



# Troop Tidings

June, 2014  
Volume 11, Issue 6

## Inside this Issue

- 1** Former Sirs /Pine Trees /Dino Walruses /Panthers on the Move Camporee
- 2** This Month's Theme Summer Camp Parent Meeting  
July 4<sup>th</sup> Parade  
Fishing, Camping & Hiking
- 3** Next Month's Theme 30<sup>th</sup> Anniversary / Reunion  
White Water Rafting  
Educational Series: Summer Backpacking
- 4** Educational Series: Summer Backpacking - continues
- 7** Educational Series: Summer Backpacking - concludes
- 8** Troop Outings 2014
- 9** Leadership Organization Chart

Troop 805

## Former Sirs/Pine Trees/Dino Walruses/Panthers on the Move

*By Mr. Screechfield*

As summer approaches and the last of the former senior high school Patrols age out, it is time to officially say goodbye. So where are our 14 former scouts going? They are going all over the place from staying local, heading to southern California, heading to the South or heading to our nation's Capital. Below is where they are heading and what their major will be:

| Scout/Scouter     | College                             | Major                                       |
|-------------------|-------------------------------------|---|
| Chase Cabot       | American University, Washington D.C | Communications/Law/Economics/ Government    |
| Alex Chew         | University of California, Davis     | Computer Science                            |
| Hayden Curtis     | University of Nevada, Reno          | Computer Science and Engineering            |
| Zach Duba         | Los Positas College                 | Undeclared                                  |
| Wesley Hsieh      | University of California, Irvine    | Mechanical Engineering                      |
| Cole Jordan       | Tulane University                   | Undeclared                                  |
| Ryan Mahoney      | San Francisco State University      | Broadcast and Electronic Communication Arts |
| Ian Martin        | University of California, San Diego | Chemical Engineering                        |
| Mitchell Marvin   | University of California, Berkeley  | Chemical Engineering                        |
| Krishna Peri      | Georgia Institute of Technology     | Electrical Engineering                      |
| Gautam Ramesh     | University of California, San Diego | Undeclared                                  |
| Andrew Ruskin     | Tulane University                   | Undeclared                                  |
| Marc Taniguchi    | University of Southern California   | Business Administration                     |
| Willie Wiedenmann | University of California, San Diego | Public Health                               |

## Camporee – June 6-8

*By Mr. French*

The Meridian District Camporee is coming June 6-8 at the Rancho Los Mochos Scout Camp. There will be lots of opportunities to earn merit badges and have fun. The [permission slip](#) is available on the troop web site.

## This Month's Theme: Backpacking

### Outings

#### District Camporee

**When:** June 6-8

**Where:** Rancho Los Mochos Scout Camp

**Adult in Charge:** Mr. French

**Patrol in Charge:** Yellow Jackets

**Permission Slip Due:** May 20

#### White Water Rafting

**When:** June 21-22

**Where:** TBD

**Adult in Charge:** Mr. Evans

**Patrol in Charge:** Wolverines

**Permission Slip Due:** May 13

#### Tahoe Hiking and Fishing

**When:** June 27-28

**Where:**

**Adult in Charge:** Mr. Aikin

**Patrol in Charge:** Scorpions

**Permission Slip Due:** June 10

### Meetings

June 3 – Troop Meeting

June 10 – Troop Meeting

June 12 – Last Day of School

June 17 – Troop Meeting

June 24 – PLC / Board of Review

June 5 – ASM Meeting

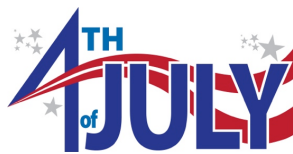
**Opening:** Honey Badgers

**Activities:** Troop elections

## Summer Camp Parent Meeting – June 10

*By Mr. Gary*

We are holding a parent meeting for families of scouts attending this year's summer camp, immediately after opening flags on Tuesday, June 10. We will provide detailed information about summer camp at Camp Kern, and will provide the necessary camp forms that need to be filled out and returned for your scout to fully participate in the camp experience. This is the time to get all of your questions about summer camp answered. (What is Summer Camp like? What should your scout pack? Who will he share a tent with? How much money will he need? What merit badge programs should he sign up for? Will he brush his teeth?) These and all other questions will be answered. Come get information, and get excited! See you there!



## July 4th parade!

*By Mr. Laubach*

Once again Troop 805 will participate in the Danville Fourth of July Independence Day Parade. We will be assisting our charter organization, The Kiwanis Club, with three separate service projects at the parade. The three projects include distribution of trash and recycling receptacles along the parade route before the parade, walking at the front of the parade carrying banners, and collecting the trash and recycling receptacles after the completion of the parade. Adult participation is highly

encouraged, however, only uniformed Scouts and leaders can walk in the parade. Participation counts towards Troop service hours, so sign up for one, two, or all three projects, and rack up those Rank Advancement hours or Eagle required merit badge requirements. Further details are listed on the permission slip which is located on the Troop website.

## Fishing, Camping, and Hiking Expedition! – June 27-30

*By Mr. Aikin*

Calling all Troop 805 **Fish Slayers!** This year's search for the sly, crafty, and elusive **Wild Trout of Northern California** takes us to Packsaddle Campground and Trailhead in the Tahoe Wilderness. Located about an hour north of Truckee California, Packsaddle Campground and Trailhead is nestled in the Packer Lake area near the Sierra Buttes, north of the Yuba River.

We have many lakes and streams to choose from and early predictions indicate we'll be bringing most of our store bought food home because we caught so many fish we have to change the name of the outing to the Catching, Camping, and Hiking Expedition!

However, if fishing is not your bag and you meet certain requirements, Mr. Carstensen will lead a High Adventure 10+ mile overnigh-ter-backpacking trek from base camp. So, join the Lightning Patrol and come create your own fish tale on this ~~Fishing~~ Catching, Camping, and Hiking Expedition. **Permission slips are due by THIS TUESDAY 6/04/13 so don't delay!** For more info. contact Mr. Aikin.

## Next Month's Theme: Summer Camp

### Outings

#### July 4<sup>th</sup> Parade

**When:** July 4

**Where:** Danville

**Adult in Charge:** Mr. Laubach

**Patrol in Charge:** Order of the Arrow

**Permission Slip Due:** June 17

#### Summer Camp

**When:** July 20-26

**Where:** San Ramon

**Adult in Charge:** Mr. Gary

**Patrol in Charge:** None

**Permission Slip Due:** May 20

### Meetings

July 1 – Court of Honor

July 4 – Independence Day

July 8 – Troop Meeting

July 15 – Troop Meeting

July 29 – PLC / BOR

July 10 – ASM Meeting



## Save the date...Troop 805 30<sup>th</sup> Anniversary Renunion party

*By Mr. Laubach*

On Saturday January 31, 2015, We will celebrate Troop 805's 30<sup>th</sup> Anniversary at the beautiful Bridges Clubhouse in San Ramon. Please mark your calendars. Further details to come.

## White Water Rafting – June 21-22

*By Mr. Evans*

White Water Rafting during a drought?? Absolutely!! Thanks to water contracts, water MUST be released into the American River. Join a Wolverine Patrol sponsored outing of two nights camping and a fantastic 11 mile rafting trip (Class III) on the lower gorge of the American River. As the river flows through the heart of Gold Country, it includes rapids which are challenging yet not extreme. This trip starts off with a mellow warm-up, great for swimming, relaxing, and bonding with our fellow Scouts. By the time we've learned to paddle together, the river enters the Gorge; here, the rapids become more exciting, with big waves and holes which thrill novice and experienced rafters alike. This outing requires that all youth and adults have completed the BSA swimmer classification test within the last 12 months. An opportunity to meet this requirement will be provided prior to the outing. Please review all the

details listed on the [Permission Slip](#). Still not sure? Additional details can be found at: <http://www.oars.com/sfa1/p>

## Educational Series: Summer Backpacking –10 essentials...& more

*By Mr. Laubach, Adapted from  
Boy's Life*



They're called "essentials" for a reason. Every packing list starts with these 10 items.

1. A **pocketknife or multitool** can be handy in a wide variety of situations. It's useful for tasks as large as building an emergency shelter or lighting a campfire with poor fuel, or as small as repairing a damaged backpack. Don't forget to first earn your Totin' Chip.
2. A **first-aid kit** can be a lifesaver. Literally.
3. Bring **extra clothing** to match the weather. Multiple layers are better than a single massive jacket, because layered clothing is adaptable to a wide range of temperatures.
4. **Rain gear** is very important. Being wet from rain may result in hypothermia, a potentially fatal condition.
5. A **flashlight** is important for finding your way in the dark.
6. **Trail food** is good for maintaining your energy.
7. **Water** can prevent dehydration, heat exhaustion and heatstroke.

8. **Matches and/or a fire starter** may be used to light fires for heat, or for signaling for help.
9. **Sun protection** might include sunblock, sunglasses, lip balm and a wide-brimmed hat.
10. A **map and compass** are probably the most important tools you can carry in case you get lost.

Here are some additional items you may want to pack, depending on the outing:

### Keeping Clean

- Toothbrush
- Toothpaste
- Dental floss
- Soap
- Comb
- Waterless hand cleaner
- Small towel
- Washcloth
- Toilet paper
- Trowel for digging cathole latrines

### Extras

- Watch
- Camera
- Notebook
- Pen or pencil
- Sunglasses
- Large plastic cereal bowl or kitchen storage bowl
- Spoon
- Cup or insulated mug
- Small musical instrument
- Swimsuit
- Gloves
- Whistle
- Nylon cord
- Insect repellent
- Repair kit
- Hiking stick or trekking poles
- Binoculars
- Fishing gear

- Rope or Paracord
- Duct tape
- Extra socks
- Signal mirror
- Water treatment system
- Animal identification books, plant keys, geological studies, star charts or other guides

## Educational Series: Summer Backpacking – How to set a steady hiking pace

By Mr. Laubach, Adapted from *Boy's Life*



Up one hill and down another: Before you know it, your pack weighs a ton and you're panting like a dog. But a hike does not have to be this tiring. A steady pace will conserve energy by ironing out all those ups and downs.



### FINDING YOUR STRIDE

Everyone has a different stride (natural pace). Find yours during the first steps of a hike. It should be smooth — with **rhythmic breathing, swinging arms** and a **consistent length** to the step.

Maintaining that pace can be difficult. Slower hikers ahead on the trail slow your pace. Faster ones tempt you to hurry along.

Spreading out helps you maintain your pace, says Mark Anderson, director of program at Philmont Scout Ranch in New Mexico. "The truth is your pace can't be any faster than the slowest hiker in your group. It's important that the group stay together."

If not, when Scouts come to a fork in the trail they'll get separated. And if a problem arises with hikers at the rear, the ones in front won't know about it and will keep going.

One way to keep a steady and enduring pace while hiking either a ten mile hike or a twenty mile hike is to keep each individual hikers favorite song which maintains a sixty beat per minute musical meter (like Row, Row, Row Your Boat Gently Down the Stream and so on)



and advance each hiking step to one beat of the song for the entire length of the hike—the favorite song doesn't have to be sung out loud, but if the song is maintained for the entire hike, the hiking pace is steady, constant and the hiker usually enjoys the hike more than a grudgingly here we go again on a “ten mile hike or twenty mile endurance hike”.



### HEADING UPHILL ...

The 50- and 100-mile backpack treks offered at Philmont cover trails at 6,000 to 12,000 feet of elevation. **Shorten steps** to pull such grades but retain your rhythm.

Also, **step over objects** in the trail instead of stepping on them. Stepping up on logs and rocks in the trail all day is like climbing an extra thousand feet straight up.

“On the really steep parts you might try what we call the **rest step**,” suggests Mr. Anderson. “with each climbing step straighten either the forward or trailing leg (the rear leg is easier for me) and lock the knee. Pause for a second, letting the bones of the locked leg bear your weight. This gives the leg muscles a short rest between steps.”



### ... AND BACK DOWNHILL

The uphill struggle is rewarded with a downhill coast. “But,” Mr. Anderson cautions, “I see way more injuries to hikers going downhill because they're not in control.”

A slight **bend in the knees** absorbs the shock to the feet and leg joints when coming downhill. Placing the feet flat on the ground provides more boot sole surface to grip the ground.

“If the going's real rough you might even want to **side-step down** the trail,” he says.



### REST STOPS

Time between rest stops varies.

“Here at Philmont, with the hot and

dry conditions and an uphill grade, you'll want to rest every 20 or 30 minutes,” Mr. Anderson says. “At the least, you'll want to stop every hour to readjust packs and drink some water.”

Limit rests to **five minutes** or so. Any longer and muscles tend to tighten, making it harder to resume your hiking rhythm.

Sit and give your feet a break while resting. **Face downhill** so your pack rests on the ground, not on your aching back.

Leave the pack on, but loosen the hip belt and shoulder straps. That eliminates lifting the pack and struggling back into the belt and straps.

With a break and a drink, you're ready to hit the trail again with a steady step.



### HELPING HAND

A walking stick lends a supporting hand while crossing streams or rough spots on a trail. Many hikers use the enduring wooden staff.

Modern trekking poles made of metal and/or plastics are lighter and provide a molded grip. Some hikers clutch a trekking pole in each hand.

The swinging poles help help keep a fluid pace.

## Educational Series: Summer Backpacking - Backpacking Tent Basics

By Mr. Laubach, Adapted from *Boy's Life*



Most people think of a tent as a place for staying out of the rain. The truth is all the natural elements are important to guard against. You want a tent that will keep out wind, snow, sun and flying and crawling critters, too. And a tent is a nice place for privacy.”

There are so many things to consider when buying a backpacking tent.

**DESIGN:** Tents come in many shapes like domes, tunnels and wedges. Some are freestanding, meaning they can stand on their own without stakes. Others require guy lines and stakes for set-up.

Dome tents are popular because they are freestanding and roomy, but they tend to be heavier than other designs. Wedges are usually lightweight but less roomy. Tunnels provide good space for their weight and are generally better in bad weather.

Shape is most important if you're

camping in high wind, heavy rain or snowy conditions.

A good rule: The more poles a tent uses, the sturdier it will be.

Finally, some tent designs are easier to set up than others. Those with pole sleeves, hub-style poles and quick clips will be simplest to pitch.

**SPACE AND WEIGHT:** The best way to tell if a tent has enough room is to lie down inside. Solo tents usually have 15 to 25 square feet of space. For two- and three-person tents, add an extra 10 to 15 square feet per person. Some tents also have a vestibule that gives you extra space for storing backpacks, boots, even your dog.

When backpacking, it is recommend to take a tent that can be shared with someone. That way you can share the weight. One Scout carries the tent body while the other carries the pole and rain fly.

Aim for a tent that weighs no more than three to four pounds per person.

**PRICE:** Often the biggest mistake people make when tent shopping is not matching the tent up with their needs. Why buy a \$500 tent if a \$100 model will work just fine for what you're doing?

The price difference is usually noticeable in the quality and durability. In general the higher the price tag, the lighter-weight and more durable the tent and its poles will be.

**BREATHABILITY:** Airflow inside your tent is the key to comfortable sleeping. If you're camping in hot conditions look for a tent with lots of mesh panels. For

rainy conditions, make sure there's plenty of space between the rain fly and the tent. Without proper airflow, you'll roast inside.

Even if a tent is freestanding, it's essential to stake it out properly. That way you'll have enough airflow and avoid pesky leaks and condensation on the inside of your tent.

**THREE-SEASON VS. FOUR-SEASON:** Most tents are designed for three-season use, meaning they'll work for everything except winter conditions. Four-season tents are sturdier and designed for camping in snow, but they are often heavier and less breathable.

**TRY BEFORE YOU BUY:** Make sure you set the tent up in the store and crawl inside. Most stores don't set up all their tents because of space limitations. But insist on setting it up before you buy it. If they won't let you, go to another store.

Pitching it in the store will give you a better idea of how easy it is to set up. You can also make sure that no parts are missing.

## Educational Series: Summer Backpacking - Backpacking Stove Basics

By Mr. Laubach, Adapted from *Boy's Life*



There's just something about firing up that camp stove after a long day on the trail. Warm food raises the spirits of your troop and gives you the energy to get up the next day and do it all over again.

When you've backpacked 15 or 20 miles, sitting down to eat something cold that's not very tasty is really a drag.

### THE LOWDOWN

There are two main types of backpacking stoves. Liquid-fuel stoves use a liquid fuel such as white gas or kerosene to cook your food. The stove attaches to a fuel bottle with a small hose and requires you to manually pump it to create fuel pressure. They burn hot and are very reliable, but they also require regular cleaning and maintenance.

Canister or cartridge stoves are small burners that screw on top of

butane fuel canisters. The fuel is a pressurized gas, so it's always ready to burn. A lot of models come with a built-in igniter. Though they are not as reliable in cold conditions, canister stoves are super easy to use and the best bet for Scouts who are new to backpacking stoves.

**PRICE:** Expect to spend about \$40 for a good canister stove. Liquid-fuel stoves start around \$70.

**FUEL:** You'll also have to pay for the fuel. Butane gas canisters cost about \$3 each. That can add up, because they can't be refilled and reused. You'll also have to pack them out of the wilderness when they're empty. That means on a weeklong trip, they'll be dead weight clanking around in your backpack. Liquid-fuel stoves run on refillable fuel bottles.

For \$8, you can buy a gallon of white gas that will last you for several seasons. It's a little messy to refill, but they are cheaper in the long run — and better for the environment because there's less waste.

**CLEANING:** Liquid-fuel stoves need to be cleaned regularly. Over time carbon builds up in the stove's port and prevents it from burning properly. The cleaning isn't difficult, but it must be done.

With a canister stove you don't have the cleaning problem, but if something fails, you are less likely to be able to get it repaired.

### WEIGHT VS. DURABILITY:

You'll see some ultra-light backpacking stoves at outdoors stores, but unless you're experienced with stoves, it often best to steering clear of those.

They're really just stripped down versions of canister stoves built for adventure racers or ultra-light backpackers. The problem is they are more expensive, and because the parts are so lightweight they're not as durable."

For your first stove, it is often recommended to stick with a standard canister stove because any extra weight will be more than made up for by its reliability and durability.

### COOKING SMART

Stoves help make camp cooking quick and easy, but you have to use them properly. For a complete guide to stove safety, see Chapter 10, "Cooking," of "The Boy Scout Handbook.



## TROOP 805 2013/2014 Outings Activities Calendar

### June (Summer Backpacking/Scorpions)

- Camporee (06/06 – Fri: 06/08 Sun:) – Yellow Jackets – Pete F.
- Hike (06/07 – Sat) – Dragons – Dave C.
- White Water Rafting (06/21 – Sat: 06/22 – Sun) – Wolverines – Scott E.
- Fishing, Camping, & Hiking (06/27 Fri: 06/29 Sun) – Scorpions – Glenn A.

### July (Summer Camp/Yellow Jackets)

- July 4th Parade (07/04 – Fri) – OA - Ed L.
- Summer Camp at Kern (07/20 – Sun: 07/26 – Sat) – Todd G.

### August (River Adventure/Wolverines)

- Philmont trip (08/01 – Fri: 08/15 - Fri) – Ray C.
- Big Basin (08/01 – Fri: 08/03 - Sun) – Wolverines – Barbara M.

- White Water Canoeing (08/15 – Sat: 08/18 Mon) – Kamikaze Platypi – Todd G.

### September (Archery/Kamikaze Platypi)

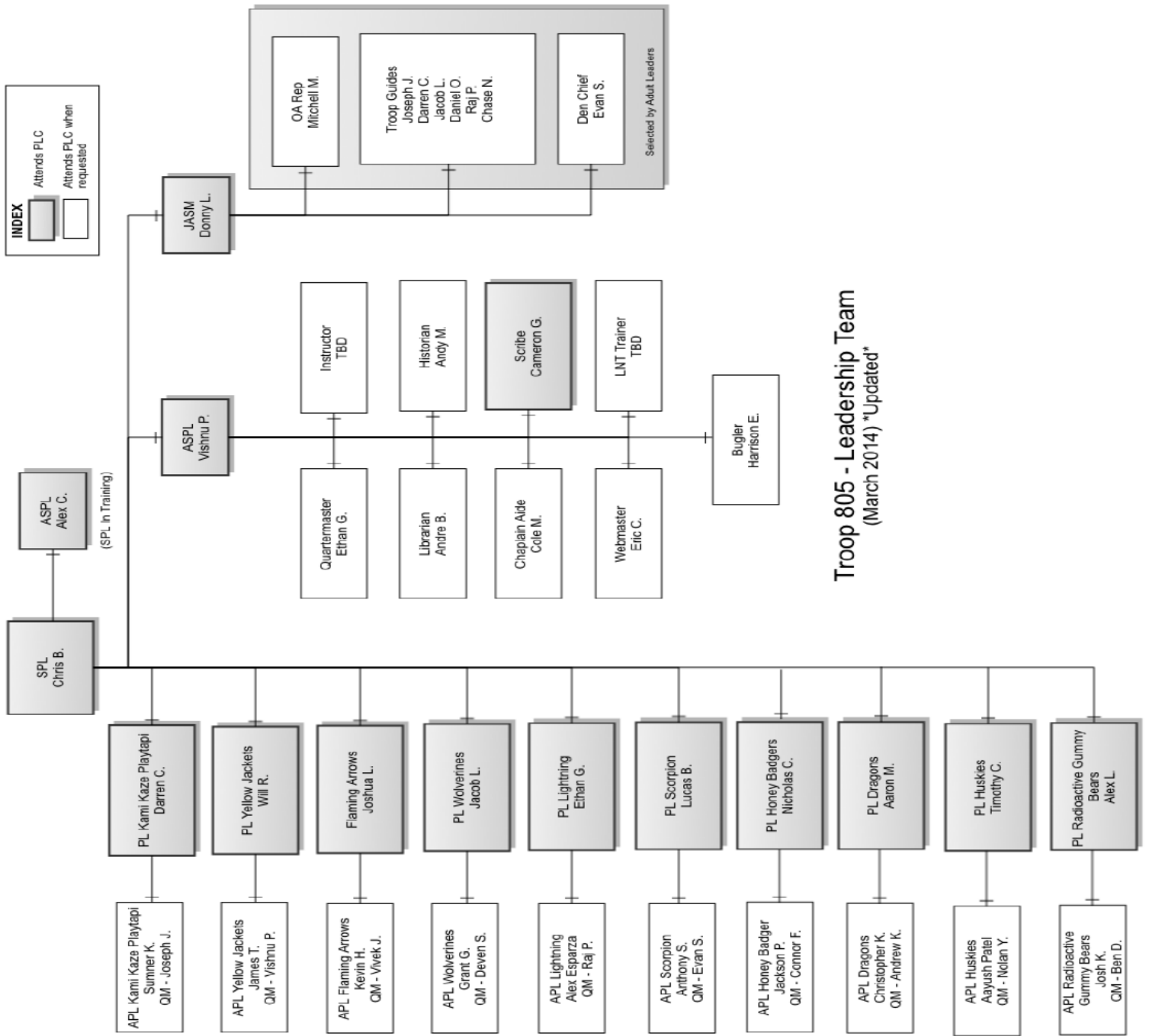
- Muir Woods/Nike Missile Site (09/06 – Sat: 09/07 Sun) – Dragons - OPEN
- 9/11 Memorial Service (09/11) – OA – Harper W.
- Sequoia/Kings Canyon – (09/27 Sat: 09/28 Sun) – Wolverines – Pete F.

### October (Cinematography/Scorpions)

- Angel Island (10/10 – Fri: 10/12 Sun) – Scorpions – Todd G. and Scott E.
- Diablo Bowman Archery (10/18 – Sat – Honey Badgers – Sue O.
- Spelunking (10/25 – Sat: 10/26 Sun) – Flaming Arrows – Alan C.



# Troop 805 2014 Leadership Chart



Troop 805 - Leadership Team  
 (March 2014) \*Updated\*