



Troop Journal

A monthly publication for the scouts, parents and leaders of Troop 222

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Get ready for our annual R-C Junior Leadership training

The annual R-C winter outing is scheduled for the Martin Luther King holiday weekend in January 16-19. We were fortunate that Van Ness lodge was available due to a cancellation.

The troop uses this outing to teach the scouts Junior Leadership Training skills. This is a program designed to teach the scouts leadership, team building and problem solving skills. Games, demonstrations and puzzles are used to enhance the learning experience.

All parents, scouts and siblings are encouraged to attend. The cabin we are staying in is large. It sleeps 54 people on bunk beds. The lodge also has 2 bathrooms/w hot showers, washer & dryer, large great room with fireplace and even a microwave!

This qualifies as a cold weather campout for the camping merit badge! Be prepared!

This is a fun and exciting weekend for all. Make sure to mark you calendars! This year we may even get some snow!

Camping/hiking at Seven Springs

On the weekend of December 13/14 our troop will be camping at Seven Springs campground near Cave Creek. We will be leaving on Saturday morning and returning by noon on Sunday.

During this campout we will be going on a 7 mile hike following a flowing creek. This outing will qualify as a cold weather campout for the camping merit badge. Bring cold weather gear!

Keeping warm while sleeping in cold weather

Start with the correct sleeping bag. Sleeping bags are rated by what temperature they will keep you warm. A sleeping bag rated for 50 degrees should keep you warm if the outside temperature is 50 degrees or above. The lower the temperature rating, the more expensive the sleeping bag. In my experience, get a sleeping bag that is rated 30 degrees or lower.

Get some kind of pad to put underneath your sleeping bag to protect you from the cold, hard ground. Even if you have an air mattress or cot, it will insulate you from the cold air underneath you.

Wear a knit cap to bed. The only thing left outside the sleeping bag is your head. Wear a knit hat to keep your head and ears warm.

If your existing sleeping bag doesn't keep you warm enough, consider adding a fleece liner. These liners typically add 5 to 10 degrees in additional warmth. They are much cheaper than purchasing a new bag and are much easier to wash.

Eat a snack before going to bed. The process of digesting food (burning calories) warms your body.

Wear as little clothes as possible to bed. Sleeping bags are designed to work in conjunction with your body heat to keep you warm. If you keep the body heat confined inside your clothes, the bag will not get warm.

If you wear socks to bed, change into some clean dry socks. The moisture from the socks you wore during the day will keep your feet cold.

Stay warm before going to bed. If you are already cold before going to bed, it will take a lot longer to warm you up than if you were already warm.

Keep your nose and mouth outside of the sleeping bag. The moisture you breath out into your sleeping bag will accumulate and make your bag damp. dampness = cold.

Troop calendar (see the calendar on troop website for up to date information)

- Dec 10 - Thunderbird District Skate party at Great Skate @ 6pm free entrance, skates \$3
- Dec 11 - Roundtable for committee members at 35th Ave and Happy Valley at 7pm
- Dec 12 to 14 - Seven Springs Campout
- Dec 15 - Troop meeting at Deer Valley Middle School at 7pm
- Dec 22 - School closed - No troop meeting
- Dec 22 - Family night at Lazer Quest!
- Dec 29 - No Troop meeting
- Jan 5 - Troop meeting at Deer Valley Middle School at 7pm
- Jan 12 - Troop meeting at Deer Valley Middle School at 7pm
- Jan 16 to 19 - R-C Winter outing
- Jan 19 - No troop meeting
- Jan 26 - Troop meeting at Deer Valley Middle School at 7pm

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A Scout is:

Trustworthy

Loyal

Helpful

Friendly

Courteous

Kind

Obedient

Cheerful

Thrifty

Clean

Brave

Reverent

A Scout is **Brave**.

A Scout can face danger although he is afraid. He has the courage to stand for what he thinks is right even if others laugh at him or threaten him.

Ponder This

What do little birdies see, when they get knocked unconscious?

Where do forest rangers go to "get away from it all"?

If a parsley farmer is sued, can they garnish his wages?

When sign makers go on strike, is anything written on their signs?

If a mute swears, does his mother wash his hands

with soap?

Why do they lock gas station bathrooms? Are they afraid someone will clean them?

What's another word for synonym?

If the cop arrests a mime, do they tell him he has the right to remain silent?

How come SUPERMAN could stop bullets with his chest, but always ducked when someone threw a gun at him?

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