



Troop Tidings

March, 2015
Volume 12, Issue 3

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Troop 805
Danville, CA

New Troop 805 Eagle Scout

Please join the Troop in congratulating

Christopher Behring

on achieving the Rank of Eagle Scout.

Look for the details of his Eagle Court of Honor in the coming months.



Kiwanis Youth 2 Youth Service Project – March 7

By Mr. Matsunaga

SUPPORT OUR SPONSOR

The Kiwanis will be providing breakfast for staff at the annual Youth To Youth conference for middle school students. Troop 805 will be working with them to set up, serve and clean up after the breakfast. Details are:

Date: Saturday, March 7

Time: 6:30 – 8:30 am

Place: Monte Vista High School

All scout groups need a sponsoring organization and we have been fortunate to have the Kiwanis sponsor us for a number of years now. One of the ways we show our appreciation for their sponsorship is by helping out with their service projects, first the Youth to Youth conference and second the 4th of July parade.

So, mark this date on your calendar and watch for a permission slip and announcements at the troop meeting.



Welcome Mutant Narwhal and Cobra Patrols

By Mr. R. Chan

Please join me in welcoming our new families into Troop 805. The new scouts all met recently and formed two new patrols.

Mutant Narwhal:

Ethan N., Joshua M., Hayden T., Josh B., Austin D., Vaibhav K., Owen T., and Ian Y.

Cobra:

Sam M., Josh D., Aidan M., Jason S., Aidan M., Adam G., Josh D., Austin S., Mattie P., and Govindh K.

A BIG WELCOME to all our new scouts. We have lots of fun activities planned for this coming year.

Troop Guides will help the two new patrols navigate their way around the Boy Scout program. I would like to thank the Troop Guides who will be working with the new scouts for the next few months.

Raj P. and Deven S. will be Troop Guides for the Cobras.

Cole M. and Harrison E. will be Troop Guides for the Mutant Narwhals.

This Month's Theme: Trek Lightly

Outings

Kiwanis Service Project

When: March 7

Where: TBD

Adult in Charge: Mr. Matsunaga

Patrol in Charge: Order of the Arrow

Permission Slip Due: February 27

Shooting Sports Day - Canceled

When: May be rescheduled

Advanced Snow Camping - Canceled

10 Mile Bike Ride

When: March 21

Where: TBD

Adult in Charge: Mr. Gary

Patrol in Charge: Lightning

Permission Slip Due: TBD

Scout Skills

When: March 27-29

Where: TBD

Adult in Charge: Mr. Marshall

Patrol in Charge: Wolverines

Permission Slip Due: March 17

Meetings

March 3 – Troop Meeting / Parents Meeting

March 10 – Troop Meeting

March 13 – No School

March 17 – Troop Meeting

March 24 – PLC / BOR

March 26 – Roundtable

March 31 – Court of Honor

March 12 – ASM Meeting

10 Mile Bike Ride – March 21

By Mr. Gary

Save the date for an awesome 10-mile bike ride! Remember, to participate in this year's later bike rides (15 miles, 25 miles, 2X25 miles, and 50 miles), you must have participated in at least one of the two 10-mile bike rides (Feb 08, and Mar 21). More details and permission slip coming soon.

Scout Skills Weekend – March 27-29

By Mr. Marshall

New and experienced scouts save the date for Scout Skills Weekend!

The Wolverine Patrol is sponsoring the 2015 Scout Skills Weekend on March 27-29 at the fabulous Sugar Loaf Open Space right up the road in Walnut Creek. The event is traditionally intended to teach basic scout skills and encourage Patrol spirit in the form of inter-Patrol competitions. The event offers younger Scouts a chance to work on their Tenderfoot, Second Class and First Class rank requirements.

What skills? Think rope bridges, cooking, compass course, fire building, axe safety, Zorch, and more.

After the scouts learn & practice their skills, the Patrols challenge themselves and each other to see how well the skills have been learned. Older scouts hone their skills and leadership by signing up to teach a skill or run a competition.

New scouts will stay Saturday night while the older scouts will stay for both Friday and Saturday.

More details are available in the [permission slip](#). The permission slip is due March 17th.



50 Miler Hike – 2015

By Mr. R. Chan

For Troop 805, our 2015 High Adventure Activity will be doing a 50 Miler Backpack trip to Emigrant Wilderness Area on August 8th – August 15th. We will start our journey at Grouse Lake and spend the next few days traveling a beautiful trail taking us to Wood Lake, Huckleberry Lake, Snow Lake, Red Bug Lake, up to Emigrant Pass, to Granite Lake and finally back to our starting point. This is a full 50 Miler loop. All Philmont Scouts and Scouts who have signed up for Northern Tier should go on this fantastic journey. You will discover the beauty of nature, and discover that you can take on challenges and succeed!

To do this 50 Miler backpacking, you must do three shake down hikes (Sunol to Del Valle, Point Reyes Backpack, and Pulmas National Forrest).

Make 2015 a memorial year. Sign up for the adventure.

Next Month's Theme: Skillz

Outings

School Service Project

When: April 7

Where: TBD

Adult in Charge: Mr. Huen

Patrol in Charge: Order of the Arrow

Permission Slip Due: TBD

Sunol Backpacking

When: April 11-12

Where: TBD

Adult in Charge: Mr. Screechfield

Patrol in Charge: BPs

Permission Slip Due: TBD

15 Mile Bike Ride

When: April 18

Where: TBD

Adult in Charge: TBD

Patrol in Charge: Huskies

Permission Slip Due: TBD

Camporee

When: April 24-26

Where: Rancho Los Mochos Scout Camp

Adult in Charge: Mr. R. Chan

Patrol in Charge: Scorpions

Permission Slip Due: March 24

Meetings

April 6-10 – Spring Break

April 14 – Troop Meeting

April 21 – Troop Meeting

April 28 – PLC / BOR

April 30 – Roundtable

April 2 – ASM Meeting

Meridian District Camporee – April 24-26

By Mr. R. Chan

Spring is coming and with spring every year, we have Camporee. ALL SCOUTS are encouraged to attend. There is something for EVERYONE.

Camporee is a weekend overnight outing for your scouts. They spend late Friday, Saturday and parts of Sunday at Los Mochos participating in friendly competition with other troops, play lots of games, shooting, archery, and friendly cooking competition. All troops in our area participates at Camporee!

Permission slips are available on the web site for the [Camporee](#) and a [firearm permission](#) form

Contact Mr. R. Chan (925-548-6179) if you have questions.

Sunol Backpacking – April 11-12

Save the date for backpacking from Sunol to Del Valle. More details will be available soon.

15 Mile Bike Ride – April 18

Save the date for a 15 mile bike ride on April 18. Watch your mailbox for more details soon.

Parent Meeting Notes

By Mrs. Kim

Tuesday, Feb 17, 2015

Jelly Belly Fundraiser – This Spring, Troop 805 Scouts will have the opportunity to participate in a Jelly Belly Fundraiser. This is

a great opportunity for the scouts to earn money to contribute to their scout outings since they will keep 32% commission in their personal Troop 805 scout account. Scouts will receive an order form today. They collect payment at the time of the order (checks written out to Troop 805). They will need to turn in the form & money on Tuesday, Marcy 24th. They will pick up their product on April 14th. ASM Susan Kim is coordinating the Jelly Belly Fundraiser efforts.

New Equipment Process and Policy – Scott Evans talked about the Patrol Box (a.k.a. the Magic Box, the empty Magic Box.) Scott emphasized the importance of the scouts, especially the quartermasters, keeping track of the patrol equipment. All patrol equipment, except for the tents (which are kept in Troop storage) should be kept in the patrol box. There should be no food or personal scout items in the patrol box. Information about our new Equipment Process and Policy can be found online under 'Resources' section. Equipment is now requested through an online form, which is filled out by the OSPL or OQM.

Friends of Scouting – Rand Mahoney (Meridian District FOS Chair) and Sherri Osmond (Troop 805 FOS coordinator) talked about this year's Friends of Scouting campaign. Last year, Troop 805 brought in \$9,050 (141% of goal) for the Council. 53% of our families participated. This is above the 27% district average. Rand showed the parents a FOS video that Ryan Mahoney

made. In it, T805 Eagle Scout Chris Behring talked about what Scouting has meant to his life. There is a real need for funds at the Council level. 40% of Council revenue is derived from fundraising. \$0 of our annual troop dues go toward our local council. The video is available for online viewing on [YouTube](#). Donations may also be made [online](#). Please indicate “Meridian District” and “Troop 805”. Let Sherri Osmond know if you donate online so she can track the troop donations. This year we are hoping to get 100% of our families contributing at least some amount to the Friends of Scouting campaign.

Summer Camp Medical Forms -

Now is the time to set up medical appointments and get the Annual Health and Medical Form Parts A, B, & C filled out. Remember to include allergies and over-the-counter medications on the forms. We also need a copy of the medical card –front & back.

Our Health & Safety Chair, Tracy Marshall is responsible for collecting Part A, B & C of the health forms & copies of the medical cards for all the participants who are going to summer camp. There will be a section in the permission slip box for your Scout to turn in the forms.

Troop Financial Update – T805

Treasurer Wayne Leong reviewed our finances. The troop assets consist of cash, scout store credit, prepaid storage rental for 6 months, and T-Shirts/Neckerchief/Patches inventory. Troop liabilities are only scouts’ fund. The P&L is net

positive as of Feb 2015, due to budgeted expenses have not materialized yet. By the end of fiscal year, P&L usually break even. The expense listed under Finance Chair is the annual fees paid to National.

Youth Protection Training

Update – Youth Protection Training is valid for 2 years and is required for all T805 parents. Please check to make sure that you are still current.

If you need to renew, you can retake the [course online](#) . When complete, please printout the training completion certificate. Additional information can be found on the [BSA web site](#).

We are in the process of getting a parent to help out as the T805 YPT coordinator.

Other Business – Special thanks go to Mani Peri who did such a wonderful job as our Troop Advancement Chair for the last six years. In addition, Mrs. Peri has sewn countless patches onto the T805 neckerchiefs every scout & leader wears.

We welcome Frances Yee as our new Advancement Chair. We need parent volunteers to help out with Board of Reviews. It doesn’t take much time and would really help the boys out. Please email Frances at awards@troop805.org if you can help out.

We are currently looking for a uniformed Scout leader to take over as Membership Chair. Thank you Pete Alexander for doing such a fine job over the last three years.

There is a T805 Backpacking Activities informational night meeting for parents on Tuesday

02/24/15 from 7:30 to 8:30pm. Scoutmaster Ray Chan will discuss some really awesome backpacking activities coming up: Point Reyes, Sunol, and Pulmas. These trips will build up to the Emigrant Wilderness 50 miler that is scheduled in August.

We will be taking a bus to the Cherry Valley summer camp this year. The cost is \$200 round trip in addition to the camp cost.

There is a possibility we’ll be taking a bus to Camp Wente, but that decision has not been made.

Future Parent meetings may also include some education talks.

Topics considered are The Eagle scout process ...high adventure camp options...MB counselor training...how the advancement process works. If there are topics you’d like to hear about, please email Ed Laubach at cc@Troop805.org

On Tuesday, March 3rd, our ASM liaison for 1st year parents, Dave Colello, is hosting a New Family Orientation for parents of new incoming scouts.

Scoutmaster Ray talked about our troop’s effort to be more transparent on the pre-requisites (such as minimum age or experience) of our outings. All age requirements will be clearly posted on the permission slips. Due to the physical nature and demands of High Adventure Camps & Activities, they have minimum requirements that the Scout is 14 years old or has completed 8th grade. In our Troop, we also consider a scout’s commitment and training.

Educational Series: Trek Lightly

By Mr. Laubach, Adapted from *Consumer Reports & Outdoor Gear Lab*

Trekking poles: 4 legs are better than 2



In just over the last decade, trekking poles (aka hiking poles) have gone from a seldom seen item to near mandatory. The majority of everyone from day hikers to seasoned mountaineers now use them. There are many advantages to using hiking poles, the main reasons being that they offer better balance during more challenging and rugged backcountry travel and reduce stress on your body during both the descent as well as the ascent.

Walking poles can protect muscles and make hiking feel less strenuous, according to a [study](#) published online in May 2010 in the journal *Medicine and Science in Sports and Exercise*. There are reports of less muscle pain and test results showed less loss of muscle strength for several days afterward. The poles might be especially helpful to people with balance or joint problems. It was also found that poles can ease the load on ankles, knees, hips, and the spine.

What to look for: Top-quality poles are lightweight with comfortable grips, adjustable lengths, retractability (for easy packing), and an antishock system to reduce pressure on your arms. You can



find a new pair for \$50 or more, and possibly a less-expensive pair at a thrift shop or garage sale. Or you might prefer to adapt sticks found on trails as you walk.



How to use them: Adjust the poles, if possible, so they're comfortable for your height. Make them longer for descents, shorter for uphill climbs. Let them move naturally with the rhythm of your walking, shifting weight to them as necessary. Choose a model with a grip that fits your hands comfortably. People with hand, wrist, elbow, or shoulder problems should consult a physician before using hiking poles.

Finally here are ten reasons to use trekking poles:

1. Trekking poles, like ski poles, allow your arms to help propel you forward and upward. Whether walking on flat ground or up steep hills, poles can help to increase your average speed.
2. Poles reduce the impact on your legs, knees, ankles, and feet. This is especially true when going downhill.
3. Trekking poles can be used to deflect backcountry nuisances. They can push away thorny blackberries and swipe away spider webs that cross trails-- which can help to make you more comfortable.
4. Walking with poles can help you establish and maintain a consistent rhythm, which can increase your speed. This is especially true on flatter, non-technical terrain.
5. The extra two points of contact significantly

increase your traction on slippery surfaces like mud, snow, and loose rock.

6. Poles help you maintain balance in difficult terrain such as during river crossings, on tree root-strewn trails, and on slippery bog bridges. Staying balanced in turn helps you move more quickly and more easily.
7. Poles can act as a probe to give you more information than you can get with your eyes. Use them to learn more about puddles, melting snow bridges, and quicksand.
8. They can help to defend against attacks from dogs, bears and other wildlife. Swing them overhead to make yourself look bigger or throw them like a spear.
9. Trekking poles help to alleviate some of the weight you carry. For example, if you have a heavy pack on, and you take a short break, leaning on the poles will make you more comfortable.
10. Trekking poles can be used for things other than trekking. They save the weight of bringing dedicated tent poles; pitching a shelter with trekking poles can save up to two pounds. (Trekking poles are also much stronger and more rigid than tent poles, so they're less likely to break in high winds. This help creates safer shelters.) Poles can also double as a medical splint and can serve as [ultralight packrafting paddles](#).



Drawbacks to trekking poles include increased energy expenditure (you're using your arms more than you would otherwise), they can get tangled in bushes and caught up in rocks, they reduce hand function, they cannot be stored conveniently, and can further impact trails. Some mountaineering guides complain about elbow pain from using them too much i.e., wearing a 75+ lb. pack every day for months at a time. These drawbacks, however, can be mitigated or are negligible. For example, the increased energy expenditure is offset by your increased speed and decreased leg stress. Many hikers prefer trekking poles without the wrist strap because you can quickly transfer both poles to one arm for eating or picture taking, and can drop them quickly in case you fall or need to use your hands for something.

TROOP 805 2014/2015 Outings Activities Calendar

November (Service/Kamikaze Platypi)

- 5 Miles Easy Hike (11/1 – Sat) – Yellow Jackets – J. Garrahan
- Webelos Open House (11/04 – Tue) P. Alexander
- Scouting for Food (11/08 – Sat: Distribute Flyers – 11/15 – Sat: Food Pickup) – OA – B. Miyao
- Mini Golf (11/15 – Sat) – Kamikaze Platypi – P. Alexander

December (Easy Holidays/Scorpions)

- CO2 Car Racing (12/6 – Sat) Dragons – P. Alexander
- Bowling (12/7 – Sun) - Yellow Jackets C. Jasty, G. Natesen
- Sacramento Tour (12/13 – Sat) – Scorpions – R. Chan, J. Marshall

January (Blasting into the New Year/Yellow Jackets)

- New Year – Easy Hike (01/10 – Sat) Huskies – New ASM
- 30th Anniversary CoH (01/06)

February (Winter Sports/Kamikaze Platypi)

- 10 Mile Bike Ride (Sun 02/08) Yellow Jackets – K. Chan
- 30th Anniversary Party (Sat 02/07)
- Intermediate Snow Camping (Sat 02/14 – Mon 02/16) – Kamikaze Platypi – T. Gary, R. Mahoney
- Beginner Snow Camping – Snow Shoe (Sun 02/15 – Mon 02/16) – Honey Badgers – K. Screechfield, B. Miyao

March (Trek Lightly/Dragons)

- Kiwanis Service – Youth to Youth (Sat 03/07) – OA – N. Matsunaga
- Shooting Sports Day (Canceled) – T. Huen
- 10 Mile Bike Ride (Sat 03/21) – Lightning – T. Gary
- Scout Skills (Fri 03/27 Sun 03/29) Wolverines – J. Marshall

April (Skillz/Wolverines)

- School Service Project (Tue 04/07) – OA – T. Huen
- Sunol Backpacking & Sunol to Del Valle (Sat 04/11 – Sun 04/12) – BPs – K. Screechfield, R. Mahoney, R. Chan and T. Gary
- 15 Mile Bike Ride (Sat 04/18) – Huskies – TBD
- Camporee (Fri 04/24 – Sun 04/26) – Scorpions – J. Garrahan and R. Chan

May (Water Fun/Lightning)

- 15 Mile Bike Ride (Sat 05/09) – Dragons – S. Kim
- Art & Wind Festival – Food Booth (Sun 05/24 – Mon 05/25) – OA – E. Laubach
- Relay for Life (Sat 05/30 – Sun 05/31) – OA – K. Screechfield
- Pt. Reyes – 10 Mile Backpacking (Sat 05/30 – Sun 05/31) – BPs – T. Gary and R. Chan

June (Camping/Huskies)

- Fages II (Sat 06/06) – OA – A. Carstensen
- Camp Cherry Valley (Sun 06/21 – Sat 06/27)

July (Fishing/Radioactive Gummies)

- July 4th Parade (Sat 07/04) – OA - S. Evans
- 25 Mile Bike Ride (Sat 07/11) Lightning - TBD
- Camp Wente (Sun 07/12 – Sat 07/18)
- Pulmas 25 Mile Backpacking (Fri 07/24 – Mon 07/27) BPs- R. Chan
- Donnor Fishing (Fri 07/24 – Sun 07/26) – Radioactive Gummy – G. Aikin, G. Coughlin

August (Science/Honey Badgers)

- Hiller Aviation (Sat 08/01) - Honey Badgers – New ASM
- Emigrant Wilderness 50 Miler Backpacking (Sun 8/09 – Sat 8/15) – BPs – R. Mahoney, R. Chan
- 2 x 25 Bike Ride - (Sat 08/22 – Sun 08/23) Flaming Arrows - T. Gary, R. Mahoney

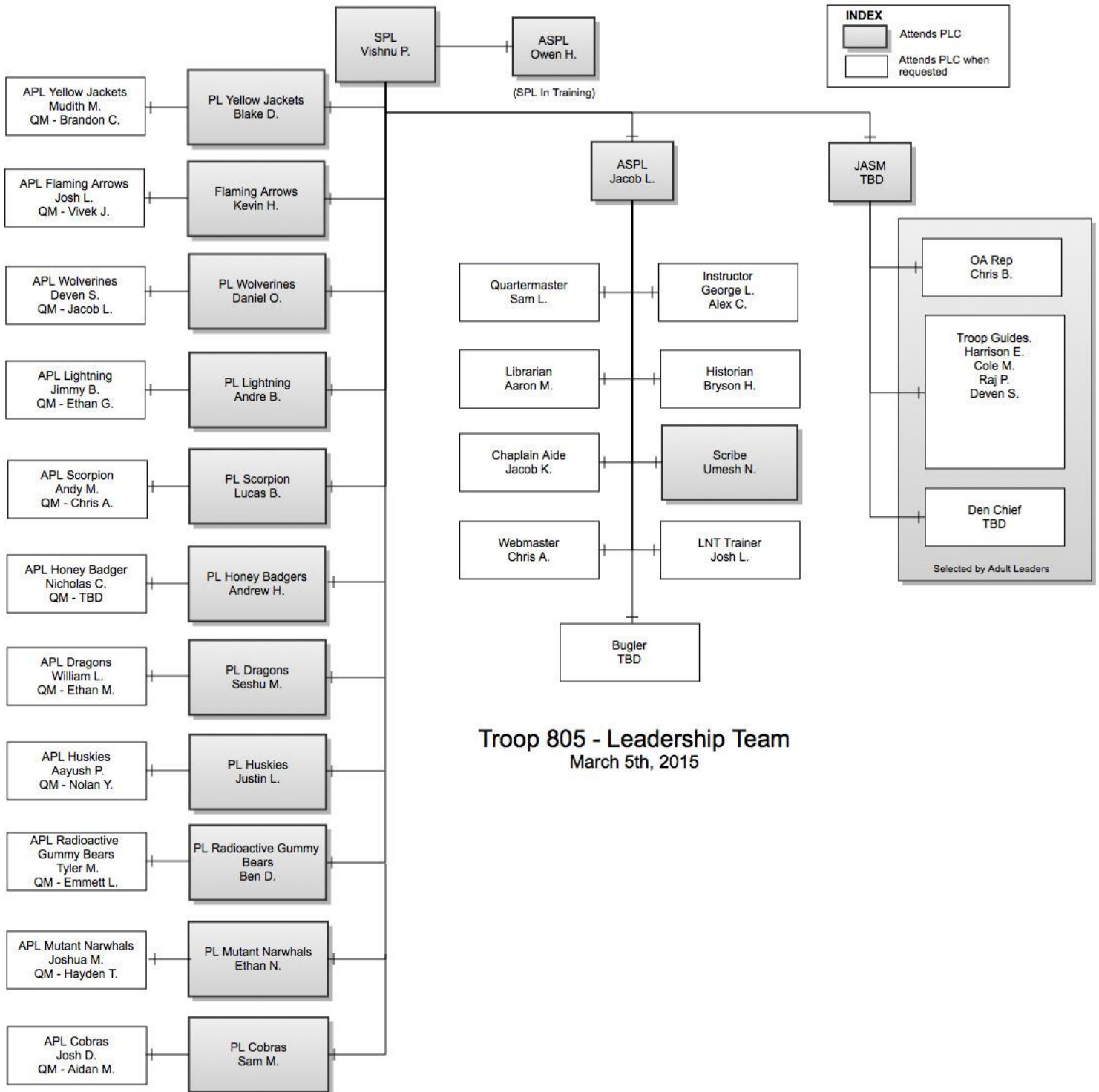
September (Rocking it/Dragons)

- 9/11 Memorial Service (09/11) – OA – S. Kim
- Advance Camp – (Sat 09/26) Dragons – S. Kim

October (Haunted/Scorpions)

- Black Diamond Mine (Sat 10/10 – Sun 10/11) – Radioactive Gummy – T. Huen
- USS Hornet (Sat 10/17 – Sun 10/18) – Scorpions – New ASM
- 50 Mile Bike Ride (Sat 10/24) – Wolverines J. Marshall, R. Chan

Troop 805 2014 Leadership Chart



Troop 805 - Leadership Team
March 5th, 2015

