adhesive bandages (6)
- Sterile gauze pads, 3-by-3-inch (2)
- Adhesive tape (1 small roll)
- Moleskin, 3-by-6-inch (1)
- Soap (1 small bar) or alcohol-based hand sanitizing gel (1 travel size bottle)
- Triple antibiotic ointment (1 small tube)
- Scissors (1 pair)
- Tweezers (1 pair)
- Nonlatex disposable gloves (1 pair) Nitrile
- CPR breathing barrier (1)
- Pencil and paper

Patrol/Troop First Aid Kit

A more comprehensive first aid kit for use by your patrol or troop can help you treat a wide range of injuries. On Scout outings, the patrol or troop first aid kit can be carried in a marked fanny pack so it will be easy to locate. At a minimum, the kit should include the following:

- Cling - Rolled Gauze Bandage, 2-inch (1)
- Cling - Rolled Gauze Bandage, 1-inch (2)
- Adhesive tape, 1-inch (1 roll)
- Alcohol swabs (24)
- Assorted adhesive bandages (1 box)
- Sam Splint (Large 36X4)
- Quick Clot (Clotting Sponge)
- Elastic bandages, 3-inch-wide (2)
- Sterile gauze pads, 3-by-3-inch (12)
- Moleskin, 3-by-6-inch (4)
- Triple antibiotic ointment (1 tube)
- Triangular bandages (4)
- Soap (1 small bar) or alcohol-based hand sanitizing gel (1 travel size bottle)
- Scissors (1 pair)
- Tweezers (1 pair)
- Safety pins (12)
- Nonlatex disposable gloves (6 pairs) Nitrile
- Protective goggles/safety glasses
- CPR breathing barrier (1)
- Pencil and paper

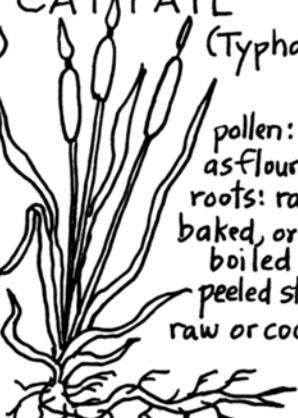
TEXAS EDIBLE PLANTS



AGARITA
(*Berberis trifoliolata*)



PRICKLY PEAR CATTAIL
(*Opuntia Lindheimeri*)



pollen:
as flour
roots: raw,
baked, or
boiled
peeled stems:
raw or cooked



CONEFLOWER
(*Ratibida Columnifera*)

leaves and
flowers:
brewed as tea



DANDELION
(*Taraxacum officinale*)

leaves: raw or cooked
roots: raw, cooked, or
roasted for coffee subs.



PURSLANE
(*Portulaca oleracea*)

aboveground parts: raw or
steamed or boiled



DOCK

young leaves: raw or
boiled seeds: flour

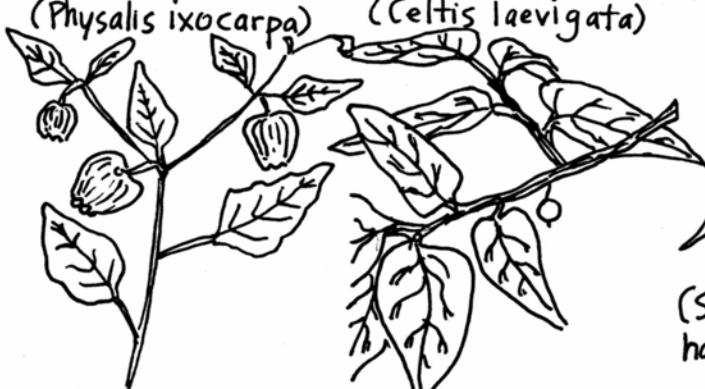


MUSTANG GRAPE

(*Vitis mustangensis*)

fruit: raw or
as wine or jelly

JUNIPER
(*Juniperus Ashei* in
Hill Country
Juniperus virginiana L.
in Bastrop area)



GROUND CHERRY
(*Physalis ixocarpa*)

berries: raw or cooked
must be fully ripe!

HACKBERRY
(*Celtis laevigata*)

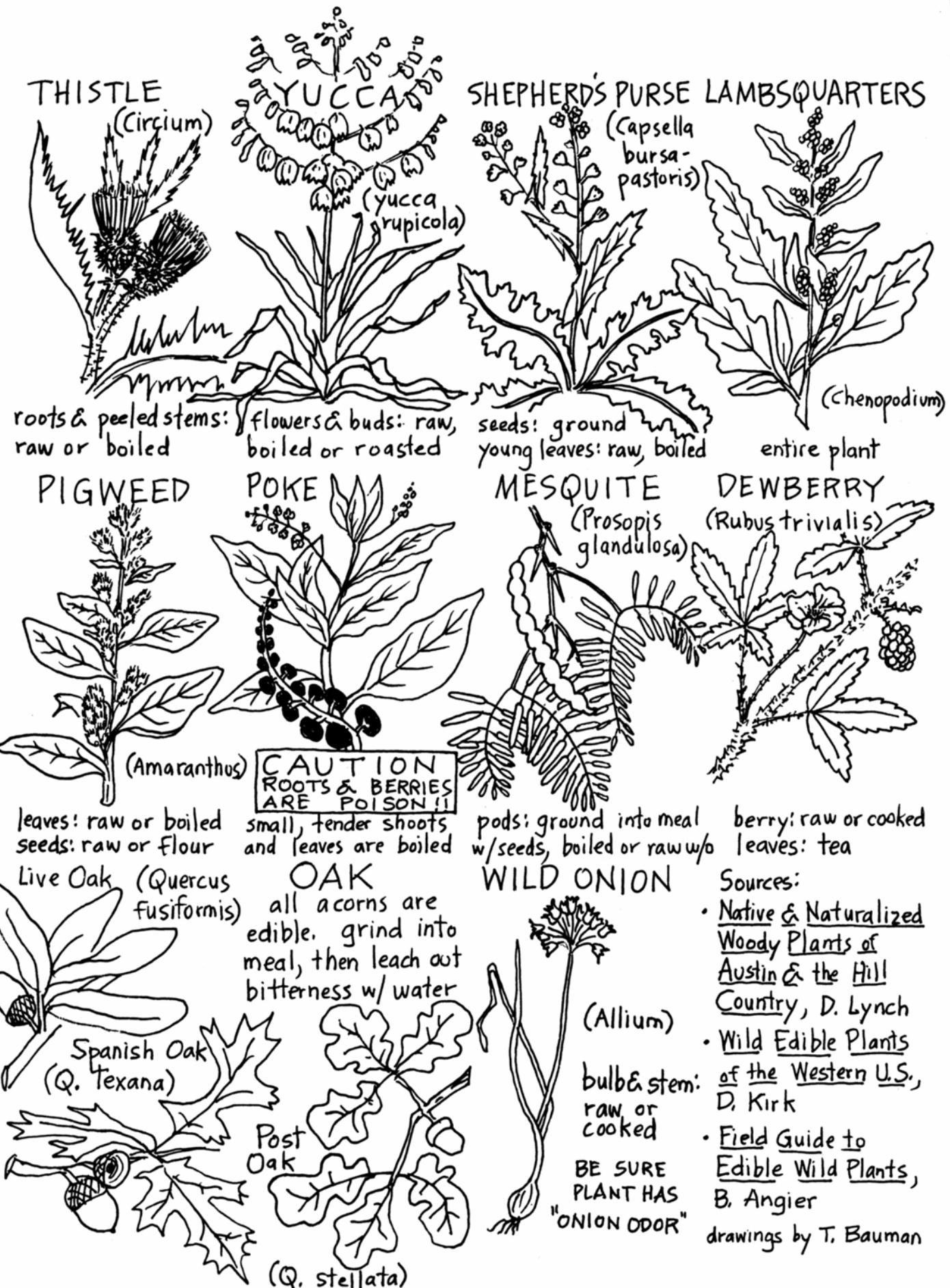
berries: ground
into flour or meal

JOHNSONGRASS
(*Sorghum halepense*)

seeds: meal, mush
parched, ground, etc.



berries: dried, then
ground into meal



Hind:2"

Texas Mammals



Fore:1 $\frac{3}{4}$ "



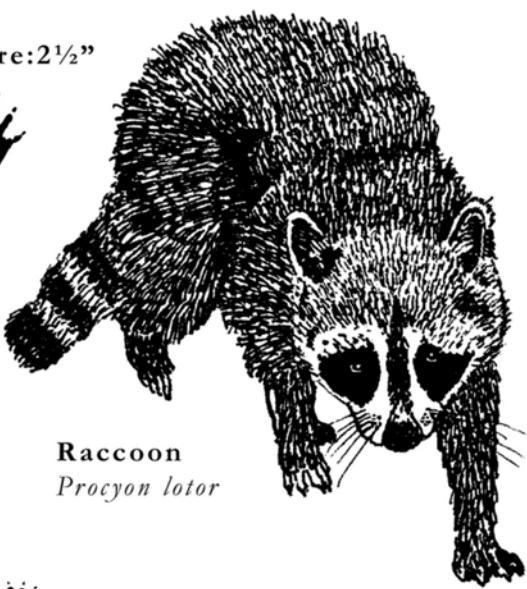
Opossum

Didelphis virginiana

Fore:2 $\frac{1}{2}$ "



Hind:4"



Raccoon

Procyon lotor



Fore:1 $\frac{1}{2}$ "



Skunk

Mephitis mephitis



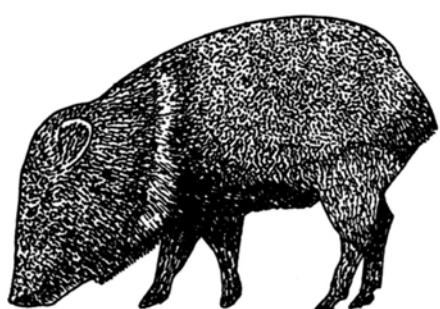
Ringtail

Bassaris astutus



Fore:1"

Hind:1"



1 $\frac{3}{4}$ "

Javelina

Pecari tajacu



2 $\frac{1}{2}$ -3"



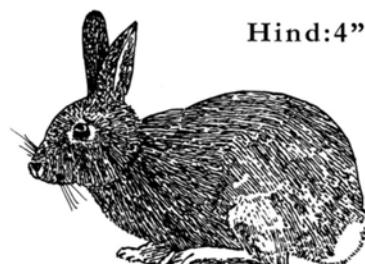
Whitetail Deer

Odocoileus virginianus



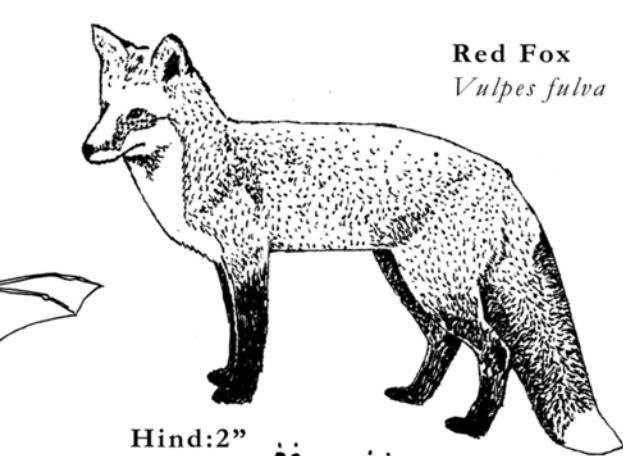
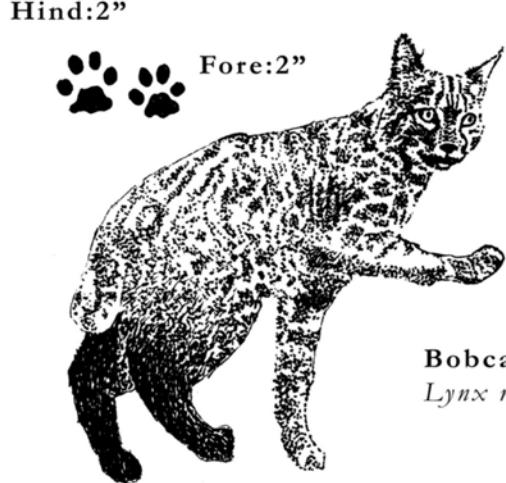
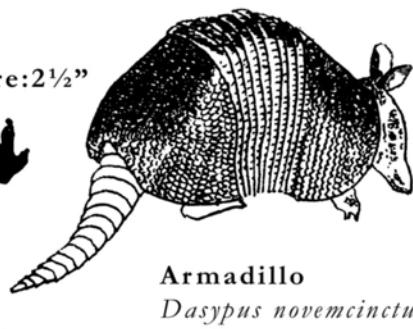
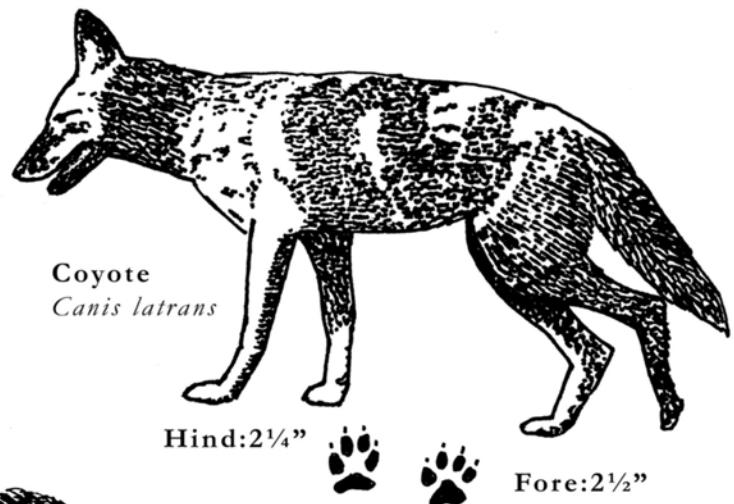
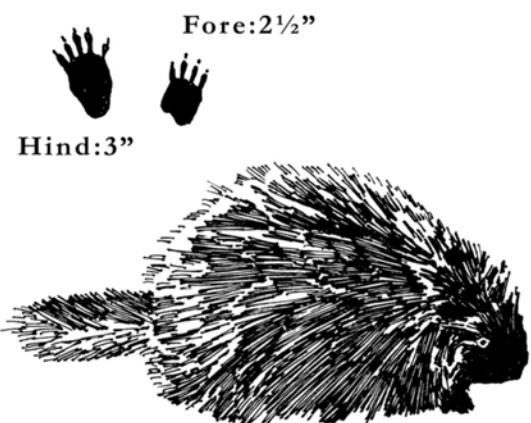
Fore:1"

Hind:4"



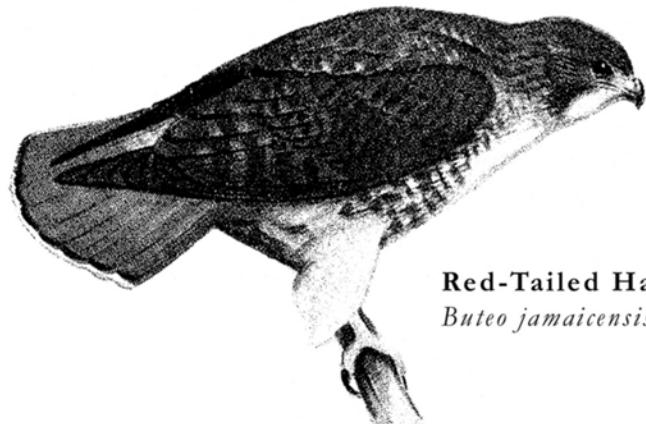
Eastern Cottontail

Sylvilagus floridanus



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Texas Birds



Red-Tailed Hawk
Buteo jamaicensis



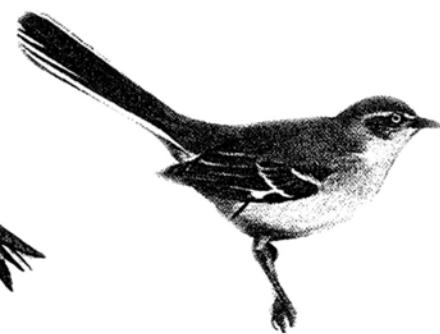
Blue Jay
Cyanocitta cristata



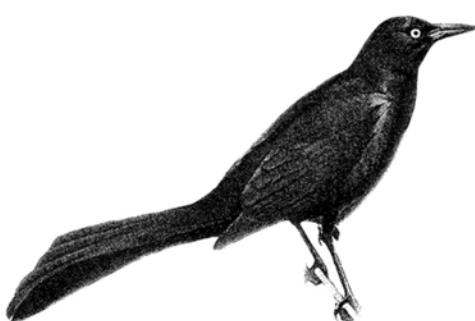
**Ruby-Throated
Hummingbird**
Lampornis clemenciae



Robin
Turdus migratorius



Mockingbird
Mimus polyglottos



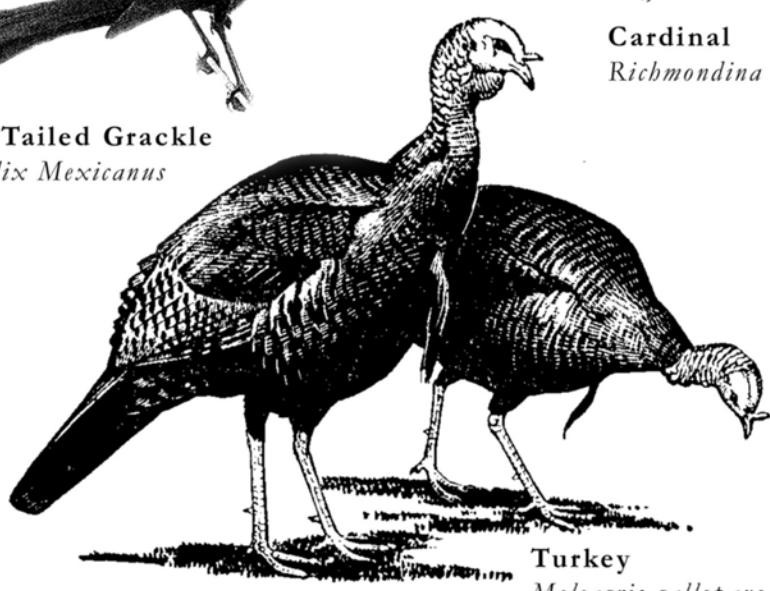
Boat-Tailed Grackle
Cassidix Mexicanus



Cardinal
Richmondina cardinalis

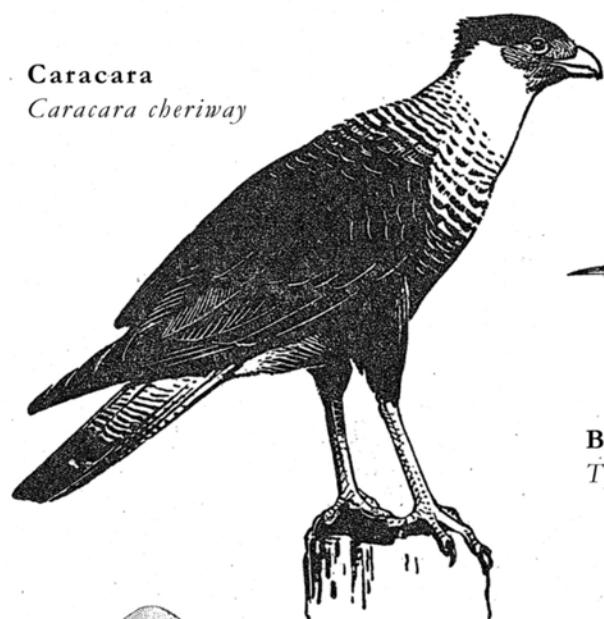


Great Horned Owl
Bubo virginianus



Turkey
Meleagris gallopavo

Caracara
Caracara cheriway



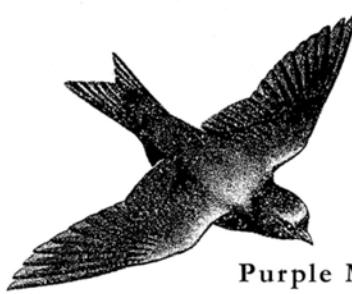
Bewick's Wren
Thryomanes bewickii



Chimney Swift
Chaetura pelagica



Scissor-Tailed Flycatcher
Muscivora forficata



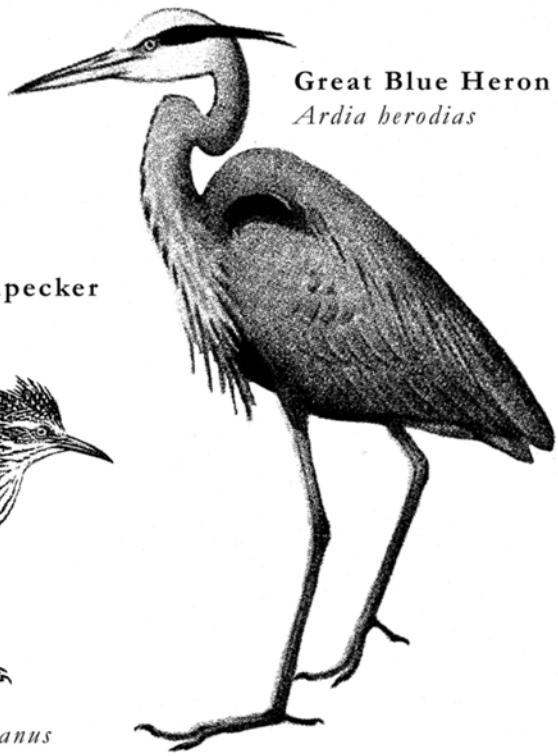
Purple Martin
Progne subis



Cedar Waxwing
Bombycilla cedrorum



Ladder-Backed Woodpecker
Dendrocopos scalaris



Great Blue Heron
Ardia herodias

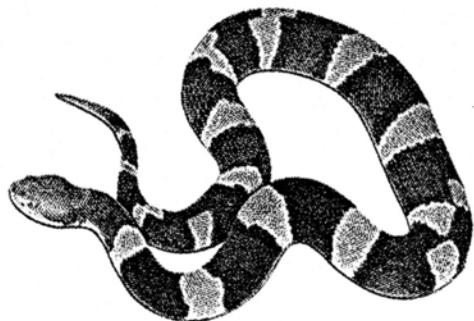


Bobwhite
Colinus virginianus

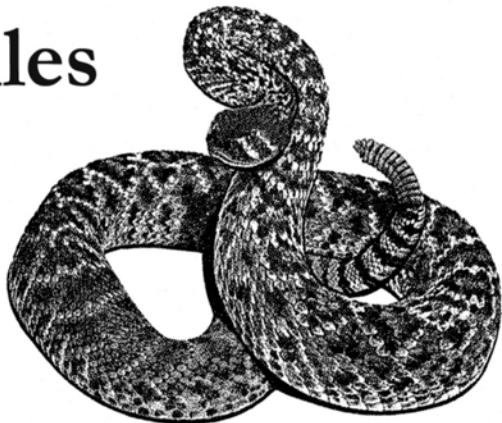


Roadrunner
Geococcyx californianus

Texas Reptiles



Broadbanded Copperhead
Agkistrodon contortrix



Western Diamondback Rattlesnake
Crotalus atrox



Texas Spiny Lizard
Sceloporus olivaceus



Green Anole
Anolis carolinensis



Western Cottonmouth
Agkistrodon piscivorus leucostoma



Texas Rat Snake
Elaphe obsoleta lindheimeri



Five Lined Skink
Eumeces fasciatus



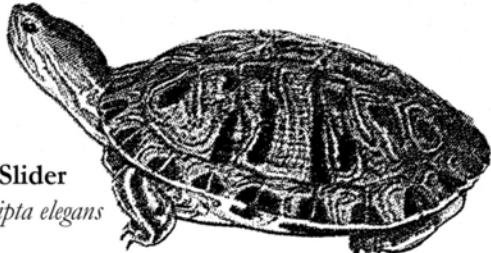
Houston Toad
Bufo houstonensis



Coral Snake
Micruurus fulvius tenere



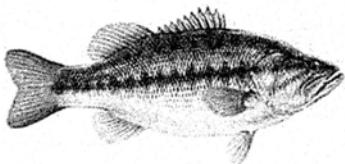
Texas Horned Lizard
Phrynosoma cornutum



Red Eared Slider
Chrysemys scripta elegans

Texas Freshwater Fish

Black Basses

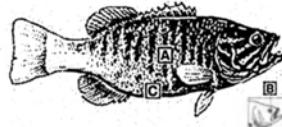


- Largemouth bass
- Smallmouth bass
- Spotted bass
- Guadalupe bass

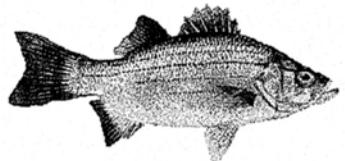
Identification of Smallmouth, Guadalupe/Spotted and Largemouth Bass

Smallmouth Bass

- A Vertical barring along the sides.
B Jaw does not extend beyond the back margin of the eye when mouth is closed.
C Brownish-green color; white belly area does not extend high on the sides.

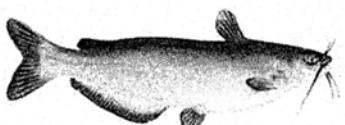


True Basses



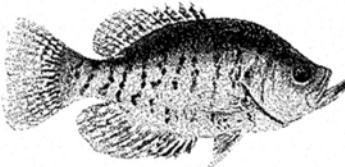
- White bass
- Yellow bass
- Striped bass
- Hybrid striped bass

Catfish and Bullhead



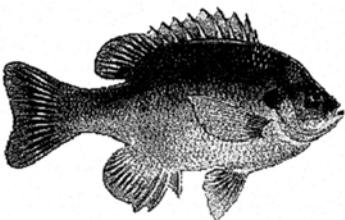
- Blue catfish
- Channel catfish
- Flathead catfish
- Black bullhead
- Yellow bullhead

Crappie



- Black crappie
- White crappie

Sunfishes



- Bluegill
- Green sunfish
- Longear sunfish
- Redbreast sunfish
- Redear sunfish
- Warmouth

Carp and Minnows



- Common carp
- Grass carp
- Texas shiner
- Golden shiner
- Blacktail shiner
- Red shiner
- Fathead minnow

Gar



- Alligator gar
- Longnose gar
- Shortnose gar
- Spotted gar

Suckers

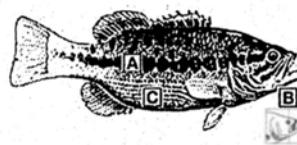


- Bigmouth buffalo
- Black buffalo
- Smallmouth buffalo

Identification of Smallmouth, Guadalupe/Spotted and Largemouth Bass

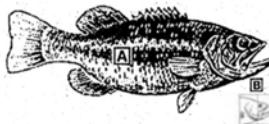
Guadalupe and Spotted Bass

- A Irregular lateral stripe is similar to, but more broken than in largemouth bass.
B Jaw does not extend beyond the back margin of the eye when mouth is closed.
C Spots on scales form "rows" of strips on whitish belly area.



Largemouth Bass

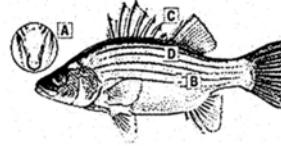
- A Define lateral stripe
B Jaw extends well behind the back margin of the eye when mouth is closed.



Identification of Yellow, White, Striped and Hybrid Striped Bass

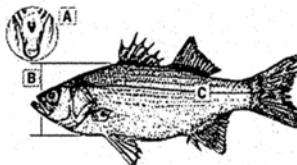
Yellow Bass

- A Does not have a tooth patch near the midline towards the back of the tongue.
B Stripes distinct, broken above anal fin.
C Dorsal fins joined.
D Color - silvery yellow



White Bass

- A Has one tooth patch near the midline towards the back of the tongue.
B Body deep, more than 1/3 length.
C Stripes faint, only one extends to tail.



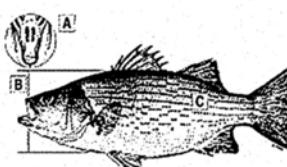
Striped Bass

- A Has two, distinct tooth patches near the midline towards the back of the tongue.
B Body slender, less than 1/3 length.
C Stripes distinct, several extend to tail.



Hybrid Striped Bass

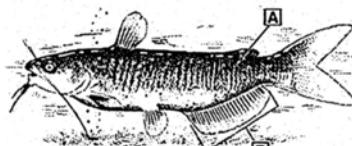
- A Has two, distinct tooth patches near the midline towards the back of the tongue.
B Body deep, more than 1/3 length.
C Stripes distinct, usually broken, several extend to tail.



Channel Catfish and Blue Catfish

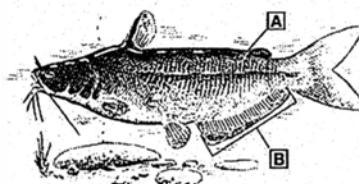
Channel Catfish

- A Body with dark spots (spots may be absent in large adults)
B Outer margin of anal fin rounded, and anal fin with 24 to 29 rays

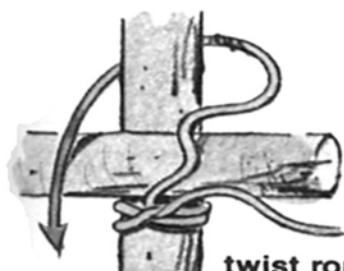


Blue Catfish

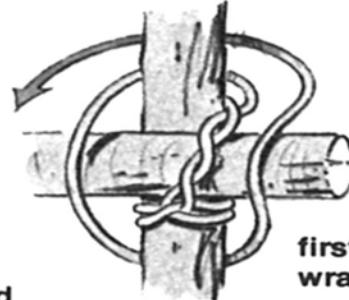
- A Body without dark spots
B Outer margin of anal fin straight, and anal fin with 30 to 36 rays



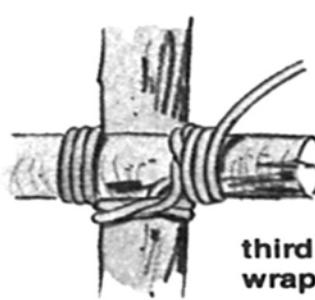
Lashings



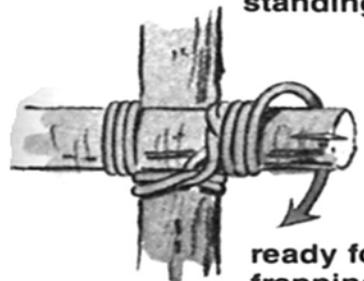
twist rope
end around
standing part



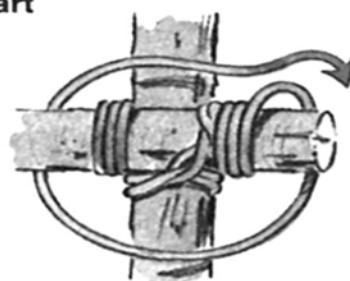
first
wrapping



third
wrapping



ready for
frapping

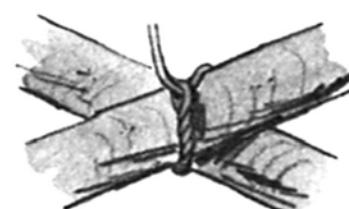


square
lashing
completed

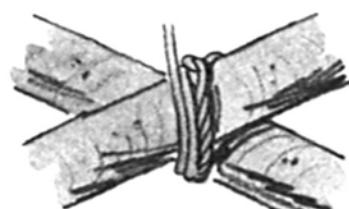
SQUARE LASHING



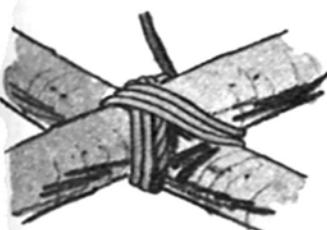
timber hitch loose



timber hitch taut



first wrapping



cross wrappings



frappings



lashing completed

DIAGONAL LASHING



SHEAR LASHING



TRIPOD LASHING



ROUND LASHING

THE CAMPFIRE PROGRAM PLANNER

How to use this sheet: Be sure that every feature of this campfire program upholds Scouting's highest traditions.

1. In a campfire planning meeting, fill in the top of the Campfire Program sheet (over).
 2. On the Campfire Program Planner (below), list all units and individuals who will participate in the program.
 3. Write down the name, description, and type of song, stunt, or story they have planned.
 4. The MC organizes songs, stunts, and stories in a good sequence considering timing, variety, smoothness, and showmanship.
 5. The master-of-the-campfire makes out the Campfire Program sheet (over).
 6. Copies of the program are given to all participants.

Cheer Planner	Spot

Campfire Program Planner			
Group or Individual	Description	Type	Spot
Opening			
Closing			
Headliner	Main event		
Song leader			
Cheerleader			

#33696A



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CAMPFIRE PROGRAM

Place _____

Date _____

Time _____

Camp director's approval: _____

Campers notified _____	Area set up by _____
Campfire planning meeting _____	_____
M. C. _____	Campfire built by _____
Song leader _____	Fire put out by _____
Cheermaster _____	Cleanup by _____

Spot	Title of Stunt, Song, or Story	By _____	Time
1	Opening—and firelighting		
2	Greeting—introduction	M.C.	
3	Sing— Yell—		
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22	Closing		

Boy Scout Camping Equipment

Although equipment and clothing lists can be found in the *Boy Scout Handbook*, the list below combines those lists into one, hopefully more convenient, checklist. The "official" lists can be found as follows:

- Clothing, pages 203–204
- Personal equipment, pages 224–225

The handbook also delves into how to choose clothing and other camping items on the pages following the ones listed above. Initially, a Scout only needs some very basic gear, most of which he, or his family, may already have. Note the "groups" in the list below. As long as a Scout has something to wear (appropriate to the season), something in which to sleep (ditto), something with which to eat, and a few other items, (flashlight, etc.), he will be fine. Please do *not* go out and spend hundreds/thousands of dollars on new camping equipment!! (Believe me, I know how easy it is to do this!)

Personal Camping Equipment List

Clothing:

- ___ 2 changes underwear
- ___ At least 2 changes socks
- ___ Uniform (we all travel in one)
- ___ Extra clothing (appropriate to season)
- ___ Jacket
- ___ Hat
- ___ Rain gear
- ___ Extra shoes

Sleeping (these items should be in a waterproof container/bag):

- ___ Warm sleeping bag, or lightweight bag with extra blankets
- ___ Sleeping pad

Eating¹:

- ___ Deep bowl and/or plate
- ___ Cup
- ___ Knife, fork, and spoon
- ___ Water bottle or canteen

Personal and Miscellaneous:

- ___ **SMALL** flashlight²
- ___ Compass³
- ___ **SMALL** pocket knife⁴
- ___ Money (\$5.00 or so)
- ___ Soap
- ___ Toothbrush/toothpaste
- ___ Small towel
- ___ Toilet paper in zip lock bag
- ___ Band-Aids
- ___ Insect repellent (non-aerosol)
- ___ *Scout Handbook*
- ___ Notepad and pen or pencil

NO RADIOS, TAPE/CD PLAYERS OR ELECTRONIC GAMES

Other notes:

Your Scout needs to arrive wearing his uniform, sturdy closed-toe shoes and a jacket, if the weather necessitates wearing one. All Scouts are required to travel to/from outings wearing their uniform. Wearing sandals to a campout leave the feet open to injuries from rocks, sticks, cactus and critters that scurry around in the night. You don't need to buy expensive hiking shoes. A \$30 pair of Nevados-brand hiking boots at Academy provide plenty of protection, are comfortable, require little break-in time and can even be used for backpacking on improved trails.

Don't worry if you don't have a small lightweight tent. More than likely, your son will be able to buddy up with another Scout who has one. If you want to get a simple two-man tent, Academy sells them for under \$30.

Cooking equipment, stoves, lanterns, etc. are provided by almost all troops. Don't plan on bringing them.

Scouts will need something in which to put all of their personal gear. A large duffle (\$15 at Academy) or gym bag works well. An extra waterproof bag also works. Eventually (after a year or so) you may want to buy a backpack. And to keep items clean and dry, get your Scout in the habit of placing items in 1- or 2-gallon zip lock bags.

A nylon windbreaker is **NOT** "rain gear"! The very least piece of rain gear needed is a waterproof poncho. Rain suits are better than ponchos. Both of these items can be found in Academy or Wal-Mart for less than \$20. A simple rain poncho is only a few bucks. Even a plastic 30-gallon garbage bag, with strategically placed cuts, can work as a poncho. Rain and mud are also the reason behind having the extra pair of shoes.

You probably noticed that a pillow is not listed under "sleeping gear". To keep things simple (and lighter), here is a Camping Pillow Recipe: stuff a T-shirt with several pieces of extra clothing, and you've got a pillow.

And finally:

Each camping participant is solely responsible for any and all personal items brought on a camping or other outdoor event. Your troop, its leaders and chartered organization are not responsible for lost, stolen, damaged or destroyed personal items. They sometimes camp in very public places and a tent is not Ft. Knox. Items (especially valuable ones) lying in the open, or even in a closed tent, are not guaranteed to be where you left them or in the condition you left them when you return. Troops camp in any weather and rain, snow, hail and wind can damage, destroy or cause to be lost your son's personal clothing and equipment. Troop equipment is *not* guaranteed to protect your personal items under all conditions.

Bottom line: If you are not willing to have it lost, stolen, damaged or destroyed, don't bring it.

¹ Cheap alternatives — Bowl: "Cool Whip" container or margarine tub. Plate: Frisbee. Cup: plastic convenience store drink cup. Water bottle/canteen: 1 or 2 liter water or soda bottle. Please do not use disposable, paper or plastic plates, cups, utensils, etc. Scouts are supposed to be environmentally conscious and reduce their impact on the planet. Use of these items is not in keeping with this.

² You do **not** need the "Binford Night Blaster 5000®" flashlight! The AA-powered "Mini Mag" flashlight is the only one a Scout will ever need for camping. They are almost indestructible, have a spare bulb, are reasonably waterproof, can be kept in a pocket (in fact, it should be in a pocket when you leave for a campout so that it is immediately available when you arrive at the campsite), and are more than bright enough for normal camping. And at \$8-\$10, they are relatively inexpensive.

³ Not necessary for the first campout or two. Please do not buy the \$2.00, round, "NSEW"-only compasses. They are worthless for Scouts! The basic "Silva 1-2-3" compass available in the Scout Shop for about \$10 is perfect. Similar compasses are available at Academy for \$8.

⁴ Scouts are reminded that they need to have earned their "Totin' Chip" card before they may carry or use a knife, hatchet/axe, or saw. To answer the question before it is asked, "Whittlin' Chip" from Webelos does **NOT** count. Non-folding knives are prohibited on all Scouting events. If a knife doesn't fit comfortably in your pants pocket, it's too big.

The Ten Essentials

from www.rei.com

Updated Ten Essential "Systems"

1. [Navigation](#)
2. [Sun protection](#)
3. [Insulation \(extra clothing\)](#)
4. [Illumination](#)
5. [First-aid supplies](#)
6. [Fire](#)
7. [Repair kit and tools](#)
8. [Nutrition \(extra food\)](#)
9. [Hydration \(extra water\)](#)
10. [Emergency shelter](#)

Classic Ten Essentials

1. Map
2. Compass
3. Sunglasses and sunscreen
4. Extra clothing
5. Headlamp/flashlight
6. First-aid supplies
7. Firestarter
8. Matches
9. Knife
10. Extra food

The original Ten Essentials list was assembled in the 1930s by The Mountaineers, a Seattle-based organization for climbers and outdoor adventurers. The group's updated "systems" approach made its debut in the seventh edition of its seminal text on climbing and outdoor exploration, [*Mountaineering: The Freedom of the Hills* \(The Mountaineers Books, 2003\).](#)

Why create such a list? The book's editors explain: "The purpose of this list has always been to answer two basic questions: First, can you respond positively to an accident or emergency? Second, can you safely spend a night—or more—out?"

Packing these items whenever you step into the backcountry, even on day hikes, is a good habit to acquire. True, on a routine trip you may use only a few of them. Yet you'll probably never fully appreciate the value of the Ten Essentials (or the wisdom that went into building the list) until you *really* need one of them.

1. Navigation

Map and compass are now viewed as two components of a navigation system. Add a wrist altimeter, toss in a GPS and, well, you can see how the systems approach to the Ten Essentials can easily total more than 10 individual items.

A **topographic map** (in a protective sheath or case) should accompany you on any trip that involves anything more than a short, impossible-to-miss footpath or frequently visited nature trail. Handout maps, the type offered at visitor centers or entrance stations, usually provide only simplistic line drawings of trails and do not show the topographic details necessary for route finding. If, for example, you stray off the trail or need to locate a water source, you need a topo map.

A **compass**, combined with map-reading knowledge, is a vital tool if you become disoriented in the backcountry. Have high-tech **GPS receivers** make compasses, with a history that dates back to 12th century Europe, obsolete? No. A compass weighs next to nothing and does not rely on batteries. So even if you're a techie who relies heavily on a GPS for navigation, a traditional

compass is an indispensable backup. Note: A compass equipped with a sighting mirror can also be used to flash sunlight to a helicopter or rescuer during an emergency.

An **altimeter** is a worthwhile navigational extra to consider. It uses a barometric sensor to measure air pressure and provide a close estimate of your elevation—information that helps you track your progress and determine your location on a map. We say "estimate" because when weather changes, air pressure changes, and such a change can cause an altimeter's elevation reading to fluctuate even if it remains stationary. If you travel regularly in the wilderness, consider taking a class to learn navigation techniques in depth.

2. Sun Protection

This involves sunglasses, sunscreen (for skin and lips) and, for optimized protection, lightweight, skin-shielding clothing.

Sunglasses are indispensable, and you'll need extra-dark glacier glasses if you're planning prolonged travel on snow or ice. All sunglasses sold at REI block 100% of ultraviolet light (UVA and UVB)—a key function of quality lenses. UVB rays, the rays that can burn your skin, have been linked to the development of cataracts. Wraparound lenses keep light from entering the corners of your eyes and also help buffer eyes from wind. Factors influencing your choice of sunglasses include lens types, frames, fit and, of course, fashion.

When choosing **sunscreen**, health experts advise choosing 1) a formula that offers a sun protection factor (SPF) of least 15, though SPF 30 is recommended for extended outdoor activity and 2) one that blocks both UVA and UVB rays. A sunscreen's SPF number refers only to its ability to absorb sunburn-causing UVB rays; measuring how it performs against age-inducing UVA rays is a topic under discussion at the Food and Drug Administration. Active ingredients considered most effective against UVA light are avobenzone, ecamsule, zinc oxide and titanium dioxide.

The biggest mistake people make with sunscreen? Applying too little, dermatologists say. A thin application diminishes the intended benefit of your chosen SPF. So glop it on, one ounce is needed to cover the arms, legs, neck and face of the average person. Depending on many factors (time of day, sweat and more), you should reapply as often as every two hours. And don't overlook SPF-rated **lip balm**.

Lightweight synthetic **clothing** often comes with an ultraviolet protection factor (UPF). Skin-care experts say using clothing to shield your skin is a good sun-protection strategy. Your activity level (and resulting perspiration) and the temperature are two key factors that will determine if you choose to wear pants or shorts (or long sleeves vs. short sleeves) while outdoors. You'll still need sunscreen for your face, neck and hands.

3. Insulation

Conditions can abruptly turn wet, windy or chilly in the backcountry, so it's smart to carry an **additional layer of clothing** in case something unexpected (you get hurt or lost, for example) prolongs your exposure to the elements. The authors and editors of *Mountaineering* suggest this strategy: "Extra clothing should be selected according to the season. Ask this question: What is needed to survive the worst conditions that could be realistically encountered on this trip?"

Common options include a layer of underwear (tops and bottoms), an insulating hat, extra socks and a synthetic jacket or vest. And yes, humans lose significant heat through their heads. Thus, according to *Mountaineering*, it's smart to pack a hat or balaclava "because they provide more warmth for their weight than any other clothing article."

4. Illumination

Headlamps are the light source of choice in the backcountry. Reasons:

- Hands-free operation (their No. 1 advantage over flashlights)
- Low weight
- Compact size (so they occupy minimal space in your pack)
- Long battery life (in models using light-emitting diodes, or LEDs)

High-output LEDs (the 1- and 3-watt varieties) provide light output that is comparable to the output of incandescent bulbs, even those that use pressurized gas (xenon, halogen and other intensity-boosting gases). Because LEDs can handle rugged use (no filaments to break), offer vastly superior battery life and are perpetually evolving to higher levels of performance, it is quite likely most, and maybe all headlamps will be LED models. It's easy to over-extend your stay on a picture-perfect mountain. If you're trying to hustle out of the backcountry in dwindling light or trying to set up camp as the last bit of blue drains from the sky, a headlamp is an invaluable aid. Many headlamps also offer a strobe mode. It's a great option to have for emergency situations. Headlamps offer their longest battery life while in strobe mode.

Flashlights and **packable lanterns** also have value. Some flashlights cast very powerful beams and are useful for signaling during emergencies.

Always carry **spare batteries**—and if your light is equipped with an incandescent bulb, also carry **spare bulbs**. Every member of a backcountry party should carry his or her own light. Evaluating lights (for battery life, the distance a beam throws "usable light," brightness attributes and more) can be a surprisingly detailed process.

5. First-aid Supplies

Pre-assembled **first-aid kits** take the guesswork out of building your own kit, though many people personalize these kits to suit individual needs. Any kit should include treatments for blisters, adhesive bandages of various sizes, several gauze pads, adhesive tape, disinfecting ointment, over-the-counter pain medication, pen and paper. Latex gloves also deserve consideration. The length of your trip and the number of people involved will impact the contents of your kit. It's a good idea to carry some sort of **compact guidebook** to dealing with medical emergencies.

6. Fire

Matches headed into the backcountry should be the waterproof variety, or they should be stored in a waterproof container. Take plenty and ensure they are kept dry. Convenience-store matchbooks are often too flimsy and poorly constructed to be trusted for wilderness use. Save yourself some frustration and tote reliable matches on every trip. Mechanical lighters are handy, but always carry some matches as a backup.

Firestarter, as the name implies, is an element that helps you jump-start (and possibly sustain) a fire. Of all the classic Ten Essentials, it is probably the one least commonly carried by wilderness travelers. But should you get stranded overnight in the boonies and you start to shiver, you need the means to build an emergency fire.

The ideal fire starter ignites quickly and sustains heat for more than a few seconds. Candidates include dry tinder tucked away in a plastic bag; candles; priming paste; heat "nuggets" (chipped-wood clusters soaked in resin). Even lint trappings from a household clothes dryer can work.

7. Repair Kit and Tools

Knives or multi-tools are handy for gear repair, food preparation, first aid, making kindling or other emergency needs. A basic knife should have at least one foldout blade (more likely two), one or two flathead screwdrivers, a can-opener and (though some people will call this a luxury) a pair of foldout scissors. The more complex your needs (if, for example, you are leading an inexperienced group), the more options you may want in your knife or tool.

If you carry a self-inflating mattress, you probably do not carry a **repair kit** for it. Typically, the only people who do are those who have endured a puncture deep in the backcountry. Depending on your outlook on Murphy's Law, it's an item worth considering.

Here's a classic tip for carrying the basics of a poor-man's repair kit: Wrap strips of **duct tape** (the universal fix-it product) around your water bottle or trekking poles so you can repair who-knows-what in the backcountry.

8. Nutrition (extra food)

Always pack at least one extra day's worth of **food**. It can be as simple as a freeze-dried meal, but it's even smarter to include no-cook items with nearly infinite storage times: extra energy bars, nuts, dried fruits or jerky.

The process of digesting food helps keep your body warm, so on a cold night it's smart to munch some food before bunking down—just don't leave animal-attracting leftovers inside your shelter.

9. Hydration (extra water)

Mountaineering suggests always carrying at least one water **bottle** and a collapsible water **reservoir**. You should also carry some means for treating water, whether it is a **filter/purifier** or **chemical treatment**.

When beginning extended travel along a ridgeline or in alpine conditions, it's wise to consult your map and try to envision possible water sources. Try to re-supply at the last obvious water source before beginning a stretch of unpredictable water availability.

10. Emergency Shelter

Shelter is a new component in the updated Ten Essentials, one that seems targeted at day trippers. (Most overnight wilderness travelers already carry a tent or tarp.) The thinking is, if getting lost or injured leaves you stranded in the backcountry, something is better than nothing if you have to deal with wind or rain. Options include an ultralight tarp, a bivy sack, an emergency space blanket (which packs small and weighs just ounces), even a large plastic trash bag.

Beyond the Top Ten

Earlier we mentioned an altimeter as worthy candidate to consider as an add-on to the updated Ten Essentials list. Here are a few others:

- **Insect repellent**
- **Whistle:** For summoning help; it will outlast your vocal chords.
- **Ice ax:** For safety when crossing snow fields.
- **Communication device:** Two-way radio, cell phone, satellite telephone

- **Knowledge:** Having items in your pack has no value unless you understand how to use them. As one search-and-rescue leader told us, "People talk about the Ten Essentials, but the most important essential is between your ears."

Final Thought

Even though you may only occasionally use a few of these items, carrying the Ten Essentials on all your backcountry excursions is a smart move. They serve as the antidote to the unexpected, like the seatbelts in your vehicle.

The Ten Essentials can also form the core of your home (or car) emergency-preparedness kit. They are all about safety, advance preparation and peace of mind. They could potentially save your life.

Hymn: *God Bless America*

Introduction to Outdoor Leader Skills...

God bless America, land that I love
Stand beside her and guide her
Through the night with the light from above

From the mountains, to the prairies
To the oceans white with foam
God bless America, my home sweet home
God bless America, my home sweet home

***“Scout’s Own”
Service***

A Scouting Benediction

Dear God, thank you for the opportunity to be here
in your garden. Give us the strength to endure, the
wisdom to enjoy each moment, and the courage to
push ourselves further than we have ever before.
Bless our troops and our leaders as we journey
through Boy Scouting. Amen.



About the “Scout’s Own” Service

“A Scout Is Reverent. He is reverent toward God. He is faithful in his religious duties. He respects the beliefs of others.” So reads the twelfth point of the Scout Law. Baden-Powell once said of the scouting movement: “There is no religious side to the movement. The whole of it is based on religion, that is, on the realization and service of God.”

Having a non-denominational worship service should be a part of your Troop’s monthly camp out experience. Try to make your service as interactive as possible by providing opportunities for group discussion and dialog. There is no reason for you as the worship leader to do everything. At a minimum, assign some others to do the readings you have previously selected.

With respect to music, remember that musical abilities vary and you will probably not have much in the way of accompaniment. Pick simple, familiar tunes to start that can be easily sung a capella. It is a good idea to physically stand up for hymns. This provides Scouts a chance to move around a little.

Finally, do a timed dry-run to gauge the length of the service. You want to aim for something between ten and twenty minutes.

A closing word from B-P, our founder:

“To interest the boys, the Scouts’ Own [i.e., a worship service] must be a cheery and varied function. Short hymns (three verses are as a rule quite enough - never more than four); understandable prayers; a good address from a man who really understands boys (a homely “talk” rather than address) which grips the boys, and in which they may laugh or applaud as the spirit moves them, so that they have a real interest in what is said. If a man cannot make his point to keen boys in ten minutes he ought to be shot! If he has not got them keen it would be better not to hold a Scouts’ Own at all.” (November 1928)

(Excerpted from Pete Metzloff’s *Big Book of Scout Worship Services*, 1999.)

The Lord’s Prayer

Our Father who art in heaven, hallowed by name!
Thy Kindom come, Thy will be done on earth as it is in heaven.
Give us this day our daily bread,
And forgive us our debts as we forgive our debtors.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom, and the power, and the glory forever.
Amen.

Prayer

O’ great spirit, whose voice I hear in the winds, and whose breath gives life to all the world, hear me! I am small and weak, I need your strength and wisdom.

Let me walk in beauty and make my eyes ever behold the red and purple sunset.

Make my hands respect the things you have made, and my ears sharp to hear your voice.

Make me wise so that I may know the things you have taught my people.

Let me learn the lessons you have hidden in every leaf and rock. I seek strength, not to be greater than my brother, but to fight my greatest enemy – myself.

Make me always ready to come to you with clean hands and straight eyes. So when life fades, as the fading sunset, my spirit may come to you without shame.

(Written by Chief Yellow Lark, Sioux, 1887)

Meditation

Responsive Prayer

Leader: God is the Eternal One,
Who reigned before any being had yet been created;
When all was done according to God's will,
Already then God's Name was Sovereign.

Scouters: And after all has ceased to be,
Still will God reign in solitary majesty;
God was, God is, God shall be in glory.

Leader: And God is One, without compare,
without being, without end;
To God belongs power and dominion.

Scouters: And the Sovereign of all is my own God,
My living Redeemer,
My rock in time of trouble and distress;
My banner and my Refuge,
My benefactor, to whom, in anguish, I can call.

All: Into God's hands I entrust my spirit,
Both when I sleep as when I wake;
And with my spirit, my body also:
God is with me,
I will not fear

(This is an eleventh century Hebrew prayer composed by the
Jewish poet and philosopher Solomon Ibn Gibirol)

Call to Worship

Leader: A Scout is Reverent. A Scout is reverent towards God. He is faithful in his religious duties. He respects the belief of others.

Invocation

We thank You, O God, for this day, for morning sun and evening star; for flowering of trees and flowing of streams, for life-giving rains and cooling breeze; for the earth's patient turning, the changing of seasons, the cycle of growth and decay, of life and death. When our eyes behold the beauty and grandeur of your world, we see the wisdom, power and goodness of its Creator. We awake and, behold! It is a great day!

Hymn: *Amazing Grace*

Amazing grace! How sweet the sound
That saved a wretch like me
I once was lost but now am found
Was blind but now I see

'Twas grace that taught my heart to fear
And grace my fears relieved
How precious did that grace appear
The hour I first believed

When we've been there ten thousand years
Bright shining as the sun
We've no less days to sing God's praise
Than when we first begun

Prayer

Hymn: He's Got the Whole World in His Hands

He's got the whole world in His hands
He's got the whole wide world in His hands
He's got the whole world in His hands
He's got the whole world in His hands

He's got you and me brother in His hands
He's got you and me sister in His hands
He's got ev'rybody here in His hands
He's got the whole world in His hands

(repeat first verse)

Responsive Reading

Leader: Shout for joy to the Lord, all the earth.

All: Worship the Lord with gladness; come before him with joyful songs.

Leader: Know that the Lord is God.

All: It is he who made us, and we are his; we are his people, the sheep of his pasture.

Leader: Enter his gates with thanksgiving, and his courts with praise; give thanks to him and praise his name.

All: For the Lord is good and his love endures forever. his faithfulness continues through all generations.

(Psalm 100)

Offering for the World Friendship Fund

Hymn: Scout Law Kum Ba Yah

A Scout is trustworthy, Lord, Kum ba yah!
A Scout is loyal, Lord, Kum ba yah!
A Scout is helpful, Lord, Kum ba yah!
O, Lord, Kum ba yah!

A Scout is friendly, Lord, Kum ba yah!
A Scout is courteous, Lord, Kum ba yah!
A Scout is kind, Lord, Kum ba yah!
O, Lord, Kum ba yah!

A Scout is obedient, Lord, Kum ba yah!
A Scout is cheerful, Lord, Kum ba yah!
A Scout is thrifty, Lord, Kum ba yah!
O, Lord, Kum ba yah!

A Scout is brave, Lord, Kum ba yah!
A Scout is clean, Lord, Kum ba yah!
A Scout is reverent, Lord, Kum ba yah!
O, Lord, Kum ba yah!

Scripture Reading

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: "Love your neighbor as yourself. There is no commandment greater than these."

"Well said, teacher," the man replied. "You are right in saying that God is one and there is no other but him. To love him with all your heart, with all your understanding and with all your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices." *(Mark 12:30-33)*

Scouts' Own Service

CALL TO PRAYER

O Great Spirit! Watch over us as we begin this day. Protect us as we live in your care. Give us bounty and hold us from harm. We are your children and wish only to please you. We hold our Mother Earth close to our hearts and wish her goodness. We thank You for your love.

--American Indian

INVOCATION

May the time be not too distant, O LORD, when all your children will understand that they are brothers and sisters, so that, one in spirit and one in fellowship, they may be for ever united before you. Then shall your kingdom be established on earth, and the word of your prophet shall be fulfilled: "The Lord will reign for ever and ever." Amen

-- From the Jewish Sabbath Service

RESPONSIVE READING

God is the Eternal One

Leader:

God is the Eternal One,
Who reigned before any being had yet been created;
When all was done according to God's will,
Already then God's Name was Sovereign.

Scouts:

And after all has ceased to be,
Still will God reign in solitary majesty;
God was, God is, God shall be in glory.

Leader:

And God is One,
Without compare,
Without beginning,
Without end;
To God belongs power and dominion.

Scouts:

And the Sovereign of all is my own God,
My living Redeemer,
My Rock in time of trouble and distress;
My banner and my Refuge,
My benefactor, to whom in anguish, I can call.

All:

Into God's hands I entrust my spirit,
Both when I sleep as when I wake;
And with my spirit, my body also:
God is with me, I will not fear.

READING

The true servants of the Gracious GOD are the following:

Those who walk upon earth with humility and when they are tempted by the evil ones, they respond: Peace;

Those who pass the hours of the night in prayers and standing before the Lord;

Those who pray: Lord turn away from us the punishments of hell, for it is a heavy torment, it is indeed an evil dwelling place;

Those who are neither extravagant nor stingy in spending, but keep a balance between the two;

Those who repent and believe and do good deeds.

-- From the Koran, Al-Furquan, Part 19, Ch. 25

SILENT OBSERVANCE

May we observe a moment of silent prayer, each in his own faith.

THE SCOUT BEATITUDES

Blessed are the Scouts who are taught to see beauty in all things around them...for their world will be a place of grace and wonder.

Blessed are the Scouts who are led with patience and understanding... for they will learn the strength of endurance and the gift of tolerance.

Blessed are the Scouts who are provided a home where family members dwell in harmony and close communion...for they shall become the peacemakers of the world.

Blessed are the Scouts who are taught the value and power of truth...for they shall search for knowledge and use it with wisdom and discernment.

Blessed are the Scouts who are guided by those with faith in a loving God...for they will find Him early and will walk with Him through life.

Blessed are the Scouts who are loved and know that they are loved...for they shall sow seeds of love in the world and reap joy for themselves and others.

BENEDICTION

"An Old Irish Blessing"

May the road rise to meet you,
May the wind always be at your back,
May the sun shine warm upon your face,
The rain fall soft upon your friends,
And until we meet again,
May God hold you in the palm of His hand.